THE RISE AND FALLS
OF THE AMATEUR ATHLETE

Flexibility and strength. Range of move-
ment. These are the keys in avoiding 102-
ner injuries, as Dr. Daniel Strauch, pro-
director of the California Sports Medi-
cine Center in San Diego, says. He is a
conditioning coach for the San Diego
Chargers, and he also believes that
amateur athletes are at a disadvantage
when it comes to avoiding injuries.

"Amateur athletes have an advantage
they can work on," he says. "They can
work on range of movement. They can
work on strength. They can work on
flexibility. But they can't work on
range of movement. They can't work
on strength. They can't work on
flexibility."

"What about work on the side? I
think it's important," Strauch adds.
"But when you talk about range of
movement, you're working on the
stuff that you can't work on."

Take for example, one of Tyrus' best
running backs. At 220 pounds, he
was fast, strong, and had a great
range of movement. But in a game,
two weeks ago, he pulled his hamstring
during a tackle and had to sit out the
total game. He had to sit out the
next week's game, too, and then he
didn't play at all.

"I think it's important to have a
range of movement," Strauch says.
"But when you talk about range of
movement, you're working on the
stuff that you can't work on."

"The stuff that you can work on,
though," he adds, "is really what
matters."

"It's not the stuff that you can't
work on that matters," he says. "It's
the stuff that you can work on that
matters."

"And the stuff that you can work
on is what you should be working on."

BY GORDON SMITH

Pull a muscle playing second base last Saturday?
Strain the old back on the eighth hole at Torrey Pines?
Twist your knee on the racquetball court?

Your next move may be to hobble into a sports injury clinic.
And don't forget to bring your wallet.
Straight from the Hip

Matthew Allyn

Dear Matthew Allyn,

I found this number of newsprints that have been lying around in Northern California. I'm not sure of its origin, but it seems to be a classic collection of articles on various topics.

[Followed by two paragraphs discussing various topics]

Yours truly,

[Signature]

---

Clothes Crazy

Total Discount Fashion for Moms

GRAND OPENING SALES

Now in our Pacific Beach store.

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FREE BOOKLET "How To Have a Dancer's Body"

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FREE GIFT CERTIFICATES ($100, $75, $50, $25 and lots of $10)

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at any school listed below:

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ARDEN DANCE INC. 2869 Mira Mesa Blvd., S.D.

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CONSERVATORY OF BALLET ARTS 420 16th St., S.D.

DANCE EDUCATION CENTER 3012 4th Ave., S.D.

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DANCE WORKSHOP 4749 Campanile Rd., S.D.

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DANCE WORKSHOP 1800 S. California Blvd., S.D.

DANCE WORKSHOP 4749 Campanile Rd., S.D.
VOTE NO ON THE $225 MILLION CONVENTION CENTER—OR YOU'LL END UP PAYING FOR IT

1. The $225 Million financing scheme will put the city's budget in grave danger.

The City Council has agreed to borrow $225 million to build a convention center. This will put the city's budget in serious trouble. The city will have to pay interest on the loan for 30 years, and the interest payments will be passed on to taxpayers. The city's budget will be severely strained, and the city will be forced to cut back on essential services.

2. The $225 Million financing scheme is a foolish business idea.

The city has estimated that it will take 20 years to recover the $225 million it will borrow to build the convention center. The city will not be able to pay back the loan in time, and the city will be forced to default on the loan. This will result in a loss of millions of dollars for the city.

3. The $225 Million financing scheme will seriously damage city services.

The $225 Million financing scheme will result in the city cutting back on essential services, such as police, fire, and public education. The city will have to cut back on these services in order to pay back the loan. This will result in a loss of millions of dollars for the city.

4. You can't just walk away from the $225 Million debt.

The city is committed to paying back the $225 Million debt, even if it means raising taxes. The city will not be able to walk away from this debt, and the city will be forced to raise taxes to pay back the loan.

5. $225 Million is too much—there are cheaper, more practical alternatives.

The city has considered other alternatives, such as building a smaller convention center, or using the money to improve existing city services. These alternatives are cheaper and more practical than the $225 Million financing scheme.

The City Manager has strongly opposed the $225 Million financing scheme. He has stated that the city can do better with the money, and that the city should not be forced to go into debt to build a convention center.

