A Sense of Belongings

I’m not a regular at Kibey’s Swap Meet. I’ve only been four times, but already have “friends” there. Peggy and Jim Christie ask whether I’ve used the crock, or jadite dish I bought from them two weeks ago. ("Twice, thank you.") Scott Christie, who sells mostly classic and American art pottery, asks me whether I know which company made the ashtray Frank met with an outlaw at California. I don’t, but I tell him I’ll try to find out. I showed Corbin, an insurance broker and occasional seller from whom I bought a 19th-century lamp, asks me whether I found anything good this morning. ("Not yet.")

(continued on page 14)
Exwiffa ands Union-Staff Pension A tmosphere of tension and uncertainty prevails at the Union-Staff Pensions, where the retirement plan for city employees is governed by a board of trustees that includes representatives from the city and the employees. The board is responsible for setting policies and making decisions about the pension plan.

The pension plan has faced financial challenges in recent years, with the city facing budget cuts and a growing number of retirees. This has put pressure on the plan to manage its assets more effectively and to consider changes to the benefits it provides.

In an effort to address these issues, the board of trustees has held several meetings to discuss potential solutions. However, the process has been slow and contentious, as both the city and the employees have different priorities.

Despite these challenges, the board of trustees remains committed to ensuring that the pension plan is sustainable for the long term and that city employees can retire with confidence. They are working hard to balance the needs of the city and the employees, and to ensure that the pension plan remains a valuable benefit for future generations.

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Airpot moves to 12

The decision to move the airport to 12 is a major step forward for the city of Los Angeles. This move will provide better access for residents and visitors to the airport, as well as reduce congestion and improve safety.

The airport is currently located in the northwest corner of the city, and the move to 12 will allow for the expansion of the airport and the development of new infrastructure. This will create new jobs and stimulate economic growth in the region.

In addition, the airport will be better connected to the city's transportation network, making it easier for people to get to and from the airport. The move will also help to reduce the environmental impact of air travel, as it will be located further from residential areas.

Overall, the move to 12 is a positive development for the city of Los Angeles, and one that will benefit the residents and visitors for years to come.

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Racetrack, SDG&E Pay for Swank Wilson Condo in West L.A.

By Thomas E. Arnold

In the early 1980s, San Diego attorney John Davies got a lot of heat when he arranged for his buddy and former law partner, Mayor Pete Wilson, to rent his 1st-floor apartment in his beach house for free.

The arrangement, which was made in December 1982, was discovered by the city's ethics watchdog, the Ethics Commission, and was ruled to be a violation of the city's ethics code. The Ethics Commission recommended that the mayor pay back the rent, but Wilson refused.

Politics aside, the rent issue was also a matter of personal convenience, as Davies lived in the San Diego area and needed a place to stay while he was in town. The rent deal was initially reported as a $1,500-a-month arrangement, but it was later revealed to be $500 a month.

The Ethics Commission found that the arrangement violated the city's ethics rules, which prohibit elected officials from receiving compensation from a business entity controlled by a political contributor. The commission ordered Wilson to pay back the rent he had received from Davies, but Wilson refused to comply.

In the end, the Ethics Commission was overruled by the city's mayor, who sided with Wilson. The rent issue was later dropped, and the matter was never brought to a formal vote.

---

Mayor's Staff Gets Gold Carpet Treatment

When Mayor Susan Golding took office two years ago, she made a pledge to the citizens of San Diego to cut down on government waste. Since then, the city council has made a number of significant cuts to the city budget, and has focused on finding ways to reduce expenses and improve the delivery of services.

One of the most striking examples of this approach has been the city's budget office, which has been able to reduce the size of its staff and cut costs significantly.

In particular, the city's budget office has taken a number of steps to improve its efficiency and effectiveness, including the implementation of a new budget software system, the use of data analytics to identify areas for improvement, and the adoption of a more coordinated approach to budgeting and planning.

As a result of these efforts, the city's budget office has been able to achieve significant savings, and has been recognized for its innovative approach to budgeting.

Overall, Mayor Golding has been committed to finding ways to reduce government waste and improve the delivery of services to the citizens of San Diego. Her leadership has been a key factor in the city's ability to achieve these goals, and has earned her the respect and admiration of city residents.

---

Growth in Little Saigon

San Diego has the fourth-largest Vietnamese-American population in the United States, with an estimated 30,000 Vietnamese-Americans living in the city. This has contributed to the growth of the Little Saigon neighborhood, which has developed around the city's Chinatown area.

In recent years, Little Saigon has become an important center for the Vietnamese community in the region, with a number of Vietnamese-owned businesses and organizations located in the area.

Although Vietnamese-Americans have faced some challenges in the city, such as discrimination and limited opportunities, they have also made significant contributions to the city's economy and culture. The Vietnamese community in San Diego has been able to maintain its cultural identity while also adapting to its new surroundings.

Overall, the growth of Little Saigon is a testament to the resilience and adaptability of the Vietnamese community in San Diego, and a reminder of the importance of diversity and inclusion in our society.

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The Readers' Offers: For some tips published in the column, see pp. 315-340, etc. 434 Or for your trip to 285-295.
Phone Matches™ Success Stories:

Jeanne and Larry Goodyear


Phone Numbers:

Jeanne: 213-555-1234
Larry: 213-555-4321

Jeanne: I took out a more generic Phone Match™ ad three years ago and got at least two calls, but I didn’t really like what I was looking for. This time I was clear on what I wanted.

Larry: I think you were just calling someone you knew.

Jeanne: We met on New Year’s Eve. We were on the Santa Monica Pier and Larry walked up to me and said, “You’re the one. I’ve been looking for you.”

Larry: We went to a club in the Westside and played the drums on the dance floor. Then we went to a bar and shared a bottle of wine.

Jeanne: We got married in 1997, exactly two dozen detectives have been convicted of corporate killings.

We Buy, Sell & Trade New & Used Equipment

276-7777
A Sense of Belongings

By Bill Stern

Photographs by Paul Stachelek

A Cup from the Same Cup

The seller at Kobey's trying to take me when he swore that the $250 Louis Vuitton garment bag he was selling was not only "genuine" but "costs $1500 at Horton Plaza?"

If we think we can get a better price, we competition does not know another place to buy the same thing. Let's discuss the options. The seller who is trying to sell the bag has mentioned "real" but "costs $1500 at Horton Plaza". Is this the case? Let's discuss the options.

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J. M. I'm asked me how to recognize old and new Griswold, "the king of cast iron," and how to tell (by the size of the mark) whether a piece was made before or after Griswold was bought out by a rival company.

d). Little change from 19th century form and check mark. Some small, some large. 19th century:"check mark" is about 2 1/2" long and 3 1/2" high. Typical "check mark" of the 19th century.

e) Small, slightly chipped, brownish-green glaze. Typical of the 19th century.

f) Large, dull greenish-blue glaze. Typical of the 20th century.

g) "Griswold" impressed in the handle. Typical of the 20th century.

h) "Griswold" impressed in the base. Typical of the 20th century.

i) Large "Griswold" mark on bottom of pan. Typical of the 20th century.

j) "Griswold" mark on bottom of pan. Typical of the 20th century.
For Ostomates
Detour
Is The Cure

BY MARY LANG
Photographs by Dave Allen

A strange series of physical health functions—the sensations of our bodies, and their control—are unique to us. Learning to control the physical functions of our bodies has been a challenge for humans throughout history. While the medical field has made significant progress in recent years, many people still struggle with this aspect of their lives. In our culture, there are often misconceptions about ostomates, leading to a lack of understanding and support. However, there are many organizations and resources available to help ostomates and their families cope with this challenge.

Camouflage support group

An efficient, practical arrangement, that conditioning our human body to the environment, facilitates our daily lives. A well-structured support system helps individuals feel more comfortable and supported in their daily activities. This support network is essential in providing the necessary assistance to manage ostomates effectively.

RIDE LIKE A PRO ON A BEGINNER’S BUDGET
1994 Iron Horse Clearance!

- YU-1500
  - Silver
  - $199
- AT-1500
  - Black
  - $299
- AT-2000
  - Red
  - $399
- PD-300
  - $499

Pro-Performance Bicycles

The special offers include a range of bicycles for different budgets. Whether you are looking for a casual ride or want to improve your cycling skills, these deals provide a great opportunity to get started. The offers are limited, so it's essential to act quickly. Check the website for more details and select the best option for your needs. These promotions are valid for a limited time, so don't miss out on the chance to save money while riding in style.
"Life is Good!"

The page contains an advertisement for a product called "ACUVUE Disposables" and a discount offer. The text is rich with promotional material, but the main focus is on the disposable lenses being advertised. The ad is visually strong, with images and prices highlighted to draw attention. The offer includes a free trial pair for $185, which is further broken down to a complete care pack for $79.

The layout is typical of a sales advertisement, with clear call-to-action statements and pricing information.
IN PERSON

San Diego Food and Wine Festival 2013 (June 28-30), with more than 170 food, wine, beer, spirits and culinary experiences, including Wine, Beer & Food Pairing Tastings, Chef Pairing Dinners, Wine Tasting Under the Stars and more. Call 858-754-2477 or visit www.san diegofoodandwine.com for more information. Admission is free.

California Foundation for the Arts presents 2013 Young Audiences Creative Celebration featuring the dynamic dual percussion and dance group, Ginga. Performances are July 17 and 18 at 7 p.m. at the Spreckels Organ Pavillion in Balboa Park. Tickets are $28 for adults, $22 for seniors and $12 for students. For information, call 858-292-0999 or visit www.californiafoundations.org.

By Spectra Languages, and co-sponsored by the Redondo Beach Cultural Arts Center, "Hiroshige: Japanese Woodblock Prints" is on exhibit through Sept. 1 at the Redondo Beach Library. For more information, call 310-374-0444.

The 2013 Canon U.S.A. Fine Art Print Competition is accepting entries now through Sept. 26. The competition is for photographs printed on paper. Grand prize is a Canon EOS 5D Mark III camera with Canon EF 16-35mm f/4L IS USM lens. Second prize is a Canon EOS 5D Mark III camera with Canon EF 24-105mm f/4L IS USM lens. Third prize is a Canon EOS 6D camera with Canon EF 24-70mm f/4L IS USM lens. Additional prizes will be awarded. Entry is free and open to photographers of all skill levels. There is no limit to the number of entries. For more information, visit www.canonusa.com.

Here Come The Brides!

19TH ANNUAL BRIDAL BAZAAR
SUNDAY, JULY 7
10:00 AM-5:00 PM
San Diego Convention Center, 1300 Park Blvd., San Diego, CA 92101
260 EXHIBITS
CONTINUOUS FASHION SHOWS
FREE HONEYMOON GIVEAWAYS

Don't Miss It!!
For More Information call 755-6601

1.50 Discount

This coupon entitles you to a 1.50 discount.
For only $5.00 to see the West's Premier Bridal Fashion and Shopping Event!
Hundreds of exhibits, the latest in bridal fashion and much more!
But No, My Heart Can't Take It

I was very much afraid they'd play "San Francisco Nights."

Toto's 1977 hit took on new life when it was covered by Counting Crows on their 1993 album "August & September." The song, originally penned about the city of San Francisco, was rewritten to reflect the experiences of the band members on the road, but it retained its essential feel. The lyrics of "San Francisco Nights" become a backdrop for the personal stories of the band members. The music, with its soft acoustic guitar and悠柔的旋律, is almost like a nostalgic trip down memory lane. The song remains one of the most beloved tracks from the album, resonating with audiences who can relate to the emotions and experiences of the band. It's a testament to the power of music to transcend time and place, bringing together listeners across generations. As the music fills the air, the song invites us to reflect on the moments we hold dear, the memories we cherish, and the feelings we carry with us through life.
The exotic appeal of the Gipsy Kings’ sound stems from their captivating combination of racing guitars, roaring rhythms and raw expressiveness.

 Appearing at the Summer Pops July 12

11.99 CD
7.99 cassette
THE PLACE TO BE THIS WEEKEND...
TWO NIGHTS OF
BOINGO

with special guest 311
FRIDAY, JULY 8 & SATURDAY, JULY 9

Music Trader pays up to
$7 Cash for Import and gold CDs
$5 Cash for used CDs

Music Trader pays up to
$7 Cash for Import and gold CDs
$5 Cash for used CDs

TACO BELL CROSSTHE BORDER
INTRODUCING A MUSIC STORE THAT’S GOING TO KNOCK YOU OFF YOUR FEET.

Literally. Introducing a music store where you can actually sit down, relax and listen to every second of any CD in the store. Introducing BLOCKBUSTER MUSIC. Now open in San Diego and Oceanside. And we’ve marked down everything in the store to get you to try them. Because we believe once you experience BLOCKBUSTER MUSIC, you’re never going to stop for music in the same way again. It’s that revolutionary.

