Mark the Shark's Chula Vista Location
Sacrifice Liquidation
At All Locations!!
All Merchandise Up to 60% Off — Many Items Sold Below Our Actual Cost

GOING OUT OF BUSINESS SALE!!

CAR STEREO

1984 Sony CDP-55M CD Player $395.00<br>
1987 Sony Walkman Cassette $125.00<br>
1986 Sony Walkman Cassette $125.00<br>
1987 Sony Walkman Cassette $125.00<br>
1986 Sony Walkman Cassette $125.00<br>
1987 Sony Walkman Cassette $125.00<br>
1986 Sony Walkman Cassette $125.00<br>
1987 Sony Walkman Cassette $125.00<br>
1986 Sony Walkman Cassette $125.00

COMPUTER

Apple IIe $395.00<br>
Apple IIgs $595.00<br>
Apple IIc $295.00<br>
Apple IIe $395.00<br>
Apple IIgs $595.00<br>
Apple IIc $295.00<br>
Apple IIe $395.00<br>
Apple IIgs $595.00<br>
Apple IIc $295.00

PHOTOGRAPHY

Canon EOS 300 $500.00<br>
Canon EOS 500 $700.00<br>
Canon EOS 700 $900.00<br>
Canon EOS 800 $1,100.00<br>
Canon EOS 900 $1,300.00<br>
Canon EOS 1000 $1,500.00<br>
Canon EOS 1100 $1,700.00<br>
Canon EOS 1200 $1,900.00<br>
Canon EOS 1300 $2,100.00

VIDEO

VHS Video Recorder 240 $395.00<br>
VHS Video Recorder 241 $495.00<br>
VHS Video Recorder 242 $595.00<br>
VHS Video Recorder 243 $695.00<br>
VHS Video Recorder 244 $795.00<br>
VHS Video Recorder 245 $895.00<br>
VHS Video Recorder 246 $995.00<br>
VHS Video Recorder 247 $1,095.00<br>
VHS Video Recorder 248 $1,195.00

COMPUTER PERIPHERALS

Apple Monitor $395.00<br>
Apple Monitor $595.00<br>
Apple Monitor $795.00<br>
Apple Monitor $995.00<br>
Apple Monitor $1,195.00<br>
Apple Monitor $1,395.00<br>
Apple Monitor $1,595.00<br>
Apple Monitor $1,795.00<br>
Apple Monitor $1,995.00

TYPING MACHINES

Royal Quiet DeLuxe $125.00<br>
Royal Quiet DeLuxe $225.00<br>
Royal Quiet DeLuxe $325.00<br>
Royal Quiet DeLuxe $425.00<br>
Royal Quiet DeLuxe $525.00<br>
Royal Quiet DeLuxe $625.00<br>
Royal Quiet DeLuxe $725.00<br>
Royal Quiet DeLuxe $825.00<br>
Royal Quiet DeLuxe $925.00

GOING OUT OF BUSINESS SALE!!

Lettuce, Tomato,

and Controversy

And you thought organically grown produce went the way of the hippie?

By Gordon Smith
Good health is priceless but it shouldn't cost a fortune

Quality Care

Our staff of fully trained and Board Certified Physicians and Surgeons provide for all your medical needs.
- Complete Family Medical Care
- Our Plastic Surgery such as: Hernia Repair, Celoplasties, Hernia repairs, Cosmetic Surgery and many other procedures.
- Male and female doctors on staff.

Minor Surgery

- Cysts
- Infections (boils and abscesses)
- Nails and wart removal
- Inguinal hernias
- Skin cancers
- Facial burns
- Tattoo removal and other disorders

Total Dental Care

We are a "Denture Care" Dentistry for both children and adults, providing Orthodontics, Cosmetic & General Dentistry. Inquire about:
- Invisible Braces
- Teeth Whitening
- Rinse of Chipped & Broken Teeth
- Dentures specialize in Dentures and will make June 1 and feel comfortable.

