The clothes and hair and slogans, the freeness of the bodies, all are symbols resurrected from my childhood — and they still don’t mean peace and harmony.
Summer Is Around The Corner.

It takes more than just a tan and a hot swimsuit to make you look and feel your summer best. Whether you're active in summer sports, or just soaking up the sun, you'll look great doing it with a firm fit body from Family Fitness!

NINETY DAYS for only $60.*

For more information, call your nearest Family Fitness Center.

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Spanish Forks, Utah

Spanish Forks, Utah

Spanish Forks, Utah
**CITY LIGHTS**

**STILL RECALL**

BY MARY PETER

"They asked me to come to the recall meeting, and I thought about it, and I said, 'If the people ask for a recall, I'm going to recall.'" So here I am, doing the recall campaign.

**THE Recall Bernhardt Campaign IS ABOUT ETHICS AND MONEY AND...**

Don't be cruel to the recall campaign.

In the last few weeks, the recall campaign has been under intense scrutiny. The San Diego Union-Tribune reported that campaign manager Linda Bernhardt had been paid more than $100,000 for her work. The newspaper also reported that Bernhardt had been paid by a number of companies, including one that was a client of her husband's law firm.

Bernhardt denied the report, saying that she had been paid for her work on a pro-bono basis.

**YOU ARE THE KNIFE, I AM THE MEAT**

BY JIM GATES

It's a very popular restaurant in San Diego. It's called "You Are the Knife, I Am the Meat." And it's really famous. It's a steakhouse. The menu has all kinds of things: prime rib, filet mignon, and so on. And there's always a line out the door.

Two weeks ago, a man tried to order a filet mignon. He was really excited. He wanted to try it. But the waiter told him that they were out of filet mignon. The man was disappointed. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was angry. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was frustrated. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was, well, you know. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was, well, you know. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was, well, you know. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was, well, you know. He wanted a filet mignon. But the waiter said, "Sorry, we're out of filet mignon." The man was, well, you know. He wanted a filet mignon. 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GIGANTIC RAYBAN
SALE!!

40%-60% OFF

THRU SUNDAY ONLY

SAVE 40%

• Cat's w/your new
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• Bitoramas reg $14 NOW FROM $80
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Fridge-Leaf Fig
China Doll
Banana Plant
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3-4" tall, 10" pot.
Reg. $20.00 ea.
2/$20
1/$12

Picnic Basket

The BASKET CASE
$3 (Reg. 14.95)
11" long, 7" tall, 8" wide.

Sale ends 4-21-91

San Diego Reader April 18, 1991
DOWN HOME

A Rap
On The Wack Existence

Story by Arlee Perry

I'm stuck in the middle of nowhere, far away from the
big city lights. I don't have a friend in the world, just a
couple of old acquaintances who I need for survival.

What did you think people were going to call you?
Sure, everyone talks about the people you are meant
to be, but how many people ever truly figure out who
they really are? The people who know you are often
the least reliable. I learned that lesson the hard way.

Don't you live with your parents anymore?
My parents are long gone, and I have no family left.
I have to survive on my own, and that's not easy.

Do you have any plans for the future?
I don't have a plan, I just go with the flow. I've been
on my own for so long, I can't even imagine having
a plan.

Do you think you'll ever find love?
I don't know if I'll ever find love. I've been hurt too
many times to believe it.

Do you think you'll ever get a job?
I don't know if I'll ever get a job. I've been jobless for
so long, I don't even know how to apply.

Do you think you'll ever get married?
I don't know if I'll ever get married. I've been single
for so long, I don't even know what it's like.

Do you think you'll ever have kids?
I don't know if I'll ever have kids. I've been childless
for so long, I don't even know how to be a parent.

Do you think you'll ever travel the world?
I don't know if I'll ever travel the world. I've been
stuck in this place for so long, I don't even know
how to get started.

Do you think you'll ever die?
I don't know if I'll ever die. I've been alive for so long,
I don't even know how to die.