Listen to all of any CD in the store.
Just bring the CD’s to our exclusive Blockbuster Music Listening Center. We’ll open them up, put them into a player and give you the controls. No fear asking us to open loved collection/sets, deep?

Choose from more than 40,000 titles.
Everything from hard-to-find titles to today’s biggest hits. And in every style of music you can imagine. There’s even a Tip 20 Wall where you can listen to the hottest hits and biggest new releases.

Finding what you want has never been easier.

Or more fun.

As BLOCKBUSTER MUSIC, we’ve designed the store with plenty of room to wander from department to department. From Rock and Pop to Jazz. From Country to Rhythm and Blues. To an entirely separate Classical Department with its own listening room.

A really Grand Opening Sale.

Stop by our new San Diego and Oceanside locations where everything is marked down for the Grand Opening. We’ll even take an extra $2 off when you bring in this coupon. Come see and hear for yourself how BLOCKBUSTER MUSIC is revolutionizing the way you buy music. It’ll knock you off your feet. And the deals will knock your socks off.

TAKE AN EXTRA $2 OFF ALL MUSIC
**SUPER SUMMER SWEEPSTAKES**

Simply register to win one of the following prize packages to this summer's HOTTEST events:

- Two tickets to the SAN DIEGO MUSIC AWARDS in August
- Four tickets to see Chance Bevers at FLASH CAFE on August 11
- Four tickets with concert table to see The Music of Hollywood at EMBARCADERO MARINA PARK SOUTH on August 4 & 6
- Two tickets to see Lou McCrane at CLUB 9TH AVENUE on August 10
- Four tickets to the Royal Italian Ballroom on September 9 at the SAN DIEGO SPORTS ARENA
- Four tickets to any performance of "Oz" and "Dial" at "Carnival" at the Hotel Amphitheater at CHRISTIAN COMMUNITY THEATER

How To Enter:
Mail your name, age, address, daytime phone and one entry per person to:

**TICKETMASTER SUPER SUMMER SWEEPSTAKES**
P.O. Box 80005-623
San Diego, CA 92138

ONE ENTRY PER PERSON. Registration to win ends July 29, 1994. Entries must be postmarked by July 29, 1994. No purchase necessary. Those who purchase tickets to any TicketMaster, the Reader, all participating venues and all items are not eligible to win. Winners will be chosen from a random drawing and will be notified by mail or phone.

Advance tickets for all these events are available through all TicketMaster Ticket Centers including TicketMaster, the Reader and Music Plus, select Warehouse locations and Blockbuster Video stores.
Whether it's Rock 'n Roll, Jazz, Country or Classical, MobilWorks is your headquarters for all of your mobile electronics needs.

MobilWorks is your one stop shop for the ultimate in entertainment, productivity & security products for your car, your home away from home. So why settle for less, when you can have the WORKS!

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Bring in a ticket stub from any event at one of these locations and you'll receive 10% off any car stereo, car alarm or pager at MobilWorks.

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We'll publish the best of what we get—the writing that's most detailed, intelligent and unusual. No material may be reprinted and/or reproduced and will be paid at standard rates ($25-$250). Manuscripts can't be individually acknowledged and those without postage-paid return envelopes won't be mailed back.
Upside, Downside

It might be wondered whether the exorbitant viewing habits fostered in the TV room do not have some spillover into the public movie theater.

A case in point is this recent report in a current issue of Video. A national survey of 2000 people conducted by the National Cable Television Association showed that the average viewer spends about $40 a month on video rentals. The survey also found that 80% of the people who watch videos also watch television, while only 20% of the people who watch television also watch videos.

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Just as video shortsens the theatrical life of a movie, it can also abort it altogether.

Viewed through the lens of the film industry as a whole, the evolution of video and television as a force in entertainment is a story of innovation, adaptation, and often, competition. As video and television formats have advanced over the years, they have presented both opportunities and challenges to the traditional film industry, influencing everything from the way stories are told to the very nature of the cinematic experience. This article explores the complex relationship between film, video, and television, examining how these media have shaped each other and evolved to meet the changing demands of audiences.

**Video and Film: A Tale of Two Sides**

At the heart of this discussion lies the question of what makes a story "cinematic." As the boundaries between film, video, and television continue to blur, the criteria for determining the "theatrical" value of a story or a film have become increasingly complex. The article argues that while video and television have long been seen as disruptors, they can also be seen as contributors to the traditional film industry. By analyzing the cultural and economic forces at play, the article aims to provide a nuanced understanding of the role of video and television in the contemporary film landscape.

**The Evolution of the Home Theater**

As home theater systems have become more advanced and accessible, the experience of watching films and videos in the privacy of one's own home has changed dramatically. With high-definition screens and immersive sound systems, watching a film on a home theater screen can rival the experience of a traditional cinema. The article examines the impact of home theater technology on the film industry, considering how it has both challenged and reinforced the theatrical model of film distribution.

**The Impact of Streaming Platforms**

In recent years, streaming platforms have transformed the way we consume entertainment. With on-demand access to an almost limitless library of films and television shows, the traditional model of film release and distribution has been disrupted. The article explores the role of streaming platforms in shaping the future of the film industry, considering the implications for the theatrical experience and the economic landscape of film.

**Conclusion**

The evolving relationship between film, video, and television is a story of constant change and adaptation. As technology continues to advance, the roles of these media will continue to shift, offering new opportunities for storytelling and consumption. The article concludes by emphasizing the importance of understanding the complex dynamics at play in this evolving landscape, encouraging a more nuanced and inclusive perspective on the future of film.
Demon Lover's Daughter

I couldn't write about being chased from Little Italy by gangs or seeing my classmates suffer from diphtheria.

When I was nine years old, I read a book about Little Italy and, with my grandmother's encouragement, I wrote a letter to the editor of the San Diego Union. My mother then took me to meet the newspaper editor, who invited me to attend a special screening of the film "The Godfather." I still remember the thrill of seeing Marlon Brando and Al Pacino on the big screen. Afterwards, I was invited to a party at the San Diego Museum of Art, where I met some of the city's most prominent artists. I was so excited, I didn't even notice the gangs lurking in the back alleys. Nowadays, I'm glad I didn't write about my early adventures, but I continue to write about the city's rich cultural history. Whenever I think about my childhood, I'm reminded of the importance of education and the power of storytelling. I hope my work continues to inspire others to explore the world around them.

REVIEW

ELONNA WICKER

My father, on the other hand, was not disappointed. He was thrilled to see me succeed, and his encouragement was the catalyst for my success. He often told me stories of his own struggles to become a successful film director. He talked about the hard work and dedication that go into creating a work of art. He also spoke about the importance of staying true to oneself and the power of imagination. These lessons have stayed with me throughout my life, and I am grateful to him for inspiring me to pursue my dreams.

I now work as a screenwriter, and I continue to draw inspiration from my childhood experiences. I am proud to call San Diego my home, and I hope to continue to contribute to the city's vibrant cultural scene. Thank you for your support!

-ende}
An Inmate Escapes from the Duval County Jail

By Alfredo Cardenas

The Texas Commission on Law Enforcement has released a report that the Duval County Jail was responsible for the escape of an inmate. The report states that the inmate, who had served time for a violent crime, was able to escape using a homemade air-cooled service. The jail staff had been notified of the inmate's release, but failed to properly monitor his movements.

The jail has announced that it will be implementing new security measures to prevent future escapes. The inmate has not yet been caught, and the search continues.

For the second time in as many months, the county has found itself embroiled in controversy over the jail's handling of inmates. Last year, a similar escape occurred, leading to calls for the jail to be closed down.

The jail's director has stated that the county is taking the issue very seriously and is working to improve security measures. The county has also announced that it will be seeking additional funding to upgrade the jail's facilities.

The escape has caused concern among local residents, who have expressed their support for the county's efforts to improve the jail's security. The county has also announced that it will be holding a town hall meeting to discuss the issue further.

For more information, please visit the county's website or contact the jail's director.
Unfortunately This Will Not Happen Here
By Patrick Daugherty

Sporting Box

As of Tuesday the Oakland A's are tied for second place in the Western Division with the California Angels. The A's are currently 9 games back of the division-leading Los Angeles Dodgers, but they are quickly closing the gap. The A's pitching staff has been a major reason for their success, with a team ERA of 3.20. The offense has also been strong, with a team batting average of .272.

In other news, the San Francisco Giants have been struggling, with a record of 38-45. The team has been plagued by injuries and poor pitching. The Giants have a team ERA of 4.50 and a batting average of .238.

The Los Angeles Dodgers have been the team to beat in the Western Division, with a record of 58-25. Their pitching staff has been dominant, with a team ERA of 2.70. The offense has also been strong, with a team batting average of .285. The Dodgers have a good chance of winning the division, but the A's are closing the gap.

The San Diego Padres have a record of 43-34 and are in third place in the division. They have been led by their starting pitching, with a team ERA of 3.40. The offense has been inconsistent, with a team batting average of .252.

In the American League East, the New York Yankees have a record of 49-29 and are in first place. Their pitching staff has been dominant, with a team ERA of 3.10. The offense has been strong, with a team batting average of .279. The Yankees have a good chance of winning the division, but the Boston Red Sox are close behind.

The Boston Red Sox have a record of 46-32 and are in second place in the American League East. They have been led by their starting pitching, with a team ERA of 3.50. The offense has been inconsistent, with a team batting average of .262.

The Cleveland Indians have a record of 38-40 and are in third place in the American League East. They have been led by their pitching staff, with a team ERA of 3.80. The offense has also been strong, with a team batting average of .270.

In the American League West, the Texas Rangers have a record of 42-36 and are in first place. Their pitching staff has been strong, with a team ERA of 3.60. The offense has been inconsistent, with a team batting average of .258.

The Seattle Mariners have a record of 33-45 and are in second place in the American League West. They have been led by their starting pitching, with a team ERA of 3.90. The offense has been inconsistent, with a team batting average of .248.

The Oakland A's have a record of 39-39 and are in third place in the American League West. They have been led by their starting pitching, with a team ERA of 3.70. The offense has also been strong, with a team batting average of .265.
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BACK PAGE

VETERANS,

INNER CHILD CLASSES

COUNTDOWN 2000

FRIENDS.

FINDING A FRIEND
THROUGH VETERANS

VOICES IN MY HEAD

LOOKING TO RENT SPACE

FOR YOUR BUSINESS?

INSOMNIA.

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STAIR TREADS

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BAD TRIM

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ENRIQUE'S COMER

I am going to sell that big and small furniture. I have a lot of furniture. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition. They are all in a good condition.

CLAY WORKSHOPS

HUMANS BREAKTHROUGHS

EX-WIFE OF GAY MAN

BABY FOOD

MAYOR'S OFFICE

CHINESE HERB FORMULAS

INCOME TAX VOLUNTEER

ULTIMATE READING/green:

HOMEPAGE

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JULY 1994

DONT MISS THESE EXCITING SPEAKERS:
- Saved by the Light: DAEHN REINLY
- Rediscovering Spirituality: ARIANNA HUFFINGTON
- Relationships: BARBARA DE AMELIOS
- World Renowned Mystic/Scholar: PATRICIA SUN
- Buddhist Spiritual Teacher: GESHE TULKY GYELTSEN

And Much More!

Success Strategies with WALLY AMOS
HARRIET LERNER on The Dance of Deception
The Road Less Traveled with M. SCOTT PECK, M.D.
An Inspirational Evening with WALLY AMOS Founder of the "Famous Amos Cookie Company" on How He Turned Lemons into Lemonade

The story of Wally "Famous" Amos, the man with the "face that launched a thousand chips", is one of the legendary success stories of American business. He has built one wildly successful cookie company, earned a degree building his second. After leaving "Famous Amos" as well as the right to use the name "Amos" - he went on to do something. He started a new company, Wally's, which has now become an icon in the world of cookies. His story is one of perseverance and success, and it's a story that you can learn from.

Patricia Sun will provide an inspirational keynote to resolve your every day problems.

The profound insights of mystic/scholar Wally Amos, the man with the "face that launched a thousand chips", are a testament to his determination. He has inspired thousands of people in the human potential and spiritual movement for over two decades. Her wisdom breaks through our preconceived notions and fear, and provides a way forward. She will show you how to create real change in yourself and your relationships.

Patricia will share her extraordinary philosophy of consciousness and empowerment. She will demystify and offer solutions to the following:

- The differences between men and women
- Psychological and spiritual blind spots
- Addictions
- Gender
- Spiritual hunger
- New Age Thought
- The search for easy answers
- Internal and psychological abuse
- Fundamentalism
- Scepticism and witch-hunting
- Racism
- Terrorism
- Nuclear and toxic waste
- Etc.

Don't miss this one-time only evening to profoundly shift and uplift your consciousness.

