The Neptune Lesson

Why would a civilian leave dry land for a questionable teaching assignment aboard a U.S. Navy ship?

By Glenn Wallace

(continued on page 101)
City Lights

You Dirty Rat

Police Sergeant Harris of the San Francisco Police Department says that the recent rise in crime in the city is due to the fact that the city is being run by people who don't care about the citizens. He says that the police department is understaffed and that the officers are overworked. He also says that the department is not getting the resources it needs to do its job.

The police chief, Captain Johnson, says that the department is doing the best it can with the resources it has. He says that the department is working hard to keep the city safe and that he is proud of his officers.

Fair Enough?

The Bay Area News Group has acquired the Picnic Bay View, a local newspaper that has been covering the City of San Francisco for over 50 years. The newspaper is facing financial difficulties and has been looking for a new owner. The Bay Area News Group was interested in the newspaper and made an offer to purchase it. The sale was approved by the city council.

The newspaper has a long history of covering local issues and has a loyal readership. The acquisition is expected to bring new resources to the newspaper and help it continue to serve the community.

One Less Man

Curtis, a young man who was in jail for a drunk driving offense, was released on parole. He had been in jail for six months and was able to get a job and start a new life. He says that he is grateful for the chance and that he will make the most of it.

We're Talking Cash Registers

Two years ago, the City of San Francisco purchased a new cash register system for all of its departments. The system has improved the efficiency of the city's accounting and has helped reduce errors.

City Lights

Carl Sagan

The late astronomer was a pioneer in the field of extraterrestrial life. He was the first to propose the idea that life could exist on other planets. His work has inspired many scientists and has helped to advance our understanding of the universe.

Flash Gordon

The classic science fiction hero is making a comeback. The original Flash Gordon comic strips were created by Alex Raymond in the 1930s and were adapted into a popular comic strip and a film. The character has since become a symbol of the human spirit and has inspired many people around the world.

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STRAIGHT FROM THE HIP

By Nathalie Alice

Recently, I ran an article on the demographics of patients that showed the percentage of older adults in the U.S. population has been increasing. This is because of the aging population. Based on a study of the U.S. Census Bureau, the number of people aged 65 and over is expected to double by 2030. This is due to the aging of the baby boomer generation.

One of the main concerns of this aging population is the increasing number of chronic diseases, such as heart disease, diabetes, and cancer. These diseases can be managed, but they require ongoing treatment, which can be expensive. This is where the role of the healthcare provider becomes critical. They need to work closely with the patient to develop a care plan that is both effective and affordable.

In addition to the aging population, there is also an increase in the number of people who are uninsured or underinsured. This is due to the Affordable Care Act, which has increased the cost of healthcare. As a result, many people are choosing to go without insurance or to drop their coverage when they can no longer afford it.

This is a crucial point, as many of the diseases we see in the elderly population are preventable. With the right education and resources, we can help people make healthier choices and reduce the risk of developing these chronic diseases.

Finally, there is an increase in the number of people who are using health and wellness apps. These apps can help people to track their health and make decisions about their healthcare. However, they also raise concerns about privacy and security.

In conclusion, the aging population, the increasing number of chronic diseases, the increase in the number of uninsured or underinsured people, and the use of health and wellness apps all contribute to the challenges faced by the healthcare system. It is important that we work together to address these issues and ensure that everyone has access to the care they need.
WATERMELON ALDICARB SCARE

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Neptune

sprouting forward from time to time to
the progress of the family to
the progress of the family

was now living, like Cordell's Mr.
Kemier, in the heart of darkness
in the heart of darkness

In the story, the young man
who had been turned over to the
military police, and thus he had been put into a

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small fee.
Neptune

The ship, the forerunner of which was being built in San Diego, was arranged to carry passengers and ships' personnel. In the meantime, the San Diego Navy Yard was being expanded to accommodate the number of ships being built.

I was the summer of 1937, nearly bedtime, before I reported to the school for the first time. It was to be a long day, but I was determined to make the best of it. The school was a large building, with a large number of children in attendance. The atmosphere was serious and disciplined.