Do you think you'll ever die?
I don't know if I'll ever die. I've been alive for so long,
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Do you think you'll ever die?
PEACE

Get a QUIKI

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Give yourself a head start on spring cycling fun. For a limited time, buy a 1991 Specialized Roadracer or Slacker, and get our AIR FORCE™ helmet free! These bikes are just right for a smooth, comfortable ride, and they're mountain-bike for your favorite off-road adventure. And the AIR FORCE™ helmet is cool, comfortable and meets or exceeds the latest and ANSI standards for bicycle helmets.

Any way you look at it, the deal will read easy on your mind.
When I succeeded in getting my mother’s attention, I showed her drawings I’d made. As I got older, these were very often drawings of the plans of houses.

My mother went before me. “Ama,” she said. It was my turn. I didn’t think about it. I just said, “lya.”

If you were huaraches and hooded shirts made out of old flour sacks, you hung out at the beach. If you hung out at the beach, you probably smoked pot.

PEACE

The neighborhood was dark. In the street, the streetlights were off. It was 11:30 PM. We didn’t walk over the street. My mother was leading the way. She was barefoot. We were on our way home. The neighborhood was dark. It was 11:30 PM. We didn’t walk over the street. My mother was leading the way. She was barefoot. We were on our way home.

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PEACE

Tired of Trying to Quit Smoking?

She and the child's father were "cycling out," she said, when she went into labor. "I call it cycling out. What I mean is he's manic depressive like me."

But the times we had and love was 95
And the world will end with us in the sky.

When I think of the moment our child was born
I feel a deep sense of fulfillment.

I pressed the button to light my cigarette
And the child began to cry.

She said, "He was born práctico, práctico...
But he doesn't cry much."

I asked her what she meant by 'práctico'?
She said, "It means practical, efficient.

I pressed the button to light my cigarette
And the child began to cry.

But the times we had and love was 95
And the world will end with us in the sky.

The child began to cry
And I asked her, "What should I do?

She said, "Let him cry."

I pressed the button to light my cigarette
And the child began to cry.

But the times we had and love was 95
And the world will end with us in the sky.

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But the times we had and love was 95
And the world will end with us in the sky.
Local chiropractor offers $220 worth of his services for only $25* to anyone who needs help but has never been to a chiropractor before (or hasn't been in a long time)

BY DUNCAN SHEPHERD

Allen Brooks makes a living treating bad backs. He's got a waiting list of as many as 150 patients who want to see him. The practice is so successful, Allen has already moved his office to a larger building and will open another one in the fall.

And during the recession, while other businesses were struggling, Brooks' business is booming. He's so busy he's had to hire an answering service to take messages and book appointments. He's so busy he's had to hire an answering service to take messages and book appointments. He's so busy he's had to hire an answering service to take messages and book appointments.

But even with all this success, Allen is still running a charity. For many years, he's offered his services to those who can't afford them. And now he's offering $220 worth of his services for only $25* to anyone who needs help but has never been to a chiropractor before (or hasn't been in a long time).

"Give it to the straight, Doc," said the woman. "I can't take it any longer. It's killing me."

"Well, I don't know," said Allen. "I can't make any guarantees. But I'll do my best." And he did.

A lot can happen to integrity when the owner of it has to wait five years to get a project off the ground.

Although there was no 9-11 terrorist attack, everyone was convinced that a new wave of crime was about to hit. And in the process, the owners of the project were forced to pay more for their insurance. It was a real disaster.

Oh, and the money didn't come from a government grant. It came from the owners of the project. They had to pay for it themselves. And it was a real disaster.

And in the end, everyone was convinced that the project was a failure. It was a real disaster.

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Itchy and Scratchy and No Split Ends Whateverb

BY GINA ARNOLD
The last time that McDonald's was the dirtiest restaurant on the block was just about 10 years ago, and it's high time it cleaned up its act. While the fast-food giant's reputation has been tarnished by reports of lax hygiene and cleanliness standards, the company is now taking steps to improve the situation.

For about half an hour there, the Dairy Mart Road McDonald's was the dirtiest place in America.

This isn't to say that McDonald's is the only fast-food chain facing these issues. Fast-food restaurants are notorious for their lack of cleanliness, with reports of dirty floors, unclean grills, and expired food products being common. However, McDonald's is known for its fast-paced, high-volume operations, which can make maintaining high standards of cleanliness a challenge.

