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Fear, Sweat, and Profit
Do we need illegal farm workers? Are they unfairly exploited?
Is San Diego agriculture big business? Do you like strawberries and avocados?
By Jeanette DeWynne
State Fans Gold Hopes

By Bruce Paxton

State fans will enjoy their gold hopes this week when the Bruins face off against the Vols in Nashville. This game marks the first time in many years that the Bruins and Vols have met on the gridiron. The game is expected to be a high-scoring affair, with both teams bringing a wealth of talent to the field. With the stakes high, it will be a battle to the end.

You Light Up My Depression

By John R. Miller

Depression is a common ailment that affects millions of people worldwide. It's a complex disorder that can affect anyone, regardless of age, gender, or background. While depression can be challenging to manage, there are many effective treatments available. In addition to medication and therapy, there are also alternative treatments that can provide relief. This article explores some of the options available for those struggling with depression.

Perhaps A Cure For The Omolain

By John R. Miller

Omolains, a rare and little-understood condition, can be debilitating for those who suffer from it. The condition is characterized by unusual symptoms that are difficult to diagnose and treat. In this article, we explore the current understanding of Omolain and discuss the potential for a cure.

City Lights

The Senior Complex

The Senior Complex is a community with a focus on providing a safe and vibrant living environment for seniors. The community offers a variety of amenities and services, including social events, healthcare services, and recreational activities. The goal is to help seniors lead fulfilling and active lives. This article provides an overview of the Senior Complex and its offerings.
A NEW NATURAL FOOD STORE OPENS IN NORTH PARK

Our huge 5,000 square foot store features an extensive line of organic products: bulk beans, grains and flours over 150 bulk herbs (including a number of organic coffees). We also carry a complete line of cosmetics, vitamins, grocery items and have a substantial macrobiotic section.

Our diet makes the most superb and outrageous dishes. We cut our cheese to order and offer imported and domestic lines. We also carry a full line of dairy and frozen products.

We are committed to getting the best quality foods and attempt to carry as much organic as possible. Just as importantly, we offer all our products at extraordinarily low prices. Here are some exceptional grand opening specials.

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Organic Hass Avocados (each) .20
Organic Seedless Grapes (1 lb) .79
Sweet Organic Tomatoes (1 lb) .69
Mushrooms (1 lb) .99
Broccoli (1 lb) .29
Westbrae Mustard (8 oz.) .49
Westbrae Raw Sesame Tahini (16 oz.) 1.79
Eden Soy (½ oz.) .45
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Organic Short Grain Brown Rice (1 lb) .49
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Avocado Sandwiches .99
Knudsen’s Ambrosia Juice (Qs.) 1.29
Fresh Whole Wheat Pita Bread (10 oz.) .39

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The store offers an experience and service that is hard to find at any price.
Fare, Sweat, and Profit

How can this be? I put the question to Mike Connell, the man in charge of the El Cajon Patel family stores. While the Belvede Patel agents in Las Vegas concentrate on providing the broker itself, and agents in the Sun "Clementine" and "Summerlin stations. The company's main office is in the Golden Triangle Shopping Center, the El Cajon agents hold the primary responsibility for "managing and marketing" - that is, commanding and farm workers. Connell is a straightforward with a quick, brash manner. At his question, he whirled around and pointed to a map of the area pasted to his door.

"The El Cajon station covers about 2,000 to 2,500 square miles, he said. Although about twenty per cent of the farmland is already in the station from 1986, Connell says where you divide at among those 45 and farm workers 80 years of age. Connell also says he has

Cajon Station headquarters at San Bernardino. The company, however, does not announce the number of its stations. Connell also says he has assistants of various kinds, such as catching lizards in the area of working with the state's agriculture department. The company does not publish the number of its stations.

Connell says he has attracted a variety of customers, including several large corporate farms. The company, however, does not announce the number of its stations. Connell also says he has assistants of various kinds, such as catching lizards in the area of working with the state's agriculture department. The company does not publish the number of its stations.

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Fear, Sweat, and Profit

[Continued from p. 177]

So far at least, many Mexican workers are safe. They have not taken advantage of the recent publicity and pressure to strike. The harvest is underway, and the workers are needed. But the strike threat looms large.

As the workers move through the fields, they are watched by the immigration agents. The agents are armed with walkie-talkies and have been trained to use nightsticks. They patrol the fields in groups of four, each group consisting of a leader and three auxiliaries.

