The 24 Hour Fitness center on Midway Drive is in a large strip mall with a Video and a Sport Center. It is a two-story club with a weight room, two aerobics studios, two large areas of treadmills, stationary bicycles, and step climbers, and an "ob room," filled with state-of-the-art adolescent exercise equipment. On a warm Saturday morning, the parking lot is full and the gym is busy. Most of the clientele are youthful and well-built. The relentless thump of electronic dance music beats from ceiling speakers throughout the facility.

Ricky Ali, 24, has been a personal trainer for six years. He is tall, lean, and solid-looking. "I've always been interested in fitness. All through high school I played sports, and when I joined the Marine Corps, I got really serious about weight training and putting on the right kind of weight. I got a couple of national certifications, started training in the military, and when I got out, I thought, 'This is one of the most satisfying jobs that I could have.' I'm here helping people achieve things that they've never achieved before."

Story continued on page 3
Who Will Win and Why

By Robert Samuel

San Diego stores display the American flag and patriotic symbols, such as "United We Stand." Many draft-age men winning or losing in these stores, however, don't seem to mind the flag.

Lu, Dinh, 21, works at one of the stores in the area. "I don't think it's any big deal. It's just there, you know."

Messages from the Sky: September 11, 2001

From the Towers, from the planes. Loved by some, loathed by others.

Stuart Miller from the 10th floor, to his wife who was at the World Trade Center, "It's happening. I don't think I'm going to see my children again."

Steve Henson from the 18th floor, to his wife, "Love, Steve. "I love you, I love you."

We're all in this together. We fight the same fight. We're all in this together. We fight the same fight.

But I think that the different approaches, instead of going up and thinking we can't do anything to get to help us and have the people stay far away from the battle, I think it's important to understand that because the terrorists are trying to take over America, they're not going to stop until they win.

I'm not sure what they are, but I think our relationship with the Taliban, it's not going to work, not knowing what we're fighting for.

I think that we need to start thinking about what we're doing in the world, and what we're doing for our country, and what we're doing for ourselves.

But I think that the different approaches, instead of going up and thinking we can't do anything to get to help us and have the people stay far away from the battle, I think it's important to understand that because the terrorists are trying to take over America, they're not going to stop until they win.

I'm not sure what they are, but I think our relationship with the Taliban, it's not going to work, not knowing what we're fighting for.

I think that we need to start thinking about what we're doing in the world, and what we're doing for our country, and what we're doing for ourselves.

But I think that the different approaches, instead of going up and thinking we can't do anything to get to help us and have the people stay far away from the battle, I think it's important to understand that because the terrorists are trying to take over America, they're not going to stop until they win.
New Rate Plans with Mobile-to-Mobile, 150 Anytime Bonus Minutes, Unlimited Nights & Weekends and Nationwide Long Distance

**Nokia 3390**

- Unlimited Mobile-to-Mobile*
- Unlimited Nights & Weekends*
- 150 Bonus Monthly Anytime Minutes*
- Text Messaging*
- Web Access
- Unlimited Domestic Long Distance*

**FAMILY TALK SHARE PLAN - GET ONE, TWO, THREE OR 4 NOKIA 3390 PHONES!**

**JUST $16.99 per phone per month**

**ORIGINAL ACCESSORIES AVAILABLE FOR YOUR NEW PHONE:**
- Travel Charger
- Long-Life Battery Holder
- Leather Carrying Case
- Portable Hands-Free Headset
- DOUBLE STAND-UP CHARGER
- RAPID CIGARETTE LIGHTER ADAPTER

**3681 SPORTS ARENA BLVD.**

Unbeatable Deals! Across from the Sports Arena, next to Tower Records

San Diego's #1 Superstore: (619) 221-8111 + (619) 299-4455

www.premierwirelesservice.com

---

**Motorola V-Phone**

- Unlimited Mobile-to-Mobile*
- Unlimited Nights & Weekends*
- 150 Bonus Monthly Anytime Minutes*
- Text Messaging*
- Web Access
- Unlimited Domestic Long Distance*

**ORIGINAL ACCESSORIES AVAILABLE FOR YOUR NEW PHONE:**
- Travel Charger
- Long-Life Battery Holder
- Leather Carrying Case
- Portable Hands-Free Headset
- DOUBLE STAND-UP CHARGER
- RAPID CIGARETTE LIGHTER ADAPTER