Family Care

Are you paying necessary medical or surgical care because of your insurance deductible or no health insurance?
With our program you will save on all services:
- Medical
- Dentistry
- Eye Care
- Prescription Drugs
- Hospitalization
In many instances you will have no out of pocket expenses. Let us help!

7 convenient locations throughout San Diego County
For an appointment call 278-1611

Economic Discrimination?

Women's Health Publications: "We financed or otherwise influenced by the producers of Chatelaine ("Chatelaine"). The editors of Chatelaine are said to believe that the concept of economic discrimination is the key to a society of the future. Women's Health Publications, Inc. is a nonprofit organization whose mission is to promote health education and the availability of health care to women.

LETTERS

The Reader writes to the public policy and health care issues at stake in the debate over the future of health care reform.

Instead they are assuming the role of caregivers and are often required to work at a cost of $1.25 per hour plus $5.00 for transportation.

If you have any questions about whether our public health centers and private medical centers are going to be downsized or closed or worse, and even if they are, the details about the plans of the potential closures in the months ahead, it is not necessary to call them. Above all, it is important that you know these centers exist. They are desperately needed.

Cindy New York's women were in the same situation. I assume they were in the same situation as the women in the article. They were in the same situation as most of the women in the country. They were in the same situation as the women in the country. They were in the same situation as the women in the country. They were in the same situation as the women in the country. They were in the same situation as the women in the country.

I have no problem with the women who wrote the article. I believe that they were trying to help. I believe that they were trying to help. I believe that they were trying to help. I believe that they were trying to help. I believe that they were trying to help.

On Those Truly Lost

To the Editor: I am writing to the Public Service Commission in response to an article in the San Diego Union-Tribune about the fate of the public service commission. The commission is trying to make sure that all people have access to health care. The commission is trying to make sure that all people have access to health care. The commission is trying to make sure that all people have access to health care. The commission is trying to make sure that all people have access to health care. The commission is trying to make sure that all people have access to health care.
City Lights

On Bed And Water In
San Onofre

If you want to find a place to visit the night before you go to bed, look for the moon, and you're sure to find it in the city of San Onofre. The city is located between Oceanside and Carlsbad, just north of San Luis Rey. It's a sleepy little town with a population of about 20,000, but it's growing fast thanks to a new development called San Onofre Village. The village is scheduled to be completed by 2010, and it will house more than 10,000 people.

Sleeping Water

San Onofre's water supply comes from the San Diego River, which flows through the city and provides a natural boundary for the town. The river is a popular spot for fishing and boating, and it's also home to a variety of wildlife, including ducks, geese, and other waterfowl. The city has built several parks along the river, including a large, landscaped park that's popular with residents and visitors alike.

The Beer

You can't visit San Onofre without trying the local beer. The city's signature brew is a lager called San Onofre Lager, which is produced by the local brewery, San Onofre Ale. The beer is light and refreshing, with a nice hoppy flavor that goes well with the city's many outdoor activities.

City Lights

Take Two Of These And Call Me In The Morning

If you're planning a weekend getaway to San Onofre, here are a few tips to make the most of your stay:

1. Visit the San Onofre Nuclear Generating Station: The nuclear power plant is the centerpiece of the city, and it's open for tours. The tours are free and run Monday through Friday, and they last about an hour.

2. Explore the San Onofre Beach: The beach is a great place to relax and soak up the sun. You can also enjoy the many activities that are available, such as surfing, fishing, and boating.

3. Check out the San Onofre Country Club: The country club is a membership-only club that offers a variety of amenities, including a golf course, tennis courts, and a swimming pool.

4. Visit the San Onofre Museum: The museum is located in the old nuclear power plant and is dedicated to the history and science of nuclear energy.

5.尝尝当地的美食: San Onofre is known for its delicious seafood, so be sure to try some of the local restaurants that feature San Onofre's famous catch.

City Lights

The Disappearance Of The Glapper Rail

This is the story of a bird that has disappeared from San Diego County. The glapper rail is a small shorebird that used to be common in the area, but it has not been seen for several years. Some scientists believe that the bird may have been driven to extinction by habitat destruction and pollution. Others think that the bird may have been killed by predators, such as cats and dogs. Whatever the reason, the glapper rail is now a rare and endangered species.

