MEHISSELAH PILLS
In 1994, scientists have proven that our DNA could
be altered by force feeding and dietary low-calorie
food. I lost 90 pounds in 1 year, but it was a
story of how I was able to use selective eating and
exercise programs to get rid of weight. I was
amazingly successful in 1994, but I have
continued to lose weight with the help of
nutritionists, who recommend a healthy lifestyle.

URINARY ANALYSIS?

- Blood
- Protein
- Leukocytes
- Erythrocytes
- pH
- Glucose
- Nitrites

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Only 350 ppm, Total 2200 ppm, 24 Vol.
Hypothyroidism
High Slug

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**HOLIDAY DEBTS?**
CREATIONS ATHLETIC SWIMSUITS

**HOT! 1994 HOT!**
HOT! 1994 HOT! HOT! 1994 HOT! HOT!

**EXTRA CASH??**

**CHROMIUM TURN BACK THE**
**BIOLOGICAL CLOCK!!**

By Joannette Y. Lopez
Photo by Robert Knoblaugh

NEW THIS WEEK - PETER JENSEN ON SAN DIEGO ARCHITECTURE, P. 2.
Infamous in Ramona

Sociopathic chimp, the 28-year-old orangutan, is the perfect pet for the San Diego Chargers. But the in-your-face behavior of Coach Don Coryell's primate has led some fans to request the monkey be traded. The team refused.

The primate, who was purchased for $3,000 by a fan, has been a fixture at Chargers games for two years. The team says the primate's behavior is best left to the fans.

Coryell, who has been criticized for his unorthodox coaching style, says the primate is a crowd pleaser.

"He drinks several six packs of beer and half a pint of whiskey daily. He has lost consciousness on many occasions and has lost jobs due to his drug and alcohol problems."

U.S. Senate May Slap Down Local Junkie Generosity

By Thomas K. Arnold

W

When a drug dealer's property is seized, the government is entitled to a portion of the property. The property can then be sold and the proceeds used to compensate the victims of the crime. In the case of a junkie who died of a drug overdose, the government seized the junkie's property and sold it to a local businessman. The proceeds were used to fund a new health clinic.

The junkie's property was a small house near the beach. It had been purchased by the junkie for $50,000 and was worth $150,000 at the time of his death. The government seized the property and sold it for $125,000. The proceeds were used to fund a new health clinic in the area.

The junkie's family was outraged. They believed the government had no right to take their property without their consent. They also believed that the money should have been used to fund a new health clinic in the area.

The junkie's family filed a lawsuit against the government. They argued that the government had no right to take their property without their consent.

The court ruled that the family had a valid claim. The government was ordered to return the money to the family.

Shamu Isn't the Only One Working for Peanuts

By Thomas K. Arnold

Shamu, the world-famous orca, is the star of SeaWorld, the popular theme park in San Diego. But Shamu is not the only one working for peanuts. Many of the park's employees work for very low wages, often earning less than minimum wage.

The employees who work at SeaWorld are often young and disillusioned. They work long hours and are often forced to work in unsafe conditions.

The employees have organized a union to demand better working conditions and higher wages. They have been met with resistance from SeaWorld management.

The employees have been demanding better working conditions and higher wages for months. They have held protests and picketed the park. They have also filed complaints with the National Labor Relations Board.

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At least three robberies at local Wells Fargo branches last year were carried out by gangs from Los Angeles.

L.A. Bank Robbers
Scared South
By Thomas K. Arnold

Federal officials say a new wave of bank robbery crews from California have been targeting banks across the region as a result of the economic downturn. The robbers, who are known to be highly organized and well-trained, have been using a combination of force, intimidation, and sophisticated planning.

The first of these robberies occurred at a Wells Fargo branch in downtown Los Angeles last year. Since then, similar incidents have been reported at banks in San Diego, Orange County, and Las Vegas.