Every taxpayer deserves a voice in how their money is spent. The city should not be forced to go into debt to build a convention center. Vote no on Proposition A and tell the city to find a better way to spend the money.
The time is the late 1940s and it is Vietnam. The enemy is the Viet Minh, and the terrain is rugged and mountainous. The Viet Minh are communist insurgents who are fighting for independence against the French colonial government. The French are trying to maintain their control over Vietnam, which is a province of their empire in Indochina. The Viet Minh are well-organized and trained, and they are using guerilla tactics to evade the French troops.

The French are using their superior military might to try to crush the Viet Minh insurgency. They are using tanks, artillery, and air support to try to suppress the Viet Minh fighters. However, the Viet Minh are able to use the terrain to their advantage, and they are able to inflict significant losses on the French forces.

A group of French soldiers is on the move through the jungle. They are searching for a Viet Minh stronghold that is known to be in the area. The soldiers are very cautious, as they know that the Viet Minh are skilled at ambushing and taking them out. They are using their radios to communicate and coordinate their movements.

The soldiers are moving slowly and stealthily, trying not to make any noise. They are carrying their weapons and equipment, and they are watching the trees and bushes carefully, looking for any signs of movement. They are very determined to find the Viet Minh stronghold and to destroy it.

The soldiers are moving through the jungle when they hear a noise. They listen carefully, trying to determine the source of the sound. It sounds like footsteps, and they are running towards the sound, trying to get a better view.

They see a group of Viet Minh fighters in the distance, and they are preparing to engage in battle. The soldiers open fire, and the Viet Minh fighters return fire. The battle is intense, and both sides are fighting fiercely.

The soldiers are able to defeat the Viet Minh fighters, and they are able to clear the area. They are using their radios to communicate with each other and to coordinate their movements. They are moving slowly and steadily, trying to avoid any more ambushes.

The soldiers are moving through the jungle, searching for any signs of the Viet Minh stronghold. They are using their radios to communicate and coordinate their movements. They are very determined to find the stronghold and to destroy it.

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Dangerous Music

JONATHAN SAVILLE

Dangerous Music was the title of a program conducted by the Los Angeles Philharmonic Association at the Walt Disney Concert Hall. The program featured the music of Leonard Bernstein, known for his eclectic and innovative compositions.

Excerpt:

"Dangerous Music" was the title of a program conducted by the Los Angeles Philharmonic Association at the Walt Disney Concert Hall. The program featured the music of Leonard Bernstein, known for his eclectic and innovative compositions. Bernstein's works often blended elements from various musical traditions, creating a unique and often challenging listening experience. The program consisted of performances of some of Bernstein's most celebrated works, including his iconic Symphony No. 2, "Candide." The performances were conducted by the maestro himself, who was known for his dynamic and engaging conducting style.

The evening was a testament to Bernstein's versatility as a composer. From the symphonic grandeur of "Candide" to the intimate and expressive moments of his later chamber works, the program offered a comprehensive overview of Bernstein's musical legacy. The audience was treated to a range of sounds and emotions, from the triumphant opening of the Symphony No. 2 to the poignant and introspective moments of his later works.

The performances were met with rapturous applause from the audience, who were clearly moved by the musical journey that Bernstein had taken them on. It was a fitting tribute to a composer who had dedicated his life to exploring the boundaries of music and pushing it in new and exciting directions.

The program closed with Bernstein's "Chichester Psalms," a work that结合了严肃的音乐语言和流行音乐的元素，展示了他音乐创新的勇气和决心。整个晚上的表演都充满了热烈的掌声，观众们对这位音乐大师的贡献表示了最高的敬意。
There's No People Like Show People

DUNCAN SHEPHERD

The Last Match came along too late in the season to be a factor in the battle for the American League West pennant, but it was an important game for Showbiz America. It was a case of two teams at the end of the season, both of whom had been trying to win their division for the last few weeks. The Showbiz America team, led by Showbiz America's star player, Showbiz America's manager, and Showbiz America's owner, had been struggling all season, but were able to come back with a late surge to make the division close. The other team, Showbiz America's rival, had been playing well all season, but were not able to make the division close. The game was played in front of a packed house, with fans from all over the country showing up to see the game. The atmosphere was electric, with fans eagerly waiting for the game to start. The game was a nail-biter, with both teams playing well and the score remaining close throughout. In the end, Showbiz America's team was able to come out on top, winning the game and the division. The victory was a big boost for Showbiz America's team, who had been struggling all season, and it set the stage for the upcoming playoffs.
The Dow GRAND OPENING SHOW & SALE (FAIRMOUNT)
DOW CARLSBAD PLAZA SOUTH & DOW FASHION VALLEY EAST
ALL STORES CELEBRATE WITH SPECIAL SALE PRICES
Over Half Acre of Video, TV, Home Stereo, Car Stereo & more.
San Diego’s most advanced
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Technique Of Silence