Money After Madness

The rail was established in the 1980s and has been the subject of much speculation and debate. The rail was originally intended to be a tourist attraction, but it never really took off. Today, the rail is a source of controversy, with many residents concerned about the noise and pollution it generates. The rail is currently operated by a private company, and there are plans to expand it in the future.

The rail is also a popular subject for artists and photographers. Many local photographers have taken pictures of the rail, and it has been featured in several books and articles. The rail is also a popular subject for local artists, who have created artwork and sculptures inspired by the rail.

The rail is a source of pride for many local residents, who believe that it is a symbol of the area's unique history and culture. The rail is also a source of inspiration for many local artists and photographers, who have created artwork and sculptures inspired by the rail.
Organic

Organic gardening is gaining popularity as consumers become more concerned about the environmental impact of agriculture. Organic farmers use natural methods to grow crops without synthetic fertilizers, pesticides, or genetically modified organisms (GMOs). This approach not only benefits the environment but also results in healthier and more flavorful produce.

Benefits of Organic Gardening

1. **Reduced Chemical Exposure**: Organic farming eliminates the use of synthetic pesticides and fertilizers, reducing exposure to harmful chemicals.
2. **Improved Soil Health**: Organic practices such as composting and crop rotation help maintain soil fertility and structure.
3. **Support for Local Economies**: Organic farmers often sell their produce directly to consumers, supporting local economies and reducing the carbon footprint associated with transportation.
4. **Enhanced Taste and Nutritional Value**: Organic crops are often sweeter and richer in flavor, with higher levels of antioxidants and vitamins.
5. **Support for Biodiversity**: Organic farming practices promote the growth of beneficial insects and microorganisms, which help control pests and maintain natural ecosystems.

If you're interested in starting an organic garden, consider these tips:

- **Choose Organic Seeds**: Start with certified organic seeds to ensure your garden is free from GMOs and synthetic pesticides.
- **Compost**: Create compost from kitchen scraps and yard waste to improve soil quality.
- **Rotate Crops**: Not only does crop rotation help prevent soil-borne diseases, it also conserves nutrients in the soil.
- **Integrate Beneficial Insects**: Encourage the growth of beneficial insects by planting flowers and herbs that attract them.
- **Practice Integrated Pest Management**: Use a combination of cultural practices, biological controls, and minimal chemical controls to manage pests.

By adopting organic gardening practices, you can contribute to a healthier environment and enjoy the benefits of fresh, healthy produce.
Organic
written on page 11.

Organic... says that the use of organic farming methods is similar to the use of a commercial farmer would have a more chemical protection. The ter- ritory of the farm local, small-scale, low-density farming methods. The farm would use organic fertilizers and pesticides, which would be safe for the environment and beneficial to the local community.

John Yato
San Diego's own...

We now have available all of John Yato's prints and limited editions. One of San Diego's most celebrated artists, John makes his city and his historic sites come to life. The Hotel Del, Balboa Park, Ocean Beach Pier, La Jolla Cove, The Star of India, and more. All images are displayed framed and matted, ready for your walls. (Prints available separately.)

Come and see the latest selection of framed fine art prints and limited editions available in San Diego County. 10% off any non-sale item with this ad.

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HOME DECOR
Home Decor 569-2521
POSTER ART
1701 El Cerrito Real 942-9614

San Diego's own...

John Yato
San Diego's own...
Organic

S

Weekend Specials

This weekend, the Organic Farm in the Cuyama Valley is offering a special deal on their organic vegetables. Each bag of vegetables is now only $15, a 20% discount from the regular price.

Promotional Flyer

Organic vegetables are not only healthy, but they also support local farmers. Come support your local farmers and enjoy fresh, organic produce!

Organic Farm

Address: 123 Main Street, Cuyama Valley
Phone: (555) 123-4567
Website: organicfarmcuyamavalley.com

Special Offer

Purchase any 3 bags of vegetables and get 1 bag for free!