"We've seen a significant increase in the number of these types of incidents," said FBI agent John Smith. "These are not your run-of-the-mill bank robbers. They are highly coordinated and well-organized."
METHUSELAH PILLS

(continued from page 1)

On the other hand, a Los Angeles Times report in 1962 about Gary Evans' anti-aging}

effect was not supported by science. Despite his claims, Evans was not a recognized}

physician or researcher in the field of aging. The report highlighted the lack of}

scientific evidence to support his claims. The newspaper pointed out that Evans'

claims were exaggerated and that his methodology was questionable.

Out of 30 rats in the first group, only five survived the age of 18 months. Of the 30

rats, 25 died during the first 4 months of the experiment, and the remaining 5

died during the next 7 months. The rats in the second group, also described as

healthy, died at an average age of 18 months. In contrast, the third group, also

depicted as healthy, died at an average age of 24 months.

In 1956, when he was just 33, healthy and athletic,

Herb Boynton came down with polio.

In the early 1950s, polio was a common and feared disease, especially among

young children. The polio virus, caused by a virus, can attack the nervous

system and lead to paralysis or even death. The disease was most prevalent in

the United States, Europe, and other parts of the world, with an estimated 500,000

cases reported each year. The Boynton family, like many others, was ANN

stunned by the diagnosis and the challenges it posed. In the following years,

herbs and natural remedies became a lifeline for the Boynton family.

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Articles about the "fat-busting" properties of chromium picolinate made the pages of both women's magazines and popular fitness periodicals.

I do not know if you have noticed, but I have been seeing this quite a bit in the media. Chromium picolinate is a supplement that is often associated with weight loss and fat burning. It seems to be gaining popularity in the fitness and health industry.

Chromium picolinate is a form of chromium, which is a mineral that is involved in the metabolism of glucose and fat. It is often used to help with weight loss and to improve insulin sensitivity. However, there is limited scientific evidence to support these claims.

Some studies suggest that chromium picolinate may help with weight loss, particularly in conjunction with a diet and exercise program. Others have found no significant effects.

It is important to note that chromium picolinate is not a magic pill and should not be relied upon as the sole means of weight loss or fat burning. A healthy diet and regular exercise are still the most effective ways to achieve these goals.

It is also important to be aware of potential side effects, such as gastrointestinal issues and metallic taste. Always consult with a healthcare professional before starting any new supplement regimen.

In summary, while chromium picolinate may have some potential benefits, more research is needed to fully understand its effects. It is important to approach any supplement with caution and to consider other more effective methods of achieving weight loss and fitness goals.
Fire's Own Logic
Robert Brock's Career in Flames

By John Briceland  Photographs by Craig Carlson
Radial Keratotomy can change the way you see things

What are you waiting for?

"I want to wake up in the morning..." for the past 20 years, RK has proven successful for over 1 million people.

"It's too risky..." Studies have shown that sleeping on contacts is in order. "It will hurt..." RK takes only a few minutes and causes little or no discomfort.

"I'm too expensive..." RK is inexpensive and can be financed with payments of less than $200 per day.

Dr. Glenn Kauersch, an ophthalmologist on staff at Homer V. Wesson Medical Center, offers free office screenings to see if you're a candidate for RK. Call him 976-9100 to schedule your appointment now. You'll wonder why you waited so long.

3 Ways to Avoid Traffic

Looking for a new way to avoid the heavy traffic on Route 101 between Santa Barbara, Ventura County and Los Angeles? There are now three.

3 Trains Serving the Valley

To make it easier to get around Southern California in the wake of last month's Northridge earthquake, Caltrans has begun to run new Amtrak San Diego service through the San Fernando Valley.

To L.A. or Through L.A.

We now offer three daily San Diego round trips that run through Los Angeles. Each train has reliable bus connections on the north end serving Santa Maria, Pismo Beach, and San Luis Obispo.

The new train has midday departures in each direction, so most travel is in daylight hours. Heading south on new train 780, you'll arrive comfortably past the worst rush hour traffic Los Angeles has to offer.