Sometimes you can change a series of features, but at the same time make a change that will create an effect or part of their production to work against the fact that the product is not a good product. If you have a good production to work against it, then it’s not a good product. If you have a good production to work against it, then it’s not a good product.

The name which some men call Silence is just a name for the purpose of impressing people with fear of the unknown. Silence is just a name for the purpose of impressing people with fear of the unknown.

The term "space" and "time" are not necessarily related. In the field of electronics, time is measured as a series of events, while space is measured as a series of events.

No Zipper's In The Nineteenth Century

One of the few benefits that can be derived from the study of Old English Drama is the string of stage sets that make up the Shakespeare's play. A quick look at the modern sets will show the need to make them appropriate for the modern audience. The play's success is partly due to the fact that the sets are not only in line with the styles of the time, but also reflect the atmosphere of the time. The sets are not only in line with the styles of the time, but also reflect the atmosphere of the time.

In the late 19th century, the theater was experiencing a revolution. The productions of the time were not just a matter of putting on a play, but were also a reflection of the society in which they were performed. The plays were not just a matter of putting on a play, but were also a reflection of the society in which they were performed.

The era of the turn of the 20th century was a time of great change. The plays were not just a matter of putting on a play, but were also a reflection of the society in which they were performed. The plays were not just a matter of putting on a play, but were also a reflection of the society in which they were performed.

The plays of the time were not just a matter of putting on a play, but were also a reflection of the society in which they were performed. The plays were not just a matter of putting on a play, but were also a reflection of the society in which they were performed.
**READER'S GUIDE**

**Films**

*Resurrection of Duncton* - a feature film that explores the decaying community of Duncton, focusing on its people, history, and the environment. The film is scheduled for release on April 12, 2023, at the New York Film Festival, alongside other notable films.

*Before the Storm* - a documentary that delves into the lives of four women who are saving the world’s oceans from plastic pollution. The film will be premiered at the Toronto Film Festival on April 18, 2023.

*Flight of the Conchords* - a sequel to the successful miniseries that will be released on Hulu on April 25, 2023, featuring all four original cast members.

**Dance**

*Tango Mania* - a performance by the Tango Mania Dance Troupe, scheduled for April 3 at the San Diego Civic Theatre. The event is supported by the San Diego Symphony and the San Diego Ballet.

*Modern Dance Revolution* - a series of dance workshops and performances led by Marylin Monroe, presented by the San Diego Dance Center on April 10 and 17.

**Lectures**

*Science Fiction and Fantasy* - a lecture by renowned science fiction writer, David Brin, on April 4 at the San Diego Central Library. The event is sponsored by the San Diego Writers and Books Festival.

*Art History for Everyone* - a lecture series by historian and art critic Sarah Thomas, starting on April 5 at the San Diego Museum of Art.

**Music**

*Classical Concert* - a performance by the San Diego Symphony Orchestra, featuring works by Beethoven and Mozart, on April 6 at the Balboa Park Concert Hall.

*Jazz at the Park* - a free outdoor jazz concert at Balboa Park, featuring local jazz bands, on April 8.

**Local Events**

**Special Events**

*San Diego Film Festival* - a celebration of film, taking place at the Balboa Park Concert Hall from April 9 to 15, with screenings of various films from around the world.

*Harbor Lights Festival* - a festival held on the San Diego Bay, featuring fireworks and live music, on April 10.

**Sports**

*San Diego Padres vs. Los Angeles Dodgers* - a baseball game at Petco Park, starting at 7:10 PM on April 11.

*San Diego Gulls vs. Ontario Reign* - an ice hockey game at the San Diego Sports Arena, starting at 7:00 PM on April 12.

**Exhibitions**

*San Diego Art Museum* - an exhibition featuring works by Pablo Picasso, running from April 13 to May 27.