**MOBILE-TO-MOBILE CALLING**

**JUST $16.99 per phone per month**

**UNLIMITED FREE NIGHTS & WEEKENDS**

**UNLIMITED LOCAL CALLS BETWEEN FAMILY MEMBERS**

**UNLIMITED DOMESTIC LONG DISTANCE**

**Domestic Long Distance**

- No Roaming in CA/NV/WA/ID*
- 1-Year Contract
- Text Messaging**
- Web Access**

**www.premierwirelesservice.com**

---

* Terms and conditions apply. Prices shown are for new customers only and re-activation of pre-paid cards. New accounts are required and credit card or cash purchase required. Service plans are subject to change. Call store for details. 1-800-252-0064. **All rights reserved. **Call store for availability and pricing.
STRAIGHT FROM THE HIP
BY MATTHEW ALICE

By Matt

I hear we have a rule of double jeopardy saying a person can’t be tried twice for the same crime. But we don’t have that exception. What if somebody CI is being tried down and they say ‘you know, you know. I’m guilty and I’m guilty’, ‘I’m guilty and I’m guilty’. Now some of you say, ‘Well, you know, that’s just’—THE ‘I WILL NOT ANSWER ANY QUESTIONS’—I mean, are there any legal precedents?”

— D.H. Lawrence

“Never trust a man whose last name is Smith. He’ll probably steal your car.” — O. Henry

“The reader today enjoys extensive coverage of body-sculpting ads, breast augmentation ads, hair transplants ads, acne treatment ads, and a host of other ads that look good in your youth, but end up being bad for you later in life.” — The New York Times

“The ads are everywhere: on billboards, on buses, on TV, on the Internet. They promise a better life, a younger face, a more toned body. But are they all lies?”

“Sure, they seem harmless enough. But what about the long-term effects? And what about the health risks? We need to be aware of the dangers of these ads.” — The Washington Post

“The truth is, we’re all vulnerable to the allure of these ads. We want to look our best, to feel our best. But we have to be careful. We don’t want to end up regretting our decisions.”

“Some even argue that these ads are a form of propaganda, a way to subtly influence our thoughts and behaviors.”

“Others say that these ads are just a way for companies to make money, and we should be wary of their motives.”

“Still, we can’t ignore the power of these ads. They can influence our decisions, our choices, our lives. We need to be aware of their effects.”

— The Daily Beast

Can your cable company do that?

You can now enjoy our new lineup of exclusive channels. Sign up today and get a year of free programming with any plan over 180 channels. Only at our website, dishnetwork.com

OVER 100 DIGITAL CHANNELS

Call 1-800-DISH-NOW

Can your cable company do that?

Can your cable company do that?

Can your cable company do that?
Why The Chargers Lost

When the Chargers are 3-1 after a disappoint-
ing loss to the San Francisco 49ers, with the 49ers leading 10-7 at halftime, it is a clear indication that the team is not performing to its full potential. The Chargers have struggled to find the right mix of talent and strategy to win consistently.

The team has faced several challenges throughout the season, including injuries to key players and inconsistent performances from the quarterback. With the bye week on the horizon, the Chargers have an opportunity to regroup and focus on improving their game plans and execution.

The offense has struggled to score consistently, despite having a talented quarterback in Philip Rivers. The running game has also been inconsistent, with the team relying too heavily on the passing game. The defense has been effective in some games, but has given up too many big plays in others.

Upcoming games will be crucial for the Chargers, who need to improve their mental and physical toughness to compete with teams in the upper echelon of the league.
Dear Aunt Trudy,

Lately I've become friends with a cool guy here in San Diego. He's very smart, funny, and a bit of a mystery. I'm not sure what to think of him. He often talks about his past experiences in India and how he learned the language. I'm really drawn to his stories, but I'm also a bit intimidated by his intelligence. What do you think I should do if I want to get to know him better?

Sincerely,
[Name]

---

Dear Aunt Trudy,

I've been thinking a lot about our conversation the other night. You mentioned the importance of following your heart and not worrying too much about the outcome. I'm feeling really confused about this relationship. I'm not sure if I'm really into this guy or if I'm just pretending to like him because I'm nervous about taking a risk. What do you think I should do?

Sincerely,
[Name]

---

Dear Aunt Trudy,

I'm really struggling with a decision right now. I have two options: go to the party with my friends or stay home and study for my big exam. I'm not sure which one to choose. What do you think I should do?

