The case of former doctor Philip Kees

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Health Hints

Dr. J. T.

Dear Ed,

Our health is much more than what we eat. It's about our lifestyle, our environment, and the choices we make. We can only make healthy choices if we understand the risks we face.

- Eat right
- Exercise regularly
- Get enough sleep
- Avoid smoking
- Reduce stress

For an appointment, call 1-800-555-1234.

There is no greater security than the security of good health.
CITY LIGHTS

THE CASE OF ERLE S. SIMMONS GARDNER

Last year marked the centennial of the birth of Erle S. Simmons Gardner, a San Diego lawyer who was a key figure in the development of the city's water system. In recent years, interest in Gardner's story has grown, leading to several books and articles. Recently, a new biographical film about his life has been released.

It's a bit hard to believe that Erle was born over 100 years ago.

Three Hills, Erle's birthplace, is a small town in the Sierra Nevada foothills. The film focuses on Gardner's early years and his role in the development of the city's water system.

TOM LAMB

SIGHTS

MUSEUM CULTURE

Intelligent, it is said, don't be... is a term used in the context of the Otron's history. It has been

We need your help... to support the film. Please consider making a donation to help ensure the success of the film.

RITUALS

TRASH TRIP

By MATT POTTER

European technology, or as it is often described, the "cold war," is a major focus of the film. We see scenes of the cold war era, with special effects and music to enhance the atmosphere.

The grand European test is to be held by a group of companies that are seeking a niche in the U.S. aviation industry. The event will be a test of pilot skills, and the winner will be awarded a contract to build a new aircraft.

The group is divided into several teams, each with its own strengths and weaknesses. The teams are given a series of challenges, including flight tests and survival training.

The main divided team is the United States. They are shown as the most experienced and skilled of the teams. They are also the most competitive, and they are determined to win.

The film is scheduled for release in the fall. The director, a well-known filmmaker, is currently working on the finishing touches.

If you have any interest in aviation, or if you simply want to see a good film, I highly recommend watching "The Grand European Test." It promises to be an exciting and thrilling experience.
Between Book and Reader

BY JUDITH MOORE

I do my reading in bed. If I am interrupted when I have set off in bed to read, I remember what I have read, and the book is not far away. And I have a long time to prepare the book.

I have always been a reader. Even when I was a child, the books I read were all in English. Even when I was a child, the books I read were all in English. Even when I was a child, the books I read were all in English. Even when I was a child, the books I read were all in English.

We may feel a story unfolding us. Conrad's Heart of Darkness, Kafka's The Trial, Camus' The Stranger. Stray strip this world's impositions, undo buttons and slip off pride and the flimsy hopes that keep us covered.

Discover Birkenstock

Birkenstock are far and away the most comfortable shoes ever invented. In fact, the shoes are so comfortable that they are used by many people who suffer from foot problems. These shoes are made of leather and have a special design that allows for maximum support and comfort. Birkenstock shoes are available in a variety of styles and colors to suit any taste. Whether you are looking for a pair of shoes for everyday wear or for a special occasion, Birkenstock shoes are the perfect choice. So why not try a pair today and experience the comfort of Birkenstock shoes for yourself?

After the book is closed, while we are turning onto the freeway or picking more strawberries out from under their canopy of leaf, the voice in our ear continues.

Picture isn't what we are eating, they will say. It is the words that we are eating. It is the words that we are eating. It is the words that we are eating. It is the words that we are eating. It is the words that we are eating. It is the words that we are eating.
"I observed a male subject leaning into a dumpster, removing the contents of the trash, food and other items, and it appeared as though he was eating them."

"The partner who was supposed to run the clinic with me died. I was stuck with a commitment to be open 7 days a week: 12 hours a day."

"I remember going to parties. They were with the gay theater crowd, so they took me around to some of their meetings, and I met a lot of very bright, witty people and had a lot of free food."

"If you won't eat the things that you want to eat, I don't think there's much hope for you."

"I think the only thing that we can do is to make sure that we are doing our best to take care of ourselves."
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"There were papers scattered all over, and on the table, and on the floor, and there were bottles of some type of pills that were laying on the floor. And some of the items had no life on. And he just walked over to the table and gave one big sweep and knocked everything off, and told me to get undressed and lie down, and he would put the EKG on."