Open Hours

Monday-Friday: 8 am - 6 pm
Saturday: 8 am - 5 pm
Sunday: Closed

Contact Us

For more information, please call (555) 123-4567 or visit our website at organicfarmcuyamavalley.com.
How Do You Know It's Organic?

By Daniel E. Haber

The term "organic" is often used in advertising, but what does it really mean? To many people, organic products are thought to be natural, healthy, and environmentally friendly. However, not all products labeled as organic meet these standards. This article explores the meaning of the term "organic" and what consumers should look for when purchasing organic products.

Organic

In recent years, the demand for organic food and products has grown significantly. Many people are choosing to buy organic because they believe it is better for their health and the environment. However, the term "organic" can be misleading if not properly understood. Organic products must meet certain standards in order to be labeled as such. These standards are set by the United States Department of Agriculture (USDA).

Organic farming is a method of agriculture that focuses on using natural methods to grow crops and raise livestock. Organic farmers do not use synthetic fertilizers, pesticides, or genetically modified organisms (GMOs). Instead, they rely on crop rotation, cover crops, and composting to maintain soil health. Organic products are also required to be free of any substances that are harmful to humans or the environment.

There are different levels of organic certification, ranging from "organic" to "certified organic." Organic products are those that meet basic organic standards, while certified organic products meet stricter guidelines set by the USDA. It is important to look for the USDA Organic label when purchasing organic products.

Organic food and products can be more expensive than conventional options, but some argue that the benefits outweigh the cost. Organic food is often considered to be of higher quality and taste better. Additionally, many people believe that organic products are better for the environment because they reduce the use of harmful chemicals.

However, critics argue that the organic label can be misleading. Some products labeled as organic may not meet the USDA standards, and others may contain synthetic ingredients or be grown using conventional methods. It is important for consumers to do their research and read labels carefully to ensure they are getting the products they want.

In conclusion, the term "organic" refers to products that meet certain standards set by the USDA. Organic farming is a method of agriculture that focuses on using natural methods to grow crops and raise livestock. Organic products are free of harmful substances and meet stricter guidelines set by the USDA. However, it is important to be aware of potential misleading labels and to do research before purchasing any organic product.
Organic

A Case Study in Controversy

The history of organic produce dates back to the early 1900s, when farmers began growing crops without the use of synthetic chemicals. However, the modern organic movement took off in the 1980s, when consumers became more aware of the health benefits of eating organic food. Organic produce is grown without the use of synthetic pesticides, fertilizers, and genetically modified organisms (GMOs).

In recent years, the demand for organic produce has grown rapidly, and the organic food market is now worth billions of dollars. However, the organic industry has also faced criticism, particularly from those who argue that organic produce is more expensive and not necessarily better for the environment.

One such controversy is the question of whether organic produce is actually healthier than conventionally grown produce. Some studies have suggested that organic produce has higher levels of certain nutrients, while others have found no significant differences.

Regardless of the debate, organic produce remains a popular choice among consumers who are concerned about the health and sustainability of their food. As the industry continues to grow, it is likely that the debate over the benefits of organic produce will continue as well.
Get jazzed in the GASLAMP QUARTER

Join us Friday, March 22 for an evening of jazz starting at 6 pm at 4th and Island. There will be two stages of continuous music with local greats Hollis Gentry & Fattburger, Chicago 15, Pro Brigham, Ella Ruth Piggee, 5 Careless Lovers and James Zollier.

MEET ME AT “THE LION”

DOWNTOWN’S LARGEST OYSTER BAR — JOIN US AFTER THE THEATRE

801 Fourth Avenue • San Diego 233-1333
Monday-Friday 11:00 am-closing
Saturday noon-closing • Closed Sunday

CROSS-STITCH & MORE!

- Imported Scandinavian cross-stitch
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- English fabric
- Lunchtime classes
- Free demonstrations

535 F Street 233-5799
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INDEPENDENT BARBER COLLEGE

WE’RE JAZZING HAIR!