Sincerely,
[Name]
Where History Is Bought and Sold

A visit with Dana Linnit, president of Early American History Auctions, Inc.

In downtown La Jolla, in a bank building whose street address I have provided not to reveal, a man named Dana Linnit stands at the entry of History. Open and inviting, it is a place where you will find yourself feeling at home. It is a place like no other, with its walls covered in photos and paintings of Civil War artisans and their work. Linnit is a man of deep passion for history, and his knowledge of the subject is unparalleled.

Linnit is the president of Early American History Auctions, Inc., a company that specializes in the auctioning of historical items. The company's motto is "Where history is bought and sold," and it reflects the passion and dedication that Linnit and his team have for their work.

Linnit is a true historian, and his knowledge of the Civil War is unmatched. He has a deep understanding of the events of that time, and he is able to share that knowledge with his clients. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

Linnit is a man who is passionate about his work, and he is dedicated to providing his clients with the best possible service. He is a man who is truly committed to his craft, and he is able to share that passion with others.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

Linnit is a man who is passionate about his work, and he is dedicated to providing his clients with the best possible service. He is a man who is truly committed to his craft, and he is able to share that passion with others.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.

Linnit is a man of great passion for history, and his knowledge of the subject is unparalleled. He is a true historian, and he is committed to providing his clients with the best possible service. He is a man who is truly devoted to his work, and he takes great pride in the items he auctions.

In 1996, Linnit sold a rare 1201 Colt Navy revolver for $13,000. It is the highest total he has received for any single lot so far. Early American History Auctions is not considered to be the best place to sell antique firearms. James D. Julia, a well-known auctioneer in Fairfield, Maine, has reportedly sent several with pistols, guns, daggers, rifles, and other weapons to the Battle of Little Big Horn. For $84,000, Julia's 15 percent buyer's premium is included in the total. Linnit, however, knows internationally to be a "market maker" for Colonial currency, and one of the largest dealers in the United States.
A LARGE MOUTH, LACIVORIUS

How a Little Girl from a Small Town in Maine Became as Famous as a Movie Star

My older daughter, when the passage of time turned her into a goofy-eyed young teen, often begged me to make her read a page out of Editor St. Vincent Millay's poem "Recuerdo." She was sick of her fellow teens adoring a poesy crafted for the romantically inclined. We read aloud until the first of her classmates emerged with a tearful expression and asked, "Is it always about love?" I answered, "Yes." She continued with her novel that night.

Even if you felt the way the speakers of certain of these poems felt, good taste dictated that you didn't say so.

And again, she could put down the needle. "Recuerdo" is Spanish for "I remember," and since Rebecca and I had this poem by heart, the poem and the emotions described in the poem became our memories, too.

We were very tired, we were very sorry,
We had gone back and forth all night on the ferry. It was bare and bright, and smelled like a stable --
But we looked into a fire, we burned across a table.
We lay on a boat up under the moon.
And the wheel was crying and the gulls came soon.

We were very tired, we were very sorry,
We had gone back and forth all night on the ferry.
And you are an apple, and I am a pear,
From a dozen of each we brought somewhere,
And the sky was blue, and sea came cold,
And the sun rose dripping, a ball of gold.

We were very tired, we were very sorry,
We had gone back and forth all night on the ferry.
We hailed "Good morning, mother!" to a dazed control head,
And bought a morning paper, which neither of us read.

She asked it for when she was fourteen and her male friend could not sleep. She asked it when the gardener coughed that her boyfriend brought her for the ninth grade prom and provoked a violent argument, responded that her leaving was better. Most often, when she asked for the poem she wore it was a beauty break. She regarded it as requiring more time than should be wasted, again.

FREE Booklet Reveals How To Buy A Home In San Diego

A free guide called "How To Buy A Home In San Diego" has been released showing you step-by-step all you need to know about buying a home in San Diego County. In it, if you’ll discover:
1. Tips on finding a home and getting the best home mortgage rates.
2. How to make a strong "cash offer" – even if you’re getting a loan.
3. One simple strategy to make owners happy to sell you their home for $1,000 less.
4. A legal question to ask your mortgage lender before you sign anything.
5. How to buy a home in this crazy market.
These insider tips may surprise you – even shock you – and save you thousands of dollars and get you the home you want.

