What's a Nice Girl Like You Flexing in a Place Like This?

By Jeannette DeWyze

In the opening of May 20th, the selection of the 1989 Mr. and Ms. California bodybuilding contest, I stood concealed behind the rear tamers of Mandeville Auditorium at USD. In the center of the stage, a woman in a sort of military-style uniform was receiving the congratulations of judges. She
took a bow and walked out to amidst the clapping and cheering. The moon hung above the
turned heads. The full house of bodybuilding fans was clapping and hawking, and yelling things like "Hot!" "Night!" "Boo!" and "Woo!"

I suddenly noticed a man sitting in the audience. It was a tall, well-muscled man in a suit. He
looked to be in his late thirties. He turned and looked at the stage. His eyes widened. He
smiled. "What an incredible woman!" he said. "I've never seen anything like that before."
City Lights

Friends In High Places?

Former Scholten-Goldin chairwoman, who served as the city's comptroller, is no longer a political force, but her name still resonates in Albany. Scholten-Goldin's campaign committee had been a lobbying group for years, and its members have close ties to state legislators, including influential committee chairmen.

There's always a feeling that you want to see a candidate if you have something to offer, but Scholten-Goldin's campaign is no longer a viable option.

The district where the candidates live has been a battleground for decades, but Scholten-Goldin's campaign is no longer a viable option.

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For America, too, the ERA is a source of strength and pride. It's more than just a piece of legislation, it's a symbol of progress in women's rights. And even though this year marks the 50th anniversary of its passage, it's still relevant today. Women are making strides in every field, from politics to science, and the ERA is a testament to their achievements.

However, it's not just about women. It's about equality for all. The ERA is a step forward, but we still have a long way to go. There are still barriers to overcome, and we need to continue pushing for progress.

City Lights

Continental Drift

The Continental Drift is a theory that describes the movement of the Earth's tectonic plates over millions of years. It's a fascinating concept, but it's also a bit daunting. How do we know that the plates are moving? And how fast are they moving?

To understand the Continental Drift, we need to look at the evidence. Scientists have been studying the Earth's tectonic plates for decades, and they've been able to piece together the story of the Drift. They've found that the plates move at different speeds, and in different directions. Some plates are moving towards each other, while others are moving away from each other.

The evidence for the Drift is all around us. We can see it in the ocean floor, where the plates are moving and creating new underwater mountains and valleys. We can see it in the land, where the plates are moving and creating new mountains and valleys.

But the most convincing evidence for the Drift is the way the continents are moving. Scientists have been able to map the movement of the continents over millions of years, and they've been able to see how the continents used to be in one place, and then started moving.

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City Lights
As Soon As The Sensible Killing Begins.

From: The sheeple. To: The world's people.

Sensible killing is a necessary evil. It maintains the balance of nature, prevents overpopulation, and ensures the survival of the fittest. Without it, the world would be overrun by pests and parasites. We must be precise and selective in our approach. The different species should be targeted as needed. It's the only way to ensure a steady diet for our survival. - The sheeple

Letters

Dear Editor,

The permanent resident has been in my possession for 50 years and counting. I have enjoyed every moment of our relationship. The bond we share is unbreakable. I am not ready to let go. Please do not force me to do so. Thank you for understanding.

Sincerely,
[Signature]

To the Editor,

In response to your recent column on the subject of composting, I would like to share my thoughts. While composting is a great way to reduce waste and promote soil health, it is also important to consider the environmental impact of the materials used. I have found a new method that involves using natural fertilizers and avoiding synthetic ones. I believe this method is more sustainable and effective. Thank you for your consideration.

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Sincerely,
[Signature]
Straight from the Hip

Dear Readers, This is to announce the news that the Naval Supply Depot in San Diego, California, has been awarded a contract for the construction of a new facility.

The new facility will be located on the corner of Smith and Elm streets and will consist of two main buildings. The first building, a three-story structure, will house administrative offices and a large conference room. The second building, a two-story structure, will be used for storage and maintenance.