Keynote Speakers

Geshel Tsultim Gyeltsen

Geshel Tsultim Gyeltsen is one of the greatest spiritual teachers and authors in the West today, well known for his direct and personal approach in presenting Buddhist teachings to western students.

This interactive seminar will share his knowledge of:

- The warmth, simplicity and spontaneity of the Buddhist way of life
- The importance of meditation
- The Four Noble Truths of human suffering
- The meaning of suffering - to recognize human suffering and do something about it
- Reducing personal and interpersonal suffering
- How to change worry and desire into happiness and freedom.

A Transformational Day with M. Scott Peck, M.D.
America's All-Time Best-selling Psychiatrist on Life, Love, Spirituality and Personal Growth

His landmark book is phenomenon. Published more than a decade ago, The Road Less Travelled by M. Scott Peck has been on the best seller lists longer than any other single work of non-fiction, with over 5 million copies sold to date.

Back At Your Request with 3 All-New Seminars

There is no greater gift to yourself than to spend a day with Dr. Peck. No matter how many personal growth seminars you've attended or how many self-help books you've read, if seeking the truth, exploring life's deepest questions, and personal transformation are important to you, this is what you want. It's time to take this journey "down the road less traveled."

This is a rare and important opportunity for you to talk to him and learn the secret of living a fulfilling life.

The Keys to Great Enlightenment with Buddhist Teacher and Author GESHE TSULTIM GYELTSEN

Geshel Tsultim Gyeltsen studied for 23 years at Odem Monastery where he earned the highest Gurung degree. He is the author of books on Great Enlightenment and has given commentaries on many great Buddhist texts. His teachings are based on the Buddhist Studies in Los Angeles. He has founded centers in Alaska, Texas, and England, and has lectured internationally.

The Keys to Great Enlightenment is one of the greatest spiritual texts in the West today, well known for his direct and personal approach in presenting Buddhist teachings to western students. In this interactive seminar he will share his knowledge of:

- The warmth, simplicity and spontaneity of the Buddhist way of life
- The importance of meditation
- The Four Noble Truths of human suffering
- The meaning of suffering - to recognize human suffering and do something about it
- Reducing personal and interpersonal suffering
- How to change worry and desire into happiness and freedom.

Use M/C, VISA or AMEX to register by phone - (619) 544-9700

Tuition: Geshel Gyeltsen seminar for 3 days at Cedar Monastery where he earned the highest Gurung degree. He is the author of books on Great Enlightenment and has given commentaries on many great Buddhist texts. His teachings are based on the Buddhist Studies in Los Angeles. He has founded centers in Alaska, Texas, and England, and has lectured internationally.

Seminar fee: $25 per section / Members course fee $25
From the Director

Never liked summer school. But then again I didn’t have teachers like Wally Amos, Harriet Lerner, MScott Peck, Barbara De Angelis, Wallace Black Elk, Arizzana Hubble, and that’s just for starters!

Spend a delightful summer at the races, or learning how to sail, golf, or rollerblade.

Or you can learn how to write a screenplay, open a coffee house, or start a home-based business.

Whatever you’re interested in, chances are you can find it in these pages.

Whether you’re looking to further your career, make extra money part-time, improve a skill, try a new sport, work out a problem, or make a new friend, you’ll discover that summer school was never so much fun!

See you in class...

Lori Sandberg

Editor-in-Chief

The Learning Annex

San Diego, CA 92131

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Featured Speakers

PATRICIA SUN
An Evening of Self-Empowerment and Profound Insights with a World-Renowned Mystic/Scholar

GESHE TSULTIM GYELTSEN
Buddhist Spiritual Teacher and Scholar on The Keys to Great Enlightenment

DARE TO GO BARE
A Complete Guide to Clothing-Optional Beaches in the San Diego Area

JENNY RUBIN
60’s legend Turned Millionaire Entrepreneur on How to Make $555 in Multi-level Marketing

DAHNON BRINKLEY
New York Times Best-Selling Author of Saved by the Light with Advice on How to Really Live Life — from Someone Who Has Experienced Death First-Hand

Back Page

Vedic Astrology

with CHAKRAPANI

Vedic Astrology of ancient India is known for its unparalleled ability to make accurate predictions on every phase of human life. In this workshop, with renowned astrologer Chakrapani, you’ll learn to interpret your own personal chart, and discover how to improve your relationships, finances, spiritual growth, major business decisions and health. The charts of a few celebrities will be used to help demonstrate the practical aspects of this art. This course will teach you the metaphysics and mechanics of Vedic astrology, and you’ll cover:

• The history of Vedic Astrology
• The differences between Vedic and Western astrology
• Remedial measures — how to overcome the difficult phase of your life

You will be introduced to new, little-known ideas and techniques which can instantly be applied to your own chart, and will be shown how to convert existing Western charts into Vedic ones, so bring your charts with you if you have them.

Chakrapani Ushil is the most renowned Vedic Astrologer in North America. Born and trained in Southern India, he has over 40 years of experience worldwide and was recently named Chairperson of the American Council of Vedic Astrology.

Course 4730
Start: Aug 30
End: Sep 29
Meetings: 5
Meetings: 5
Course fee: $299/ Members course fee $24

How to Identify Your Purpose and Make Your Dreams Come True

with MARILYN FERGUSON

Marilyn Ferguson, author of the influential best seller, The Aquarian Conspiracy, has spent the last decade researching how successful visionaries make their dreams come true. In this workshop Marilyn will reveal the secrets of functioning at the highest level. You’ll be taught the "Radical Common Sense," so you can:

• Acquire good habits • Manage your moods and invoke positive emotions • "Remember the future" • Maximize your potential in all aspects of your life

Marilyn Ferguson is an author, lecturer, and consultant. She is the publisher of Brain/Mind, an international news bulletin about science, consciousness, and culture. She was named "Brain Trainer of the Year" by the American Society of Training and Development in 1992.

Course 2770
Start: Nov 4
End: Nov 11
Meetings: 2
Meetings: 2
Course fee: $299/ Members course fee $24

Become a Powerful Communicator

Learn to Speak with Power, CLIarity, Vision & Presence with Actor RICHARD HATCH

Do you want to command the attention of your presentation? Actor Richard Hatch will teach you how to: • Be more compelling in your presentations • Have your audience continually wondered if your uninhibited • Embrace your fears and make them work for you • Develop a rapport with your audience • Use your instincts and intuition to elevate your work to a higher level • Bring passion and fire into your work • Be more confident and resilient in groups

Richard Hatch has held starring roles on All My Children, Battlestar Galactica, and Streets of San Francisco, and teaches acting and self-expression to audiences of all ages. He is one of today’s leading transformational and personal growth speakers, capturing people to become connected to their uniqueness and creativity.

Course 4292
Start: Nov 4
End: Oct 9
Meetings: 2
Meetings: 2
Course fee: $299/ Members course fee $24

Use M/C, VISA or AMEX to register by phone — (619) 544-8700
Earn Big Money as a Legal Process Server
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How to Become a Cross-Cultural Trainer
No Previous Training Required!

As the American work force becomes more culturally diverse, it's imperative for all of us to develop Cross-Cultural Communication. Demand for Cross-Cultural Trainers is increasing enormously. This seminar gives you the basic tools and resources to enter this very exciting career!

This informative seminar, you'll learn how to:
- Recognize cultural differences in language, values and norms.
- Overcome cultural barriers on an international level.
- Understand the people of the Orient, Europe, the Middle East, Latin America and Africa.
- Interpret what is not said: give appropriate gifts, and understand body language.
- Be flexible in strange environments.

Plus, you'll learn what kind of background, education and personality is needed to start a Cross-Cultural Trainer. Materials for $4.

Dr. Linda Rose Wandel is a retired USF Academic Director, a Cambodia American Institute of Hypnotism and has worked as a Cross-Cultural Trainer for eight years. She established the first alternative mental health program in Japan and has given motivational training and lectures both here and abroad. She is also the author of a weekly column in a Spanish newspaper, and speaks several languages.

Course #209
Tues. Aug. 23
9:00-2:00pm
Cost: $75.00
Instructor: Linda Rose Wandel

Course fee $25 / Members course fee $25

How Not to Get Taken in the Music Business
A Guide to Contracts, Managers, & Copyrights

If you’re a songwriter trying to protect your work, a manager or agent trying to understand the rules of the business, or a musician who need to know the basics of the business, this seminar is for you.

The seminar includes:
- Music rights and copyright ownership
- Legal violations like copyright infringement, breach of contract, wrongful termination, and defamation
- Producer/label deals
- Laws regarding sampling, royalty rights, etc.
- Motor Law
- New technology and related industries inclusive, film, CD-ROM, software, and media

David Brahmna is a lawyer, writer and lecturer with over 14 years experience in the record business and entertainment law. He is the Legal Chair of the San Diego chapter of the National Academy of Television Arts & Sciences.

Course #203
Mon. Aug. 22
9:00-3:00pm
Cost: $75.00
Course fee $25 / Members course fee $25

Careers in Aromatherapy

This informative seminar will tell you what it takes to start a successful career in aromatherapy. Discover the abundance of being in tune with nature and how to integrate this powerful natural therapy into your lifestyle. You will learn:
- The history and latest research of aromatherapy
- The stress reducing benefits of essential oils
- Emotions and oils and the mind-body connection
- Practical applications in skin care, health, and complementary medicine
- Safety, quality and uses.

You will experience the healing powers of plant fragrances. This class is open to laymen, massage therapists, facilitators and anyone interested in this growing field.

Linda Anne Kane is the Founder and President of Beauty Elinete, San Diego's only day spa and health and beauty institute. Randolph Schwob is a certified clinical massage therapist and Aromatherapist.

Course #206
Mon. Aug. 29
9:00-2:00pm
Cost: $75.00
Instructor: Linda Anne Kane
Course fee $25 / Members course fee $25

How to Start and Run Your Own Record Company
Or Everything You Need to Know About the Record Business

We have seen the incredible success of independent labels, such as Priority Records, Def American, Maniac and Rhino. All of these companies started small - short on resources but long on vision. Come find out how to beat the odds at your own game and learn about the practical, business and legal dynamics of the record industry, including:
- How to attract capital
- Key operational strategies to keep you alive and profitable
- Developing the best distribution and marketing
- Tips on building your fan base
- Building an industry support network
- International distribution
- Music publishing
- Copyright law
- The role of agents, managers and lawyers
- Security and low law implications
- And more!

Nelville L. Johnson has been a music industry lawyer since 1975. He represents numerous independent labels and music publishers including Begg Music and the Walden Music international. He is also the author of "The Academy of Country Music, and for many personal managers, has written thousands of articles on the music industry.

Course #204
Mon. Sept. 5
9:00-2:00pm
Cost: $75.00
Instructor: Nelville L. Johnson
Course fee $25 / Members course fee $25

Making a Living Without a Job
Or Finding a Job With Best-Selling Author BARBARA WINTER

How to Start and Run Your Own Record Company

We have seen the incredible success of independent labels, such as Priority Records, Def American, Maniac and Rhino. All of these companies started small - short on resources but long on vision. Come find out how to beat the odds at your own game and learn about the practical, business and legal dynamics of the record industry, including:
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- Key operational strategies to keep you alive and profitable
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- Tips on building your fan base
- Building an industry support network
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- And more!

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Course #204
Mon. Sept. 5
9:00-2:00pm
Cost: $75.00
Instructor: Nelville L. Johnson
Course fee $25 / Members course fee $25

Establish Yourself as an Expert

What is the difference between a book that becomes a best-seller and one that doesn't? Why is Julia Child a household name? Is you knowing about Aut Task, also a fabulous gourmet, known only to her housekeepers? Why is someone else becoming rich and famous doing what you can do even better yourself? Promoting your expertise is what this course is all about. You'll learn dozens of inexpensive and free ways to establish yourself as an expert in the field of your choice.

You'll discover shortcuts to finding the people who want what you have to offer, how to produce materials that tell your story, attract interest from the media, and keep building your reputation as the authority worth listening to. In short, you'll learn what every expert knows. You'll also be given an overview of the potential ways in which an expert can earn money.

Barbara J. Winter, author of Making a Living Without a Job, is a nationally-known award-winning teacher, writer and entrepreneur and editor of the Winter Winning Ways.

Course #102
Tues. Aug. 23
9:00-2:00pm
Cost: $75.00
Instructor: Barbara J. Winter
Course fee $25 / Members course fee $25

Power Negotiating

Having good negotiating skills isn't just an option, it's essential for success in your business and personal life. This hands-on, practical seminar is for every person who's ever dealt with staff disputes, asked for a raise, bought or sold a house or car, or dealt with an installment purchase. Topics include:
- Creating your own winning negotiation strategy
- The three ingredients of all negotiations: time, power, and information - and how to get them for yourself, no matter what position you feel you're in
- The 13 of the most common tactics used against you - Dealing with difficult customers
- How to be infallible by authority
- The power of non-verbal negotiation in negotiations, and more.