JAZZING HAIR COLOR
BY CHAIROL!
A SPECIAL FESTIVAL RATE!

235 Fifth Avenue (between Market & G Street)
236-6956 Tuesday-Saturday 9:30 am to 6:00 pm

RIDE “MOLLY THE TROLLEY” Free 226
Ride includes stop at Seaport Village, Gaslamp Quarter, Embarcadero, Balboa Park, Zoo, Airport, Shelter Island and the Cruise Ships.

CCM RAY'S RESTAURANT

Welcome to the largest seafood restaurant in San Diego! We offer a delicious New England lobster, an array of shell fish, crab cakes, and the best seafood chowder in the Gaslamp Quarter! We are known for our 3 Piece Charbroiled Chicken Special! $1.99 with garden salad and rolls. 235-6956

TOURS OF THE GASLAMP QUARTER

San Diego Gaslamp Quarter is home to the largest concentration of Victorian buildings in the country. 45 minutes of local history and culture. $15 per person - min 10 people. Call 236-6956 for reservations or stop in at any location.
Thinking of San Ysidro

A contemplation of the good, the bad, and the tragic.

GEORGE BERGEMEISTER

The wonder of radio came to San Ysidro on June 21, 1932, with the signing on of the first nighttime in radio.

Radio stations in those days didn't advertise on the air. You had to go into the store and listen to the broadcasts. But the radio was a big hit, and the store owners saw the potential for sales.

One of the first stores to get into the radio business was the San Ysidro Furniture Store. They sold radios and record players, and they even had a small radio station of their own. They called it "San Ysidro Radio." 

The station was a big hit, and people from all over the county came to listen. They would bring their own radios and tune in to the station, and the store would sell them the latest tunes and news.

But as the years went by, the radio business started to decline. People started to use other devices to listen to music and news, like televisions and computers. And the store had to adapt to the changing times.

Today, the San Ysidro Furniture Store is still in business, but they no longer have a radio station. Instead, they sell all sorts of electronic devices, from televisions to smartphones. But the store still has a strong connection to its past, and it's a reminder of how technology has changed over the years.
The Realm Of Myth

JEFF SMITH

Local playwright David McElroy's "Making Theatre in the islands" was produced by the Laddie Players Theatre on a stage of a local church. The cast was excellent and the production was well-executed. The play was a vehicle for playwright McElroy's exploration of the nature of the human spirit and its quest for meaning in life. The play was a powerful exploration of the human condition and its struggles with faith, reason, and the unknown. The characters were well-developed and the acting was excellent. The production was well-received by the audience and was a success for the Laddie Players Theatre.
MAESTRO NEYR'S MUSICIANSHIP was a key factor in the musical success of the television D.C. Police Band. The band's conductor, Neyr, was well-known for his precise and dynamic leadership. His musicianship was evident in the way he directed the band, ensuring that each member of the orchestra played in perfect harmony. Neyr's conducting style was characterized by a strong visual presence, which helped to inspire the performers to give their best. His ability to connect with the audience was also evident, as he would often engage with the crowd, creating a sense of intimacy and enthusiasm. The combination of Neyr's musicianship and the talents of the D.C. Police Band resulted in a memorable performance that left a lasting impression on the audience.
Stand Up for Laughs

By Randy Raynor

One sure sign of a seasonal stand-up comic is the appearance of a news item that is characterized by a sense of delivery, pacing that is deliberate, and a reminder of material that is no longer relevant. At least one comedian has been known to deliver his material in a manner that is so exaggerated as to be annoying. Sometimes unexpected events will affect the routines by forcing the performer to fall back on a routine that is not as effective as the one he or she has perfected. Sometimes unexpected events will affect the routines by forcing the performer to fall back on a routine that is not as effective as the one he or she has perfected.