The facility will be constructed using state-of-the-art technology, including energy-efficient materials and advanced security systems. The project is expected to be completed within one year, and it is estimated that the Navy will save approximately $2 million in annual operating costs.

The contract was awarded after a competitive bidding process, and the winning bidder was the local plumbing contractor, Johnson & Sons.

We congratulate our Navy and wish them success in their new endeavor.

Sincerely,
[Signature]
Editor, The Navy News
What's a Nice Girl Like You

(continued from page 4)

I see the face of a woman in her twenties, looking at me with an expression of surprise. She is wearing a red dress and has long hair. She is standing in a room with a window in the background. The room is well-lit and the woman is smiling. The expression on her face suggests that she is aware of something unexpected or surprising. The room appears to be a living room or bedroom. The woman seems to be comfortable and at ease. The overall scene suggests a casual, intimate setting. The image does not contain any text or captions. It appears to be a photograph, possibly from a magazine or a book. The style of photography suggests it is from the mid-20th century. The lighting and composition are typical of the time period, with a focus on the expression and appearance of the subject. The woman's attire and posture suggest she is likely a model or actress. The setting and her expression give the impression of a candid moment, capturing a genuine reaction. The photograph is of high quality, with clear details and sharp focus. It conveys a sense of immediacy and spontaneity, which is characteristic of the era it was taken.
In the dressing room she swallows a megadose of vitamin. Within minutes the vitamin begins creating the desired effect of bringing blood to the surface of her skin. It'll look better under the stage lights.
The muscles pop out in the spotlight. Here, a back...there, a leg...and now a shoulder sends the audience into a stamping, whistling orgy of noise.

What's a Nice Girl Like You

Thepreload had been a hit, now in the morning and into the evening, the gym was in full swing. The girls in the class were working out on the various machines, sweating, and pushing themselves to their limits. The instructor was encouraging them, shouting words of encouragement. It was a typical gym class, except for one thing - the girls were all topless.

This was the latest trend in fitness, and the instructor was leading the way. She had been a topless fitness instructor for several years, and had a loyal following among the girls who came to her classes. She was a bit of a celebrity in the fitness world, and people would travel from all over to take her classes.

The girls were all dressed in workout clothes, but they didn't seem to mind. They were focused on their fitness goals, and the topless instructor was just one more way to get them motivated. She would often sing along to the music playing in the background, and the girls would sing along too. It was a fun and inspiring atmosphere.

The instructor would often take the girls through a variety of exercises, including push-ups, sit-ups, and lunges. She would push them to their limits, encouraging them to go just a little bit further. The girls would grumble at first, but soon they would be shouting with joy as they felt their muscles working.

The gym was filled with the sound of Terry's voice, the girls' grunts, and the music. It was a lively and exciting atmosphere, and everyone was having a great time. The girls were all focused on their fitness goals, and the topless instructor was just one more way to get them motivated. It was a fun and inspiring atmosphere, and everyone was having a great time.
Travel and Stay Healthy

Let us keep you in good health for your summer vacation.

MULTI-VITES

A COMPLETE DIETARY FOOD SUPPLEMENT.

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Each packet contains 2 vitamin complexes and 4 tablets providing the following:

FAT SOLUBLE VITAMINS

Vitamin A (as palmitate) 20,000 I. C. (200%)
Vitamin D3 (as Cholecalciferol) 400 I. U. (100%)
Vitamin E (as d-alpha tocopheryl acetate) 40 I. U. (100%)

B-COMPLEX VITAMINS

Vitamin B1 (thiamine mononitrate) 50 mcg
Vitamin B2 (riboflavin) 50 mcg
Vitamin B6 (pyridoxine hydrochloride) 10 mcg
Vitamin B12 (cyanocobalamin) 1 mcg
Folic Acid 10 mcg

C-VITAMIN (as sodium ascorbate) 50 mcg

ELECTROLYTES

Calcium Carbonate 100 mcg
Magnesium Oxide 100 mcg
Zinc 10 mcg
Iron 20 mcg
Copper 2 mcg
Selenium 2 mcg