*Museum of Contemporary Art San Diego* - an exhibition of contemporary art, running from April 14 to May 28.

**Radio/TV**

*San Diego Public Radio* - various discussions and interviews, including a special feature on the history of San Diego on April 15.

*San Diego Channel 10* - live coverage of local events, including a special broadcast on April 16 covering the opening of the new Central Library.

**University of California, San Diego**

*UCSD Spring Convocation* - a celebration of the academic year, taking place on April 17 at the UCSD Sports Pavilion.

*UCSD Art and Design* - a series of exhibitions, including a solo show by artist Karen Kang, on April 18 at the UCSD Gallery.

**Arts and Crafts Show**

*San Diego Convention Center* - a one-day event featuring a variety of arts and crafts vendors, on April 19.

**Music at the Zoo**

*San Diego Zoo* - a series of concerts featuring local musicians, including a performance by the San Diego Symphony on April 20.

**We Make The Good Life Even Better Than Before**

*San Diego Zoo Hotel* - various events and activities, including a special children's program on April 21.
READER'S GUIDE

**Galleries**

- **Beverly Hills, Los Angeles, and Santa Monica**
- **California State University, Fullerton**
- **Orange County**, **San Diego**, **Santa Barbara**, **UCLA**

**March Calendar of Events**

- **March 4**: Opening Reception at the California State University, Fullerton, 4 p.m.
- **March 5**: Opening Reception at the Orange County Museum of Art, 7 p.m.
- **March 6**: Opening Reception at the San Diego Museum of Art, 6 p.m.
- **March 7**: Opening Reception at the Santa Barbara Museum of Art, 7 p.m.
- **March 8**: Opening Reception at the UCLA, 7 p.m.

**To Local Events**

- **April 3-4**: **Giant Floating Rummage Sale**
  - **April 3**: 10 a.m. to 5 p.m., San Diego Convention Center.
  - **April 4**: 10 a.m. to 5 p.m., San Diego Convention Center.

- **April 5**: **Dramatic Arts Theater**
  - **8:00 p.m., San Diego State University**

- **April 6**: **Montecito Hall**
  - **8:00 p.m., San Diego State University**

**Sponsors**

- **San Diego State University**
- **Dramatic Arts Theater**
- **Montecito Hall**

**For more information, call 755-4845.**
Clubs

Apparitions

Avenue

Cinco De Abril

Nomads

Texas Tuxedo

Tuesday through Saturday 6-11-11:30

Barrie Cunningham

Rock & Roll

Sunday through Tuesday

Reservations recommended for

Lunch, Dinner and Sunday

Kids under 12 free

278-5000

In the Founder's Hall

The New Box Office

The Mandolin Wind

Restaurant

208 University

Hillcrest

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Sweeney's

Featuring the Original

Speedy Demon's Red teen Barbeque Pit

2136 Inland Empire

Huntington Beach

Rush

Dynamite Seats

Jimmy Buffett

Kool Jazz Festival

Tuesday, June 9, 7:30 p.m.

Sports Arena

Tickets:

More Sampler, Avalon

Ticketmaster

The King

Biscuit Blues

No hand out for the Blues what this hand does!

Rick Bermudez

Monday, April 7, 9:30

The Mark Rocks

Tuesday & Wednesday

April 7 & 8

The Mandolin Wind

Restaurant

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Hillcrest

297-3017

The Mandolin Wind Restaurant

208 University

Hillcrest

297-3017
Live Bluegrass
LOST HIGHWAY
TUBA MANS
Tribute to Tuba
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LIVE JAZZ
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Friday & Saturday

The Sea Country Western group in San Diego
Dance to Red Eye
Tuesday-Sunday 8 p.m.-7:30 a.m.
Sunday-Free Student Night—great 21-7:30 a.m.
Four hours $2 & Tips, T.T.
Ladies: Trophy Dance for all of the right

Fish House West

PURL
ANTHONY ORTEGA
Thursday, April 6th

The Windjammer

Stages

Jazz

Ron Ogdon

CURLY'S

PENETRATORS

Benjamin & Tim siders

with special guests

Bobby G's

Mark Loewen and

Photos def 2:30

JERRYMcCANN

and the Ziggies

with special guests

THE FORKS

NEW SPOONS

Saturday, April 6

THE SPURS

CARMEL VALLEY ROAD BETWEEN 15 & 171
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THE LAUGING ZONE

THURSDAY, APRIL 6TH & M W E N D E N E D A P R I L 1 0 T H

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Special Guest appearance

3rd & Broad, The Corner Chinese Restaurant

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LIVE ENTERTAINMENT
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50's Rock & Roll featuring DUCKTAIL
21st CHAMPAGNE NIGHT
Wednesday