2 for 1 Coupon Deal

With the 2 for 1 coupon below, you can bring a friend along free daily except Fridays, Sundays, and February 21. The coupons can be used on one way trips or round trip excursions utilizing any one to three ways on where to use them.

NEW! Train to the Plane

The coupons are valid on California's network of San Diego, San Joaquin, and Capitol trains and buses serving 1,900 of California's best destinations daily. Try Napa, San Francisco, Eureka, Yosemite, Sacrament, Redding, or South Lake Tahoe.

Get Out of Town

The coupons are valid on California's network of San Diego, San Joaquin, and Capitol trains and buses serving 1,900 of California's best destinations daily. Try Napa, San Francisco, Eureka, Yosemite, Sacrament, Redding, or South Lake Tahoe.

See California Our Way

For more information, call your local travel agent or Amtrak® at 1-800-USA-RAIL.
TOWER ENVY

To levitate above our coastal plains and scratch at a bowl of sky.

As the sun sets and the sound of waves crashes against the shore, Tower Envy becomes a reality. The sky appears to lift above us, as if it were a bowl filled with the ocean's depth.

SAY SIRIUS & PHOTOGRAPHS BY PETE JONES

Unfazed by the high winds, Bobb's Pool's California Tower rises majestically above the horizon. Its sleek design and modern features are a testament to the beauty of architecture that mimics nature.

CASH FOR LEVI'S

$20

19 Faux, washerable
20 Lons, paint (with holes)
21 Lons, paint (13 holes)
22 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

GROWTH POTENTIAL

An advanced degree from Webster University can improve your outlook.

An advanced degree from Webster University can improve your outlook.

MATTRESS SALE

San Diego's Volume Study and Sleep Centres

MATTRESS SALE

San Diego's Volume Study and Sleep Centres

Workshop with Elise Coleman and Barbara Danesroch at San Diego on Saturday Feb, 19 from 10am - 11am

Selling is just around the corner, and we have everything you need to get a head start on the seasonal sales event, terrific tools, and a great support. This weekend Elise Coleman (Four Seasons Harbor) and Barbara Danesroch (The Garden Center) will be on hand to answer questions and show their techniques for successful selling and record setting. We look forward to seeing you there.

San Diego
East @ Fashion Valley Mall
Office: (619) 271-9997
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Smith's & Hawkens

Webster University

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Tower Envy - To levitate above our coastal plains and scratch at a bowl of sky.

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San Diego
East @ Fashion Valley Mall
Office: (619) 271-9997
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Baker's & Hawkens

Smith's & Hawkens

Webster University

North Campus

Location: 3311 West I-17

For more information, please contact: websteruniversity@northcampus.com
Calendar

Local Events

A special advertising page for Travel Agents, Bed & Breakfasts, Inns, Resorts, Outdoor Adventure Companies, and Tour Businesses.

Dancercise

Fun for the whole family! The Ultimate in Action-Packed RACING!

Jack Murphy Stadium

Saturday, Feb. 26, 1994 • 7:00 pm

Live Action! Cheer six classes to six victories!

For Tickets: 1-800-446-8000

Reader

Work Your Way to Better Health

291-7722

A special advertising page for Travel Agents, Bed & Breakfasts, Inns, Resorts, Outdoor Adventure Companies, and Tour Businesses.

Dancercise

Fun for the whole family! The Ultimate in Action-Packed RACING!

Jack Murphy Stadium

Saturday, Feb. 26, 1994 • 7:00 pm

Live Action! Cheer six classes to six victories!

For Tickets: 1-800-446-8000

Reader
Some Marriages Just Don't Work

...a conservative, elderly, dutiful performance of a work that ought to be filled with youthful zest.

T	is a delicacy for the senses, an experience that takes the listener on a journey through time, evoking a sense of nostalgia and wonder. The music is played with precision and care, capturing the essence of the original composition. The atmosphere is one of reverence and respect, as the orchestra members pour their hearts into the performance, bringing the work to life in a way that is both moving and inspiring. The experience is one that is not to be missed, as it offers a glimpse into the world of music and its enduring power to touch the soul.
When an NFL Cornerback with a Wig Sounds Like an Apt Casting Choice

...a sometimes frustrating, sometimes murky, but nonetheless valid attempt at the play...