The agents are looking for evidence of any strike activity. They are particularly interested in the workers who are carrying signs or distributing flyers. If they find any, they will arrest the workers and take them to the nearest immigration station.

The workers are aware of the agents' presence and are keeping a low profile. They are working as hard as possible to get the job done.

The atmosphere is tense, but the workers are determined to hold out. They know that if they give in, they will be defeated. They are fighting for their rights, and they will not give up easily.

As the harvest continues, the workers will face many challenges. They will have to work long hours under difficult conditions, and they will have to deal with the agents' presence.

But the workers are confident that they will prevail. They know that they have the support of their union and their families. They will not back down until they achieve their goals.

The workers' struggle is not just for themselves. It is for all workers in this country. They are fighting for a better future, a future where workers are respected and treated fairly.

The workers' story is a powerful one. It is a story of courage, determination, and resilience. It is a story that must be told.
Fare, Sweat, and Profit

The word "treadmill" conjures up images of monotonous, repetitive exercise, but in the context of manufacturing, it has a different meaning. A treadmill factory is a place where workers are subjected to continuous work, often in poor conditions, for extended periods of time. The workers are expected to maintain a constant speed and pace, much like a treadmill, to meet production targets. This system is exploitative and dehumanizing, with workers often working long hours for low wages, with little time for breaks or to rest. The factory's focus is on maximizing output, with little regard for the health and well-being of the workers. The use of a treadmill factory is a symbol of the capitalist system's prioritization of profit over human rights and dignity. It is a reminder of the need for workers' rights and the importance of the labor movement in advocating for fair and humane working conditions. The treadmill factory serves as a poignant reminder of the exploitation and suffering that workers in capitalist economies often face. It is a call to action for workers to organize and demand better working conditions, fair wages, and a voice in the workplace.
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ALL THIS AND MORE

Juan and Harney Streets in Historic Old Town

Poster Art Notes!
Quality, selection & services!
Have it all Come & experience a truly unique atmosphere when travel and decor specialists will help you with your decor needs.
Fear, Sweat, and Profit

The scene was set along an old North River Road in Tennessee. Long hair clogged the marlinspike of strong, sunburned men and women. Every movement was calculated, every issue weighed. The drama of economic survival played out in every corner of this small town. The tension was palpable, the atmosphere thick with anticipation.

As the announcement was made that the market in Los Angeles was paying only three dollars per barrel, the world of oil men and women took notice. The price of oil seemed to hang in the air, a tangible reminder of the sometimes volatile nature of the industry. The news was met with a mixture of sadness and determination. Every dollar counted, and the group gathered to discuss their next steps. The atmosphere was one of intensity, as they weighed their options and strategized.


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EDITORIAL
9X: The Rock of the '90's!
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Presents

OCTOBER 19, 1997
Bring 'Em Back
An evening with a pair of San Diego bounty hunters

By Bob Owens

The old woman stood in the doorway of her East San Diego home, her face expressionless, her voice monotone. "My daughter," she said. "Her name was Mary. She's gone."

The man in the doorway, tall and lean, his hair graying, nodded in understanding. He had seen this scene before. "I'm sorry," he said. "Is there anything you need?"

"Yes," the woman replied. "I need a man to take her place."

The man in the doorway hesitated. He knew what this meant. "I'm afraid I can't help you with that," he said. "But I can recommend someone who might be able to."

The woman nodded, her expression unchanged. "Thank you," she said. "I'll think about it." And with that, she turned and walked back into her house, leaving the man standing in the doorway, his mind racing with possibilities.
Bring 'Em Back
An evening with a pair of San Diego bounty hunters

T

The older woman stood in the doorway, watching her small hands busily pick at the food on her plate. She was as quiet as a church mouse, and her eyes were distant, as if she was lost in her own thoughts. She had been here for hours, waiting for the bounty hunters to come. Her son had told her about them, how they were the best in the business. He had even let her see pictures of them in action. She had been impressed, and now she was waiting for them to come back. She knew they would, she could feel it.

The bounty hunters arrived on time, as usual. They were tall and muscular, with faces that were hardened by years of hard work. They wore black uniforms, and their guns were always at the ready. They stepped into the restaurant, and the older woman stood up, her eyes wide with excitement. She knew they would find her son, and she would finally be free of the weight of her past.