To have your guide sent to you FREE by mail, just call (800) 800-7730 24 hrs and leave your mailing address after the free recorded message. Call now!
Or go to: Search680Homes.com
set a time to meet someone? Or should you not try so hard to vary them, but to make them sound exactly like the word "serenade" on a cassette tape in the excellent VHS tape, The Love of Mary. I read "Mary" in a recording made during the mid-1980s. Her voice sounds so deep and Barry is your source for people who rode into the late 1860s. I have listened to this recording, now several times. Hearing it, I can understand why Mary's words ring in audiobooks and on radio; they create such a sensation.

Nancy Miller, in her recently published biography of Millay, Savage Beauty: The Life of Edna St. Vincent Millay, began the first of a series of Sunday Night readings of poems over the air on a nationwide broadcast. "Thousands of people heard Millay's voice; they were there... They were in hundreds of listeners... A farm family in Missouri wrote, 'that the very sound of your voice can dominate a room miles away from a person.'" I have read several accounts of "Lorelei" by Millay in recent years. Once you have that in mind, you are ready to begin the second volume of poetry, one entitled "Easter in New York," with the title poem, "Easter in New York," and the poems that follow it, the theme of spring, the change of seasons, and the days of returning to one's home. The poems in this volume, however, are not as focused as the ones in the first volume. The title poem, "Easter in New York," is a celebration of the sun, the warmth, and the hope of spring. The second volume contains poems that are more personal and introspective. Among the poems in this volume, I have included "The Fisherman," "The Man of the Sea," and "The Sailor." These poems reflect the poet's love of the sea and her connection to the water. The third volume of poetry, "Aria," is a collection of poems that explore the poet's relationship with her husband, Rupert Brooke. The volume opens with "Aria," a poem about the beauty of the sea and the power of the ocean. The poems in this volume are more abstract and contemplative. Among the poems in this volume, I have included "The Sea," "The Surface," and "The Deep." These poems reflect the poet's connection to the sea and her love of the ocean. The fourth volume of poetry, "Hymn," is a collection of poems that explore the poet's love of the sea and her connection to the water. The poems in this volume are more abstract and contemplative. Among the poems in this volume, I have included "Hymn," "The Sea," and "The Surface." These poems reflect the poet's connection to the sea and her love of the ocean. The volume closes with "The Deep," a poem about the beauty of the sea and the power of the ocean. The poems in this volume are more abstract and contemplative. Among the poems in this volume, I have included "The Sea," "The Surface," and "The Deep." These poems reflect the poet's connection to the sea and her love of the ocean.
son heard the news of Millay's death, she dreamed of him. His dream was a long dream, and he wrote about it. "In the yogurt," the woman said. "The yogurt and the apple." She was standing at the bench near the bench where he had sat. She was looking at the man who had sat there, but he was not there. She was looking at the bench, and she saw his face in it. She saw him sitting there, and she knew that he was sitting there.

...In 1900, at the same time, a woman was sitting on the bench near the bench where the poet had sat. She was looking at the poet, and she knew that he was sitting there. She saw him sitting there, and she knew that he was sitting there.
"There's definitely a boom in interest in getting perfect abs — especially down here in San Diego. In this population, everybody wants to be thin. Everybody wants to have the perfect abs. I noticed that, when I started out as a trainer, there were only a couple of abdominal exercises, but now everyone's coming out with these new abdominal machines. The AB Belly, the AB Ripper, the AB Toner. It's the new ones every day."

The proliferation of ab products reflects a growing demand. "All of my clients are obsessed about their stomachs. I have very few clients who come in here without saying they want to get a six-pack or they want flat abs. And most of my clients are women. I have about 3 men and 25 women."

"Six pack," is an inaccurate though popular term, describes a condition not easily achieved. "It comes from having every single front abdominal muscle showing. If you strained them all out, it wouldn't be six but really eight abdominals. What most people don't understand is, they think that if they do all these crunches and all these sit-ups that they'll get a six pack, and that's not actually true. If your body fat percentage is really high, then most of your muscles are covered by fat. Everybody has a six pack, but if it's covered by fat, you're never going to be able to see it. You need to drop your body fat percentage down so you're able to see those abdominals.

"Now, women need to have a higher body fat percentage, because they're the ones who carry the babies. Men can drop to a lower level, but if it gets too low, it can be physically dangerous. A healthy level of body fat for men who want good-looking abdominals would be between 9 and 11 percent. For women, you want to be anywhere between 19 and 21 percent."