The restaurant in question was located on the corner of Dairy Mart Road and McDonald's Boulevard. The store was packed with customers, and the staff seemed to be struggling just to keep up with the demand. The floors were sticky and slippery, with food crumbs and sauces covering the ground. The grills and fryers were dirty and greasy, and the air was thick with the smell of stale food.

As the day went on, the situation only got worse. The staff became increasingly tired and frustrated, struggling to keep up with the demand. The customers, too, seemed to be losing patience, with some counties complaining about the lack of clean restrooms and the presence of flies and other pests.

In the end, the situation was a sobering reminder of the challenges faced by fast-food restaurants, particularly those with high-volume operations. While McDonald's has made strides in improving its cleanliness standards, there is still work to be done to ensure that customers can trust the food and the environment they are served in. Until that happens, it's not surprising to find the dirtyest place in America.
The Unforgettable Drab Spindle of Suffering

BY JEFF SMITH
The Centennial Opera Theatre Company, based in Denver, is performing the world premiere of "Drab Spindle of Suffering," a new work by American composer and librettist Jonathan Leibovitz. The opera, which is based on a short story by F. Scott Fitzgerald, follows the life of a young woman who is torn between real and the supernatural. The story is set in the early 20th century, a time when the boundaries between reality and fantasy were often blurred.

The opera features a cast of ten, including soprano Maria Bell as the young woman, tenor Robert McLaughlin as her lover, and baritone James McFarland as the narrator. The orchestra, conducted by John Hargrave, is composed of 30 musicians.

The production is directed by Scott McAllister, who has directed many other works for the Centennial Opera Theatre Company. The set design is by John P. Hill, and the costumes are by Elizabeth Smith.

The opera runs from April 15 to 24 at the Colorado Opera House, 2400 Colorado Blvd., Denver. Tickets are available online at www.centennialopera.com or by phone at 303-572-2650.
Carbo-Loading

Madness

BY ELEANORE WYNEW
The Restaurant: Cafe - Japanese Street
The Cuisine: Sushi, Sashimi, Maki, Tempura
Price Range: $10-$20
Hours: Mon-Fri Lunch: 11:30 A.M. - 2:30 P.M.; Dinner: 5:30 P.M. - 10:30 P.M.
Saturday: Lunch: 11:30 A.M. - 9:30 P.M.; Dinner: 5:30 P.M. - 10:30 P.M.
Sunday: Closed

The Cuisine: Sushi Bar
The Location: 6730 La Jolla Blvd, La Jolla 92037

Japanese Street is a bustling little neighborhood restaurant in La Jolla that serves traditional Japanese cuisine in a casual atmosphere. The menu features an extensive selection of sushi, sashimi, tempura, and ramen dishes. The sushi is fresh and well-prepared, with a variety of choices ranging from simple rolls to more complex creations. The sashimi is also fresh and delicious, with a variety of fish options available. The tempura is crispy and flavorful, with a variety of vegetable and shrimp options. The ramen is hearty and comforting, with a variety of broth options available. Overall, Japanese Street is a great choice for anyone looking for authentic Japanese cuisine in a relaxed setting.

There's a new Sunday brunch in town! $8.95

Come in this Sunday and taste how BIG a brunch can be! Whether you prefer fluffy Belgian waffles or fresh fruit and yogurt, our fabulous ten station brunch has it all! Sample the variety, richness and quality from each station or come back to your favorite again and again.

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Includes seafood, beef, chicken, pork, vegetables, appetizers, rice, soup, fresh fruit & salad bar, etc.

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Authentic Mandarin, Szechuan & Cantonese Cuisine
Restaurant with a view. Open daily 4 P.M. to 10 P.M.
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Fish & Seafood

MAKING THE MOVIE: LITTLE CAESAR

Paul Haywood
Director

Paul Haywood
Producer

Fish & Seafood

FREE DINNER

Paul Haywood
Producer

FREE DINNER

Salmon House

FREE DINNER

Salmon House

FREE DINNER
Restaurant Guide

YES

The Margaritas have gone FIQUITA! and we are going Tex-Mex-ting! Ribs, Kahlua, Cin, Vodka, Bloody Scotch, etc. and also beer and wine.