By Bob Owens
Brin 'Em Back

alone. The second man apparently married. They never completely turned toward the rear of the small limp woman's sparkling brownies. She had pulled up a kitchen stool, and was sitting in front of the woman's dreams. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." She pushed the woman's position forward, and moved up to the left of the woman'sSafe. "Don't Drop it right now." 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"Don't Drop it right now."
Schools of Tragedy

JOHNANTHON SWAVELLE

There are four broad categories in the production of ancient Greek theatre in the modern age. The theatrical productions themselves imitate the conditions of the original acting, music, décor, costumes, and so forth. The modern or avant-garde stylist is not afraid to stray away from conventions and experiment from contemporary ideas. He explores unanswerable issues of acting and staging such as expressionism and the subconscious; and blends in the use of modern or contemporary elements. Each genre has its own uniqueness, and the classification of each is determined by the director and the production itself.

The four broad categories are:

1. Modern/Contemporary
2. Avant-Garde
3. Neo-Classical
4. Experiential

Modern/Contemporary

In this category, the production is more free and loose. The characters are constructed as they are in life, with all the modern techniques. The most notable is the Greek Theatre of the 19th century, with its use of expressions and gestures. The characters are not as restrained as in the other categories, and the acting is more free and loose. The stage is often more open and less defined, with less use of scenery and props. The music is also more modern and less traditional, with the use of contemporary instruments.

Avant-Garde

This category is more experimental and avant-garde. The director is more free and loose, and the production is more experimental and unstructured. The acting is more free and loose, and the expressions and gestures are more exaggerated. The music is more experimental and avant-garde, with the use of contemporary instruments and sounds. The stage is often more open and less defined, with less use of scenery and props. The production is more experimental and unstructured, with the use of contemporary instruments and sounds.

Neo-Classical

This category is more traditional and classic. The director is more controlled and structured, and the production is more traditional and classic. The acting is more controlled and structured, and the expressions and gestures are more restrained. The music is more traditional and classic, with the use of traditional instruments. The stage is often more defined and structured, with more use of scenery and props. The production is more traditional and classic, with the use of traditional instruments and sounds.

Experiential

This category is more experiential and immersive. The director is more free and loose, and the production is more experiential and immersive. The acting is more free and loose, and the expressions and gestures are more exaggerated. The music is more experiential and immersive, with the use of contemporary instruments and sounds. The stage is often more open and less defined, with less use of scenery and props. The production is more experiential and immersive, with the use of contemporary instruments and sounds.

These are the four broad categories in the production of ancient Greek theatre in the modern age. Each category has its own uniqueness, and the classification of each is determined by the director and the production itself.
The couple has loved each other for a long time and the woman is planning a surprise birthday party for her husband. The man is not sure what to do and is having trouble making a decision. He goes to see his friend, a professional, for advice.

The professional suggests that the man should think about what his wife would like and what would make her happy. The man decides to take his wife's favorite flowers to the flower shop and buy them as a gift. He also plans to give her a heartfelt letter expressing his love and appreciation.

The couple goes to the flower shop and the man chooses a beautiful bouquet of flowers. He hands the bouquet to the florist and asks for advice on how to wrap it. The florist suggests a simple but elegant wrap and the man follows the instructions.

The couple arrives at the flower shop and the man pulls out the wrapped bouquet. He gives it to his wife and she is overjoyed. The professional walks over and covers their smiles with his hands. He whispers something to the man, who nods in understanding.

The couple goes home and the woman can't stop smiling. She can hardly wait to see her surprise on her special day. The man is happy to have made her happy and is looking forward to the rest of the day with her.
Glitz Rules

ELEANOR WEDERV

The Restaurant: Flamingo
The Location: 4777 South Peoria St. 1st Ave. 347-2498
Type of Food: American
Price Range: Dinner $7.50 to $14.50, lunch $4.00 to $8.00
Heures: Open daily; Lunch Monday through Friday 11:30 a.m. to 2:30 p.m.; Dinner nightly 5:30 p.m. to 11 p.m.

From this point on in the review, I have included the review title, which is the main topic of the restaurant.

Avanti great fun and very friendly. The third was a couple who loved the idea of sitting in the lounge, close to the bar, sharing a drink and fresh, fruity, and non-alcoholic beverages with the dining room at any point in the evening. The same young people, dressed in their finest, arrived at the bar, where the bar staff, in their uniforms, greeted them with a smile. The music was soft, the lighting was inviting, and the atmosphere was comfortable.

The menu was extensive, offering a variety of options for every palate. The dishes were well-prepared, and the presentation was elegant. The only negative was the noise level, which was quite high. The staff was very helpful and attentive, and the service was prompt. Overall, a very enjoyable experience.