Legend has it that Peas Lov ran out his homecoming contract and ended up with a role on the small-screen as a woman. In "The Ring," directed by Steve Mckinzie, a corner-back with a wig attempts to portray a woman in a role that should be played by a trans woman. The film, set on a high school basketball court, explores themes of identity, gender, and power. Lov's character, played by a non-binary actor, navigates the challenges of being faced with prejudice and discrimination. The film offers a poignant exploration of the intersectionality of race and gender in sports.
Beautiful Terror

The clichés never appear, so the punishment must have been stiff.

The story is about a corporation that is about to be taken over by a rival. The corporation's employees are being threatened with violence if they do not agree to the takeover. The narrative is told through the eyes of a employee who is trying to protect his family and stay alive. The story is fast-paced and full of action, with many surprises and plot twists. The writing is crisp and engaging, with a great sense of tension and suspense. Overall, it is a gripping and thought-provoking read that will keep you on the edge of your seat.
CD TRADE-IN SALE
$3 off
4 DAYS ONLY!
Friday, February 18th through Monday, February 21st!

TRADE YOUR OLD CD'S FOR NEW MUSIC THIS HOLIDAY WEEKEND!
For 4 days, Friday, February 18th through Monday, February 21st,
The Wherehouse will give you a $3 DISCOUNT toward the purchase of any
new CD or cassette (regularly priced $8.99 or higher) for each full-length,
undamaged used CD you bring in its original, undamaged jewel box.
We'll take any CD and you get $3 off! Don't miss the incredible Wherehouse 4 Day CD Trade-In Sale.
The more CDs you bring in, the more you'll save on the best new music at The Wherehouse.
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Music Trader pays up to
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60,000 Used CDs
$8.99 each
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(3 for $9.99)
WE PAY MORE!

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You'll Love
LUCY

Wacky and wild.
Lucy's Fur Coat tears up the stage in a blind panic. It's grouped-up
rock 'n' roll, no hype, no gloss...but plenty to get excited about.
The band's live energy San Diego captured on their
nonconformist debut album, Ammonia. If you like it loud, fast, and
funny...just say yes to San Diego's own, Lucy's Fur Coat.
Love our low prices. Wherehouse likes.

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**Get Jazzed at Le Meridien**

Experience the delights of San Diego's newest jazz venue. Le Meridien at Coronado.

**Calendars** - January 2019

**Friday, Feb 1**
- **Steve Forber's Quartet**

**Saturday, Feb 2**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Thursday, Feb 7**
- **Bill McPherson** on piano.

**Saturday, Feb 9**
- **Tim Verrier's Band**

**Sunday, Feb 10**
- **Bill McPherson**

**Tuesday, Feb 12**
- **Bill McPherson**

**Friday, Feb 15**
- **Bill McPherson**

**Saturday, Feb 16**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Thursday, Feb 21**
- **Bill McPherson**

**Saturday, Feb 23**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Friday, Feb 29**
- **Bill McPherson**

**Saturday, March 2**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Thursday, March 7**
- **Bill McPherson**

**Saturday, March 9**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Thursday, March 14**
- **Bill McPherson**

**Saturday, March 16**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.

**Thursday, March 21**
- **Bill McPherson**

**Saturday, March 23**
- **Jazz Brunch** Starring Feb. 1
  - 11:30 a.m. to 1 p.m. in Lido's. Live jazz with crooners, vocalists, and the saxophone section.
LIVELY UP YOURSELF
SAN DIEGO'S LARGEST REGGAE DANCE CONCERT

THE 13TH ANNUAL
BOB MARLEY
BIRTHDAY FESTIVAL
FEB. 21
7 PM
SAN DIEGO SPORTS ARENA
FEATURING
MIGHTY DIAMONDS
JUDY MOWATT
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WAILING SOULS
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SHAGGY
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MILLIGAN'S BAR & GRILL PRESENTS THE SWEETEST JAZZ
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Jazz

FOGGY'S APPEALS

BEST BASKET (FAGG) DANCE DOLL DRUP JAYLIE BIG SLOW DURK
SAMUEL ADAMS

FABULOUS PRIZES FOR THE WEEKS OF FEBRUARY

GET DOWN!
Doreen in the Alley, the new artist from Wally Waters presents Smooth Rockin'. Bob Marley's Quadro portrait, Blind Melons LIVE!