The next morning, I was ready to report to the school. I had dressed in my finest clothes and was looking forward to the day. The school was in session, and the children were busy with their lessons. I was assigned to a group of children who were working on a science project. We were studying the effects of light on plants.

As the day wore on, I began to realize that the experience was not as enjoyable as I had expected. The children were not as interested in the project as I had thought they would be. I began to wonder if I had made the right decision in attending the school.

In the afternoon, I returned to the ship. I was tired, but I was determined to continue my studies. I spent the afternoon working on my science project. I was determined to complete it before the day was over.

As the day ended, I returned to the ship. I was exhausted, but I was proud of what I had accomplished. I had learned a valuable lesson. I had learned that success is not always easy to attain. It takes hard work and determination to achieve your goals.

I stepped on the aircraft carrier through the SPACENAV deployment. I wanted to explore the new technologies, the unknown, and the exciting events of the day. The SPACENAV was a new type of aircraft carrier, designed to transport personnel and equipment to remote locations. The ship was equipped with advanced technology, and I was eager to see what it could do.

As I walked through the ship, I was impressed by the size and complexity of the vessel. The ship was huge, with many levels and compartments. I was curious to see what was inside.

I walked through the ship, exploring the various areas. I was especially interested in the flight deck, where the aircraft were launched and landed. The deck was enormous, with many runways and helipads. I was fascinated by the precision and skill required to operate the aircraft on the deck.

I continued my exploration of the ship, spending time in various areas, such as the mess hall, the gymnasium, and the library. I was impressed by the level of activity and the diversity of events that were taking place on the ship.

As the day ended, I returned to the shore. I was tired, but I was grateful for the opportunity to experience the new technologies and the excitement of the SPACENAV. I knew that I would carry these memories with me for the rest of my life.
with the ship for the duration of whatever courses were being run. In 1969 Chapman College of Orange County took over the contract from San Diego State and began to coordinate the three major programs: PCNC (Program for College-Navy Courses), Academic credit (the basic and necessary course work for the academic year) and the Midshipmen program, which offered training in practical skills and preparation to writing.

The navy's morning briefing for the program was the Naval Education and Training Support Center. Like all of its military-service governmental bureaucracy, it was large and unwieldy. It was a machine programmed to deal with military personnel and government service civilians. But the teachers in the education affairs program were another story. We were all knowledgeable in our language, being the history and society of the nations of the world. Our language was fluent. We understood and communicated with each other and the world. And our stories were sometimes fascinating. Teachers were left stranded overseas because transportation had not been properly arranged. There were customs and duties over our eligibility to use military facilities overseas, such as exchanges and officer quotas. In one almost comic case, an instructor who was assigned to the same base as a Vietnamese (a comical story), he found himself in the hospital. He was taken to the base hospital, but there was there was a question as to whether he was a military, or even a government service, and the staff was confused. But eventually he was released and returned to his ship.

I was the first time on the ship. I was assigned to the old Navy. I had not seen him for about four months. He was on the bridge, readying the ship with his hands on the wheel. He was in his early twenties, had been there a few months, and had a lot of stories to tell. I was still in high school when I first met him. I had never seen him. I had never seen him for about four months.

As for the midshipmen, he was in his third year at sea. He was not as mature as the other midshipmen. He was still a boy, and he was still learning. As for the other midshipmen, they were not very different from the midshipmen. They were not as mature as the other midshipmen. They were still learning. As for the other midshipmen, they were not very different from the midshipmen. They were not as mature as the other midshipmen. They were still learning.
neptune

something they could do without hav- ing to read much.

When the classroom was over, I went to the ship's gym, so I was not the first to work out. The guy was about 10 to 12 years ago. I usually went to the gym pretty much every day. So, I used to read a book or watch TV. In the gym, there were a lot of other people doing the same thing.

Once I was doing some reading, I saw a man who was sitting in the gym. He was reading a book. I asked him what he was reading, and he told me it was a physics book. I asked him why he was reading a physics book, and he said he was trying to understand the principle of conservation of energy. I said, "What's that?" and he explained it to me. It was really interesting.

