Quality Care

Our staff of fully trained and Board certified physicians and surgeons will provide for all your medical needs.

Money Saving Benefits

- Very reasonable fees
- No out-of-pocket expenses
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- Office procturations
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Outpatient Surgery

- Gastric bypass
- Laparoscopic removal of ovaries
- Carpal tunnel surgery
- Partial knee surgery
- Post surgery hernia repairs
- Bone spurs, etc.

Minor Surgery

- Warts
- Skin warts
- Skin moles
- Skin tumors
- Skin tumors
- Skin growths
- Nosebleeds
- Skins growths
- And many other procedures
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Complete Family Medical Care

- We have a staff of over 250 doctors representing all medical specialties and especially skilled surgeons in San Diego County.

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Are you participating company interested in a competitive health care program for your insurance definition or reprocessed plan? Will our program satisfy the needs of all your patients?

- Eye care
- Prescription drugs
- Hospitalization
- Medical and dental care

Outpatient Care Medical Group

For an appointment call 278 1212.

There is no greater security than the security of good health.
The woman took a seat in the center of the room, facing the audience that had gathered around her. She wore a simple dress and her hair was pulled back. Her eyes were intent as she spoke.

"I believe that anyone who does not believe in the possibility of a future life, the hereafter, the life to come, does not believe in anything at all."

The audience was silent as they listened to her words. The woman continued.

"Belief in the hereafter is not just a matter of faith, it is a necessity for the fulfillment of the human spirit. It is the foundation upon which all wisdom and understanding is built."

The room was filled with the sound of people nodding in agreement. The woman paused for a moment before resuming.

"It is through the belief in a future life that we can understand our purpose in this lifetime, that we can live our lives with meaning and with a sense of direction."

The woman's words were met with a round of applause as she concluded her speech. The audience was moved by her words and left the room feeling inspired and uplifted.
STRAIGHT FROM THE HIP

By Matthew Alice

Dear Matthew Alice:

I've been trying to lose weight for months now, but I just can't seem to stick with it. I've been reading your articles and feel like I know you from TV too. Can you give me some tips on how to stay motivated?

Sincerely,

Missy Miller

Dear Missy Miller:

I'm not sure if people really know what they're dealing with when they start trying to lose weight. It's not just about eating less and exercising more; it's about changing your entire lifestyle. Here are some tips that might help:

1. Set realistic goals. Make sure your goals are achievable and manageable.
2. Create a support system. Surround yourself with people who are also trying to lose weight and can keep you motivated.
3. Find a workout routine that you enjoy. If you hate going to the gym, find a way to exercise that you actually look forward to.
4. Keep track of your progress. This can be a great motivator to keep going.

Remember, losing weight is a journey, not a destination. You can do it! Keep pushing forward.

Matthew Alice

DON'T WORRY. BE HAPPY. LOSE WEIGHT!

The Great Garage Liquid Diet Meal Replacements in combination with a reduced diet, exercise program, and nutritional supplements can help you achieve weight loss when used in conjunction with the meal, included as part of your regime, at no extra cost.

Vegetarian

GREAT EARTH VITAMIN STORES

Come in and ask for details on our FREE introductory offer!

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ALL SHOES 25% TO 70% OFF

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The Athletic Shoe Specialist
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Looking for the Queen of Hearts, Valentine?

When you go fishing at first for the Halibut, recall scenes that the author would love to share with you. The queen of hearts will be the one with a smile, a gentle touch, and a warm heart. It’s a perfect day for a Halibut, just like it was for our beloved queen.

Just as they said, you can also book our unique gift, a smile and a warm heart, for a special occasion.

CARDS + GIFTS + CHOCOLATE + JEWELRY

Go fish.

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• Try one of our new Alpine Alpinas like the Alpine Uno above.
• Aggressive 70°F angles with 7° increments and full triple-bonded cross-threads throughout Shanko Eage MTN components.
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UNIVEGIC VITAVITECH - some great frame but 105 equipped SAVE $100 NOW $449.95

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BICYCLE NETWORK

"SMOTHER THAN A BABY'S BEHIND" describes perfectly the fantastic ride of Uvenga's new aluminum chromoly composite road bikes. Less vibration means you ride less. Three bicycles superbly speced like the Nouveau shown.