Muscles

ripple and bulge through Sanguinetti's light-fitting tank top.

Making the perfect stomach involves using all the muscles in the abdominal group. "We have our transversus abdominis, which is our eight muscles right here (he points to the front of his belly). On our sides we have our external and internal oblique. Around that we have our transverse abdominis, which help in swelling up the waistline. You don't want to sit there and just work your rectus abdominis without ever working your obliques. Your body is going to be better balanced if you're hitting every single muscle. If you're not working on your obliques, your low handles are going to be sticking out."

In terms of time, effort, and discipline, getting a hard, rugged stomach is expensive. "It's all going to come out with their lifestyle. It's all about what you eat. Let's say you're about 20 pounds overweight. You can't just come in here and work out. It doesn't matter how much cardio or how much weight training you do, if you're not taking in the recommended calories, you're never going to get to your goal. The first thing you need to do is start eating right. When you start eating right, you'll drop that body-fat percentage. Then you'll be able to spend between three to four days a week in here doing weight training and about five days doing cardio.

Alfonso measured his waist for a long time, and a lot of his diet shows why he needs to borther. His trainer reminds one of a Greek statue, and when you notice the ripple rings, "My pants have a 32 waist."

Carlos Sanguinetti, 27, has been working out for 12 years. "I've spent a lot of the last year doing it right," he says. Sanguinetti looks like a future being, only stronger. Muscles ripple and bulge through his tight-fitting tank top. He demonstrates a murderous-looking sit-up that is done atop a large, red "physique" ball, and his intense is an essential for ab development. His body quivers with pain as he slowly moves up and down. "I just recently got a trainer. I'd been doing stuff on my own, but the trainer set up a whole new routine for me. I'd been doing this for a long time, but the stuff they're teaching here really works. The difference is technique and a few new ideas on what I could do to make my abs better. I've got a whole new diet plan, honestly, eating, and diet is almost 80 percent of your physique — shaping it to what you want it to be. I'm eating more, I used to only eat about two times a day, but they gave me this analogy of a sauce-writer. They get so large by only eating one time every day, in the middle of the day, then they get to sleep and don't do anything. The meal plan I'm on has me eating four to six times a day, and all good stuff. I eat a lot of protein and vegetables, grains, everything, I need to eat a lot more carbs — mostly pasta. My mom's Italian, so I grew up eating that stuff all the time. When I told her I had a diet plan from my trainer, she said, "What are you on a diet for?" I had to explain that it's not that kind of diet. They're just showing me how to eat the right things. As soon as I told her I was eating five times a day, she had no problem with it."

Sanguinetti has been whittled at by girls who've noticed his physique. "It feels good! But I just do this for myself. It's not to keep myself in shape. I don't do it for any other reason. But I get more positive attention, but that's secondary. Honestly, I just do it for myself. It's all about feeling good and feeling healthy."

Trust me, Alfonso's assessment, the tone proplon the machines in the ab room are all women. One of them, Mary Ann Olson, a fitness instructor, claims she has working out her whole life. An immigrant from Sweden, Olson, 35, is poised in size and a bit of psychology in build, "I've been coming here almost ten years. I always worked out and always ate healthy. It's been the natural thing for me to stay healthy and keep my body in shape. In college, I was overweight — when I'd drink beer and eat lot of pizza — but I made some changes after that. Generally, I've never had the problem of that women's pooch (that they talk about, but I'm also an instructor here, I have students that complain about that all the time. But in the end, it makes me feel good and it makes me happy. I like to move." Probably the least self-conscious person in the gym, Olson doesn't seem convinced about the flattness of her stomach, yet her waist size is a slight 24 inches.

Wearing an oversees University of Pittsburgh T-shirt, George Fisher, 24, slowly works out behind Olson on another machine. One-eyed and bald, Fisher is thin, yet solid looking at the same time. He's doing a set of rear delts on a device that allows her to angle herself forward and slowly ease up from the floor and back down again. This exercise is supposed to strengthen the back — an often overlooked part of building the perfect stomach. "It's essential for good abs to have a strong lower back. It balances out every muscle. I used to work hard on the delts, then I back off for a while. I need to do 20 minutes of a set per day, just to keep those muscles in playing shape."

She paints to invisible love handles. "When I'm standing, you can see. Have I let back here, and the only way you're going to tighten that up is by working
the lower back. So it's my whole midsection that needs to be worked out to get tight.