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BUY 1 PIZZA - GET 2nd AT 1/2 PRICE

VESUVIO ITALIAN RESTAURANT

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North York, ON

Shawarma

Rajasthani

Restaurant Guide

DINNER SPECIAL

8.95 FOR 4 PEOPLE

Central Park Cafe

5050 Central Park Ave.
New York, NY

Pasha's Afghan Cuisine

HAPPY ANNIVERSARY

For the re-open of Ajax, serving traditional Afghan dishes since 1992. Ajax Veggie and Fish. Open 11-11, closed Wednesdays. All of our own spices, no gluten, no dairy, no nuts, some additions to the menu. vegetable, gluten free, no dairy, no nuts.

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Best Chinese Food in La Jolla

Bernard's

The Steak & Lobster Place

Bernard's (formerly Gers Rib Cage)

Introduce Offer: 2 for 1 Good thru April 24

By Reservation & With This Ad Only

You'll be pleasantly surprised at the final of our menu selections, the large portion and the reasonable price. Call to verify and make your reservations.

560-4000

Free reserved parking in side lot

5540 Kearny Mesa Rd., right off I-83 & Clairemont Mesa

Dinner for 2-$10.95

Your choice of any 3 of the following entrees:

Bernard's

Kung Pao Chicken - $10.95

Szechuan Beef - $10.95

Cumin Chicken - $10.95

Braised Chicken - $10.95

Cumin Beef - $10.95

Szechuan Beef - $10.95

Chinese Restaurant

5540 Kearny Mesa Rd., right off I-83 & Clairemont Mesa

Restaurant Guide

Restaurant Guide

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Restaurant Guide

Restaurant Guide

Restaurant Guide

Restaurant Guide
Joyce: I placed my Phone Match ad during January 1990. I got six calls from nice men; Bob was one of them.
Bob: When Joyce called me back, we talked for a few hours.
Joyce: We were like teenagers; I felt giddy. Unfortunately, we couldn't meet for a week because I had to fly to New York to do the "Joan Rivers Show."
Bob: I wondered "who is this celebrity?"
Joyce: When we finally met on February 2nd, I felt instant recognition; there was a little thump.
Bob: We have a good ability to communicate; we became new best friends.
Joyce: We didn't want to play games with each other. That meant I had to be honest with him and tell him that thanks to surgery, I'd lost 225 pounds — that's why I was on Joan's show.
Bob: I accepted her and my kids did, too.
Joyce: We talked about getting married in July, but we couldn't wait.
Bob: We were married on March 31, 1990.
Joyce: It was a beautiful wedding and my surgeon gave me away.
Bob: We wrote our own vows.
Joyce: One of mine was to always remember to laugh at his corny jokes.
Bob: She's still laughing.
Joyce: My advice to others is this: These ads can work and they're a safe way to meet someone, but it means taking a risk. Life is full of risks; you need to trust your inner voice and follow it. Also, there are no Prince Charmings or fairy princesses. You have to accept someone, warts and all, no one is perfect.

1-900-844-6282

San Diego Reader Phone Matches
SOMETIMES I DREAM ABOUT WALKING INSECTS

One morning, after dinner, a man discovers that he has been transformed into a giant ant. He is so alarmed that he can't believe his eyes. He tries to lift a hand, but can only move his ant's legs. Glancing at himself, he notices that his nose is a black and white dot, his legs are thin and his head is very small. He cries, "There is no way out of this."

When the telephone rings, the man jumps up and runs off in a panic. He goes into the living room and hears a voice saying, "Don't worry, you'll be all right. You can come to the science museum."

The man tries to explain his problem to the people at the museum. "I need help. I've been turned into an ant," he says. The museum director tells him, "Don't worry, we have the solution. We can turn you back into a normal man."

The man is taken to a laboratory, where scientists study his ant form. They find a way to reverse the transformation and turn the man back into a normal person.

Don't worry, you'll be all right. You can come to the science museum.