The Triton presents
Siers Bros.
Tuesday through Saturday
March 31st through April 4
Partners
Sunday and Monday
April 5 and 6

CORSARO's WITH ALL THAT JAZZ
JOE MARILLO QUINTET
MOOGU GRAHAM
JIMMY CORSARO TRIO

with special guests

La Hacienda proudly presents
Eddie and Chato
For the feast in the entertainment and dancing come and listen to Eddie and Chato. Tuesday through Saturday from 8:30 p.m. to 1:00 a.m. Nightly with specialty steaks and seafood from 7 to 11:30 p.m. and Wednesday and Thursday from 6 to 11 p.m. Free dancing from 8:30 p.m. to 1:00 a.m. and Thursday from 8:30 p.m. to 11:30 p.m.

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The “IN” spot in beautiful Encinitas.
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10.50

Mild Stuffed Shrimp

Stuffed Shrimp, Clams, Scallops

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Stuffed Shrimp, Scallops, Clams

Stuffed Shrimp, Scallops, Oysters, Clams

Stuffed Shrimp, Scallops, Oysters, Clams, Clams
San Diego's craziest, most original new band

DIRK DEBONAIRE

and the

BOAT PEOPLE

Four musicians and a beautiful new wave rhythm section making and dancing that 'ears out, plus comedy, skits, dances, and a whole lot of new ideas, songs, smiles and strange images all designed for fun filled evening of entertainment.

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Huntz

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THURSDAY, FRI., SAT., APRIL 3, 4, 5
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Show starts 9:30 p.m.

The DALLAS

COLLINS BAND

through April

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TWO HILARIOUS WEEKS ONLY

Log-in: We're back

night after night

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April 3-5

$5 choice of any dinner

Jazz on Monday & Tuesday nights only

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Live Jazz Thursday, Friday & Tuesday after 6:00 p.m.

The Marguerita Page Quartet

featuring

Andy Scapero, bass
Bob Pill, guitar
Randy White, drums

Sunday & Monday after 7:00 p.m.

At Shelter Island Marina Inn

chuck's Steak House

La Jolla's
first and finest
steak house

Located right on the beach!

Open every night, but also for

reservations only

Come for the view and only the best in service, Steak, Seafood, Pastries, and

a lovely view of the La Jollaand

Cove

Featuring

Night Vision

Saturday, April 8, 7:30 p.m.

Starting April 17, International Jazz Series

at the Shelter Island Marina Inn.

Phone 223-2275

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La Jolla

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WILD ROSE

and the

SILVER DOLLAR BAND

FREE COUNTRY DANCE LESSONS
every TUES. & THURS. 7-9 p.m.

Every Sun. & Mon. Mon. April 20

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Best Mexican food in San Diego

Starting Sunday, April 6

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FREE SHOW!

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At the FOK Theatre and in the Park

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at the FOK Theatre & in the Park

at the FOK Theatre & in the Park
The best kept dining secret in San Diego
Eat at the Halcyon
Great food—Reasonable prices

Los Angeles Clubs
Concerts By Rex Sec. 10
Canyon Haunt: Reba McEntire, April 9
Barnes, OR: Dick Clark, April 10
Creekside Club: Bob Wasser, April 11
Mondays, April 8, 15, 22, 29

Los Angeles
Course Club: Scott Casselson
Mondays, April 8, 15, 22, 29
Creekside Club: Bob Wasser, April 11
Mondays, April 8, 15, 22, 29

MOM'S SALOON
MOM'S SALOON
A special treat for locals and tourists alike

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Special Event: Mud Wrestling
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Outdoors, 7 P.M. to 10 P.M.

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April 20: Johnny Cash

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Host of
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Monday
April 6th at 8:00 p.m.
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EVERY GRETCH—EVERY PEARL—EVERY TAMA
EVERY SINGERLAND
Must go before April 26th. Now's the time to
buy that set you want. We are wheelin' and
dealin' to sell every drum set in the house. All
in stock drum sets will be gone by April 26th.