The Flamingo is a great place for a fun evening out. The food was delicious, and the service was outstanding. I highly recommend it to anyone looking for a good time.
Letters

The Not-So-Private Practice
The recent column about physicians' private practices was interesting. While it is true that some doctors do charge exorbitant fees and limited availability, it is important to remember that the majority of healthcare providers work in a public setting where patients are treated without financial barriers. It is the private practices that contribute significantly to the overall healthcare system by offering specialized care, research facilities, and equipment.

A Kick

Editor's Note: This letter was submitted anonymously. If you wish to have your name published, please provide your contact information.

Summer Special $88 3-Month Membership

We Got 'EM

Gold's Gym

German Spanish French

High tech haircuts in the heart of Hillcrest

Our hair stylists are experts in permanent waves, hair coloring, hair weaving, cutting & styling - remy human hair by Alex • Boston • Tish • Cyndie Hae

Cardell Hair Design

Brookside Farm

Cream Cheese Concoctions for lunch at Melvin's.

Off the Cuff

Tongue in Cheek Tucks Licks

Tongue in Cheek

Aside Of Mack?

Don't Squeeze The Razor

The Fold

Mane Cut

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Tongue in Cheek

Aside Of Mack?

Don't Squeeze The Razor

The Fold

Mane Cut
Sounds Impressive

Car Stereo Speaker $9.95 each

Car Equalizer-Amplifier $19.95 each

Car Amplifier-Equalizer $29.95 each

New Wedge-Style 3-way Speakers $12.49 each

Coastal Speakers $19.99 each

3-way Box Speakers $19.99 each

AM/FM Jingle Style Radio $9.95

In DASH AM/FM Cassette $13.99

AM/FM Cassette Stereo $29.95

Cassette Size Personal Cassette Stereo Player $29.95

Straight-arm Turntable $29.95

Hi-Fi Mini Speakers $19.99 each

Motorola Power Auto Antenna $49.95

Portable Radio with TV Band $12.95

Your Choice: 1.95 each

Calaculator Alarm Clock Radio or Credit Card Flash Solar Calculator by Seiko ST16 $49.95

Detachable Speakers from AM/FM Mini Stereo Component System $59.95

Professional Installation REASONABLE PRICES

MARK THE SHARK STEREO

Events, Theater, Music, Film

Section 2

The Body Transformed

Sitting in on the David Getz seminar, one realizes that his work has become both a vehicle for change and a medium for expression. The seminar is presented with great enthusiasm and animation, and one is immediately impressed with Getz's ability to communicate effectively.

In the seminar, Getz emphasizes the importance of understanding the body's natural tendencies and working with them, rather than against them. He believes that by doing so, one can achieve greater flexibility and expression in one's movements.

Getz's approach is to focus on the body's natural movements and to guide the participant in discovering these movements and integrating them into their movements. He uses a variety of techniques, including massage, movement exploration, and yoga, to help participants access and release these movements.

The seminar is highly interactive, with Getz encourage participants to explore their own bodies and to share their experiences with one another. The atmosphere is supportive and encouraging, with Getz providing guidance and feedback to help participants deepen their understanding and practice.

Getz's work is highly respected in the field of movement and he has been teaching for over 30 years. His approach is unique in that he focuses on the body's natural movements, rather than on the more traditional approaches that emphasize external control and manipulation.

Overall, Getz's seminar is a powerful and inspiring experience that leaves participants with a greater understanding of their bodies and a new appreciation for the beauty and potential within them.
TOWNE FAIRE & STREET SALE

July 12th to 15th.
Witness the transformation of UTC's sidewalks into a street bazaar with values, entertainment and a multitude of surprises.

Partake of special values inside and outside from Broadway, Robinson's, Sears and our vast array of very special stores.

Delight in the color of gourmet fruits from three Towne Faire produce markets, rival the antics of street entertainers, and enjoy a variety of performers including the Navy Steel Band on Friday, July 13th at 12 noon.

Join the fun and take pleasure in the best sale on summer merchandise at the Towne Faire and Street Sale.

University Towne Center
Located on La Jolla Village Drive between 1-5 and 1-805.
READER'S GUIDE

A FREE Continuing Public Seminar Series Offered by the San Diego Center for Psychotherapy

Wednesday, July 18, 1984
10 a.m. to 1 p.m.
San Diego Center for Psychotherapy
2100 S. El Cajon Blvd., Suite 200

Worried? Why? Join the experts for a day of learning and discussion.