GAL BABY WITH A MISSION

Page 23
THE PRIDE of SAN DIEGO
Salutes The
Pride of Our Country

WELCOME HOME TROOPS!
CALIFORNIA CRUISE LINE IN CONJUNCTION WITH MANE EXPRESS PRESENTS A
4 DAY TICKET SALE-A-THON
BUY NOW! RIDE THE PRIDE LATER
Take Advantage, buy your tickets now, use them ANYTIME after Sunday, April 21st

THE PRIDE of SAN DIEGO will offer to any armed forces personnel a fabulous one day cruise from San Diego to Ensenada, Mexico for the welcome home price of only...

THE SALE-A-THON BEGINS
FRI, APRIL 19th 9 am to Mon., April 22nd 5 pm
TICKETS CAN BE PURCHASED AT THE PRIDE of SAN DIEGO TICKET COUNTER AT PRICE * FROM 9 AM TO 5 PM AND AT THE MANE EXPRESS TICKET COUNTER LOCATED AT THE BEAUTIFUL PRIDE OF SAN DIEGO CRUISE SHIP DOCKED AT THE BAY. DON'T MISS THIS GREAT OPPORTUNITY TO SEE THE BEAUTY OF THE BAY AND THE CITY AND THE CHANCE TO BOARD THIS WONDERFUL CRUISE SHIP.

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THE PRIDE of SAN DIEGO is offering a Great Deal for our civilians...

THE SALE-A-THON BEGINS
FRI, APRIL 19th 9 am to Mon., April 22nd 5 pm
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GET UP AND GO!

Will Nine Be Fine?

MSL WESTERN DIVISION FINALS
GAME 1: Tonight - GAME 2: Saturday
7:30pm, San Diego Sports Arena

WHERE HAS ALL THE WATER GONE?

This article by "Al Closely" (Anonymity) and "compositional winner" (Michael Paul, Intriguingly) looks at how a stormy atmosphere and dramatic history of the most accomplished, fought over, and fast disappearing resource in the American West.

"Western water history in a filmstrip and technique." —Washington Post

"Should be required reading for federal bureaucrats, for free-spiriting members of Congress, and experts for their greedy or untimely constituents." —George Smalley

CADILLAC DESERT
THE AMERICAN WEST AND ITS DISAPPEARING WATER

Where has all the water gone?

Marc Reisner

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HOME/GARDEN SHOW

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  - Castaway trip
  - $200 Olay 
  - Win $1000 or $1000 in
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A One-Day Conference Sponsored by The Pew Foundation

Saturday, April 27
Manchester Grand Hyatt Conference Center
University of San Diego

SCHEDULE

9:00 Welcome
9:30 Rev. Martin O'Connor
University of Notre Dame
Theologian

10:00 Joe Kanai
University of San Diego
Revolution

11:00 Lunch

12:00 Conference Room

13:30 Conference Lunch...$10

14:30 Conference, Panel & Dinner...$30

Advance registration is required.

To register call:
(619) 855-5454
via MCI

Easterseals
San Diego, CA 92116

EarthFair Quiz

1) When and where is the EarthFair?
   a) July 12, 1991 - Sea of Tranquility, Moon
   b) April 12, 1991 - Balboa Park, 10:00 AM - 5:00 PM

2) What is the best reason to go to the EarthFair?
   a) Free shuttle from the County Administration Center
   b) Four stages - environmental activities for children
   c) One World, One Beat Music and Science Festival
   d) Natural foods
   e) All of the above

3) What is the best way to get to the EarthFair?
   a) Bike trip - free guided bike seminar
   b) Free shuttle from the County Administration Center
   c) Public transit in San Diego
   d) All of the above


TV COMMERCIAL & ACTRESS OVER TRAINING

Casting "KEEP IT IN THE WALLET" Castings starts at 10 AM at the San Diego Convention Center. C.M.A.

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COASTAL FISH AND PRAWN SPECIAL

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4775-4778-4779-4780-4781-4782-4783-4784-4785-4786"

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San Diego, You've Never Been This Cold.

MICHELOB

Capture The Pure Cold.
ASSOCIATED STUDENTS CULTURAL ARTS BOARD
A VOICE TO DRUM
KAREN FINLEY
Readings from SHOCK TREATMENT
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Arts Center SD34

Why Be Taught by A Cop When You Can Get ...
GREAT COMEDIANS FOR LESS MONEY!