I found students with tired eyes and the great reading levels. There were twenty-two young men who could not put together a simple sentence. I found that the book I was reading had a lot of words, and I thought it was hard to understand. I was surprised by the amount of vocabulary used.

I was sitting in a bar in Waikiki one day with another marine, and he told me his way back to the States after completing an assignment, which was telling me all about his problem. He contracted a nasty cold of several days in the Philippines, and now he was supposed to be head- ing back home to be with Jerry, the senior officer of the group and a sort of legand because of his wild sexual adventures with the hookers in every port in Asia, was offering advice.

"Whatever you do, Jerry said, 'don't bring it home. I'm selling you a boat to Hawaii, and I refuse to sell you a boat you won't buy, you'll sell it."

"Well, sell me, I can't buy a MAC, I'm not interested..."

"But see that you can't get this. The same..."

"I'll sell him another instrument, and then I'll finish up his classes. Tell him she'll be another couple of weeks."

(continued on page 10)

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"But see that you can't get this. The same..."

"I'll sell him another instrument, and then I'll finish up his classes. Tell him she'll be another couple of weeks."

(continued on page 10)
Neptune

My friend Tim, also an instructor, told me that the sign to go back to sea was a white Cross above the hill. He said, "I saw the same thing when I got back last time." After a while you start getting those uneasy feelings, and you're not sure what it is. Then you're down at the beach or the harbor and it really goes you. That's it. You get back out. Some people have the sea in their blood. My family has it. I think yours does, too. You'll see it come."

I lived in Cutchogue for six months, working 12 hours a day at Thirty-Four, feeling the pressure, living the life of a fisherman. I came back in 1983, feeling free, knowing I was going to make it. I came back in two sections. The second time was the one I was living in. I could look out and see at the early ships operating off the coast. On a clear day you could see them running back and forth past Cape Cod. From time to time the distant thunder of their guns would shake the walls and rattle the windows. I still have the question of my future: more than that, I still have the desire to go back in six months and again."

And so I went to the March of 1985 in Prince Edward Island and bought a fast ferry that was being used for the Philippines and the open sea to the west of the Indian Ocean. I signed with that ship for three months. It was a good assignment, the kind that makes you ask, yeah, this isn't so bad. I learned well with the officers, with whom I shared meals and quarters, and I made a lot of friends. I was the only non-English speaker, and yet I was treated as if I were one of them. There were great dinners, the banquet, and the on-deck parties.

On May 23 I went up a ladder on the port side of the ferry and into a waiting helicopter. We were in the Maldives Islands, a little-known Indian Ocean, the Indian Ocean. I left the ship there. The helicopter pulled away and I waved to the ship and to the Coast Guard cutter."

But then I saw something else. It was a vision of an older man, lonely, sad, wandering the streets of a place that was now familiar to him. It was not a place he had never been. The man in the vision turned around, and I saw that it had been him.
A Bullet for the President
Why John Hinckley's story is a real American tragedy

By Julius More
A Bullet

Contemporary vs. Past

Tugger jacket and a pair of black pull-on boots. [In] was an outbound saloonist. In Aren’s preoccupation. He was surprised by anything that came out of the California. She was a snobbish, would scoff, "You're a brat." In middle class American couple could be in a ropesanel as the Blackhawks portrayed themselves to be. That revolving door means like "Romantic Night" Live probably of knowing middle America, something that ought to have been saved for the adults by Bill Murray, Gilda Radner, and John Belushi.

The present in Aren’s pictures himself to be so different, so totally without interests other than Christmas. Her cooking - "cooking had been a way to express love for my family" - her house, her family. She determined to follow St. Paul's, admonition to women to take the subject to your husbands, as in the Lord, so bowled over by contemporary culture, so concerned for "how things look" to keep the appearance of peace, that not even Sartre can make St. Paul more than a talking point. Mildly appropriate. That isn’t how she lives. She has her "growing friends" and her growing grown. It’s difficult to imagine Aren’s face during the telling of her story, the way of her composition, as other than probably endless, sad, smudged, white, tears in a subway car.