TOWER RECORDS VIDEO
EL CAJON • SPORTS ARENA • COLLEGE AREA

GO BAREFOOTIN'
These Little Piggies Play At The BAREFOOT! DON'T BE THE ONE THAT STAYED HOME!
THE BAREFOOTER BAR AT THE PRINCESS FEATURES YEAR-ROUND WEEKEND ENTERTAINMENT

DOLLAR MONDAYS
$1 Long Island Teas • $1 Drafts • $1 House Wine
$5 ALL NIGHT LONG • $5 NO COVER CHARGE
DANCE • DANCE • DANCE

RED LION HOTEL
San Diego 797-5460
The Singer, Not the Song
The irony is thick enough to be cut with a chain saw.

Now that Westeros are once again facing a deadly threat, our attention can properly focus on Game of Thrones. In the previous installment, the main characters were engaged in a series of epic battles and confrontations that kept us on the edge of our seats. This week, the tension continues as... (Continued)

REVIEWS

COUNCIL SPEECH

ONION PICTURES

INVITES YOU AND A GUEST TO AN ADVANCE SCREENING OF
CHINA MOON
Tuesday, March 1, 8:00 PM
MANN HAZARD THEATRES

COMPLIMENTARY PASSES TO
the first 50 people who send a self-addressed, stamped envelope to:
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(China Moon) (China Moon)

REALITY BITES' Scores the First Comedy Knockout of the Year!

"I completely love this movie. It's so funny and heartfelt without being too sappy. Definitely worth seeing."

The Waiter for the "Who, What, Where, and Why" of This Month's Movies

Orion Pictures

Ed Harris, Madeleine Stowe

STARTS FRIDAY

CITY TIME: 1994"
Omar Khayyam Ate Here

Rice may be plain, white, long-grained basmati, or mixed with black cherries, or toasted with raisins, lentils, and dates; or dotted green by dull and blemished beans.

![Image of Omar Khayyam Ate Here]

---

**REVIEW**

**RESTAURANT**

**DESCRIPTION**

Omar Khayyam, located on Pearl Street in La Jolla, is one of the best places I've been to recently. The decor is modern and the service is excellent. The food is also very good. I would definitely recommend it to anyone who enjoys fine dining.

---

**50% OFF Lunch or Dinner**

**LOCATION**

Pachanga Mexican Bar & Grill

**DESCRIPTION**

Pachanga Mexican Bar & Grill is offering a 50% off deal on both lunch and dinner. The menu includes a variety of Mexican dishes and the prices are reasonable. It's a great place to go for a nice meal with friends or family.

---

**Lunch Special**

**DESCRIPTION**

The Lunch Special is available from 11 AM to 2 PM and includes a main course and a side dish. The prices range from $5 to $10 and there are options for both meat and vegetarian dishes.

---

**Sunday Brunch**

**LOCATION**

San filtration's

**DESCRIPTION**

San filtration's is offering a Sunday Brunch special from 10 AM to 2 PM. The menu includes a variety of brunch favorites like eggs benedict, pancakes, and omelettes, and the prices are reasonable.

---

**2 FOR 1 Dinner, Lunch or Brunch**

**LOCATION**

Schoitzsky's Deli

**DESCRIPTION**

Schoitzsky's Deli is offering a 2 for 1 deal on dinner, lunch, or brunch. This is a great deal for those looking to save money on their meals.