Q: Would you consider using me as a physician if you had that opportunity?
A: Yes, I would and I would also take my baby to you.

Margie Kates, RN, a nurse, 25, over the phone.

Note: actual name and phone number are not provided.
The H.G. Daniels Semi-Annual Sale.

Starts Saturday, August 26. Save 10% - 50% storewide.
"Then one day we came home and Mother wasn't there and I was seven years old. This is during school, I took care of everybody for about three months. I cooked the food, kept the house, took care of the kids until the neighbors saw there was no adult there and called the police."

**PHYSICIAN**

ESTIMATING OF 1945

No one, not even Lucy Ingalls, lived alone in 1945. My father worked in a nearby town during the day and came home at one time or another every day, though he was always busy with the farm and the animals. My mother took care of the house and the children, and was always available to help with any problems that arose. The Ingalls had a small farm and were self-sufficient, though they did not have modern conveniences like running water or electricity.

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VISA
Nothing In the Air

...the typical American ignorance about our southern neighbors and their history: "They're all the same down there."

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INDIAN DAYS

The word "Native" is often
invoked to bring to mind
images of long-haired,
bearded men or women
wearing traditional
attire and dancing to
rhythmic drumbeats.

But the Native American
life was much more
diverse than that. The
various tribes had their
own unique cultures and
traditions. Some tribes
were skilled hunters and
farmers, while others
specialized in crafts
such as weaving and
beadwork. Some tribes
had complex political
structures, while others
lived in small, nomadic
groups.

The Indian Days festival
in the town square
celebrates this diversity
by showcasing dances,
songs, and crafts from
different tribes. The
event includes performances
by native dancers and
musicians, as well as
workshops and exhibits
that educate visitors
about the rich history
of the indigenous people.

The festival is a wonderful
opportunity to learn more
about the diverse cultures
of the Native American
people and to honor their
continuing contributions
to our society.
PLASE BE ADVISED
Programs facilitated by "Relibilized" and "Peachy Dream" are not affiliated with any association with SFGA Foundation or the Sadie, Macdonald Center of San Diego.

The Sadie Macdonald Center of San Diego is a nonprofit volunteer organization. It is solely supported by public funding. SFGA Volunteers, Sadie Vol., and the funding of SFGA Volunteers and Lucille Macdonald Center of San Diego.

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Coming up:

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SIX STAGES • FOOD BOOTHS • CONTINUOUS MUSIC

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Presented by San Diego Foundation, Inc.
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Tickets available at Valley Center, 2100 Rees St., 7th Floor. Box Office, 415 S. Hope, and 200 Hillcrest Center. 
Charge by phone: 619-220-7585. Tickets also at sale at the Valley Center & 7th Street Center.
No tickets, no reservations, refunds or cancellations allowed. Subject to change. No information on group rates. For ticketing call 415-220-7585.

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And we'd like to give you a chance to share the feeling.

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William Wordsworth

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1989 Honda CRX II
Power lift-back 2-seat convertible, new
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- Complete dinner service
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Dancing to the music of the 50s to 70s.
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by Neil Simon
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by John van Druten
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THE UNDERWATER WITCH

by Jack Martinoff
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THE NIGHT OF THE IGUANA

by Tennessee Williams
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POWER, PASSION, REVOLUTION

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by Lynne Warne
By Lynne Warne
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Crawdads in San Diego Hotel
VIP Dance Party
Every Saturday 9:00 pm to 2:00 am

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"A FINE COMEDY"

THE SEASON'S SMARTEST
OFF THE RECORD
LONG PLAYS FOR THE DOG DAYS

NOW PLAYING

CARRIE FISHER and JOHN HURT
THE EMPIRE STRIKES BACK
EMPIRE STRIKES BACK

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Loose Ends

Experience NEPAL and the
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memorabilia of the same.

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Memorial Day
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ALL STYLES & COLORS IN STOCK

RAY-BAN WAYFARER $95
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SAN DIEGO'S FIRST & FINEST
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DIAL A CONTACT LENS

SERVICES

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ERNE POKS COMEOK

WATCH ME

by Lynda J. Barry 1969

The case has not made up my mind. I am still thinking about
what to do next. It is not easy to make a decision.