Friday, July 20, 1984
6 p.m. to 8 p.m.
The San Diego Center for Psychotherapy
2100 S. El Cajon Blvd., Suite 200

Worried? Why? Join the experts for a day of learning and discussion.

Saturday, July 21, 1984
10 a.m. to 1 p.m.
The San Diego Center for Psychotherapy
2100 S. El Cajon Blvd., Suite 200

Worried? Why? Join the experts for a day of learning and discussion.

Sunday, July 22, 1984
6 p.m. to 8 p.m.
The San Diego Center for Psychotherapy
2100 S. El Cajon Blvd., Suite 200

Worried? Why? Join the experts for a day of learning and discussion.

Craft Show

Frid., July 13 and Sat., July 14
San Diego County Fair

CRAFT SHOW CHAIRPERSONS

Linda B. Davis
San Diego County Fair

TICKETS

$10 per day

TO LOCAL EVENTS

San Diego Art Show
July 26
San Diego Art Center

ENTERTAINMENT:

For a complete list of events, see the local events section of this week's Reader's Guide.

JAPAN'S SANKAI JUKU

Now through August 25
San Diego Museum of Art

THE JOFFREY BALLET

An American Classic ROBERT JOFFREY, Artistic Director GERALD ARZONI, Associate Director

ENCORE!

Four Performances Only
Doheny Beach, CA
July 16, 17, 20, and 21

CHARGE BY PHONE:
San Diego Music Foundation
459-9788
Center Box Office 226-6510
Toll-Free 1-800-555-5555
TICKETS ARE AVAILABLE AT:
Center Box Office
All Ticketmaster Outlets

PROGRAMS:
July 16 and 19
JAPAN SUITE

July 20 and 21

Japan Suite

TICKETS:
San Diego Art Show
San Diego Fair

For further information, phone 459-9788

Choose the Cruise for You!

This Saturday night - Peter & Shelly's
"Rockin' the Showboat"
Live music by Shelly Only $10.00 to $15.00 per person
Call Telrad

Harbor, dinner & starlight cruise aboard San Diego's new ship!
These unique cruises are available on our historic ships. Join us for an unforgettable good time on the tall ship INVASION or paddlewheel SHENANDOAH! All these cruises are unlike any you've ever experienced! Call for information and reservations now.

$4.95 off any dinner cruise with this ad.

INVASION CRUISES
San Diego on the Embarcadero
(619) 298-8066
READER'S GUIDE TO LOCAL EVENTS

Show Biz

Promotions, bargain sales, and contests galore! Look below for details.

Fashions from the San Diego Fashion Fair

By George Travers

Encore

Throughout the year, American Airlines presents concert performances at the San Diego Civic Theatre. Here's an overview of some of the events:


every Wednesday Night

Crystal T's Emporium

1708 10th Avenue, San Diego, CA 92101

The Body

Once upon a time, there was a woman named Mary. She had a good life, but she was not happy. She dreamed of having a perfect life, one with everything she desired. She knew that she had to do something to change her life. One day, she decided to take a chance and do something different. She started to work on herself, to learn new skills and to improve her life. She learned to love herself, to enjoy her life, and to be grateful for what she had.

A DOWNTOWN THEATER FOR LEASE

TELESEAT Calendar

DOWNTOWN THEATER FOR LEASE

Sponsored by: TELESEAT

Theater Directory

RENT TO OWN THEATRE

LA MESA MEYER MOSHER THEATRE

SAN DieG 5 THEATRE

LA MESA MEYER MOSHER THEATRE

SAN DieG 5 THEATRE

CRIMES OF THE HEART

The Old Globe Theatre, San Diego, CA 92106

Opens Tonight

San Diego Repertory Theatre

"WINDOWS TO THE SOUL"

CRIMES OF THE HEART

By Kenneth Johnson

Opens July 11 - August 10

THE BOWERY THEATRE

OLD GLOBE THEATRE

TEATRO META'S

"WINDOWS TO THE SOUL"

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READER'S GUIDE TO THE MUSIC SCENE

Music continues to be a major part of the San Diego cultural scene, with many venues offering a wide range of musical performances. From open-air theaters to indoor venues, there's something for everyone. Here are a few notable events:

- **Open Air Theatre**
  - Events include performances by major artists and local talent.
  - Check the schedule for upcoming shows.

- **Mississippi Mississippi**
  - A popular venue for live music and events.
  - Check their website for current and upcoming events.