Why Noted Scholar and Author Jeffrey Masson Is Against Therapy

Jeffrey Masson

The interview with Jeffrey Masson is a must-read for anyone interested in the field of psychology and therapy. In this interview, Masson shares his thoughts on the nature of therapy and the role it plays in society. He argues that therapy is a form of self-expression and that it should not be seen as a cure-all for all mental health issues. Masson also discusses the importance of listening to clients and the need for therapists to create a safe and non-judgmental environment for clients to express themselves freely.

By Timothy Benseke
Photography by Peter DaSilva

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**Against Therapy**

There was no sale to be had. He was forced to make a purchase.

"The store would only have happened to us," he thought to himself, "if we had the money."

The store was a small town, and he knew the town was small because he had been there before. He was not sure why he thought of it now, but it made him feel better.

"I'm not sure why I thought of it," he whispered to himself. "But it made me feel better."
CAN THE SAN DIEGO & IMPERIAL VALLEY RAILROAD GET BACK ON TRACK?

With the 1939-40 epidemic, the railroad in the Imperial Valley was literally taken over under the Japanese, and they set up their police and brown shirt. The railroad was taken over, and all the trains stopped. In 1945, the railroad was returned to the United States, and they began to rebuild the tracks. The railroad was then turned over to the Imperial County, who decided to let the railroad go back to the private sector.

After the war, the railroad was returned to the private sector, and the Southern Pacific took over the operation. However, the railroad was never fully operational, and it was eventually abandoned. The tracks were removed, and the land was turned over to other uses.

THOUGH IT'S ONLY BEEN FIVE YEARS SINCE A TRAIN CRASHED AND CROSSED THROUGH THE GULCH,

THE CANYON IS ALREADY BEGINNING TO DECLINE ITS OWN.

The history of the San Diego & Imperial Valley Railroad is one of the most tragic stories in the history of railroading. The railroad was built in the 1880s to transport goods and people across the Imperial Valley, but it never really took off. In the 1930s, the railroad was taken over by the Southern Pacific, but it was never really profitable. In the 1970s, the railroad was sold to a private company, but it never really worked out. Today, the railroad is a shadow of its former self, and it is unlikely to ever really come back.
CANYON SAN DIEGO & IMPERIAL VALLEY RAILROAD GET BACK ON TRACK!

CANYON SAN DIEGO & IMPERIAL VALLEY RAILROAD GET BACK ON TRACK!

AFTER THE FIRE BEGAN, SMOKE COULD BE SEEN AS FAR AWAY AS JACUMBA, BUT NOTHING WAS DONE.

TO PUT THE FIRE OUT. "ONLY A TINSEL CATCHES ON FIRE.

EAGLE SAYS, "THERE'S NO STOPPING IT."

THE MOUNTAIN BIKE TRAIN DISCOVERED ITself by riding up the desert floor, WHERE THEY ARE LESS LIKELY TO BE DISCOVERED, OR THEY TAKE A CHANCE AND RIDE DOWN FROM JACUMBA.

THE MOUNTAIN BIKE TRAIN DISCOVERED ITself by riding up the desert floor, WHERE THEY ARE LESS LIKELY TO BE DISCOVERED, OR THEY TAKE A CHANCE AND RIDE DOWN FROM JACUMBA.

EAGLE SAYS, "THERE'S NO STOPPING IT."
Shades of Peking

By Jonathan Laville

As an addition to the regular season, the San Diego Gulls, the Los Angeles Kings' American Hockey League affiliate, have announced a special date game against the Newfoundland Growlers.

The Growlers, who are new to the league, will be making their debut at the SDSU Sports Deck, home of the Gulls. This is the first time the Growlers have visited San Diego in their short history.

The game is set to begin at 7:00 PM and is expected to be a highly competitive contest. Both teams are currently vying for a spot in the playoffs, and this game will be crucial in determining their fate.

Fans are encouraged to arrive early to secure their seats and to take advantage of the pre-game festivities. Door prizes will be given away throughout the evening, and the Gulls will have special promotions for this event.

The Growlers have a young and talented roster, with several prospects who are expected to make an impact in the league. The Gulls, on the other hand, have a solid core of experienced players who will bring leadership and a winning attitude to the table.

This game promises to be a thrilling match-up of two emerging teams, and fans of ice hockey are sure to enjoy the exhibition.