THREE YEARS AGO, I DECIDED TO EXPLORE THE WEST.
I LEFT THE WORLD BEHIND ME, THE WORLD OF THE
PAST, OF VIOLENCE AND DEATH. I WANTED TO FIND
A NEW LIFE, A NEW WORLD.

I CAME TO A TOWN CALLED "hope" IN THE MOUNTAINS.
THE PEOPLE THERE WERE FRIENDLY, BUT THE TOWN WAS
DARK, AS IF IT HAD BEEN ABANDONED FOR YEARS.

I DECIDED TO STAY. I BECAME A MEMBER OF THE
LOCAL COMMUNITY. I HELPED THE PEOPLE IN ANY
WAY I COULD.

ONE DAY, I WAS WALKING THROUGH THE TOWN WHEN I
SAW A MAN LYING ON THE STREET. HE HAD BEEN
ASSAULTED, AND HIS HEAD WOUND WAS BLEEDING.

I CALLED FOR HELP, BUT NO ONE CAME. I DECIDED TO
HELP HIM MYSELF. I TOOK HIM TO THE HOSPITAL AND
HE WAS FINE.

SINCE THEN, I HAVE BEEN HELPING OTHERS IN NEED.
I HAVE ALWAYS TRIED TO HELP OTHERS, EVEN IF IT MEANS
RISKING MY OWN LIFE.

NOW, I AM GOING TO THE CITY TO LOOK FOR A NEW
JOB. I WANT TO MAKE A NEW LIFE, A NEW START.

THE CASE HAS NOT MADE UP MY MIND. I AM STILL
THINKING ABOUT WHAT TO DO NEXT. IT IS NOT EASY
TO MAKE A DECISION.
SPORTS & FITNESS

BACK TO SCHOOL SALE
AUGUST 24, 25, 26, 27
Thursday, Friday, Saturday & Sunday
Back Up Bikes, Bikes, Bikes
TREK 220 was $349 NOW $299 SAVES $50
TREK 400 was $493 NOW $385 SAVES $108
MIYATA BICYCLES ARE SUPER VALUES AT SALE PRICES.
MANY '86 MODELS DRastically REDUCED.
FREE! Avocet computer with every road bike.
(A $40 VALUE)
SAVE 10%-20% ON ACCESSORIES
Special Sale Hours
9 AM to 9 PM Thursday - Saturday
10 AM - 5 PM Sunday
Cycling Tunes
3220 Adams Ave., S.D.
283-4500

ADAMS AVENUE
BICYCLES

Sale • Sale • Sale
Labor Day Weekend, Sept. 1-4
All 1986 Bicycles On Sale

Nakhi Pueblo MTB
Diamond Back Topanga MTB
Specialized Roadracer MTB
Specialized Rockhopper MTB
Cardiel organized Expert Road

Oakley Triggers with any Oakley Blade purchase
30% on a great selection of '11' RT clothing
15-25% on all shoes - Sidis, Shimano, Dicota
Shimano shoes only $67.95 - save $20
15-25% on all shorts & jerseys
10% on all Triathlon TT Bars by Profile AERO 1

SALE! All computers on sale including new Avocet model! 30 in neon
Huge pro frame and bicycle selection on sale • New Merckx frames on sale

May 18, 19, 20, 21

SPORTS & FITNESS

TWO FOR ONE
WINDSURFING LESSONS
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Lessons from
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AEROBICS & TRIMS $24.99
One month unlimited
New student only
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MOUNTAIN BIKE SALE!
SUPER BIANCHI

Cycling Tunes
3220 Adams Ave., S.D.
283-4500

Call now. Classes will be limited. 278-7080

4873 Newport Ave., Ocean Beach

Beautiful floating oak floor
Sandora's Loco Motion
Exercise and Dance Studio
Eleanor Widmer has moved.

Well, not exactly. But her expanded "Reader's Guide to Restaurants" has been relocated from section three to section one, next to her weekly restaurant review. These indispensable capsule reviews of recommended restaurants have always helped our readers decide where to take out-of-town guests, find a late-night eatery, or simply select the best dish at a particular restaurant.

Eleanor has now added more reviews for an even wider selection. See page 36, section one.