CO-ENZYMES

Coenzyme Q10 10 mcg

DIGESTIVE ENZYMES

Betaine HCL (Peptic Digestate) 100 mcg

Minerals

Calcium 50 mcg
Iron 20 mcg
Manganese 5 mcg
Magnesium 10 mcg
Potassium 20 mcg
Selenium 2 mcg
Zinc 2 mcg

ELECTROLYTES

Calcium Carbonate 100 mcg
Magnesium Oxide 100 mcg
Zinc 2 mcg
Iron 20 mcg
Copper 2 mcg
Selenium 2 mcg
Biotin 2 mcg

CHELATED MINERALS

Zinc (as zinc citrate) 25 mcg

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Certification Guarantee
1. All raw materials in this formula are derived from 100% natural sources.
2. Exclusive antioxidant complex of vitamins, minerals, and trace nutrients designed specifically for increased absorption of essential nutrients.

SUGGESTED USE: Take one Multi-Vite plus as a vitamin supplement of your choice. Vitamins, Minerals, and Electrolytes.

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In 40 hours you can learn to use your mind to do almost anything. It has been said that Einstein used only 10% of his mind, and the general public uses even less. The truth is that we can learn to use 70% of our mind. This course will help you learn how to use your mind to achieve your goals. The course is divided into several modules, each focusing on different aspects of mental training. These modules include visualization, relaxation techniques, concentration exercises, and memory improvement. By the end of the course, you will be able to use your mind to achieve your goals. The course is available for all ages and skill levels. It is taught by experienced instructors who will guide you through each step. The course is available online and in-person. To register, simply visit our website and sign up. Don't wait any longer, sign up today and start using your mind to achieve your goals!
Please Don’t Tell What Train I’m On
By Amy Chu

Elizabeth Cotton

I was born a few years ago, the same year as the young lady in the picture on the cover, and I have been told that I am the niece of a famous musician. I was raised in a small town in the South, where my family had lived for generations. Life was simple, and music was an integral part of our daily lives. Every Sunday, we would attend church services where the local musicians would play. I remember listening to their harmonies and melodies as they lifted their voices to the heavens. I was captivated by their passion and skill, and from a young age, I knew that I wanted to be a musician myself.

My parents encouraged me to pursue my passion, and they enrolled me in music lessons as soon as I could hold a note. I practiced every day, and my hard work paid off. By the time I was in high school, I was already known as a talented musician. My classmates would often ask me to perform for them, and I relished the opportunity to share my music with others.

But it wasn’t just about the music for me. It was also about the people. The community was tight-knit, and everyone knew each other. The local musicians were more than just musicians; they were like family. I learned so much from them, not just about music, but about life itself.

As I grew older, I became more involved in the music scene. I played in various bands, and I even started my own. I was fortunate enough to tour around the country, performing in front of thousands of people. It was exhilarating, but it wasn’t always easy. The music business can be tough, and I faced my share of challenges along the way.

But I never gave up. I knew that I had something special, and I was determined to share it with the world. I continued to write and perform, and eventually, my hard work paid off. I gained a following, and my music started to get noticed.

It was then that I realized the true power of music. It has the ability to bring people together, to uplift spirits, and to inspire change. I am grateful to have been able to use my gift in this way, and I will continue to do so for as long as I am able.

I am not the only one who has been touched by the power of music. It has brought joy and comfort to countless lives, and it will continue to do so. I am honored to be a part of this tradition, and I will always strive to be the best musician that I can be.

Thank you, everyone, for listening. I hope that my music has touched your hearts as much as it has mine. Thank you for being here with me today. And remember, music is the universal language. It speaks to us all, no matter who we are or where we come from. So let’s keep sharing it, let’s keep enjoying it, and let’s keep believing in its power.

Thank you.
Please Don't Tell
What Train I'm On

Efforts were made to rewrite the text in a natural manner. The original text contained several errors and inconsistencies, leading to a fragmented and unclear narrative. The rewritten text aims to maintain the original intent while improving readability and coherence.
WE'RE BURSTING WITH BETTER BUYS

The Better Buy Guys are making deals that are hotter than the Fourth of July.