Use M/C, VISA or AMEX to register by phone - (818) 544-9700

Course #900
Hotel Circle
Mon. Oct. 19
9:00-2:00pm
Course fee $75.00 / Members course fee $75

Peter B. Stark is a management consultant specializing in leadership and management development. He is one of only 40 people to receive the honor of Accredited Speaker from Toastmasters International and is the author of three books, including It's Negotiable,

Use M/C, VISA or AMEX to register by phone - (818) 544-9700

A Day At The Races
Learn the ABC's of Thoroughbred Handicapping

John Harnandez, resident racing specialist, will teach you the ABCs of betting and handicapping horse races.

First, you'll attend an evening seminar to learn about all money management strategy, betting lines and handicapping principles, then you'll be off to the races at Del Mar.

John will share the insights he's gained over 25 years as a racing fan, handicapper, player and broadcaster on the Southern California racing circuit.

Once you've settled on some sound strategy, you'll spend a day at Del Mar with John and see if you can put some extra money in your pocket! This course is sure to be a winner, so register early!!!

Course #552
Novotel Hotel - Del Mar Racetrack
Wed. Aug. 10
9:00-6:00pm
Course fee $105.00
Instructor: John Harnandez

Course fee $100 / Members course fee $100

Use M/C, VISA or AMEX to search by phone - (818) 544-9700

For a free copy of our seminar schedule, call (818) 544-6770 to register. See page 36 for registration information
How Anyone Can Make a Fortune without Money, Credit, or Luck

Building Wealth with Author RUSSELL WHITNEY

By age 27, Russell Whitney was one of the youngest self-made millionaires in the U.S. Find out how he catalyzed himself to financial success and learn how to:
- Get start-up money, no matter how much cash you have in the bank
- Prosper in bad as well as good economic times
- Cash in twice on one smart buy
- Build it, repair it, and use it to become wealthy
- And more!

You'll get down-to-earth, easy, step-by-step instructions on how wealthy people get rich, from getting credit to using other people's money for investment. You'll learn how to identify that you are anyone that determines, a good investment decision, and a system can make a personal fortune.

Russ Whitney: author, building wealth, is a documented self-made millionaire who is involved in a variety of businesses, including an internationally renowned retail company, a national seminar company, a real estate investment company, and a software company.

Course Price: $90

Learn to Use the Internet for Fun & Profit

Welcome to the Global Village!

Internet is an enticing business opportunity. It is a growing international network of information, ideas, and interactions. Services that are just as easy to access as dialing a telephone. There are over 12 million Americans living "on-line" — including rock stars, authors, business moguls...From President Clinton — looking for stock tips, information, love, or just small talk. In this nuts and bolts, easy to follow course, you will learn about the tools, resources, language, and culture that make entering this huge network of networks a fascinating experience. It will cover:
- How the Internet is put together and how it functions
- Examples of resources and how to access them
- How to put Internet to work for your business

The NIKNET, the NIKNET, the NIKNET, and the National Information Infrastructure — how to tap into the database and information services and more.

Carl Soderholm is co-founder and president of Global On-Line Access, a local Internet access company providing local dial-up and database access services. He has taught introductory classes on using the Internet and strategic business applications. His book, "Access to the Future," was published by Benjamin-Cummings.

Course Price: $50

Find the Work You Love

About 80% of people aren't satisfied with their work. Are you one of them? To create your ideal career, you need to know what you want, be aware of options, and have a plan of action. Come find out how to:
- Get focused on what you really want in your career
- Define your life purpose
- Design a career incorporating the things you love to do
- The three- and four-year change jobs, or a job, or build a business
- Overcome blocks that keep you from moving forward
- Understand the current trends and opportunities in the workplace
- Create a clear direction and determine your next steps

Fern Gorkin, founder of Life Purpose Institute, a career-planning and Child Counsellor and a career counsellor. She has helped thousands begin new and successful lives. She is a popular speaker for local organizations and has spoken to a variety of groups on the importance of finding your niche.

Course Price: $29

Virtual Reality Career Opportunities Future Applications

Virtual Reality is one of the most fascinating technologies currently being developed. It is a spectacular and inevitable part of the very fabric of industry that is predicted to become a billion-dollar industry within the next three years. Find out how to become a part of VR today. In this exciting seminar, you'll learn the history of VR development and the current state of the art. Industries such as medicine, architecture, education, design, and entertainment all promise to use VR. Plus, discover where the industry is going in the not-so distant future. You'll learn all about the major types of VR: immersion, desktop, job-based simulation, and projection. Find out what sort of careers are available in each type. Also, we'll have the opportunity to experience an immersive VR system with head-mounted display and hand controllers. You'll learn how to get involved in VR's many lucrative aspects, and learn what skills are appropriate for the careers in this field.

Course Price: $50

How to Start Your Own Cable TV Network

With SHELON J. ALTFELD, Founder and Former CEO of The Silent Network

This comprehensive course explains the basics of starting a cable television network and how to attract and retain viewers. It provides guidance on how to start your own public access network and how to develop a cable network that will attract viewers. The course covers topics such as:
- Building and managing a successful cable television network
- Developing and producing original programming
- Finding funding sources for your network
- Marketing and promoting your network
- Navigating regulatory requirements

Seldon J. Altfield, a four-time Emmy Award-winning executive, is a specialist in cable television and television programming. He was the first producer-director in Hollywood for 40 years and has served as executive director of the Television Network Operations for The Crime Channel, a new cable television programming service.

Course Price: $50

Career Opportunities in the Biotech Industry

The meteoric rise of the Biotech industry means massive growth in jobs, research, and profits. The Biotech industry is full of opportunity, and it will continue to grow and expand in the next century. Find out how to become a part of this industry. Topics include:
- What is the Biotech Industry and where you fit in?
- Existing and emerging opportunities in research, development, manufacturing, and sales promotion
- Educational requirements and recommendations for future career opportunities
- Salary ranges and more.

Plus, you'll find out how to start your own biotech company and discover the prospects, pitfalls and barriers to getting on the ground.

Gerald Ostreichler, Ph.D., is the VP of new technology at Cyntexa, Inc. During his 15 year career in Biotech he has worked with Genentech, Inc. and the University of California, San Francisco. His interests include biotechnology and biopharmaceuticals. He is the founder of Cyntexa, Inc.

Course Price: $29

How to Start Your Own 900/976 Company

Start Your Own 900/976 Company

For a limited investment, you can enter this lucrative business, even if you don't have an idea of your own.

There are a lot more than 900 than "adult" lines. Spend an informative and enjoyable evening with Tom Moore, owner of Moore Telecommunications in San Diego. Independent consultant and author of Dialing For Dollars, a Guide to the 900 Business. Tom Moore will teach you:
- How 900/976 numbers work
- How much money can be made
- What to do to make your ideas more successful
- How to avoid purchasing equipment
- How to determine your target market
- You'll receive material describing over 100 idea categories, basic success tips, and a complete set of manuals and guides.
- This class is designed to give you the tools to create a successful business if you want to get into this burgeoning business.

Course Price: $29

Call (619) 544-9700 to register. See page 38 for registration information.
**Grantwriting**

A Hands-on Approach to Raising Funds

This comprehensive workshop will provide practical information on how to write strong grant proposals as well as seek out all applicable sources of funding. If you are an individual or non-profit organization seeking funds for human services, media, education, health care, art projects, etc., this course is for you.

You’ll learn: How to find the right funders for your project • The 10 steps of successful grantwriting • How to analyze your own projects from the perspective of a potential funder • How to market your total package.

Materials fee $5.

**Earn a College Degree from Scratch in 4 Months... Or Less**

This is the Only Class You’ll Ever Need!

You can complete an accredited Bachelor’s or Master’s degree without taking a class or ever setting foot within a university wall! You can even get your degree with just one month of residency! Many people have already earned a college degree... and they don’t even know it! You’ll learn what the universities don’t want you to know because it’s not in their economic advantage to teach you. Learn how to: • Earn 50 semester units in a single 3-hour exam • Earn 120 units of credit for less than $5,000 • Earn credit for hobbies or foreign languages you speak • Get credit for your own, original, creative, seminar or training you’ve ever taken • Graduate without ever setting foot within a university wall!

You’ll discover every legal shortcut to receiving a legitimate Bachelor’s, Master’s or Doctorate in just four months! No courses will ever save you more time and money on the road to receiving your dreamed-about diploma.

**Winning at Blackjack: Be an Unbeatable Player!**

Blackjack is the one casino game where the player has an advantage. The house must follow the rules. The player does not. Blackjack is the ultimate math course or exam. You’ll learn the basics of the game to the very end to play the pros play. You will learn the basics of the game to the very end and what to recognize when you have what the advantage. Optional materials fee $5.

Cliff Underwood has helped generate over $150,000,000 in contributions for non-profit organizations during his 20-year career as a fundraiser and president of Underwood & Associates, a national fundraising consulting firm. He is a fellow of the University of Indiana’s Center for Philanthropic Study and is a frequent speaker nationwide.

**Infomercials How to Sell Products or Services on TV or Radio**

Infomercials are those half-hour TV segments that look like TV talk shows, but are actually commercials. Just last year, infomercials grossed over $850 million!

Pat Finn, host of Lifetime’s “Test TV You Drop”, is the Executive Producer of Infomercial Productions, one of the leading infomercial companies in the country. Finn has produced infomercials for Nokia, American Family Insurance and the National Academy of Sciences. He has shown his Infomercials in countries on three continents.

**How to Make Money with Voiceovers in Radio and TV**

Somebody gets those voiceover jobs. What’s the secret? You’ll get all the tips to get you into that magic circle of insiders — the first one producers call. Those who don’t know how to handle themselves show up for auditions and are eliminated even before they read... and they don’t know why. Let them know you’re a professional from the minute you walk through the door.

Included: Types of voiceover work available • Get inside tips on meeting producers and agreements • Give you step-by-step instruction on how to put together an irresistible audition tape... and how to separate your self from all those other voices • How to read for auditions • How to make commercials • How to record... and more.

Dou Scott, director of Multi Media Arts, has taught many successful actors and voice talents over the last 10 years. His acting credits include numerous TV commercials and film appearances, and he has done voiceover spots for Fisher Price Toys, Orn Computer, Jerome’s, Cadillac and Visa Hill Foundation.

**Business World**

Call (818) 544-8700 to register. See page 33 for registration information.
How to Be Rich on Any Income
Even if You’re in Debt!

Over $1.4 million will pass through the hands of the average family during their lifetimes - yet fewer than 10% will retire with enough to live comfortably. Why? Because the vast majority of us fail to learn how to earn a living, not just to live within our means. This course is not a 'get rich quick' scheme, but a simple easy system for hanging on to your hard earned dollars. How to:

- Live within your income
- Save 2-10% of your gross income per month
- Handle emergency spending without financial disaster
- Avoid the 3 deadly sins caused by anger, TAXES, TAXES, TAXES!
- Maximize tax benefits to legally reduce income taxes
- Create investment strategies for building wealth

You’ll get practical techniques and strategies you can implement now!

How to Make a Bed & Breakfast Inn

This preventive investment training enables you to understand the financial mechanics of the bed and breakfast industry. You will learn how to make your dream bed and breakfast a reality. Distribution and marketing techniques for success will be revealed.

Course 039
- $250 per person
- Members course fee $225
- Saturday, March 29, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

Invest throughout the World, via...
Foreign Currencies
No Experience Necessary

Foreign currency exchanges and options let you profit from changes in North American, European, and Asian exchange rates. These fluctuations make a great investment tool. This course gives you the knowledge to plan a comfortable retirement.

How to Have Zero Taxes Deducted from Your Paycheck - A Legal Way to Save Taxes

If almost half your paycheck ends up in taxes, you’re probably paying too much. This course will teach you how to:

- Plan your salary, giving you leeway to save
- Choose the right benefits package
- Plan your retirement
- Avoid the IRS

Take advantage of tax planning techniques to save on income taxes. This course will teach you how to:

- Take advantage of tax deductions
- Use tax shelters
- Avoid tax pitfalls

Course 095
- $250 per person
- Members course fee $225
- Saturday, August 16, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

57 Proven Ways to Market Yourself or Your Business

This seminar helps you learn how to:

- Identify and contact your best customers - the ones who are willing to pay what you're worth
- Learn ways to immediately increase your sales
- Develop a marketing strategy and market plan
- Package your services to make them more attractive
- Use the five most important marketing principles
- Develop methods to overcome the fear of self-promotion
- Learn techniques to increase your sales
- Learn techniques to increase your sales
- Learn techniques to increase your sales

Course 097
- $250 per person
- Members course fee $225
- Saturday, July 21, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

Start an Espresso Cart Business
Inc. Magazine Names It
One of the Top Businesses for the '90s.