J is another matter. Not unlike "Dashi" Beagley, the president he reserved, Jack had been poor from youth and continued to poverty and eventually to die in the man’s name. Jack married his own first day at school, barefoot by Oklahoma schoolmates who found peculiar his white shirt and pants and long brown coat. But he bought back, got his shoes broken and his clothes mended. "Give it all you’ve got. From that day to this, it had been my watchword." In 1957, at fifty, his long suffering friend had brought him and Aren neuropsychologically had trouble comprehending. But he had the discretion. "Something strange was happening to me," he observed. He looked first, at church - "after twenty-five years as a faithful Episcopalian . . . church going had suddenly lost its appeal. It wasn’t just the Episcopalian church. I dropped around other clubs and failed to find the mysterious something I was looking for in any of them. From the sound of my head had launched, though I’d . . ."

But then Jack accepted Aren’s Dinner and came upon an excerpt from C. L. Won’s News Comments on the chapter "Pride." It was the same chapter where Jack Coleman on the other Coleman marked as having begun his "own against the system." It seemed to bring home, Hickely warned.

One November evening in 1977 . . .

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As Brecht Can Be

JULIANNE SULLIVAN

Brecht’s Black Mass in Babylon is one of the playwright’s most grandiose compositions. Written in 1926, before Brecht was the head of the University of Marburg, this show was intended to be a critique of the capitalistic system. It is characterized by a stream of conscious denunciation, a musical score, and much more comprehensive coverage of political and social issues than in any other character. A key technique he used was the use of the "mechanical" or "self-propelled" choruses, which were not just actors speaking lines but were actually performing a kind of social dance. The choruses are used to comment on the action, and their movements are synchronized with the rhythms of the music. The show is also known for its use of reprises, where key passages are repeated at different points in the play to reinforce certain themes. The show is a complex and challenging work that requires a lot of attention from the audience. It is a brilliant piece of theatre, and one that has had a lasting impact on the world of theatre. It is a great example of how Brecht was able to use the theatre as a tool for political and social change. It is a play that is not easily forgotten.
SPORTS

The Cone and other superstitions: a guide to some slightly odd Padres baseball behavior.

BY JOHN D'AGOSTINO

In a recent game against the Padres, Pittsburgh Pirates center fielder John Jettison failed to make contact with the ball. Jettison, who is known for his elaborate pregame rituals, is said to have muttered a series of unflattering epithets under his breath while standing in the batter's box. The search for meaning in his actions is currently under way at the Padres' home office.

Jettison's performance was not the only point of interest in the game. Pittsburgh's outfielder Frank Carroll suffered a broken arm in the fourth inning, and the Pirates had to use a pinch runner in the ninth inning. The Pirates' pitcher, Bill McGreal, was ejected from the game after a dispute with the home plate umpire.

The Padres' right fielder, Bob Diamond, had a successful at-bat in the eighth inning, but was later ejected from the game after arguing with the home plate umpire. The Padres' manager, Vic Kiszla, had a heated exchange with the umpire after the ejection.

The game ended in a 2-2 tie, and the Padres are now 1-2 on the season. The Pirates are 2-1. The two teams will meet again on Sunday.
The line from line 1:Rest Assured

The line from line 2:Jeff Smith

The line from line 3:Officer, a pre-producing playwright who wouldn't recognize a scene if it hit him in the head, was in over his head. The script was a mess, the cast was a mess, and the budget was a mess. He had to get the show together, or his career would be over.

The line from line 4:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 5:Officer, a pre-producing playwright who wouldn't recognize a scene if it hit him in the head, was in over his head. The script was a mess, the cast was a mess, and the budget was a mess. He had to get the show together, or his career would be over.

The line from line 6:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 7:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 8:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 9:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 10:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 11:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 12:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 13:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.

The line from line 14:Rest Assured (1861) is a play by playwright officer, who wrote about the difficulties of being a playwright in the 19th century. The play was not well received and was a commercial failure. It has since been forgotten, but it shows that even talented playwrights can have problems with their work.
**States of Innocence**

DURAN BISHOP

Silently, though the Western frontier should hardly be assumed, it has more to it than the fact that Paddy Slane, with a white tongue and Pierre collected such a wealth of feelings on the past, present, and history of the geni. Various scenes are embedded within the construction of the frontier. The scenes are rich in color and detail, creating a vivid tapestry of the Wild West.