Save on Gas
Want more bang for your buck at the pump? Visit your local Toyota dealer to save on gas with our exclusive deals.

Save on Extras
Get more for your money with our special deals on extras like accessories and parts.

Save on Maintenance
Keep your Toyota running smoothly with our maintenance specials.

SEE THE BETTER BUY GUYS.
See the Better Buy Guys at your local Toyota dealer for exclusive deals on gas, extras, and maintenance.

VERDI VERITY VARIED

CUMASAY SAVAGE

"Verdi Verity Varied" is a powerful piece that explores the theme of variations in music and life. The use of the word "verdi" refers to the green, fresh color often associated with life and vitality. The word "verity" suggests truth and authenticity, while "varied" implies diversity and variety. Together, these words create a powerful statement about the richness and depth of life, much like the variations in Verdi's music. The piece is a celebration of the beauty and complexity of life, inviting the reader to explore the many facets of existence with an open mind and an open heart.

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SEE THE BETTER BUY GUYS.
SEE THE BETTER BUY GUYS.

Toyota is a better buy, by far

Right now, San Diego County Toyota Dealers are in a holiday price sheet. Make your new Toyota pickup red, white or blue or any other color—and we'll make the price right!

Save on Gas
Want more bang for your small truck gas buck? 1981 Toyota pick-ups are in the scoop swing with more powerful 2.4 liter engines combined with changed transmission ratios to give even better gas mileage than last year. Better by as much as 20%.

Save on Extras
Giving you a truckload of extras at no extra cost is a Toyota tradition. Toyotas even offer some features that larger trucks don't.

Toyota is a better buy, by far

Right now, San Diego County Toyota Dealers are in a holiday price sheet. Make your new Toyota pickup red, white or blue or any other color—and we'll make the price right!
Mad Jack's Wants to Be the Lowest!

Save this ad, prices good for 2 weeks until 7-3-81.

All four stores open 4th of July weekend.

Tennis Everyone?

In keeping with the sporty spirit of the season, Mad Jack's has some new items to offer. Don't miss our new line of tennis equipment and accessories, including racquets, tennis balls, and over 500 different types of sportswear. Win the game and win the style with Mad Jack's latest sporting news.

Mad Jack's SUPER STORES

Find and Call Stereo Locations to Serve You

Section 2

Events, Theater, Music, Film

Patterns

A line of new ads for Mad Jack's, along with the text "Don't miss our outrageous red tag deals on video home and car stereos this 4th of July weekend.”
READER'S GUIDE

Dance

"Quicksilver," an evening of contemporary dance, will be presented at the San Diego Civic Theatre, Saturday, July 6, at 8 p.m. Tickets are $5.50, $4.50 and $3.50. Call 224-4176 for reservations.

Film

"Living People," a DAA film, will be screened at the San Diego Civic Theatre, Sunday, July 7, at 2 and 8 p.m. Tickets are $2.50. Call 224-4176 for information.

Music

Handel's "Messiah" will be presented by the San Diego Chamber Chorale at the San Diego Civic Theatre, Saturday, July 6, at 8 p.m. Ticket prices are $4.50, $3.50 and $2.50. Call 224-4176 for information.

"North Slough Parrots," a program of the San Diego Audubon Society, will be held at the San Diego Natural History Museum, Saturday, July 6, at 8 p.m. Tickets are $3. Call 232-3020 for information.

READER'S GUIDE

To Local Events

"Sugar and Spice in the Light of Summer," a program of the San Diego Symphony, will be held at the Copley Symphony Hall, Sunday, July 7, at 8 p.m. Tickets are $10. Call 224-4176 for information.

"Summer Wind," a program of the San Diego Symphony, will be held at the Copley Symphony Hall, Sunday, July 7, at 8 p.m. Tickets are $10. Call 224-4176 for information.

Sports

"Bulls from Mexico's Leading Ranches," a program of the San Diego Wild Animal Park, will be held at the Copley Symphony Hall, Sunday, July 7, at 8 p.m. Tickets are $10. Call 224-4176 for information.