This Espresso Cart Business is perfect for entrepreneurs and small business owners who want to be in business for themselves, but don’t have the capital to start a restaurant. This course will teach you how to:

- Identify the market for an espresso cart business
- Develop a business plan
- Locate a business site
- Start up an espresso cart business

Course 045
- $250 per person
- Members course fee $225
- Saturday, August 16, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

How to Open a Coffeehouse

Learn the ins and outs of the coffee business from San Diego’s most respected coffee experts. This course will teach you how to:

- Set up a coffeehouse that will appeal to the average consumer
- Operate a successful coffeehouse
- Understand the basics of managing and operating a coffeehouse
- Understand the basics of managing and operating a coffeehouse

Course 039
- $250 per person
- Members course fee $225
- Saturday, March 29, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

How to Open a Restaurant
Don’t Open One Up Without Taking This Course!

Imagine standing in front of a bright new restaurant and being run out of a room by happy customers. Opening a successful restaurant is a real possibility if you know how to do it. This course will teach you how to:

- Create a restaurant menu
- Understand the basics of running a restaurant
- Understand the basics of running a restaurant
- Understand the basics of running a restaurant

Course 046
- $250 per person
- Members course fee $225
- Saturday, July 21, 2003
- Starts 9:00 a.m., ends 5:00 p.m.

How to Open a 6 Inch Submarine

Call (619) 544-9700 to register. See page 38 for registration information.
A Dynamic Communication Skill for the ‘90s: Neuro Linguistics

During this action-packed, hands-on seminar, you’ll learn the fascinating art and science of Neuro-Linguistic Programming (NLP).

Through discussion and role playing you’ll learn how to:
- Develop rapport with ANYONE!
- Change your mood instantly
- Communicate with others, even if they seem different from you
- Push yourself up for life’s challenges
- Boost your self-confidence.

And you’ll experience an unforgettable exercise that will convince you once and for all that the words you speak each day are creating your future. This course is a MUST for business people, salespeople, therapists, lawyers and anyone who wants to learn how to master every situation, at home or on the job.

Reserve your place now and learn how to create the life you deserve! Materials fee $2.

Gary Rodrigues is a Master Practitioner of NLP, a national seminar leader, and the owner and founder of The Clinical Hypnotherapy and NLP center in San Diego.

Advanced NLP: Communication and Behavioral Change

Through demonstrations, exercises and role playing, you’ll learn advanced techniques for communicating effectively with yourself and others.

You’ll learn how to effectively use your new communication skills with yourself and others. Your relationships will improve at home, on the job, with your friends — even with yourself. Materials fee $2.

Gary Rodrigues – see Bio 256

How to Get Anything On Anybody
Find Anyone...a Lost Relative, Ex-Spouse, a Witness, an Old Friend or Someone Who Owes You Money

This one evening will teach you about full- and part-time opportunities that will earn you cash. You’ll learn how to use public records, background checking with the full power of the government and how to access and use federal resources.

Call (619) 544-9709 to register. See page 38 for registration information.

The Mail Order Business
Watch Envelopes Filled with Checks Come to Your Mailbox

Many mail order entrepreneurs start small, with almost no capital, and grow their business into one of America’s most important businesses. With a few thousand dollars, you can create your own business, own your own business, and earn a comfortable living.

The Money Mail Order Business

Doing Business in Mexico

Start Your Own Import/Export Business

The Art of Discount Travel
Save Money on the Ground

Patents, Trademarks and Copyrights

Becoming an Air Courier

The Absolute Cheapest Way to Fly

You’re flying almost anywhere in the world as an air courier and are earning a comfortable living. You can save on up to $100 off your full fare tickets. All the angles will be covered here, including step-by-step explanation of how a courier actually works and how you can join one.

The Air of Discount Travel

Tack Dues for $30 / Members course $20

Visit our Web site for forgiveness/Dk and $50.00 and you’ll get a 10% discount on your next purchase! Call 617-375-1919 for more information.

Biographical notes of the author’s wife and mother of January’s son, the late Rudolph, the greatest gift ever given to the world of design.

Use M/C, Visa or AMEX to register by phone — (619) 544-9709
Start a Home-Based Medical Billing Business

Small home-based medical businesses earn $70,000 to $150,000 per year. Physicians must file claims electronically — or else. Limited time projects must be paid on time. Most medical practices receive more than 90% of their income from these big business. Learn: how to obtain hardware and software, negotiate, establish a business, and more. Work from home or office. Includes kit with in-person training. Visit our website for more information.

How to Make $$$ with Your Home Computer

You can cash in by hiring your computer to an hour or two in one of the hottest new markets — off your desk. Real companies regularly "outsource" their work, cheaper for them to farm out to people who can do the job better. Establish a new work station. Small companies may not have in-house capacity, but they need computers to stay ahead of the competition. Don't waste your time. To GET MONEY WITH YOUR PC ON 16-hour day (10 days, 5 weeks, 2 days, 1 hour, 10 minutes). Visit our website for more information.

All-Day Medical Billing Workshop!

This fast-paced, fact-filled workshop will show you how to become a part of the medical billing boom in the 90s. You'll learn everything you need to know to set up your own medical billing business service, including how to: Develop your business plan; Identify your market; Organize your operations; Get planters and accounts; Paper and electronic claims, Preparing a winning sales presentation. Close the sale. Other services to offer. You'll also learn the terminology of reimbursement, CPT and ICD-9 coding and billing, and how to use a computer for your business. For details, visit our website.

Medical Billing Computer Seminar

This unique seminar will teach you the fundamentals of a medical billing office. Learn how to produce effective billing, what is "ICD," "CPT" and "HCFA," and why you should be using it.

Who should attend: Billing services representatives, Physicians and office managers. Each student will receive hands-on training using one of the latest medical software programs "Medisoft." Materials fee is $250. Visit our website for more information.

Become a Medical Transcriptionist

Demand for medical transcriptionists is soaring. If you want to choose your own hours, have a business at home, find employment easily, and make a living on your own, this class will get you started. Topics include: Job opportunities and requirements; Professional organizations and networking; Finding low-cost training; Basic terminology; Medical abbreviations and drugs; Formats and document handling; Equipment needed; Legal considerations; And more.

Marcy Driehl, BVS, CMA-A, CMT, is the co-author of two books on medical transcription.

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How to Write & Sell a T.V. or Movie Script

A Full-Day Workshop

How to Become a Successful Travel & Adventure Writer

I imagine traveling around the world, getting to know the world's fascinating characters, trading tales with royalty from the countries they visit. How can you be invited on fabulous free press trips, with only one or two published credits?

Business Writing Workshop

If your work requires that you write, edit, or approve letters, proposals, memos, or newsletter articles, strong business writing skills are essential. This class will show you how to deliver a clear, crisp, compelling message with a minimum of time and effort. You'll be taught how to avoid the most common business writing errors, with lessons illustrated by real life examples. Also included: Where to place those pesky commas, how to polished and improve writing that is grammatically correct but awkward, ambiguous, or dull! And, bless you more! This class is perfect for executives, secretaries, educators, consultants, newsletter writers and editors, copywriters, students, job seekers, and anyone who has the desire to put clear, concise, and powerful writing to work for themselves and their companies.

Gary Beals is President of Gary Beals Advertising & Public Relations Agency. He has over 30 years experience in the communication industry, and serves clients in such areas as retail, industry, real estate, non-profit, medical care, and foodservice.

Course 442 Wed. Aug. 19 8:30-5:30 p.m.
Sec. 8 Sat. Sep. 26 8:30-5:30 p.m.
Sec. D Fri. Oct. 16 8:30-5:30 p.m.

How to Make $50,000 a Year as a Freelance Writer

Allen and Elle Dever have made a living at freelance writing for over 10 years with credits including a National Geographic: documentary: Playboy: People: Islands: Christian Science Monitor: L.A. Times: Chemicals: AF Chimney and most major newspaper travel sections.

The Write & Design a Newsletter, Paper, or Magazine

How to Write a Book on ANYTHING in 2 Weeks ... or Less! (Movie Scripts, too)

How to Write a Book Proposal That Sells

Discover the Secret to Selling Your Work!

D you have a great idea for a book— but not a clue how to sell it? The way you do that is with a compelling book proposal, the basic literary marketing device in publishing.

In this course, author and professional proposal writer Dale Pettingill will give you insider knowledge on:

- How to grab the attention of agents and hold the interest of editors
- How to structure a good book proposal
- What you can do to make your proposal stand out
- What makes an editor say "no" or "yes"
- Where and how to send it once it's written: the ins and outs of agents, publishers, etc.

You'll go through the whole proposal, from introduction to overview to credentials, and see actual examples of successful, rejected, and actually published proposals and come away with tons of useful information.

Dale Pettingill is the former editor for the San Diego County Edition of the L.A. Times. He is a mother and the author of two books, and serves as a writer/consultant for proposals for aspiring authors.

Course 427 Wed. Aug. 19 8:30-5:30 p.m.
Sec. B Mon. Aug. 24 6:30-9:30 p.m.
Sec. C Fri. Oct. 23 8:30-5:30 p.m.
Course fee $129 / Members course fee $99

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Running Free With the Wolves  
An Exploration of Feminine Nature, Drawn from Women and Men Who Run With the Wolves by CLARISSA PINKOLA ESTES, PH.D.

Witchcraft  
Learn the Basic Rituals Used by Witches

Experience Your Past & Future Lives with DR. BRUCE GOLDBERG

Speed Reading  
Dramatically Improve Your Reading Speed, Comprehension, and Recall. Guaranteed!

How to Think Like a Genius

Genius is the ability to think inside the box. The box is a habit of mind. Genius is a non-religious class for the down-to-earth as well as the mystical. Genius is a non-religious class for the down-to-earth as well as the mystical.

Allergy and Little Devore are the authors of How To Think Like A Genius among other sources of inspiration and gut feelings used by the world's most successful CEOs, inventors, artists, and researchers who can even solve problems in their sleep. How to activate their minds and transform their way of thinking? The mysterious "Cosmic Library," a storehouse of great ideas, inventions, innovations and "lost" secrets. You'll learn how to turn your mind into a "Thought Magnet" attractive to your deepest desires.

Call (619) 544-8700 to register. See page 38 for registration information.
Heal Yourself with Chinese Herbal Medicine

For over 4,000 years, Chinese herbal medicine has been among the most vital and effective ways to prevent disease and heal within our bodies. Since most herbs are more like foods than drugs, they can revitalise your immune system, regulate internal imbalances, and help you "fight" seasonal flu and colds, without the side effects. Herbs are always combined for their synergistic properties and are then made into the small, mild extracts that are cooked with food. This class will introduce you to the use of Chinese herbs to improve physical and mental well being. You'll learn: * What China is and how to eat and use Chinese herbs * How to integrate Chinese herbal medicine and philosophy into your daily life.

Pranayama Yoga

Pranayama yoga is a medical science of the Breath. It is a practice of controlling the vital energy to enhance health, longevity and mental concentration. It is used by all the world's great religions and philosophies and can be practiced by anyone, anywhere, anytime.

Meditation Workshop

Meditation is an easy way to reduce stress, promote relaxation, and improve personal well-being, and boost your immune system. It also helps lower the heart rate, lowers oxygen consumption and blood pressure in people with high blood pressure, and has been shown to increase those brain regions associated with empathy and stress reduction. Finally, it fosters insight and assists in the development of a compassionate attitude. No wonder more and more people are turning to the techniques of the mind to assist them in their daily lives today! Your instructor will present this information and specific evidence on the effects of meditation on mind, body and spirit. He will then lead a discussion on sources of stress, self-assessment, and hands-on practice. Thus you'll learn an easy, non-religious meditative technique that will provide benefits in a minimal amount of time. You will experience the power of meditation immediately.

Stop Smoking Now!

A One-Evening Guaranteed Course

Throw away your cigarettes and stop smoking permanently! Join the many thousands who have experienced the results which hypnosis gets when others fail. Hypnosis allows access to the subconscious mind without the patient, enabling you to stop smoking with no craving, no withdrawal, and no weight gain. Hypnosis is one of the most powerful tools for change known in the world today, so not only will you stop smoking, you will learn how the mind functions and how you can use self-hypnosis to make many other changes in your life. Once you are ready to quit, you will become a non-smoker in just one night!

Boost Your Memory Power with Memorease

How many times have you forgotten something and wished you'd remembered? Misplaced your keys? Forgotten to mail your income tax return? Last, there is a solution! These easy-to-learn and master techniques can be used by anyone, anywhere, from cocktail parties to board room exams.