For more information, please visit the SDSU Sports Deck website or follow the Gulls on social media.
NEIL DIAMOND
The Best of Neil Diamond
Columbia Records
Although Diamond's first album was released in 1966, his career really took off in the mid-'70s with hits like 'Sweet Caroline' and 'Cracklin' Rosie.' Diamond's unique vocal style and blend of rock, pop, and country elements made him a staple on radio and in concert. His latest album, 'The Best of Neil Diamond,' is a collection of his biggest hits, spanning his entire career. It includes tracks from his early days to his more recent releases, showcasing his growth as an artist. With a mix of old favorites and new arrangements, this album is a must-have for any fan of Neil Diamond's music.

STEVIE NICKS
Black & Blue
Warner Bros. Records
Stevie Nicks, a founding member of Fleetwood Mac, released her first solo album, 'Black & Blue,' in 1978. The album features hits like 'Stop Dragging My Heart Around' and 'Leather and Lace.' It was a commercial success, reaching the top of the charts and solidifying Nicks' status as a solo artist. The album's blend of rock, country, and folk elements, along with Nicks' distinctive vocals, made it a timeless经典.

SANDY GRIFFITH
One Fine Summer Evening
Reprise Records
Sandy Griffith is a singer-songwriter who has been active in the music industry since the 1960s. Her album 'One Fine Summer Evening' includes hits like 'Love Song' and 'You Belong to Me.' Griffith's music style is a blend of pop, rock, and country, and her albums are known for their heartfelt lyrics and emotional delivery. This particular album is a collection of the artist's best-known songs, making it a must-listen for fans of her music.

NANCY GRIFFITH
My Own Ground
Warner Bros. Records
Nancy Griffith is a country singer known for her soulful voice and powerful storytelling. Her album 'My Own Ground' includes hits like 'Standing in the doorway' and 'I'm Not dyin'.' Griffith's music often explores themes of love, loss, and the human experience, and her albums are celebrated for their depth and authenticity. This particular album features the artist's most iconic songs, making it a must-have for any fan of her music.

GEMMA TRADING CORP.
Gemma Trading Corp. is a supplier of fine jewelry and accessories, offering a wide range of products to满足 customers' needs. The company focuses on providing high-quality, beautiful pieces that cater to a variety of tastes and preferences. Gemma Trading Corp. is committed to offering exceptional customer service and ensuring that every piece is of the highest standard. Whether you're looking for a timeless classic or a bold, contemporary statement piece, Gemma Trading Corp. has something for everyone.
The West According to Sippy

BY DUNCAN SHEPHERD

The West According to Sippy

ATHLETIC WEAR FOR THE ACTIVE WOMAN

ROSES

The Rose Runner, m. The finest roses, a remarkable price. One dozen long-stemmed red roses $29.95. Beautifully gift-boxed, free delivery.

Mon.-Fri. 276-2924. Call to reserve. 9 a.m.-4 p.m. Visa/MC.

Call now for Valentines! Some roses slightly higher.

Another Woody

by Duncan Shepherd

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DARWINIAN WAYS

Pop quiz #1. Who is the father of the modern theory of evolution? Charles Darwin? Right. He was the first to propose that species evolve through natural selection. But did you know that Darwin was also a great biologist? He studied plants and animals, and even named several species of plants and animals after his family. He was a true pioneer in the field of biology.

The THING IN ITSELF

As a matter of fact, philosophy is a subject that can be quite complex. But don't worry, we're going to break it down for you. In this segment, we'll be discussing the concept of the thing in itself, or the "thing" that is independent of any observer. This concept is central to the philosophy of Immanuel Kant, who believed that the thing in itself exists outside of our perception of it.

FOREIGN TO SAN DIEGO

San Diego is a city that is foreign to many people. It's a city with a rich history and culture, but one that is often overlooked. In this section, we'll be exploring the foreign elements of San Diego, and how they have shaped the city's identity.

THIS SALON TRADITION

Salons have a long and storied history in European culture. They were social gatherings where philosophers, artists, and intellectuals would come together to discuss ideas and exchange knowledge. In this section, we'll be exploring the salon tradition, and how it has evolved over time.
Semi-Annual Storewide Sale
January 21 to March 4

Save 20% - 60%:
On all active items, fades, and remnants.
Dealing equipment and notions 30% off
Swatch and white samples

Lectures:

"Superior European Suits"
by David McMillan
February 3rd, 6:00 p.m.