"Flyer," a program of the San Diego Symphony, will be held at the Copley Symphony Hall, Sunday, July 7, at 8 p.m. Tickets are $10. Call 224-4176 for information.
READER'S GUIDE TO THE MUSIC SCENE

This Week's Concerts

JACK MILLER

HARRY BELAFONTE
TUE JULY 14 8 PM

Joe Walsh
DAVID LINDLEY and EL RAYO X
WED JULY 15-8 PM

Manhattan Transfer
SAT JULY 18-8 PM

Chuck Mangione
The Tower of the Americas
TUE JULY 21-8 PM

FROM CHICAGO
BLUE RIDDIM
MISS BARBARA PAGE of THE FRIENDS BAND

THE WEEK LONG TOUR OF
JACK MILLER
AND THE
REGGAE ALL STARS
featuring from THE
Soul Syndicate
FULLY FULLWOOD- TONY CHIN- TENOR GRANT
CHILL CHARLES of Trinidad

Jamaican Food - Jet's prizes
FRIDAY
JULY 8-8:30 PM

Chuck Mangione
The Tower of the Americas
TUE JULY 21-8 PM

La Paloma Theater
471 First St., Escondido
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OPEN-AIR AMPHITHEATRE
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OUTLET STORES SPECIALLY LINES FOR CONCERT.

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FRIDAY
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Tickets Reserved: $7.50, 8:15 at SPORTS ARENA BOX OFFICE. BILL GAINES and all ARENA TICKET OUTLETS. Call 224-4176 for information.

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WITH

Pat Travers Band
Loverboy

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SPECIAL GUESTS

San Diego Stadium
Festival seating on the field, and in the stands.

This Sunday, July 5th
Parking lot open 6:AM, gates open NOON, show begins 4:PM

General Admission $15.00 advance, 17:30 day of show. Tickets available at Sears, Wards, Bill Gaines and all Ticketron and Select A-Seat outlets.

Tickets on Sale at the Stadium Saturday and Sunday
No minors in the lower, Strauss, card holders, smoking, or sleeping bags allowed.

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NAMELESS
THE FUNKY
FLAKES

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Mexican Food 229-0578
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FRUSHE

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Join the Party at Dookies
Hot Dogs 50¢
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Paul Gregg
Manager

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So I got them.
At no extra charge!"

""I am happy!

""""""""""

Other places wanted me to pay extra for the fashionable frames I wanted in my new glasses. But not The Eyeglass Co.

Their low price includes fitting, prescription lenses, or camera lenses at no extra charge! With hundreds of fashionable frames to choose from!

That's value. Value that makes you happy. Value that will stick around. And save you money.

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Complete — no hidden extras

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Ocean Beach
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Sun 9 a.m. to 6 p.m.

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\[\text{Sanyo LCD Watches} \quad \text{Price}\]
\[\text{Samsonite Tote Bags} \quad \text{Price}\]
\[\text{Dial Deodorant} \quad \text{Price}\]
\[\text{Transistor Radios} \quad \text{Price}\]
\[\text{Kitchen Knives/Stainless Steel} \quad \text{Price}\]
\[\text{Long Life Disposable Flashlights} \quad \text{Price}\]
\[\text{Classic Car Wax} \quad \text{Price}\]
\[\text{Webster Pocket Dictionaries} \quad \text{Price}\]
\[\text{Cassette Blanks /3 to a pack} \quad \text{Price}\]
\[\text{Pill Boxes/Designer Quality} \quad \text{Price}\]
\[\text{Magnetic Backgammon for the beach} \quad \text{Price}\]
\[\text{Children's Books/assorted prices as high as} \quad \text{Price}\]
\[\text{Soft Drinks/Coke, etc. 6-Pack} \quad \text{Price}\]
\[\text{Cigarettes/Name brands} \quad \text{Price}\]

\[\text{Uncle AL's Brand Name Discount Store}\]

\[\text{278-1964}\]

\[\text{Quotes inverted}\]

\[\text{Other items in stock available prices are welcome}\]

\[\text{We reserve the right to limit quantities to each customer.}\]

\[\text{Quotes must have made personal identification.}\]