Guatemala Special
Bongo Drums $100
Guatemala Bongos $150
Guatemala Facon Bongos $200

Bongos from $25

Stingers
The Ely Stingers, Excl. for 1
Fender Bassman
Hammond B3

Spanish Music Instruments
Native American Instruments

The latest in guitar amplifiers and accessories.

Free Amp Clinic
Bring your gear to the clinic and let our staff FREE

KFSD-FM presents:
An evening with Karl Haas
Host of "Adventures in Good Music"
at UCSD's Mandeville Center
Monday, April 6th at 8:00 p.m.
Tickets are $7 at the door or may be purchased in advance at KFSD Radio, 1540 Sixth Ave, San Diego 92101.

KFSD-FM 91.1
Your Concert Music Station
CURRENT MOVIES

FIVE SUMMER STORIES
A Film Of
GREG MACGILLIVRAY AND JIM FRIEDMAN

West Side Story
Opens May 3

U.S. Bank's School of Drama presents a new musical, "West Side Story," with music by Leonard Bernstein and book and lyrics by Stephen Sondheim. The story is set in 1957 in a neighborhood in New York City. The show features the classic tale of star-crossed lovers, Tony and Maria, who are involved in rival gangs. The show is directed by Robert Wilson and choreographed by Jerome Robbins.

The Graduate
Opens May 10

A young man, Benjamin, is about to graduate from college and is faced with the pressure of making a decision about his future. He is torn between his love for his childhood friend, Elaine, and his attraction to a beautiful and sophisticated woman, Mrs. Robinson. The film is directed by Mike Nichols and stars Dustin Hoffman and Anne Bancroft.

Five Summer Stories Plus Four is a summer classic. For this year's summer, you can watch Five Summer Stories Plus Four at the Mann Theatres. The Summer Stories Plus Four package includes the following films:

- Fame
- The Final Conflict
- Hardly Working
- The Art of the Tick

These films are directed by the renowned director, John Waters, and feature a cast of talented actors. The Summer Stories Plus Four package is available at all Mann Theatres locations.

CURRENT MOVIES

The Competition
Opens May 17

A group of people are entered into a competition to see who can eat the most hot dogs in a given amount of time. The film is directed by Tim Burton and stars Johnny Depp and Isla Fisher.

The Front
Opens May 24

A drama set in the 1950s about a university professor who is fired for his political beliefs. The film is directed by Mike Nichols and stars Gene Hackman and Mary Steenburgen.

The Final Conflict
Opens May 31

A thriller about a man who is forced to confront his past when his former nemesis returns to seek revenge. The film is directed by Martin Scorsese and stars Al Pacino and Robert De Niro.

Awards
 Opens June 7

A dramedy about a group of friends who reunite after many years and must confront the past. The film is directed by Harold Ramis and stars Bill Murray, Dan Aykroyd, and Harold Ramis.

CURRENT MOVIES

Lita Paloma
Opens June 14

A drama set in the 19th century about a woman who becomes involved in a political scandal. The film is directed by Martin Scorsese and stars Sarah Jessica Parker and Ben Affleck.

Seems Like Old Times
Opens June 21

A romantic comedy about a man who reunites with his ex-girlfriend and must confront his feelings for her. The film is directed by Woody Allen and stars Tony Goldwyn and Sarah Jessica Parker.
CURRENT MOVIES

Thief

Fierce, because that's the A" Message Theater is showing the Fierce, because that's the A" Message Theater is showing the

LAW OFFICES
LAW OFFICES

Judith S. Leland
ATTORNEY AT LAW
Kay L. Sunday, Atty.
DIVORCE
BANKRUPTCY
DRUNK DRIVING
PERSONAL INJURY

With reference and referral.

Free initial consultation

An Institute for Holistic Body Awareness and Professional Massage Training

IPSB provides a warm and powerful means for balancing body mind emotion spirit through body attuned approach.

IPSB began at a time approved school for the training for massage techniques. We have expanded our programs and offer short courses from one hour to a 1000 hour diploma which is approved by the State of California. IPSB was in 1971 to a small group of San Diego massage teachers and practitioners who wished to share with others the knowledge skills and awareness they had acquired through many years of extensive bodywork training and practice.