"Choosing Fabrics"
by Robin McMillan
February 4th, 6:00 p.m.

"Fashion Trends"
by Robin McMillan
February 5th, 6:00 p.m.

"Choosing Fabrics II"
by Robin McMillan
February 6th, 6:00 p.m.

"Superior European Suits II"
by David McMillan
February 7th, 6:00 p.m.

"Choosing Fabrics III"
by Robin McMillan
February 8th, 6:00 p.m.

"Superior European Suits III"
by David McMillan
February 9th, 6:00 p.m.

"Choosing Fabrics IV"
by Robin McMillan
February 10th, 6:00 p.m.

"Superior European Suits IV"
by David McMillan
February 11th, 6:00 p.m.

"Choosing Fabrics V"
by Robin McMillan
February 12th, 6:00 p.m.

"Superior European Suits V"
by David McMillan
February 13th, 6:00 p.m.

"Choosing Fabrics VI"
by Robin McMillan
February 14th, 6:00 p.m.

"Superior European Suits VI"
by David McMillan
February 15th, 6:00 p.m.

"Choosing Fabrics VII"
by Robin McMillan
February 16th, 6:00 p.m.

"Superior European Suits VII"
by David McMillan
February 17th, 6:00 p.m.

"Choosing Fabrics VIII"
by Robin McMillan
February 18th, 6:00 p.m.

"Superior European Suits VIII"
by David McMillan
February 19th, 6:00 p.m.

"Choosing Fabrics IX"
by Robin McMillan
February 20th, 6:00 p.m.

"Superior European Suits IX"
by David McMillan
February 21st, 6:00 p.m.

"Choosing Fabrics X"
by Robin McMillan
February 22nd, 6:00 p.m.

"Superior European Suits X"
by David McMillan
February 23rd, 6:00 p.m.

"Choosing Fabrics XI"
by Robin McMillan
February 24th, 6:00 p.m.

"Superior European Suits XI"
by David McMillan
February 25th, 6:00 p.m.

"Choosing Fabrics XII"
by Robin McMillan
February 26th, 6:00 p.m.

"Superior European Suits XII"
by David McMillan
February 27th, 6:00 p.m.
LOCAL EVENTS

IN PERSON


Radio & TV

Show & Tell: The Darker Side of Radio - the Seduction of the Ear, 2 p.m., Feb. 2. Florence V. E. Blaske. 619-723-8300.

UCLA Westwood, Building 33, Rm. 2100.

Professional Television Society - San Diego Chapter, 10 a.m., Feb. 3. Sean Hampton. 619-221-2061.

UCLA Westwood, 900 W.wood Drive.

SPORTS

Activision Women's Basketball, Women's, 7 p.m., Feb. 2. San Diego State University. 619-342-3230.

USC Women's Basketball, Men's. 7 p.m., Feb. 2. San Diego State University. 619-342-3230.

USC Women's Basketball, Women's. 7 p.m., Feb. 2. San Diego State University. 619-342-3230.

USC Men's & Women's Basketball, 7 p.m., Feb. 2. San Diego State University. 619-342-3230.

LIVE BOXING

In San Diego

"AMA America's Title Fight" Gilber Baptist & Robert Rosiles

THURSDAYS, FEB. 16, 7:30 PM

Toro Canyon, Carlsbad. 619-432-3300

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<tr>
<td>The Players</td>
<td>123 Main St, San Diego</td>
<td>555-1234</td>
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<tr>
<td>San Diego Ensemble</td>
<td>456 High St, San Diego</td>
<td>555-5678</td>
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<tr>
<td>University Players</td>
<td>789 Campus Dr, San Diego</td>
<td>555-9876</td>
</tr>
<tr>
<td>Community Players</td>
<td>012 Blvd, San Diego</td>
<td>555-0123</td>
</tr>
</tbody>
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**Reader's Guide to the Theater**

- **Opening February 3rd, '89**
  - **A Fabulous Players Production**
  - **Reserve Two For Murder**
  - **By William P. Hoffman**

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**As Is**

- **February 2-29**
  - **Staged in the Blyth Club**
  - **By John Guare**

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