During the summer months the scenes are particularly well designed. The way that the scenes are designed in the Western Frontier is not unlike the scenes in the American West. The scenes are rich in detail and color, creating a vivid tapestry of the Wild West.

Along with the change of geography, of course, occurs a change in individuals, such as the Cows who are now the Western People. The Blackfoot and the Beaver are now the Western People. The Blackfoot and the Beaver are now the Western People. The Blackfoot and the Beaver are now the Western People. The Blackfoot and the Beaver are now the Western People. The Blackfoot and the Beaver are now the Western People.

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QUARTER NOTES

THE CHOICE OF HERCULES

Michael Parker, the San Diego Examiner, who recently completed his internship at the newsroom, was quoted in the column, "The choice of Hercules or a Mary Bar in the Sorrento Valley, is as difficult as choosing between two different genres of music. He explains, "We tried to give a balanced view of the two, but it was very difficult."

Parker chose Hercules because of the vibrant downtown area and its cultural offerings, including a diverse range of cuisines and performances. He noted, "Hercules has a great deal of character, and it's a fun place to be."

On the other hand, he described the Mary Bar as "a place that is very laid-back, and it's perfect for a night out with friends."

Despite the differences, Parker concluded, "Both places have their own charm and offer something for everyone. It's a tough decision, but I think Hercules is the better choice."
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**Section 2**

**Events, Theater, Music, Film**

**Los Voladores**

As mentioned previously, La Jolla Symphony Orchestra and Choral Society, in conjunction with the San Diego Convention Center, is to host the first ever Latin American Cultural Festival, "A Go Go to Mexico!" This year, the event is set to be a musical celebration of the rich and diverse cultures of Latin America, featuring a series of concerts, workshops, and performances by legendary musicians, dancers, and visual artists from across the continent. The festival will take place from November 15th to 18th, showcasing a diverse range of traditional and contemporary music styles, as well as dance and theater performances, all set against the backdrop of San Diego's beautiful setting. This year's event promises to be a testament to the vitality and resilience of Latin American culture, with performances from some of the most iconic artists in the region. The festival will conclude with a grand finale concert at the convention center, bringing together all the performers and audience members for a night of celebration and cultural exchange.

**In Choir Within**

**Where To Begin**

Over the next few weeks, the biannual event will host a series of events that trace the origins of children and adults who have experienced loss and trauma and the diverse subjects of birth and death, trauma and healing, and hope and despair. Various workshops, a range of music and dance performances, and a wide variety of personal stories will be shared to help heal and heal the mind. The event will feature participants from around the world, including children and adults who have experienced loss and trauma. The goal is to help heal and heal the mind and body, providing a space for healing, growth, and community. The festival will take place from November 15th to 18th, with events held at the convention center and various locations throughout San Diego. The festival will conclude with a grand finale concert on November 18th, bringing together all the performers and audience members for a night of celebration and cultural exchange.

**Comic Book Characters**

Although Superman revolutionized the comic book industry, it took nearly 70 years before the Man of Steel became a household name. The Superman story was first created by Jerry Siegel and Joe Shuster in 1938. They were inspired by the old-fashioned pulp magazines, such as "The Shadow" and "The Phantom," which featured stories of mystery and adventure. Siegel and Shuster's story followed the adventures of a man who had lost his family and was determined to make his mark on the world. The story was first published in Action Comics #1, and it became an instant hit. The story was so successful that it spawned a number of spin-off comic books, including Batman and Wonder Woman. The story was so popular that it was later adapted into a series of movies and TV shows. Superman has become one of the most recognizable characters in the world, and his story has inspired countless other comic book creators.
A Writer's Workshop on Creativity & Discipline
Joan Manheim, expert on right-handed finger exercises and creativity.
Saturday, August 10
大门9:30 am to 11:30 am
$10 registration fee.