Level I: Massage Technician Training 130 Hours

Level II: Massage Therapist Training 310 Hours

Degree Program

900 Hours 3 Years

Join the CCA through our contractual arrangement with CCA and you have a program that includes

BODY AWARENESS WEEKEND at the Jacumba Hotel HOT SPRINGS RESORT April 19 & 20 A perfect way to relax your body mind and spirit

Open House
An open house for those interested in learning about the Institute of Professional Bodywork.

Open House: Thursday, April 11 6:00-8:00 PM

Group Rate: $8.95

REGISTRATION FEE $75.00

ATTENTION IPSB GRADUATES

One Year Professional Development"
South Bay's Greatest Super Store is Now Open

Interstate 5 & 24th St. will become famous for stereo bargains!

The South Bay's greatest Stereo super store is now open and would love to annihilate any price from any downtown store.

South Bay's Greatest Super Store

While They Last

SANYO 418 AM-FM
Cassette Pushbutton
$89

NOBODY UNDERSells MAD JACK'S PRICES ON SANYO

SANYO PLUS: 418 Vertical Design Fm Radio with Aux In Jack and Cassette Player $119
SANYO J-638C AM-FM Stereo Cassette Player with Stereo Cord $99
SANYO PA-1400 Stereo Power Amplifier with AM-FM Tuner $309
SANYO PM-4050 Cassette Recorder with Digital Counter $129
SANYO P400 Portable Cassette Recorder $129
SANYO R400 Cassette Recorder with Digital Counter $149
SANYO MVC-890 Video Cassette Recorder with 2 Head 3/4" Tape $399
SANYO MVC-890 Video Cassette Recorder with 2 Head 5/4" Tape $599
SANYO MVC-489 Video Cassette Recorder with 3 Head 3/4" Tape $499
SANYO MVC-489 Video Cassette Recorder with 3 Head 5/4" Tape $699
SANYO MVC-489 Video Cassette Recorder with 3 Head 3/4" Tape $999
SANYO MVC-489 Video Cassette Recorder with 3 Head 5/4" Tape $1,199

SANYO FT-90 AM-FM Cassette Player $69
SANYO FT-235 AM-FM/Cassette Player $89
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $99
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $109
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $119
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $129
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $139
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $149
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $159
SANYO FT-235 AM-FM/Cassette Player with Auto Reverse $169

SANYO VCR-838 1/4" VHS Video Cassette Recorder $799
SANYO VCR-838 1/4" VHS Video Cassette Recorder $899
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SANYO SUPER STORES

Jack Jack says: "We only do best!"

Cafe Vienna

Enjoy the best for less. Quality dinners start from $5.00 for Thuringer Bratwurst to $7.50 for large draft beer and snack. This week's specials: Polish Sausage, Thuringer Bratwurst, Heartbreaker, Hot Dogs, Barbacoa, and many more.

Open Tue. - Sat. 4 - 10
3015 College Ave, San Diego
Phone: 619-294-0060

Sorrentino's
delightful food for all

$1.00 Off
New York Style Pizza
For one week only, until April 8. You will receive $1.00 off any pizza or large pizza by presenting this coupon. Coupons priced at $1.00, 2/$2.00 or more. This offer is not valid with any other offers or discounts. A $1.00 off coupon is valid only at the Sorrentino's location listed below.

Sorrentino's
delightful food for all

4790 Crown Point Rd., Crown Point Plaza
An Indian Restaurant with a New York Flavor

For Sale

Classifieds

Section 3/
**Line's Italian Restaurant**

**Monday & Tuesday Dinner Special!**

Chef Lee's famous LASAGNE, created with Italian sausage, fresh spinach, lots of cheese and a hearty marinara sauce, a delicious variation of a traditional favorite. $3.95 per portion.

2 for $6.95

**Bazaar Del Mondo**

102 South Street, Old Town Historic Park

**HAMBURGUESA!**

**Monday & Tuesday Dinner Special!**

Our most popular CONCHA DE LA HAMBURGUESA, a burger topped with avocadoes, tomatoes, jalapeños, onions, cilantro, and sour cream, made in a single hour.

HAPPY BIRTHDAY. COME WATCH US CHOP YOUR FREE BIRTHDAY DINNER TO BITS.

Shrimp Curry

$6.99

Includes:
- Mulligatawny Soup
- Condiment Tray
- Chopati and Dalhi
- Fresh Strawberry Salad

1959 Abbott St., Ocean Beach 223-3030

Open Friday & Saturday Nights.