How to Develop Your Eyelash Without Glasses, Contact Lenses or Surgery

Would you like to improve your glasses and contact lenses...now, once and for all, and see clearly again with your own eyes? There is a way to improve and completely normalize your eyeglasses, without glasses, contact lenses — or surgery!

In this unique seminar, vision expert, Dr. Jerian Taber, will introduce you to the basics of eye-fix, a natural vision improvement technology based on an optometrist's research and discoveries.

You will improve your vision as you learn:

- The true cause of poor eyesight (yes, it's not heredity, reading too much or the onset of middle age!)
- Basic vision relaxation and building techniques that can be used anywhere, anytime, anyone!
- Good sighted habits unconsciously used by people with normal vision—once you master them, normal vision will return. "Singles" can use this technique for relief from computer eyestrain. — And more!

Jerian J. Taber, Ph.D., one of the world's leading experts in the field of internal vision improvement, is the founder and director of The Vision Training Institute in San Diego and the director of the Bates Teachers Association. During the past 25 years, Dr. Taber has helped thousands improve their visual acuity, including; astigmatism, strabismus, lazy eye, and other visual problems.

Stop Smoking Now! A One-Evening Guaranteed Course

Throw away your cigarettes and stop smoking permanently! Join the many thousands who have experienced the results which hypnosis gets when others fail. Hypnosis allows access to the subconscious mind without the patient, enabling you to stop smoking with no craving, no withdrawal, and no weight gain. Hypnosis is one of the most powerful tools for change known in the world today, so not only will you stop smoking, you will learn how the mind functions and how you can use self-hypnosis to make many other changes in your life. Once you are ready to quit, you will become a non-smoker in just one night!

Guaranteed for six months or take this course again free!
Making Love Stay
Everything You Ever Knew About Love —
But Forgot

How to Marry Rich
The Rich are Going to Marry
Why Not to You?

Tatra:
After Years of Making Love
The Same Old Way, Here’s An
Exciting New Beginning

Creating Passion
Become Impossible!

The Ultimate Passionate Dinner at
CINDY BLACK’S

10 Ways To Attract
The Opposite Sex
...Immediately!

Sunset Paddle by Kayak
join us on an extra-
evening at the sunset, easy
good food and a
company on our scenic
Mission Bay Sunset Paddle. We’ll paddle a racing
couples of miles by
kayak, guided by the experts at Agua
Adventures Kayak School, owned and
operated by Eric Johnson, three-time World
Champion Kayak Surfer and the official
Ocean Kayak (Remember for kayak guides in
Southern California. Have dinner and
enjoying your dinner if you’d like — $45.51) while enjoying
perfect conditions. Make sure to bring
the appropriate dress code.

Massage for Couples
Massage therapists and
holistic health practitioners
since 1945. She received her training
in Swedish massage and deep tissue body work
at the Atlanta School of Massage. Followed by
training in polarity and cranial-sacral
therapy in Miami.

Call (818) 544-0700 to register. See page 38 for registration information.
Learn to Flirt!

Do you gaze at people and wish you knew how to approach them? Are you shy, inexperienced, or just plain afraid to flirt? If so, you may already be using some successful flirting techniques without even realizing it. You don't have to do anything to embarrass or prove yourself. In fact, you already may be doing things that are attracting the opposite sex without even knowing it. This seminar offers easy-to-learn techniques to send the right signals and increase your chances of meeting and making a new friend. You'll learn how to recognize and return the “flirt,” discover special verbal and nonverbal signals of flirtation, learn to put an extra spark into your everyday behavior that will magnetize the opposite sex to you. Create a more exciting daily life by learning how to become a natural flirt.

Gleice Polo Sayles has a dynamic, flirtatious attitude. She has demonstrated her flirting skills on t.v. shows and was recently co-starred with Zsa Zsa Gabor.

Meeting People at Galleries

Come meet interesting people while experiencing an inside look at the great galleries of La Jolla.

You'll learn how to look at art with greater sensitivity. You'll also learn a bit of the critical vocabulary that will allow you to discuss art intelligently and make your own visits even more interesting! At the La Jolla Galleries, you'll see some of the best known galleries in La Jolla on Prospect and Girard, while meeting people who share your interest. Then join your classmates and tour leader at an outdoor cafe to discuss your new-found knowledge.

Whether you're an art lover, an amateur painter, new to the area, or you just want to try something different, sign up for this art tour and put some more fun in your life!

Vladimir Coldeven is the director of La Jolla Arts Tours and an adjunct art professor for the San Diego Community College District. He produced and hosted Gallery Open Up!, a TV survey of local galleries and has conducted several locally televised workshops, including The State of the Arts in San Diego.

Meeting Singles in San Diego

If you're single in San Diego, you are not alone. San Diego Magazine, the foremost lifestyle magazine for professionals, has asked me to write about the many ways one can meet women in San Diego. The publication is the nation's largest magazine of its kind and has an accumulated 750,000 subscribers. This article appeared in the December, 1987 issue under the title "How to Meet Women in San Diego." Here are some ideas for meeting women in San Diego:

1. Art Galleries: galleries are a great place to meet women because they are usually well-dressed and cultured. You can also get to know them by asking about their art collections.

2. Social Events: most social events are open to the public and are a great place to meet new people. You can also get to know them by asking about their interests.

3. Volunteer Work: volunteer work is a great way to meet new people and give back to your community at the same time.

4. Sports: sports are a great way to meet new people and get in a good workout at the same time. You can also get to know them by asking about their favorite teams.

5. Travel: travel is a great way to meet new people and see new places at the same time. You can also get to know them by asking about their favorite travel destinations.

Hatha Yoga

In this world of cars, computers, and constant motion, it is easy to forget how to relax. Hatha yoga is a form of yoga that emphasizes physical rather than spiritual discipline. It is a great way to release stress and tension from your body and mind.

Hatha yoga, also known as "the yoga of the self," is a form of yoga that involves slow, deliberate movements and breath control. It is a great way to release stress and tension from your body and mind. Hatha yoga is a great way to relax and combat stress, as well as to improve your flexibility and strength.

Swing & Jitterbug

Here's an action-packed package that will have you hoppin', rockin', and dancing the night away.

You'll learn the jitterbug, lindy, swing, and jitterbug jazz with one, two, and three count variations. Turn and split like the pros. Move in perfect proportion to the music and keep the floor at the clubs. Learn to lead and follow the steps you've admired.

It's easy. It's fun. And it's America's fastest growing dance craze. Don't be left out.

Pattie Wells (see bio. course 629)

Ballroom Dancing

We're talking about partner-dancing, not the wild and ever-changing rock music culture. You'll learn dances like the waltz, the fox-trot, the cha-cha, or even the tango. It's the difference between bending around hoping you won't step on your partner's feet, and dancing with confidence. Instead of hanging back when the band or a "perry" record starts to play, you'll ask that attractive stranger, "Would you like to dance?" Why stand on the sidelines when, in four fun-filled evenings, you can learn to glide across the floor with the best of them? Call today, space is limited. Partners are not required.

Pattie Wells has been teaching dance in San Diego for the past 15 years. She has appeared on various cable TV programs, including Outside San Diego, and has been featured in the L.A. Times, Union Tribune and Dance Teacher Magazine.

Country Western 2-Steppin'

What has Garth Brooks, smooth moves and lots of fun? Country & Western 2-Steppin'! Pull on your boots and kick up your heels... Country & Western is back and here to stay! Join the latest dance craze of today - the 2-Step. In this course you'll learn the basic 2-Step moves... it's the perfect way to move misty to music and have fun! All ages welcome. No experience necessary.

Athletic Singles Association

Call today for friendly details! Don't miss another weekend activity.

How to Strip for Your Lover

Want to add a little spice to your love life? Take a chance and do something...er...spicy! Broken in recent years, this is probably the most exciting way to...er...spice up your relationship. You'll begin with exercises that will keep you limber, like stretching, walking, and some basic gymnastics. You'll learn about setting the proper mood, props, music, and what kind of clothes to wear. You'll be shown how to highlight your body and accentuate your...er...attributes. But, don't worry, this is not just about taking off your clothes - it's all about being aware and enjoying every sport and activity imaginable! And we guarantee this: you'll enjoy our club and meet other people or your money back!

A SINGLES CLUB WITH A GUARANTEE!

Get involved in the sports you love with the Athletic Singles Club! Enjoy a wide variety of at least 10 events each week covering every sport and activity imaginable! And we guarantee this: you'll enjoy our club and meet other people or your money back!

Athletic Singles Association

Call today for friendly details! Don't miss another weekend activity.

Call (619) 544-9700 to register. See page 35 for registration information.
Golf
All your friends, clients, and partners are playing it. Sign up alone or with a group. The guaranteed lowest prices in town.

Windsurfing
Come join the excitement and the fun this summer. Learn windsurfing. San Diego’s most popular summer sport. Windsurfing is an exciting, skill-oriented sport offering the joys of personal challenge to novices and experts alike. Not to mention the feeling of exhilaration and freedom as the wind fills your sail and your board skims across the water.

You’ll spend a glorious afternoon at one of San Diego’s most preferred spots to learn windsurfing. You’ll start out on a dry land simulator to learn the basics of steering and balancing. Then it’s into the water to practice your new skills.

Course fees include instruction, board rental, all necessary equipment and a wet suit. The class size is limited so register soon! Come join the fun.

San Diego Sailing Center is the largest windsurfing school in the country, with over 15 years in the business and over 25,000 students. All instructors have multiple certifications to insure confident, safe instruction.

Swimming for Adults Afraid in Water
Have you taken swimming lessons, only to find that learning the right strokes didn’t store your fear? If you find yourself thinking, “What if I can’t stand up? What if I can’t breathe?” you’re not alone. This workshop will help you gain the freedom to effortlessly, spontaneously and naturally swim.

This non-competitive class allows you to go at your own pace, guaranteeing breakthroughs as you become comfortable. You’ll make gains you’ve never been able to make before. You’ll learn how to deal with fear, discomfort and panic and come up with the right solutions to problems on the shore, or gripping the side of the pool… You can be at home in the water!

Sustainability Envision has trained and coached swimmers for 26 years as a private teacher, university swim coach, water safety instructor, and certified water therapist. She is known as a “Swim Wizard” in all aspects of swimming instruction.

Surfing Safari
If this beach shop for beginners, you’ll begin your mornings at Mission Bay Sports Center, a place where surfboards and wet suits will be ready for you. Your certified instructor will cover the basics including safety skills, paddling, proper surfing techniques and knowing the difference between breaking waves, more advanced breaks and those that are potentially hazardous. Then the real fun begins—when you go out there and hit the surf! Surfing is a timeless sport that matches endurance with discipline. Plus it’s great fun. Catching a good wave never gets old.

Mission Bay Sports Center has taught surfing for over 20 years. They have extensive ocean knowledge and their instructors are CPR and First Aid certified. With the variety of equipment they have, they make learning fun, easy and fast.

Tennis
San Diego has the perfect year-round weather to develop your game.

Now is the time to get your racket out and experience the thrill and satisfaction that only tennis brings: the quick, perfect serve or stretching hard to get that "impossible" return. There are excellent reasons why tennis has always been everyone's favorite game: it's a highly enjoyable sport—nothing but friendly contact—but it is immensely physical. Tennis is the aerobics session and a strength class combined into a thrilling sport. If you don’t know the game, it’s almost impossible to figure out. You will learn the fundamentals of the grip, stance, forehand, backhand and serve.

Lee Allison has 18 years experience as the director of a tennis program and as a tennis coach, and was ranked a #1 college player at Stanford College. Bill Berger has been a high school tennis coach and tennis instructor, for 15 years.

In-Line Skating
It's Hot! (a.k.a. Rollerblading)
In-line skating, commonly known as Rollerblading, has been the fastest growing sport in America for the last five years. It is rated as one of the top five best fitness sports. Even elementary school children are well versed and some of the best athletes are the littlest. In-line skating is a sport that teaches the techniques of the champions. In this course you’ll learn • How to get up and get started • The duck walk • How to bend and 1-step • Basic forward stride • Parallel and slalom turns • Forward and reverse transitions. You’ll also learn about skate maintenance and what to look for when buying skates. Skates and safety equipment can be rented for $4.00.

Marko Bajcetai has taught students of all ages of skating. He started in the recently released video, In-Line Skating. He is a member of the InnerT.I Lineskating Association.

Understanding Football
Don’t be left out on Super Bowl Sunday!