Come say, "au revoir" to one of France's rarest treasures, the San Diego Zoo! (As seen on page 2 of the San Diego Zoo)

The San Diego Zoo is one of the oldest and largest zoos in the world, and it is a favorite destination for families and animal lovers. The zoo is home to over 3,500 animals from over 650 species, and it is committed to conservation and education. Visitors can see a variety of animals, from giraffes and lions to pandas and penguins. The zoo also has a variety of educational programs and activities, including animal encounters and guided tours. The San Diego Zoo is located in Balboa Park, San Diego, and it is open daily from 9:00 AM to 8:00 PM, except on Thanksgiving and Christmas.

RED RIBBON SALE

For the month of November, receive a free pair of shoes with any two purchases of $20 or more. All sales are final and no returns are accepted. Offer valid through November 30, 2019.
Sad but True

DUNCAN SHEPHERD

The real life hereon Earth is a Rocky Horror picture show, a California scriptwriter who's hit every roadblock on his way to Hollywood. He lives in a trailer in the desert, selling his screenplay to any studio that will buy it. His only friend is a talking parrot named Cheech. The plot is a montage of movie clichés and stereotypes of the 1950s. The only thing he cares about is his script, and he has no time for anything else. But his dream of becoming a movie director is in jeopardy.

Sad but True

The burden of being a writer is that you're always looking for the next big idea. But the real challenge is explaining the concept to a producer who doesn't understand the medium. It's like trying to communicate with aliens.

Sad but True

The world is a harsh and unforgiving place, but it's also a place where dreams can come true. It's all about perspective and how you choose to see the world. The key is to stay true to yourself and never give up on your dreams.
Lose Newfoundland

DONNA DOWD, New London

JONATHAN MILLER

David French's Salt-Meater Moon, currently at Booth in Cody's Piper's Second Floor Ballroom, is a triumph of the playwright. It is the story of a man who establishes himself as a successful playwright. It is a story of ambition and achievement, of love and loss, of triumph and tragedy. It is a story that speaks to the very heart of the human condition.

The play opens with a young man named Ben, who has just received a letter from his mother. She tells him that she is dying of cancer, and asks him to come home to see her. Ben is devastated, but he knows that he must go. He packs his bags and sets out on the long journey home.

When Ben arrives at his mother's house, he finds that she is already gone. He is left to deal with the remaining members of his family, including his estranged father and his alcoholic uncle. He must also confront the ghosts of his past, including the woman he once loved but who has now abandoned him.

Despite these challenges, Ben is able to find his way back to his family and to his own sense of self. He learns to forgive and to let go, and he is able to move forward with his life. In the end, he realizes that his mother's death was not a tragedy, but a necessary part of his journey.

Salt-Meater Moon is a heart-wrenching and powerful play that is sure to touch the hearts of all who see it.
SPORTS

The sort of stuff you'll see on the stadium's instant scoreboard will be about as exciting and controversial as Steve Garvey's latest.

BY BILL O'NEILL

On the evening of April 3, San Diego's Jack Murphy Stadium will officially open. The stadium is the end result of a $20 million plan designed to bring a new stadium into the city on the outskirts of San Diego. It has been the largest and most technologically advanced stadium in the country. It features a 22,500-seat seating capacity, a 4,000-seat terrace, a 10,000-seat premium seating area, and a 4,000-seat press area.

The stadium is designed to be a multi-purpose facility, capable of hosting a variety of sporting events, concerts, and other events. It is also designed to be a tourist attraction, with a range of amenities, including a hotel, restaurants, and shops.

The stadium is home to the San Diego Chargers, currently the only professional football team in the city. The stadium is also expected to host a variety of other sports, including baseball, basketball, and soccer.

The stadium is a major boost for the city of San Diego, and is expected to bring a significant economic impact to the area. It is also expected to be a major tourist attraction, helping to boost the city's tourism industry.

In summary, the opening of the new stadium is a major event for San Diego, and is expected to bring a range of benefits to the city and its residents.
READER'S GUIDE

Dance

MICHIGAN REUNION

If you have lived in, or visited, the
area, come join us at the reunion.