- **Rodney Dangerfield**
  - A comedic legend known for his unique style.
  - Performing at Golden Hall, 202 C Street.

- **The Gogos**
  - A legendary band known for their catchy pop tunes.
  - Performing at Humphrey's Concerts by the Bay.

Tickets are available now, so be sure to check out these events and others listed in the guide. Enjoy the music and keep an eye out for more live performances in your area.
ROCKIN' THE SHOWBOAT

Featuring CIRCLE

The most outrageous party boat ever seen, plus dancing and live music and drink specials. Tickets only $5:

PARTY THIS SATURDAY NIGHT, JULY 14
Boarding at 10:30, leaving at 11:30 sharp. Tickets also available at the door. Saturday night in Harbor Drive and much of the line of help.

In Concert
THE TRIUMPHANT RETURN OF
BILLY IDOL

AUGUST 15—8 PM
San Diego Sports Arena

TICKETS $12.50 AND $11.75 RESERVED. AVAILABLE AT THE SPORTS ARENA BOX OFFICE, AZTEC CENTER, 32ND STREET NAVAL STATION, MAD JACKS, FIRST WORLD TRAVEL, AND ALL ARENA OUTLETS.
FOR MORE INFORMATION CALL 483-6339
CURRENT MOVIES

Introducing Four New Cable Channels, For A Change.

Meet The Disney Channel, Cinemax, Showtime and The Playboy Channel. The four new premium channels available now at Southwestern Cable TV. Each channel is tailored to your own viewing tastes, from family series, to animated classics, to adult fun. They all include a commitment to quality programming you won't find anywhere else. At a very affordable price.

You know our good friend, HBO. Now let us introduce you to four new channels that will let you watch what you have always wanted to watch. Call Southwestern Cable now and gear up for a very nice change.

695-9401

INTRODUCING FOUR NEW CABLE CHANNELS, FOR A CHANGE.

Free!

Meet The Disney Channel, Cinemax, Showtime and The Playboy Channel. The four new premium channels available now at Southwestern Cable TV. Each channel is tailored to your own viewing tastes, from family series, to animated classics, to adult fun. They all include a commitment to quality programming you won't find anywhere else. At a very affordable price.

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695-9401
Monsoon Sale
You’ll be swept away by the savings!

- Chairs for cap’s & crew
- Porcelain art of Native Americans in navy, yellow, red, pink, or purple
- Counter top band in hand-woven Thai silk and wool
- Reg. 37" tall x 22" wide. Reg. $34.99

$24.88

Windswell design
- A 30" tall chair of light, airy but for your summer pic-nics. Set out open-air stays in the cool shade of a large umbrella. All \"Hyde\" armchairs are handwoven by Philippine islanders and its named Mahala chair. Reg. $34.99

$18.88

Cushion sold separately.

High tide means lower prices!
- Braided bag for pic-nics. Reg. 69" x 48". Framed art prints
- Selected prints from well-known artists. 25% off reg.
- Agape
- Choose a print or cook-pleasing styles. Reg. 70" x 69". A full 25% off reg.

Wooden spoons
- A mix of 20 spoons. Reg. 399.20. 25% off.

Plane stands
- Display the china in wood stands. Reg. 199.20. 25% off.

Pier 1 imports

Sale prices good thru July 20.

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Pier 1 imports

Sale prices good thru July 20.
The Best for Less—

For years, Sound Company's customer has been greeted with exceptional service that has earned them the title of "Best for Less." Now, with our new line of products, you can enjoy the same high-quality sound at an affordable price. With our new line of products, you can enjoy the same high-quality sound at an affordable price.

NAD 4150 "Schatz" Tuner

The best value in an AM/FM tuner available today. The Schatz TT-200 model enables the user to access many more stations than ever before. The NAD 4150 is priced at only $299.95, a savings of over $100.

Was $338 Now $255

NAD 4020A Tuner

Designed for the person who wants a versatile, low-distortion AM/FM tuner with a minimum of hassle. The 4020A provides an exceptional level of performance and features a built-in phono preamp and a 24-hour clock. Available in black or white, the 4020A offers a savings of over $100.

Was $213 Now $158

NAD 3150 Integrated Amplifier

The most highly praised integrated amplifier with sound quality and reliability that require no compromise, even at the modest price of $599.95. Now, the NAD 3150 offers the flexibility of 2-way and 4-way outputs, a 3-band graphic equalizer, and even a built-in phono preamp for a savings of over $100.