---

**Lunch Specials**

**DESCRIPTION**

Lunch Specials are available at various restaurants in the area. These include special deals on sandwiches, salads, and soups. The prices range from $5 to $12 and there are options for both meat and vegetarian dishes.

---

**Lunch Special 3rd Dinner for Two Only $12.95**

**LOCATION**

Two Screamin' Bananas

**DESCRIPTION**

Two Screamin' Bananas is offering a lunch special for two for only $12.95. The special includes a choice of two entrees, two sides, and a drink. It's a great deal for those looking to save money on their meals.

---

**Cabo Cabo**

**DESCRIPTION**

Cabo Cabo is a popular restaurant in the area that offers a variety of Mexican dishes. The prices are reasonable and the service is excellent. It's a great place to go for a nice meal with friends or family.

---

**Tequila Day Nightclub**

**LOCATION**

Tequila Day Nightclub

**DESCRIPTION**

Tequila Day Nightclub is a popular spot for nightlife in the area. The club features a variety of drinks and a DJ who plays music throughout the night. It's a great place to go to dance and have a good time.

---

**CAHICO**

**DESCRIPTION**

Cahico is a popular restaurant in the area that offers a variety of Mexican dishes. The prices are reasonable and the service is excellent. It's a great place to go for a nice meal with friends or family.

---

**1 OFF All Regular Sandwiches of Pizza**

**DESCRIPTION**

1 OFF All Regular Sandwiches of Pizza is a deal that offers a discount on regular sandwiches and pizza at various restaurants in the area. The prices range from $5 to $10 and there are options for both meat and vegetarian dishes.

---

**Laser Light Show at the San Diego Museum of Art**

**DESCRIPTION**

The San Diego Museum of Art is offering a laser light show that takes place every Thursday night from 6 PM to 9 PM. The show features a variety of laser effects and is a great way to enjoy a fun night out in the city.
Traditional Favorites
Prepared for Today's Tastes

Home-Style Dinners for only $9.50

Traditional favorites
Dominoes: "Tasty and Good-sized Dominoes"

AVALON TRADITIONS

Throw a party...
If you're planning a party or casual dinner or just need some

CALIFORNIA STYLE
PIZZA
PASTA
SALADS
LUNCH SPECIALS FROM 11:30 AM UNTIL 3 PM

Chinese New Year Feast
CELEBRATE YEAR OF THE DOG • FEB. 17 TO 25

FIVE-COURSE DINNER $18.00
Casual dining serving
Pacific Rim cuisine

911 Ocean
Mission Beach
La Jolla
Mission Valley
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| THE IDEAL WAY TO SHAPE UP |
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| HAIR |
| TANNING |
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Bulldozers A-Poppin'  

By Alfredo Cardenas

The Texas Department of Transportation is currently taking proposals from professional engineering firms interested in performing a study of I-35 at New Braunfels. The study will evaluate the capacity of the existing roadway and determine if a solution might be needed to improve safety and efficiency for commuters. The Committee on TexOLI is currently in the process of evaluating the cost and benefits of various options, including the possibility of widening the existing roadway or building a new one. The committee will make a final decision on the project in the near future.

Governor Ann Richards has named San Diego native艦ma Soto to the board of directors of the San Antonio Metropolitan Transportation Authority. Ms. Soto was most recently a director of Infrastructure Development at AT&T, where she was responsible for overseeing the company's transportation and infrastructure investments.

The San Antonio City Council voted to ban the sale of singles to minors under 18 years of age. The ban was passed unanimously and will go into effect immediately. The city has had a similar ban in place for adults under 18 for several years, and the new law is seen as a positive step towards reducing drug use among young people.
All Aboard for Phoenix!
By Patrick Daugherty

The teamugging moved on to The United States Grand Prix Circuit which did the same and used to have a lot of heart and soul. But now it's just a glorified race track, with all the ..

SPOTLIGHTS BOX

Additional info from the "Inside" feature: "The Michael Lesser has signed a contract to the U.S. Grand Prix in San Francisco. This month, over a number of years ago..."