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NEIL YOUNG
Yes
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Lee Sklar
Jim Keltner
Gregg Bissonette
Baked Potato

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1991 FESTIVAL OF ANIMATION
17 INTERNATIONAL ANIMATED SHORT FILMS - THE ONLY SHOW THAT FEATURES ACADEMY AWARD WINNER AND ALL OSCAR NOMINEES.

San Diego Reader - April 18, 1991
"WILD WACKY COMEDY
...hurry to see this show." - Los Angeles Times
"...a wry, airy mix of the nostalgic and the bizarre.
Impossible to dislike ... hilarious." - San Diego Union

Laughing Buddha Wholistik Radio Theatre
3 performances only!
Exploring culture and world view in a unique manner.
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Our Actors Commit Murder For Your Enjoyment
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A mystery comedy that relies on audience participation
Surprise your friends at the box office bar!
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Tickets $25, $35, $45,
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THE ROCKY HORROR SHOW
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"Our purpose holds:
...to celebrate life through movement." - Judith Jamison, Artistic Director
The Original New York Cast
JOE SEARS & JASTON WILLIAMS

Final Farewell Goodbye Tour!
ONE WEEK ONLY! APRIL 16-21
The Lomas Club is in line and Pat Bickel never dies.
Tues. Apr. 16, Low Price Preview—All Seats $18
"Hilarious! A tribute to the art of setting" - Washington Post
"A must see...a new talent..." - Los Angeles Times
"A tribute to the art of setting" - New York Post
Fridays at 8 pm, Saturday at 8 pm & 8:30 pm, Sunday at 2 pm.
Information and reservations: 234-5853
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<th>Product</th>
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<td><strong>Pesticide</strong></td>
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<td>Ants</td>
<td>Tree Tanglefoot</td>
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<td><strong>Organic Liquid</strong></td>
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What Should You Look For in a Product?

Environmental Health Coalition (619) 235-0281
Additional resource materials available at the Environmental Health Coalition booth at the Earth Fair on April 24, 1991, in Balboa Park.

Summary of Criteria

Environmental Health Coalition evaluates products on environmental health and safety. We have developed criteria that we use to determine whether a product is environmentally sound. Our criteria take into account a wide range of factors, including:

1. Non-toxicity
2. Non-sensitizing
3. Non-irritating
4. Non-staining
5. Non-bleeding
6. Non-flammable
7. Non-explosive
8. Non-corrosive
9. Non-mutagenic
10. Non-carcinogenic

Keeping it All in Perspective

Large quantities of household products are generated in our homes each year. Many of these products are sold to us by companies that make claims about their safety and effectiveness. However, we should be cautious when evaluating these claims. Here are some important considerations:

1. Read the label carefully. Look for the words "environmentally safe" or "biodegradable.
2. Check the ingredients. Some ingredients, such as formaldehyde, can be harmful to health.
3. Consider the packaging. Products that come in recyclable or biodegradable packaging are generally better for the environment.

Mail Order Catalogs

Our experience in ordering products using our new mail order service has been excellent. We have received prompt delivery and our products have arrived in good condition. We believe that mail order is a convenient and cost-effective way to purchase products that meet our environmental standards.

Other Resources


What Else Can You Do?

We encourage our members to participate in local and national efforts to promote environmental health. Here are some actions you can take:

1. Contact your local environmental health group to find out how you can get involved.
2. Vote with your dollars. Choose products that meet our environmental criteria.
3. Write to companies and request information about their products.
4. Join the Environmental Health Coalition and become a member of this important movement for environmental health.
Friday, April 19 & Saturday, April 20

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- The Literate - Now playing at the Reading Room Theatre.
- The Exorcist: The Beginning - Showing at the Balboa Theatre.
- The Usual Suspects - Showing at the Reading Room Theatre.

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PINK FLOYD'S THE WALL

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2. Fill out Profile Form.
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   2400 Camino Del Rio S., Ste. 300
   San Diego, California 92108
   It is to your advantage to mail the Profile Form in person on the day of receipt.

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- Hyundai Elantra - 2.0L
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