Sunday, Aug 30
5:00-7:00 pm

The Hermitage, New Orleans

Anyone interested in attending, please
contact the organizers:

Margaret Halsey
318-442-6241

In Person

Music

Symposium for San Diego Physicians, with
conducted David Ades and 2003 Lifetime
Achievement Award recipient Bob Weir.
San Diego County Medical Society.

Wednesday, Mar 27
12:00 noon

Library

TASTE OF SPAIN

Friday, Mar 29
5:00-7:00 pm

Spectacular Women's Pro Tennis! The
Virginia Slims presented by J. R. O'Neil

To Local Events

IMPROV

Comedy Cafe America's Original Comedy Showcases presents The San Diego Laff-Off. During March, April and May, the competition features some of San Diego's best comedians. Prizes include $1,000 in cash and a trip to Las Vegas. Hosted by Pat Sall. Tickets $15. Call 619-321-0780.

To view the full document, please refer to the original source.
READER'S GUIDE

TASTE THE GOOD LIFE! on the North County
VINTAGE WINE TOUR
-

TREASURE ISLAND
-

WALLY GEORGE

THREE PERFORMANCES ONLY Saturday March 30, 1985 2:00 pm & 8:00 pm

TICKETS $10.00 available at all promotions locations locations

San Diego City College Theatre
7:30 & 10:00 P.M. Saturday March 23
2701 Broadway

ANGELICA THOMAS

A PREDICTION- You'll be tempted to stay and be charmed by this Standards and Special Events cast that includes Normaegre, Tony J. Alba, and Mark Winter. The party is on and the atmosphere is fun and exciting.

TICKETS $10.00 available at all promotions locations locations

La Paloma Theatre
2701 Broadway

THE MICHEL PETRUCCIANI TRIO

SATURDAY, MARCH 30

TICKETS $15.00 available at all promotions locations locations

La Paloma Theatre
2701 Broadway

To Local Events

"The Metamorphosis" 7:30 p.m.
La Paloma Theatre
2701 Broadway

Photography by Tom Warren, Expressions Inc., 2703 3rd Avenue, San Diego, (619) 283-3770

JAZZ IN THE STREET

Fatburger with Hollis Gentry
Ella Ruth Piggee
5 Careless Lovers
Chicago 15 Big Band
Pro Brigham—Preservation Jazz Band
James Zollar Quintet

BEST OF SAN DIEGO JAZZ
FRIDAY, MARCH 23 6:30 TO 11:00 P.M.

Tickets $15.00 available at all promotions locations locations

La Paloma Theatre
2701 Broadway

For further information call 775-1900

Produced by the San Diego Community Relations Commission
READER'S GUIDE TO LOCAL EVENTS

Outdoor Jazz
Sandy's, 9 to 11 p.m., March 22. A night of radio with Sandy and the Juice Band and Ina Coughlin will be held at Sandy's on March 22. The event will feature live music with Sandy and the Juice Band and Ina Coughlin. For more information, call 619-572-2254.

Orchidaceous
Jazz at 7 p.m., March 23. The annual Orchid Show at the San Diego Botanic Garden will feature live music from 7 to 9 p.m. on March 23. The event will include a display of orchids from around the world, as well as live music from various artists. For more information, call 619-747-8622.

UNFORGETTABLE
MISSION VALLEY CENTER

THE 1985 WORLD INDOOR FREESTYLE FRISBEE CHAMPIONSHIPS
THE 1985 CALIFORNIA STATE INDOOR HACKY SACK CHAMPIONSHIPS

The 1985 World Indoor Freestyle Frisbee Championships will be held at the Mission Valley Center on March 23. The event will feature competition in various divisions, including freestyle, trick, and game. For more information, call 619-572-2254.

The 1985 California State Indoor Hacky Sack Championships will also be held at the Mission Valley Center on March 23. The event will feature competition in various divisions, including freestyle, trick, and game. For more information, call 619-572-2254.
CONCERTS

Nasty Boys: School Of Rockers, Thursday, Thursday, Thursday, Offshoreafish and Dolphins at 9 P.M...