With the season starting in September, and the Super Bowl coming in January, professional football is heating up. So women — if you don’t want to be left out of the excitement, or if you want to understand the game — here’s your chance for a fun, informative evening on the basics of the sport. Join Steve Schol, with over a decade experience in football, including coaching the minors, for a non-technical discussion of football. There’ll be diagrams and videos, plus a take-home list of football terms. Emphasis will be placed on the basics of football. You’ll learn: • How points are scored • The responsibilities connected with each position on the team • Penalties and violations • Some of the game’s confusing terminology like blitz, nick, defense, pulling guards, audible, roughing the kicker, backfield in motion, pass interference, sudden death overtime and much more! During this enjoyable seminar, there is no such thing as a dumb question! Everyone is welcome to participate, learn and enjoy.

In-Line Skating
In-Line Skating Center's certified expert instructors have taught thousands of people water sports since 1978.

Kayaing
Learn This Exciting Sport
Your 2 hour introduction will begin with an easy introduction to the fun sport of kayaking. Topics include: handling, safety and related equipment, kayak safety, paddling techniques, and rescue. After trying out open-deck ocean kayaks, you'll spend the afternoon paddling on a scenic trip on a river in San Diego.

San Diego Sailing Center's certified expert instructors have taught thousands of people water sports since 1978.

Call (619) 544-9780 to register. See page 38 for registration information.
Faux Finishing

You've seen it... Maybe you didn't know the name of it - but it's everywhere. It can be found on walls and furniture, turned into extraordinary swirls of texture, design and color. The best news is you can do it yourself - it's an inexpensive way to transform your walls or even tables and chairs into works of art.

In this introductory HANDS-ON workshop, you'll learn everything, from start to finish, including: Molding & Riggging + French Wax + Basic smearfill with hand painted accents. This class is hands-on, dress accordingly. Materials fee $15.

Martha Orman founded her own art and design company and has had her work published in several magazines.

Course 146A
Sem I Sat. Aug. 6 10:30am-4:30pm
Sem II Sat. Aug. 13 10:30am-4:30pm
Course fee $79 / Members course fee $59

Advanced Faux Finishing

Learn to paint furniture step-by-step from design to top coat. Martha Orman will show you two popular fantasy finishes: a mandala of other finishes including copper patina, water base glass and faux tortoise shell paint finishes. Bring along a small piece of unfinished or striped furniture (wood or unfinished metal) to this inspiring class.

This class is hands-on, dress accordingly. Materials fee $20.

Martha Orman, (see bio 146A).

Hand Tinting B&W and Photos

In just one afternoon, you can learn the delicate art of hand-coloring paint and white photos for yourself. commercial art or fine art exhibitions.

In this hands-on workshop you can add a little color to make classic originals, your own photographs, or even your finished art work look wild and create a contemporary scene to portrait filled with color. Note: Please bring a black and white photo printed on fine fiber paper to this class. You may contact the instructor at (919)481-1990 for more details. Materials fee $6.

Domenic DeLusio is a professional, computer graphics artist whose work ranges from portraiture to pastel. She incorporates hand painting into unique images for a wide variety of clients and has taught a hand-coloring workshop at the San Diego Museum of Art. Her unique approach, theoretical foundation of color theory, including copper patina, water base glass and faux tortoise shell paint finishes.

Course 176
Sem I Sat. Aug. 27 Sun. Aug. 28 10:00am-5:00pm
Sem II Wed. Sept. 28 Sun. Oct. 2 10:00am-5:00pm
Course fee $229 / Members course fee $224

How to Cook 2 Weeks of Healthy, Inexpensive Meals in 1 Morning

Too busy or tired to cook? Is eating out too expensive and does it make you feel terrible about yourself and your body? Learn how to prepare such delicious items as roasted chicken, chili, burritos, beans, eggplant, turkey loaf, meatballs, pasta, rice and vegetables. All meals are low in fat and sodium. You’ll also be shown how to shop, use herbs and spices and properly store meat. At the end of the class you’ll take the food created in class with your classrooms. You’ll leave this class with recipe handouts and the ability to cook two weeks of fantastic, low-cost meals easily and quickly.

Materials fee $5.

Sandra Bondalas has been a professional chef in restaurants, private homes and for her own catering service for almost a decade. She is currently a cooking instructor and chef/food stylist for private clients.

Course 718
Sem I Sun. July 16 10:00am-5:00pm
Sem II Sun. Sept. 11 10:00am-5:00pm
Course fee $229 / Members course fee $224

Baking Tips and Secrets

This class will show you how to prepare such delicious items as roasted chicken, chili, burritos, beans, eggplant, turkey loaf, meatballs, pasta, rice and vegetables. All meals are low in fat and sodium. You’ll also be shown how to shop, use herbs and spices and properly store meat. At the end of the class you’ll take the food created in class with your classrooms. You’ll leave this class with recipe handouts and the ability to cook two weeks of fantastic, low-cost meals easily and quickly.

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Sem I Sun. July 16 10:00am-5:00pm
Sem II Sun. Sept. 11 10:00am-5:00pm
Course fee $229 / Members course fee $224

How to Make Great Pictures

Intro to 35mm Photography

Do you have a camera, but can’t figure it out? Do you want to purchase one, but don’t know which one to buy? Do you want to know how to consistently take great pictures?

Learn all this and more in two three-hour sessions with Gene Walterke, editorial and commercial photographer for over a decade. His personal color work has been published in magazines like Travel & Leisure, Westways, Self, The Home-Owner’s Guide, Styles and Discovery.

He’ll teach you all you need to know about camera lenses, filters, film, electronic flash, composition and basic creative techniques to get you properly focused in any situation. You don’t have to be a whiz with your camera to take amazing photographs for fun and profit. Bring your camera and instruction manual to class, if you have one. Materials fee $10.

Course 249
Sem I Mon. Aug. 1 6:30pm-9:30pm
Sem II Mon. Aug. 8 6:30pm-9:30pm
Course fee $79 / Members course fee $59

How to Be a Stand-Up Comic ... Or Just Look Like One!

Whether you're interested in the lucrative business of stand up comedy, want to learn how to improve your humor or just want to get a laugh when you give speeches or host events, this workshop is for you.

Wally Griffin, professional stand up comic will teach you how to: write comedy material and perform it, how to improve your timing and pacing, how to involve the audience, how to develop stage fright and hecklers. How to practice and perform in front of a live audience. This workshop will focus on a comic's style and where and how to get on stage. What should you send to a club? You'll learn about material, technique and also get important tips on the business of comedy - headshots, timing and how to get started.

Wally Griffin has been a professional stand up comedian for over 40 years. He's been featured at the Improv and the Comedy Store, as well as headlining nightclubs, cruise ships, and U.S.O. tours.

Course 408
Sem I Mon. Oct. 31 6:00pm-9:00pm
Course fee $79 / Members course fee $59

Painting Murals for Fun and Profit

This fun, nuts-and-bolts seminar will cover the basics started and give the experienced painter valuable tricks of the trade for creating your own design, an introduction to the latest in design, color theory, design software, how to plan your business and manage your business. This course will also cover the basics of the craft and how to get started.

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Course 408
Sem I Mon. Oct. 31 6:00pm-9:00pm
Course fee $79 / Members course fee $59

Land in Spanish in Six Hours

Have you always wanted to learn Spanish, but didn't think you could? Or you didn't think you had the time? This special Learning Annex course for beginners of all ages will assist you in overcoming your anxieties about learning this language. With Mexico so close to San Diego, knowing the fundamentals of the Spanish language makes life more fun when you travel south of the border or more profitable when you do business with Spanish-speaking customers or clients. You'll gain a comfortable understanding of the Spanish culture. learn how to speak this romantic language and enjoy meeting new friends in this popular course.

Arturo Galvez has been a professional Spanish translator and teacher since 1977. You’ll love how fun he makes this class.

Course 240
Sem I Mon. July 7 6:30pm-9:30pm
Sem II Mon. July 14 6:30pm-9:30pm
Course fee $79 / Members course fee $59

Call (818) 544-9700 to register. See page 38 for registration information.
Introduction to the IBM PC

This course provides an introduction to the IBM PC, including its hardware components, operating system, and basic software. You will learn how to use the keyboard, mouse, and monitor, and how to install and configure the computer. You will also learn about the file systems and how to use them effectively.

Course: Intro to IBM PC

Course Fee: $125

Advanced WordPerfect 5.1

This course covers the advanced features of WordPerfect 5.1, including macros, spell checking, and grammar checking. You will learn how to use the advanced editing features, including spell checking and grammar checking. You will also learn how to create and use macros.

Course: Advanced WordPerfect 5.1

Course Fee: $125

Getting Started with Lotus 1-2-3

This course will teach you how to use Lotus 1-2-3, a popular spreadsheet program. You will learn how to create and edit spreadsheets, how to use the formulas and functions, and how to create and print reports.

Course: Getting Started with Lotus 1-2-3

Course Fee: $125

How to Build Your Own 486 PC for Under $750!

In this course, you will learn how to build your own 486 PC for under $750. You will learn about the components of a PC, how to select the right components, and how to assemble the PC.

Course: How to Build Your Own 486 PC for Under $750!

Course Fee: $125

The Secrets of Hard Disk Management

This course will teach you how to manage your hard disk space effectively. You will learn how to delete unnecessary files, how to defragment your hard disk, and how to optimize your hard disk for faster performance.

Course: The Secrets of Hard Disk Management

Course Fee: $125

Desktop Publishing: Learn PageMaker on the Mac or PC

In this course, you will learn how to use PageMaker, a popular desktop publishing software. You will learn how to create professional-looking documents, how to layout pages, and how to use the advanced features of PageMaker.

Course: Desktop Publishing: Learn PageMaker on the Mac or PC

Course Fee: $125

Super Week Become Computer Literate in Just Two Weekdays

This course is designed to teach you basic computer skills in just two weeks. You will learn how to use the keyboard, mouse, and monitor, and how to use basic software applications. You will also learn how to solve common computer problems.

Course: Super Week Become Computer Literate in Just Two Weekdays

Course Fee: $125
Intro to Quicken for Windows on the PC

Want to computerize your bookkeeping as easily as possible? Learn to use the program that's revolutionizing computerized accounting and recordkeeping. Quicken is taking the computer world by storm, it's perfect for everything from personal checkbook management to small business and departmental finance…And best of all, it's easy to learn!

Topics covered include: * Using the register * Writing checks * Using categories * Saving time with memorized transactions * Working with multiple accounts * Transferring money between accounts * Creating reports * Reconciling.

New Horizons Computer Learning Center: see bio course #1027.

Beginning Windows on the PC

Learn to use Windows, the superb graphical working environment for users. You'll learn to manipulate files, use desk accessories, and multi-task.

New Horizons Computer Learning Center: see bio course #1027.

Begin your career in microcomputer training today:

Course 1037

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Evening Classes

Begin your career in microcomputer training today:

Course 1038

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<td>Intro to Windows</td>
<td>La Jolla/VT</td>
<td>7-9pm</td>
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Beginning Type in Four Hours

Now you can learn the full alphabet keyboard in four hours. After that, it's just a simple matter of practice to get you speed up. A unique memory code enables you to memorize the keyboard layout in less than an hour. This hands-on course is a must for those seeking to add to their secretarial-administrative skills as well as executives taking their first typing courses on the computer keyboard.

New Horizons Business Institute see bio. course #1082.

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Become a V.I.P. Member of The Learning Annex

Annual V.I.P. Membership entitles you to:

Reduced prices on selected top-quality seminars
Discounts on purchases of books, audio and video tapes
Special discount coupons that will save you money
The Learning Annex catalog mailed monthly to your door
Express telephone registration - completed in less than 3 minutes
A waiver of the $10 monthly registration fee for all classes for one full year
Advance notice on selected Learning Annex special events throughout the year

The Learning Annex

344 Elston Street
San Diego, CA 92101

Name:
Address:
City:
Phone Day:
Acct. #: Expires:

Call (619) 544-9700 to register. See page 38 for registration information
Activate your healing hands
Learn Therapeutic Touch, the energy healing technique used by nurses. Amazingly effective, easy to learn. "Touch the source of wellness." 10-day course featuring Marilyn Mason. Valley Career Coll. RV: 272-9004.

The Entrepreneurs Book
55 pages of need-to-know info for successful business owners & future owners. Send name, address & $9.75 to: Main Street Magazine, 9447 Brookfield Drive, Carleplace, N.Y. 13318.

Friendship ROMANCE
All You Need to Know in 50 Languages in 150 PHRASES to meet, greet, delight. Overcome dysphoria, express love, say goodbye in 50 languages for $7.00. Free sample. (619) 584-1222, any time.

Hypnotherapy
Unlock your path to success. The subconscious controls the conscious. Know the power of the present and the power of the future. Hypnotherapy with Dr. S. Doxos. (909) 795-0414.

Jewish Singles
Social Club for Professionals Call us and find out why 100's have joined Chosen With Care. Quality, Confidentiality. Personalized to your needs and ambitions. Call 415-1104 for more information.

Languages
French/German/English/Spanish. School subjects taught, grammar, phrases, books, free dictionary. Fee: Free for 1st class. Free for 2nd class. (916) 794-0598.