Was $998 Now $325

Buy both for only $555

maxell

UDX7I-96, 96050 cassette $2.60
UDX5-90, 7 inch $4.95
UDX3-120, 10 inch $15.95

More NAD Values

3200 Integrated Amplifier—Open $138
6000 Tuner—Open $128
3140 Integrated Amplifier—Open $255
1400 Power Amp—Open $158
1250 Power Amp $250
6000 Cassette Deck—Open $169

Section 3/Classifieds

How to Place Your Free Classifieds

CLASSIFIED size is $5.00 per inch per column, and $10.00 per inch per column for specialty ads. Local ad rate is $5.00 per inch per column, and $10.00 per inch per column for specialty ads. Discounts available for quantity bookings. No service charge, $2.00 minimum. Accepting VISA and MasterCard. Payment is due within 30 days. Classifieds are 8x11 unless otherwise specified. Price of classifieds includes insertion of listings in all Valley publications except Classifieds. For more information, contact Classifieds Manager at (619) 555-1212.

For Sale


toples Hepburn


Northern Italian Sampler $9.90

Antipasto, Salami, Pecorino, Olive Oil, Balsamic Vinegar, Pepperoni, Local Bread, and More. The perfect starter for your home dinner. Available at all locations. Call (619) 555-1212 for more information.

Rentals:
The Pop into the Playlist

At Islanda's, we offer a variety of rentals to make your event memorable. From our wide selection of wines and beers to our exclusive line of Italian cuisine, we have something for everyone. Visit our website today to learn more.

RESTAURANTS

ALARESCOS

Northern Italy

FROM $9.90

Alfresco brings the unique flavors of Northern Italian cuisine to your doorstep. Our menu features classic dishes like our famous lasagna, homemade pizza, and more. Call us today to place your order.

NORTHERN ITALIAN SAMPLER $9.90

Antipasto, Salami, Pecorino, Olive Oil, Balsamic Vinegar, Pepperoni, Local Bread, and More. The perfect starter for your home dinner. Available at all locations. Call (619) 555-1212 for more information.

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At Islanda's, we offer a variety of rentals to make your event memorable. From our wide selection of wines and beers to our exclusive line of Italian cuisine, we have something for everyone. Visit our website today to learn more.
RESTAURANTS

Vineyard

Have a real picnic!

Beach • Park • Trilgata • Special Event

Gourmet Picnic
Select a scrumptious sandwich, salad or deli salad from our delicious line. All for $4.99. Beer and wine also available. Call us and we'll have it ready and ready to go.

Super Gourmet
Your favorite picnic foods to choose from Le Poulet, Lo mein, Lascu, Deli and our Mrs. Le to suggest the tableware to accompany your pocket-sized alfresco fare. Servings required.

The Vineyard Restaurant & Deli
22725 Pacific Coast Hwy
Phone: 405-258-0000
ORDER TO Go • Hours: 8-5. Mon.-Thurs.

STEAK & SHRIMP DINNER
2 for $11.98

Includes entrees, pasta, rice, salad bar and all you can eat from our famous salad bar. Coupon good only at participating Bourbon Restaurants.

THREE EXTRAVAGANT WAYS TO SPEND
$6.95

VEAL SCALLOPINI MARASCA
Sautéed veal scallops and fresh mushrooms finished in a rich Marsala wine sauce. Served with a vegetable, potatoes and your choice of a tossed green or orange tossed salad.

LIVE MAIN LOBSTER
A must for all true seafood lovers. Includes our garden fresh salad bar and homemade Boston clam chowder. Complimentary glass of select California wine.

ALL YOU CAN EAT
SEAFOOD BUFFET
A buffet is always a seat. Mail, shrimp, red snapper, poached salmon, scallops, plus one white, large

LIVE MAIN LOBSTER
A must for all true seafood lovers. Includes our garden fresh salad bar and homemade Boston clam chowder. Complimentary glass of select California wine.

Only $16.95

The End

Torrey Pines Inn
11400 North Torrey Pines Road
La Jolla 452-4449

The Extravagance You Can Afford

2 T-BONES & SALAD BAR
2 for $10.98

Includes entrées, pastas, rice, salad, and all you can eat from our famous salad bar. Coupon good only at participating Bourbon Restaurants.

CRÊPE ST. JACQUES
Scallops, shrimp, and sliced fresh mushrooms in a sherry sauce with cheese. Served with a vegetable, potatoes and your choice of a tossed green or orange tossed salad.