The Egomaniacs
By Nuppie Galton of the
Egomania
World In Transition
An evening of music and discussion.
Wednesday, August 8
9:00 pm to 11:30 pm
San Diego Zoo. Free admission.

Drawing held August 31, 1985
While you're there, enter, see how Luxury Auto Detailing can help your car or van.
The Midsummer Grand Opening of H2O F.I.T.

with two programs of water exercise fun

1. For those who wish to get into shape by exercising specific areas of the body. Emphasizing flexibility, endurance, strength and coordination while eliminating strain on the joints and back. This class is beneficial for everyone wanting to keep fit.
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In addition to H2O F.I.T., classes, service taught at those locations.

1. For those who wish to get into shape by exercising specific areas of the body. Emphasizing flexibility, endurance, strength and coordination while eliminating strain on the joints and back. This class is beneficial for everyone wanting to keep fit.
2. For those who wish to improve general water fitness skills. This class also offers "Your stretching in cool water",
**READER'S GUIDE**

**In Person**

**Radio/TV**

In the News

**Special**

**Sports**

**SILENT SCREAMS**

**Improv Comedy Calendar**

**TO LOCAL EVENTS**

**Barry Diamond**

August 1-4

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Featuring a full schedule of events including:
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- Comic books and film memorabilia
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**SILENT SCREAMS**

**Sports**

**Sand Diego Comic Con**

**TO LOCAL EVENTS**

**SILENT SCREAMS**

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THURSDAY, AUGUST 8, 1985

TO LOCAL EVENTS

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American composer Carole King's compositions reflect her unique and personal style. In the early 60s, she gained widespread recognition for her collaborations with Mike Stoller and Jerry Wexler. King's music has a distinctive blend of folk and pop elements, and her songs are characterized by their emotional depth and simplicity. Since the mid-60s, she has continued to compose and perform, receiving critical acclaim for her work. In addition to her music career, King has also been involved in social and political causes, using her platform to advocate for various issues. Her compositions continue to be influential and widely enjoyed by audiences around the world.

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THE GRATEFUL DEAD

Nikolas Fischel and Valerie Simpson are not old in the sense of the term, but their music has aged gracefully. Fischel has been a fixture on the music scene for over three decades, having released numerous albums and collaborated with a wide range of artists. Simpson, on the other hand, began her career as a member of the writing team of Ashford & Simpson. She later went on to become a successful solo artist and writer, with hits such as "You Are Not Alone." Together, they have created a body of work that is both timeless and relevant, showcasing their ability to connect with audiences across generations.
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**TOM PETTY **

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**Open Air Theatre**

**Budweiser**

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**Motley Crue**

**Paul Young**

**The Royal Family**

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**San Diego Civic Theatre**

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Served with 2nyans-cauliflower, rice, salad, and 2nyans soup

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AUGUST 4 AUGUST 26

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Open daily from 11 a.m. to 10 p.m. Spicy chicken wings, grilled steaks, tempura chicken sandwich, (Jose's specialty), appetizers, daily special.

**TONIGHT, AND EVERY THURSDAY SPAGHETTI FEAST $3, $2.50**

Includes huge plate of spaghetti with meatballs, garlic bread and salad, plus a complimentary soft beer or wine.
**DISCOVER MUSICAL TALENT**

Most of you discovered an area that you are particularly good at, whether you’re good at math, science or music. What you discovered was one of the leading symptoms of bipolar disorder. It is a condition that can affect many people, but most are not aware they have it.

But what you discovered was one of the leading symptoms of bipolar disorder. It is a condition that can affect many people, but most are not aware they have it.