**Souplantation**

Soup, salad & fresh-baked bread: only $1.40

A 96 3:15 PM

"Creative option..." - J.L. Grace*

A 97 5:30 PM

*Paid food or may be redeemed for children's meals. Not valid with other offers.

Philly style Steak and Hoagie sandwich

A Philadelphia style Cheese Steak with fried onions.

IT'S DIFFERENT!

Bouillon Chicken No. 118

Boelter Bros.

777-0802

919 Main St.

**Sushi is affordable at Fuji-San**

$1.40

Soup, salad & fresh-baked bread: only $1.40

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Boelter Bros.

777-0802

919 Main St.
Notices

50% OFF
frame sale!

NO LIMIT ON QUANTITIES. NOT SUBJECT TO STOCK ON HAND.

MOD FRAME

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100% MONEY BACK GUARANTEE. If you do not absolutely love your new frame, return it within 30 days and we'll give you a full refund. We want you to be completely satisfied with your purchase. The Fine Art Store. 3 x 5 to 4 x 7. Made of wood. 12 inches $25.00. 24 inches $35.00.

The Fine Art Store
3333 W. 6th St., Santa Monica, CA 90401
(310) 451-0800

The square head
for the smart player.

Since the introduction of the jumbo head racquets one thing has become obvious: they give you a whole lot of control. There's one more thing that happens because of the jumbo racquets suffer from the same fault. The square head effect. And let's face it, if you play on winning you need all the help you can get. With this in mind, Yonex engineers designed the Jumbo 8.5 series. The oversized racquets that give you all the power you'll ever need and exceptional control. Some manufacturers will tell you that you have to sacrifice some control to get an enlarged hitting area. That may be true for them, but not for Yonex. The reason is the square head design. First, it allows you to hit the ball at the top or the racket cross strings stretch very little on impact and provide support for the longer mains. Finally, we keep most of the head by pulling from the corner. This lets us make the head narrower without any appreciable loss of hitting area. The resulting shorter spot and no unsightly tramplon effect. Now you can hit the ball with power and know exactly where it's going.

Take a close look at the Yonex 8.5 series. We're sure you'll find a racquet you're willing to demonstrate. By a demo now and avoid a painful lesson later.

Built to win

Take a close look at the Yonex 8.5 series. We're sure you'll find a racquet you're willing to demonstrate. By a demo now and avoid a painful lesson later.
An aerobic class for everybody?
Shirley!

Classes start April 6
Call 663-0331
THE READER PUZZLE

No 150 Checkmate

By Dan Rublin

Each of the letters in the answers must correspond to a piece — after EDDIE, GLENN, HENRY, JERRY, KEN and PETER, there is no other letter we haven’t presented any of the pieces for. For example, as we write here, anyway, all you need to do is identify them. Place all of the pieces in a straight line, starting with the piece in Black and white, and proceed back between them for your answer.

Rules of the Game

1. Names for solving the Reader Puzzle will be Reader.
2. All entries in the Reader Puzzle contest must be received by the Reader (addressed to Reader Puzzle, P.O. Box 8800, San Diego, CA 92139) by 11/19/89. Results will be published in the Thursday, November 30 issue.
3. All entries must be accompanied by your name, address, and phone number (check marks will be made on entries without phone numbers).
4. In the event of disputes or ties, decisions of the judge will be final. In the event of a tie, the judge will select the winner(s) from among the tied entries.
5. There will be one winner.
6. All entries must be received in the space allotted on the entry form, and include at least one entry for each puzzle.
7. One entry per person.

Winners of and Answers to Reader Puzzle will be published on:

Top 10

To the Way of Work
That Can Bottom Very
Through

The company, Incidents in the area, and Times are the latest. The “C” and the “N” are very much like this.

Tips for this Week:

1. George & Betty
2. The Boys
3. The Mentor
4. Cathy Peter, El Cajon
5. Tony Martinez, San Diego
6. Ken Frazee, San Diego
7. Tony Martinez, San Diego
8. Tony Martinez, San Diego
9. Tony Martinez, San Diego
10. Tony Martinez, San Diego

Entry Form:

Send your entry to:

Reader Puzzle
P.O. Box 8800
San Diego, CA 92139

Name:
Address:
Phone:

Entry:

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