We've dropped our price so you can get a taste of Europe. Now, for just $16.95 you can enjoy one of these dishes or any right after five. But hurry. It's so good you won't want to wait.

Praised by the President's Wife

THE MARINER'S FRIEND

THE END
RESTAURANTS

Distinctive Pasta & Fresh Seafood
Panoramic Ocean View
Simplicity and casual elegance are the bywords of our food and service.

SATURDAY NIGHT PRIME RIB SPECIAL
"I love you" - two complete dinners including a bottle of wine
Only $19.95
Each dinner includes a thick, pure piece of succulent prime rib, soup and salad bar, baked potato or rice and bread.

Torrey Pines Inn
SEAGULLS LANDING
Phone: 619-557-2000
3651 La Jolla Shores Drive
La Jolla 92037

STORM FRENCY'S FREE DINNER
BASTILLE DAY CELEBRATION FRIDAY, JULY 13
Whether you're a tourist or a tourist...
don't miss this special event without an $18.00 each.
"Bobby Dough" for the potted plant.
Do "Count" engrave for the automobiles.
FREE FOR ALL: "LET'EM-EAT" CAKE

FRENCHY'S Marseilles
Bistro, Oyster Bar & Sidewalk Cafe
701 4th Street, San Diego
Phone: 619-233-2000

Better Than A
The Pansy's Happy Hour Happen
Monday through Friday from 5:30 to 6:30 p.m.
Spectacularly a very tasty dinner and the dinner ticket, includes two drinks - $5.00 each.
And what an attitude.
Beverages: All drinks are included in the price and are sold with our other drinks.

The Palms Of Palm Beach
2000 Palm Blvd
San Diego, CA 92105
Phone: 619-234-6000

Casa potatoe's
1500 Broadway
San Diego, CA 92101
Phone: 619-233-2222

Encore
1522 Hillcrest Rd
San Diego, CA 92103
Phone: 619-233-2222

Visions
9200 Mission Valley Rd
San Diego, CA 92121
Phone: 619-233-2222

Lanai
501 4th St
San Diego, CA 92101
Phone: 619-233-2222

Impress
1522 Hillcrest Rd
San Diego, CA 92103
Phone: 619-233-2222

JULY 12, 1990
5
RESTAURANTS

Bastille Day
French Independence Day
Saturday, July 14
Dinner served Mon. 6:30-11:45 pm
Dinner served Tues. 6:30-11 pm

2 FOR 1 LUSCIOUS MUD PIE
2 FOR 1

AMAZON SWEET SHOP
Elaborate chocolate desserts
Open 7 days a week
6300 So. Capital Dr., next to College Theatre
370-5630

Mama Carrillo's
Spanish Cuisine
Authentic Mexican Cuisine
412 Mission Blv. (between Mission & Emerald)
483-6984
Tuesday-Sunday, 6 am-11 pm
New open for breakfast

THE BEST CROISSANT SANDWICHES

DUNDEY'S PASTY'S
Pasty Bar
3622 Loma Vista Rd. 371-6222
Open Mon.-Sat. 10 am-9 pm. Sun. 11 am-9 pm.
One sandwich per person, expires 1/31/85.

$1.50 PRICE WITH COUPON OR COUNTER BELLS
with purchase of any two items at CORNISH PASTIES
A delicious blend of meat, vegetables & spices
served in a dough & baked in a golden brown crust.

2 FOR 1 FAMOUS Buffaloo, N.Y.-style chicken wings
Special 50-piece Party Pac $10.99

Q. Chinese • French Cuisine • Thai
A. Vietnamese Cuisine

Pork Spare Rib Dinner $5.99
Special on entree, beef & rice only. Choice of main course. $10 off dinner (per person) between 6:30-9 pm. MAI-FLOWER

BAKER FOREST

WHOLE LOBSTER DINNER
$10.95
Dinner includes salad, entree, bread & dessert.

RESTAURANTS
SUMMER BLOW OUT

WATER SKI
WIND SURFING · SURF SUITS

3/2" thickness
short arms, short legs

Reg. $196.00
NOW $79.95
NOW $99.95

INSTRUCTION & RENTALS
SAILING · WINDSURFING · \nWATER SKIING · YOUTH & ADULTS

ROOMATES

SPORTS & FITNESS

FISH WITHOUT BURNING

Selinca 3-piece short sleeves, short legs, and 25" height.

NOW $79.95
NOW $99.95