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8:30 pm to 10:30 pm

**HUMPHREY’S JAZZ UNDER THE STARS**

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Drinks specials

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GRAND OPENING

P.J.'s

WAREHOUSE RESTAURANT & LOUNGE

STEAKS • SEAFOOD • PASTA • MEXICAN • CAJUN

LUNCH SPECIALS
Monday-Friday 11:00 am-4:00 pm
DINNER SPECIALS
Monday-Thursday 4:00-10:30 pm,
Friday & Saturday 4:00-midnight
Sunday 4:00-10:30 pm

P.J.'s BRINGS "UPTOWN" DOWNTOWN

200 Fifth Avenue, Annex @ 30th & 12th • 234-2200
Monday-Friday 11:00 am-2:00 pm,
Saturday & Sunday 4:00-9:00 pm
Via, MetroCard, American Express
Free valet parking

SATURDAY NIGHT PRIME TIME

Prime Rib
And Wine
For Two
Each Saturday

Dine with a friend at the beautiful Torrey Pines Inn.
Enjoy an intimate setting inside or a cozy table outside.
Each dinner includes a succulent cut of prime rib, soup and salad bar, piping hot rolls and baked potato.

California wine included per couple. Reserve in advance recommended.
Suunders from 5 pm to 10 pm.

10400 North Torrey Pines Road
La Jolla 435-4130

BETTER THAN A FREE DINNER

San Diego's Most Spectacular Happy Hours Happen Monday through Friday from 4:30 to 6:30 pm.

Better Than A Free Dinner

Chicken Wings
and Nachos
Monday

Taco Bar
Thursday

The Bottomless Chili Bowl Friday

Call 619-937-5817

AUGUST 1991
SPORTS & FITNESS

PEUGEOT SUMMER VALUES

BEACH CRUISERS
Men's or Ladies Single Speed Coastline Bike $169

OFF-ROAD
$499

DUAL PURPOSE
Men's or Ladies from $259

SPORT & RACING BIKES
P-7 27" $179
P-7 26" $229
PHILOE 25" $269
PHILOE 10" $319

FREE! CABLE & LOCK
Present this ad to any Bicycle to get a FREE cable & lock with purchase of any bicycle. Expires Aug. 22. 1985. $30 value.

BIKE LANE
60110 S. Oceanside Blvd
San Diego, CA 92154
626-997-6622

CHULA VISTA CYCLE SPORT
425 Eastlake Ave
Chula Vista, CA 91910
626-997-6622

HILLCREST BIKE SHOP
3921 34th St
San Diego, CA 92104
626-997-6622

SOLANA CYCLE
925 S. Coast Hwy
San Clemente, CA 92672
626-997-6622

THE SAN DIEGO HILTON TENNIS CLUB
WANTS YOU!

I want YOU as a member of our private tennis club.

The new Hilton Tennis Club is now offering:
- Championship Light Tennis Courts
- Men's & Women's Locker Rooms
- Spacious reception area
- Tennis shop
- Full-service pool
- Men's & Women's Toilets

Call Paul Wilson, Director of Tennis, for more information.

The Hilton Tennis Club
1770 E. Mission Rd. 218-8600

PARKING LOT SALE

FREE HOT DOG AND DRINK SATE. AUG. 3
FROM 11 AM TO 2 PM. CLARINA HULL & CLARK VISTA

4999

5999

1499

3499

3999

4999

SPORTS & FITNESS
2 for 1 Sailing
One hour FREE with each hour rental Monday-Friday with this ad, through August 9, 1985.

Sailboats
Windsurfers
Slopes 1-24°
Mission Bay Sport Center
1010 Santa Clara Pl.
488-1004
Rentals • Instruction
Sailing • Windsurfing • Waterskiing

36.87 m.p.h.

In San Diego see
SAN DIEGO CYCLERY
Two Locations
(above from the Pier)
272-9930

BICYCLING MAGAZINE

SPORTS & FITNESS

NORSPINE Mountain Sports
Summer Sale: Save 20-40%
Exclusive line of KAMINO Mountain Sports and many other top quality products. Complete rental department. Equipment rental.
by popular demand...

Gold's Gym
Underwater water resistance fitness equipment for the energetic. A beautiful, state-of-the-art facility. up to 80% off on everything from fitness equipment for the energetic. A beautiful, state-of-the-art facility.
by popular demand...

LEARN TO WINDSURF

THE NEW AEROBOT
in one easy lesson...guaranteed

in San Diego see
SAILING CENTER

AUGUST SPECIAL $45
Every day with this ad.
Reg. $90.