Beat Club

Sunday-Happy hour 11-9 pm, $2.00 beer & wine. The Beat Club is a great place to relax and enjoy some music. Join us for live performances and a fun atmosphere.

The Londoners

Thursday is dollar night—$1.00 draft, wine & walls all night.

The Pacific Northwest

Saturday, March 11, 7 p.m., $3.25 beer, wine & walls. The Pacific Northwest is a popular place for music lovers.

The Old Del Mar Cafe

Don't miss the best live music and dancing in San Diego. The Old Del Mar Cafe is the perfect spot to relax and enjoy some music.

The Old Pacific Beach Cafe

RICK WELLS SHOW

Ella Ruth Piggie

5 CARELESS LOVERS

TOYS

RICK WELLS SHOW

RESTAURANTS

Friday
Happy Hour at Frenchy’s

4:30 to 6:30
At the Oyster Bar:
Eastern Surf Point Oysters 25c
Eastern Little Neck Clams 25c
Deep Water Scallops 25c
Complimentary hors d'oeuvres

Even the rich deserve a good deal now and then.
We'll serve you our all natural, delicious all you can eat dinner.
For only $3.99.
Lunch is less, of course.

FRENCHY'S

Wednesday
Champagne Happy Hour
$1.50

* 801 10th Street * On the corner * 233-2413 *

Puerto Nuevo
Lobster Dinner $9.95
Includes soup or salad, bread, cup & a glass of wine or a margarita
The offer good after 7:00 p.m. daily through 8/24/97, that valid with other offers. Please request before ordering. Listed price is coupon.

RESERVATIONS RECOMMENDED
295-5111
The Real Gato
Spanish Restaurant
297 1/2 Third Street
Will serve best Mexican food
Mexican Breakfast Specials $1.99
Chile con queso or Mexican corn tortillas
Monday-Friday 11:00 am

SEA IT
This Friday

All You Can Eat Seafood Buffet Every Friday
A beautiful harvest from the sea, featuring fresh salad, shrimp, scallops, oysters, and more. See our Point of View.

SEE OUR
Point of View

You'll agree Dockside Broiler is a very special restaurant.

There's no better way to enjoy the essence of the sea than at Dockside Broiler.

5200 Beach Rd. La Jolla, CA 92037
Open Mon.-Fri. 4pm-10pm
Sat. 3pm-10pm
Sun. 3pm-10pm

16300 Blackstone Blvd., suit 101
San Diego, CA 92128
(619) 224-1414

Dockside Broiler

Vacation Village

1840 North Sierra Pines Road
La Jolla, CA 92037
453-9420

RECRUITER'S INSIDER: WE'VE SECURED A DISCOUNTED RATE FOR MEMBERSHIP IN OUR NEW NETWORK FOR YOU AT $95. THIS INCLUDES ACCESS TO OUR ENTIRE PORTFOLIO OF脈臨SALES RESOURCES AND SERVICES. TO TAKE ADVANTAGE OF THIS OFFER, PLEASE CONTACT LUCY HUNTER AT 1-800-555-5555 EXT. 123. SHE WILL PROVIDE YOU WITH THE NECESSARY INFORMATION AND HELP YOU WITH THE REGISTRATION PROCESS. THIS OFFER IS VALID UNTIL DECEMBER 31, 2023.
SERVICES

If you talk with your hands, make sure they say nice things about you.

Penelope S. Howes
First and foremost, you can keep your hands looking good.

Monday, March 26, 6 p.m.

Penelope is a master of her trade. Call for an appointment. Receive a free gift for attending.

Pete Diamant
Penelope, Lindsay Cappel

STUNNING PROFILES

Join our new

Quick Start

IT WORKS!

IT'S FASTER, EASIER & SAFER!

SAVE OVER $16 THIS WEEK!

JOIN OUR NEW

START HERE

START (619) 560-6875 NOW!

Driving Violations?

Our attorneys limit their practice to drunk driving. DMV license suspension hearings, driving without a license. Failure to appear, traffic tickets.

At the office, or call us. We accept your credit cards.

MARCH 3, 1985