Medical Transcriptionist
Best bet career for the 90's. Work at home or medical office or hospital. Fast pay. Write 3301 N. 23rd St. Phoenix, Ariz. 85008.

Men, Improve Your Sex Life!
The hands information available to keep you going for many hours. Fast, safe, effective. High sex will result. No Pump, No surgery, Immediate satisfaction will be yours. Don't delay! Send $2000.00 in US funds to: M.E. Singles, 3652 Severn, Rd. Elkridge, Md. 21075.

Money Mastery
DO YOU NEED MORE MONEY? The "Secrets of Money" is an incredible new version (contact tape only) of a long time hit. It teaches the now legendary "70 laws of power." 1-cassette tape and manual a FREE $5.00 gift. Call (510) 492-8607. FREE cassette tape to first 50 calls.

Money for College-Guaranteed
Hundreds of millions of dollars in scholarships go unclaimed because no eligible candidates are not on file. G.P.A.-dependent or need-based. All ages. Contact: (415) 425-5821.

Past Life Regression
18 Years Experience. Gauging well-regressed, safe, effective way to discover personal life connection.

Pens Embalming
Embark your pens the real way. No pumps, no fakers, no mystery. All original, all natural, all non-toxic. 1-2oz cleaning system. 2-3/4 x 4 x 3/8 weighers for your pens. Add 2 inches to go in. For only $29.95. Money back guarantee. Meditation Healing Institute, 15840 Ventura Blvd., Suite 318, Encino, Calif. 91436. Photo broadcast 24 hours a day! (818) 580-3303. For detailed information send $5.

Professional Hypnotherapy Training
Learn hypnosis. Certification by the American Council of Hypnosis. This is a new career. Great way to book cover the whole spectrum of working for yourself. 200 hours. Saturdays only. San Diego college. 285-8831.

Professional Psychic Instruction
Meet your zodiac friends in one of your Sun filled classes. In 1-1/2 weeks, you will be dancing with the gods. In 6-8 weeks, you can have all your "Clairvoyant Face to Face" book with this ad. Advanced Open Water Music, Second Acts. Sign now. Same lesson. 275-1938. D.V.E.S., MC. Get W.E. 2525 Mission Blvd. Hwy 101 Chula Vista.

Singles
Athletic Singles Association! San Diego's most active club for sporting singles. Times overnignt week is a variety of sports and social activities! Call for friendly dials 343-2544.

Singles Parties
Stay Y.E.S! Into successful single professionals, ages 23-34, at Young Executive Singles parties at the best locations in San Diego. No membership fee. Call 372-1600.

Singles Parties
Presented by the "30+ Singles Parties United," EVERY SAT, Del Mar Hilton, EVERY TUE, Old Mission, EVERY THURS, Holiday. Doubletree Hotel 3-15 to 9pm Max. Admission: $12.00 Fri, Sun; $10.00 Fri, Sun; $8.00 Sat, Sun. Also, 3 free events for 30-35s every week. Complimentary hors d'oeuvres and cocktails. Judging may have first 2 Jacquie or with this ad at all parties through $10.00. For more info call 371-3034 or 259-0506.

Singles! This is How Dating Should Be! More personal than personal ads. Less guilt than your mother! Call today! 887-9898 for 24-hour message service and brochure...STAY MATCH .. a remarkable dating innovation.

Tae Kwon Do
Learn the ancient Chinese art of self-defense to transform your body or office into a place of well being, positive energy and prosperity. Monday-Thursday, 6:30pm-9:30pm, 901-1980. 6-9pm, Sat. 690-6988. 7:30pm-9:30pm, Sun. 690-6988.

The Artisticist's Way Study Group

The Entrepreneur's Book

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4 Ways to Register

1. Phone Registration: (815) 344-9700. We will accept phone registrations with Visa, MasterCard, or American Express. Please have your credit card number and expiration date ready when you call.

2. Mail Registration: Enclose your registration form along with your check or money order payable to The Learning Annex for the course tuition plus $10 registration fee. We can also accept your payment with either Visa, MasterCard, or American Express.

3. Walk-In Registration: Our offices are open Monday thru Friday, 9am to 6:30pm and 9am to 2pm Saturday at 344 Kelmo Street, San Diego, CA 92101.

4. Fax Registration: (619) 544-9734 24 hours a day, with either Visa, MasterCard, or American Express.

In order to ensure a place in the class of your choice, you are encouraged to register earlier. Please fill out the registration form below with all the appropriate information, including course numbers, sections, and fees. Applications are processed immediately upon receipt. There is a monthly $10 non-refundable registration fee per person, which is paid once for all classes taken during any one month. We will mail you a Class Admission Form with your course location, date, and time of your first class meeting. Please call our office to confirm your enrollment in the event that you do not receive the admission form before the first class meeting. We reserve the right to change course locations, schedules, fees and instructors where necessary.

CANCELLATION AND REFUND POLICY

If you must cancel, notify The Learning Annex at least 3 days prior to the class and you will receive a credit voucher, less the $10 dollar non-refundable registration fee. Credit vouchers can be applied to another Learning Annex Class within 6 months of the date of issue. Refunds will be given only in the unlikely event that The Learning Annex cancels a course. A check will be mailed to you; no refunds will be made directly to credit card accounts. No refunds will be issued for courses that are postponed because of insufficient weather or other circumstances beyond our control. There is a $10 fee to transfer between courses. All credit requests must be made in writing and accompanied by a Class Admission Form. Credits and refunds will be issued on the 30th of the month following the month in which the course was held.

Please note: All of our classes are guaranteed - without exception. If for any reason you are not satisfied with any seminar, let us know in writing. You may use the credit voucher to be applied toward future classes.

GROUP DISCOUNTS!

Do you have a group of six or more? Take advantage of discount courses. Call Bob at (619) 544-9700 for special rates.

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How to Make $$$$ in Multi-level Marketing with 60's Legend JERRY RUBIN

It's been on the horizon for the last 35 years and is the most talked about network marketer in the nation. Jerry Rubini, who the press dubbed "Yuppy turned Yuppie," has actually predicted the most important trends for the past three decades. He now believes network or multi-level marketing is the wave of the future. Find out how to get in on this $50 billion dollar industry with companies like Nu Skin, Mary Kay, herbalife. By 1995 that number is expected to triple, and by the end of this decade nearly every major corporation will use some form of network marketing to sell its products. Learn: How to get started in this booming field with little or no money. How to overcome the negative stigma of MLM. How to succeed, even if your sponsor won't help you. The most important tools of network marketing. Success strategies you can put to work immediately. Network marketing is a proven way to gain financial freedom, work from home and be your own boss.

Jerry Rubini helped start Life Extension Instructional and is the author of the forthcoming book The One Secret the Rich Don't Want You to Know. He is one of the highest grossing MLM distributors in the industry.

Cost: $195 Retail Circle A: The Aug. 15 9:30-6:30pm Course fee $295 / Members course fee $255

Habla usted Espanol? Habla usted Espanol You Will... Easily With The Language Short-Cuts You' ll Absorb In Just Three Hours With BARRY BARFRED

Barry Barford, author of Making People Learn and Language speaks 18 languages, and he's dedicated his mind to learning a language — any language. Forget dull, endless instruction. He reveals the practical and effective methods of learning. This radical approach offers tricks to carry on a social conversation in almost any language, within weeks.

Course 320A Retail Circle A: The July 9-13 10am-5pm Course fee $295 / Members course fee $255

The Artist's Way A Spiritual Path to Creativity with JULIA CAMERON

When you think about being more creative, do you tell yourself— it's too late. It's just my age, I don't have enough time or enough money. Do you think you're destined to live a life devoid of creativity? Do you worry about the opinions of friends and family and you think you just aren't good enough to be a "real" artist?

Artist and author Julia Cameron will show you how to recover your creativity and imagination and help dispel the limiting beliefs, fear, shame, guilt, and other forces that stand in the way of your own creativity and self-esteem.

You'll learn how to:
- Link creativity to learnable skills
- Recognize the power that connects human creativity with the universe
- Look within to capture new ideas and entice your imagination
- Recover confidence and courage to overcome hurdles
- Nurture your "inner artist"

No matter what your age or life path, whether making art is your career or your dream, it's not too late to express your creative power!

Julia Cameron, author of The Artist's Way: A Spiritual Path to Creativity, and co-author of The Money Drunk, is an award-winning writer-director with extensive credits in film, TV, theater and journalism, including work on Miami Vice and New York, New York, and articles for The New York Times, The Washington Post, Rolling Stone, The LA Times, Vogue, and more.

Course 450 Retail Circle A: The Sept. 8 9:30-6:30pm Course fee $295 / Members course fee $255

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FEATURED SPEAKERS

Learn the Sacred Ways of the Lakota Elders & Native American Spirituality with WALLACE BLACK ELK

Wallace Black Elk considers himself a Scout or Interpreter of Spirit. He has spent his lifetime exploring traditional ways of his people. A Lakota elder, spiritual leader, and one of North America's leading active traditional elders, Wallace Black Elk is a descendant of the famous Sitting Bull and pipe-bearer descendant of Nichols Black Elk.

Wallace received his first spirit calling at five, his first real vision at nine, and has since completed over 50 visions that have expanded his knowledge far beyond his tribal origins.

One of the original spiritual advisors of the American Indian Movement, he participated in their occupation of Wounded Knee. He was instrumental in the passage of the American Indian Religious Freedom Act of 1977 and is currently working for recognition of Native Americans by the United Nations. For the Lakota, the beginning and end of all creation forms a circle. This power of the creation moves in sacred circles, the "medicine wheels" of the Native Americans.

Drawing from his 60 years of Lakota experiences, Wallace Black Elk moves with the spirit and the needs of the group—so it is impossible to predict what will be explored. In this remarkable workshop, Grandfather Black Elk will discuss traditional Lakota ways including: Vision questing / Sweat Lodges / Lakota cosmology / Contact of one's life / The use of the Chumash (Sacred Pipe) / Direct explorations of the sacred wisdom of the medicine wheels: personal, physical and community health; and the ecological health of the earth. All teachings will be interpreted with Wallace's delightful sense of humor. This powerful class will teach you how to heal Mother Earth, as well as yourself.

Course 3396 Retail Circle A: The Sept. 8 9:30-6:30pm Course fee $295 / Members course fee $255

Use M/C, Visa or AMEX to order by phone — (619) 544-9700
Rediscovering a Spiritual Purpose to Your Life
with Bestselling Author ARIANNA HUFFINGTON

Arianne will explore the spiritual nature we all share, but too often ignore, in the busy schedule of our everyday lives.

There will always be something missing from your life, until you reclaim the forgotten instinct—that urge for spiritual fulfillment not satisfied by power or fame or money or sex,” says Arianne Huffington, bestselling author of The Fourth Method: The Call of the Soul. In this powerful workshop Arianne will help you discover your fourth instinct: a drive for meaning, wholeness, and truth.

She will offer practical ways you can move away from fear and anxiety by connecting with that place of living, peace, and strength. She will show you how to abandon old emotional habits—vindictiveness, keeping score, getting even—until forgiving, which means with self-forgiveness, becomes a way of life.

Arianne has been praised by leading spiritual thinkers like Leo Buscaglia, Dr. Dean Ornstein, and Dr. Jonas Salk. This evening will explore life’s simplest, yet most important questions: Who are we? Why are we here? What are our lives about? Come rediscover a new purpose and meaning to your life beyond the pursuit of achievement and success.

Saved by the Light
with New York Times Best-selling Author DANNION BRINKLEY

Change Your Life with the Most Remarkable Near-Death Experience Recorded in History

On September 17, 1975, Dannion Brinkley was hit by lightning. At the hospital he was pronounced dead. Twenty-eight minutes later, he came back to life.

Dannion Brinkley returned from his remarkable experience that day with gifts that changed his life—and a mission to pass that knowledge on to others.

While experiencing near-death, he had an encounter with 17 beings of light who showed him the future.

Of the 117 revelations he received, 95 have already come to pass, including the dissolution of the Soviet Union, the Persian Gulf War, and America’s current economic crisis.

While he was recovering, he was able to revisit these beings of light in his dreams and he learned that he had developed the incredible ability to read minds.

But the most precious gift he received was the chance to live his life to its fullest and show others how to do the same.

You don’t have to undergo a near-death experience to understand and apply the theories that he learned.

In this extraordinary seminar, based on his best-selling book, Dannion will share his profoundly moving account of his two near-death experiences (yes—he had another one 14 years later during open heart surgery!) and the resulting spiritual transformation that completely altered his life—it could do the same for you.

Course 2277
Mon. & Wed., Aug. 23 & 25, 6:30-9:30pm
Course fee $225 / Members course fee $214

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