Get Fit Fast With Equipment From Muscle Mart!

Owning your own Muscle Mart fitness equipment makes getting and staying in shape so much more convenient! Come to Muscle Mart and get it...today!

10% OFF
Bring this ad for 10% off any purchase of $25 or more
Express 6-7:00 pm. One coupon per customer.

Fitness Products

AUGUST SPECIAL $45
Every day with this ad.
Reg. $90.

Learn to Windsurf

In San Diego see
SAILING CENTER

AUGUST SPECIAL $45
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BICYCLING MAGAZINE

SPORTS & FITNESS
AUTOMOTIVE

TOYOTA HONDA VOLKS
Brake Job Special $45
Minor Tune-Up Special $35
Major Service Special $159
Clutch Job Special $199
20% off genuine Toyota parts and accessories
50% off replacement Toyota parts
50% off foreign parts
75% off domestic parts
All service work is under warranty

Maaco Auto Body
50% OFF
Reg. $395.00
Now $200
Your one stop Porsche 914 store
PORSCHE
YOUR ONE STOP PORSCHE 914 STORE
REG. $26,970
NOW $24,500

Trunk Cover
$40
Headlights
$35
Rims
$20

COAST FOREIGN
Tune-up Special
Volkswagen, Datsun, Honda or Toyota
Reg. $21.95
Now $16.95

MASS SALE
Masks
$4.95

North Coast Tarponin Works
MASK SALE
Masks
$4.95

CAR COVER
SALE ENDS AUGUST 12TH

GENERAL SALE PRICES
96% 60% 33% 15% 5%

North Coast Tarponin Works
""
LIFE IN HELL

By Matt Groening '70

HOW TO BE A SENSITIVE POET

[Article continues on next page]
OFF THE CUFF
Have you ever run into someone you thought you'd never see again?

Adele M. Harris
State Manager
Corona Plaza
One Friday, I decided to take the evening off for a change. I made dinner, went into my art room, turned off the light, and sat in the darkness, listening to the sounds of the city. Suddenly, I heard a knock on the door. I knew it was John, my former husband. I opened the door, and he said, "Hi, Adele. Remember me?"

I was surprised, but I couldn't help but smile. "Oh, John. Of course I remember you. How have you been?"

John smiled. "I've been good. I've been married for a few years now. I have a daughter named Emily."

I felt a pang of guilt. "I'm sorry, John. I should have called."

John shook his head. "Don't worry about it. We all make mistakes."

We talked for a while, catching up on each other's lives. It was like connecting the thread again.

Margaret B. Johnson
Nursing Assistant
I was twelve years old when my father retired from the military in 1976. We were living in Japan at the time and decided to go back to the states to retire. My mother thought it was a big mistake. It was a long trip. We met up with friends who were also leaving Japan. It was a great time. My mother thought it was a good idea."

We both lived in the same apartment complex, and we enjoyed spending time together. We often went for walks in the park and played in the playground. We still keep in touch every now and then."

Fred B. Rossi
Nichols
I was twelve years old when my father retired from the military in 1976. We were living in Japan at the time and decided to go back to the states to retire. My mother thought it was a good idea."

We both lived in the same apartment complex, and we enjoyed spending time together. We often went for walks in the park and played in the playground. We still keep in touch every now and then."

Justine Henry
Nurse
Last week, I ran into someone I had not seen in years. I was surprised, but I couldn't help but smile. "Hi, Justine. It's been a long time. How have you been?"

Justine laughed. "I've been good. I've been married for a few years now. I have a son named Alex."

I felt a pang of guilt. "I'm sorry, Justine. I should have called."

Justine shook her head. "Don't worry about it. We all make mistakes."

We talked for a while, catching up on each other's lives. It was like connecting the thread again.

Walter Wheeler
Attorney
My name is Walter Wheeler. I'm a lawyer and have been practicing law for over twenty years. I have a daughter named Emily."

I felt a pang of guilt. "I'm sorry, Walter. I should have called."

Walter shook his head. "Don't worry about it. We all make mistakes."

We talked for a while, catching up on each other's lives. It was like connecting the thread again.