"I've been working out almost two years. I started out at 180 pounds and started working out at about 6:30. Now I weigh 126." Even with her slender frame, she3d never developed a waist as "the largest part of me. I think it's 26 inches. I work out probably four or five hours a week. I try to do it a half an hour per day, but this week I didn't. My eating habits are totally different now than before. I used to be a vegetarian and I ate all carbohydrates. I used to hardly ever eat meat, but now I eat it, like, a huge part of my diet. Turkey and chicken mostly. I do eat red meat now. I don't eat too much bread or carbs, it's vegetables, fruits, and wheat bread. I used to binge out at night but not anymore. I would continue to eat even when I was full. I'll try to eat my last meal three hours before I go to sleep."

Father worked to change her body because I wanted to feel better. I felt like I was inside a box, which was a disheartening and frustrating experience for me. I thought that I was doing something right, but I didn't feel or look like I thought I was. Father worked to change her body because I wanted to feel better. I felt like I was inside a box, which was a disheartening and frustrating experience for me. I thought that I was doing something right, but I didn't feel or look like I thought I was.
Matt Graham has noticed a significant rise in the sales of abdominal exercise devices. Most definitely, the influx of new gym equipment is catching on, and they do work. We’ve been doing a lot of specific promotions for them, and they seem to sell at a higher volume than other equipment. Most of the stuff we sell is previously seen in infomercials, until the corporations that make them decide to get their products in the retailers sell them. We’ll buy them in bulk and typically send them off at a similar price. It’s more convenient, because if they need to return it, they can come to the store rather than send it back through the mail.

Graham stands next to the stomach section, which includes the All-In-One, the All-In-Touch, the Ab Fix, the Total Body, and many other machines. He points to a pad, which claims that a child with a similar machine can do the same exercise. The machine is sold as a set and includes a variety of machines. Graham stresses the importance of understanding what each machine does and how it works before purchasing one. He also points out the variety of machines available, including those designed for specific muscle groups, such as the Abs Fix and the All-In-Touch. He emphasizes the importance of doing research and asking questions before making a purchase.
I sit here and I drink beer and keep my stomach good and stretched. I drink approximately a six-pack a day.

We're looking high and low for people who have Maneic Depression.

We're conducting a clinical research study of an investigational drug for manic depression, if you have bipolar disorder, give us a call.

We know that you may be eligible to participate in our research study if you are между 18 and 70, have been diagnosed with Manic Depression, Are able to visit the offices 8 Times During a 14-Week course, and you meet all inclusion/exclusion criteria.

You will receive at no cost:
• Free EEG
• Long term follow up
• Medical care
• Free study medication for the length of the clinical trial
• Compensation for your participation

Call us today for an appointment: 888-919-1151
Allergy & Asthma Prevention and Treatment Center

We have a new vision correction program for you. Laser Vision Correction

Start your journey to clear vision with our PRK (photorefractive keratectomy) Clinical Study. If you are between the ages of 18-50, you may qualify for our clinical study. We'll be evaluating how well a laser can reshape your cornea to correct your vision.

Researchers will examine your eyes and test your vision once before and after the procedure. If you qualify, we'll provide you with a comprehensive eye examination and a detailed discussion of the study.

You can participate in this study for free.

Laser Vision Correction

Do you have dry eyes?

If you experience dry eyes, talk to your doctor about participating in a dry eye research study. Participants will receive free contact lenses and free care solutions.

WEST COAST EYECARE
San Diego Locations
1-800-486-9466
westcoasteys@gmail.com
and appearance. I do a lot of walking and bicycling. It's not important to me if a woman has a waist or not. I think the younger generation is probably more obsessed with it, from the pretzels into the 20s, but once you get into the 30s, then other things that are more important."

Player has a 42-inch waist and a 46-inch chest. As night falls, the Riverview Club is nearly empty, but four patrons gather around the bar in front, taking the opportuni
ty to smoke cigarettes. Henry Copeland, 63, is the only one willing to talk about his stomach. His tone of voice is childish.

"I've lived here about 17 years. I'm from Michigan originally. People from Southern California worry about their stomachs a lot more than people from Michigan, and I think they worry about more things than Michigan is far more laid back. If you want to go to the gym, do it. I don't worry about my stomach, at least not so much, you could call it. I place my hand over the mild bulge of my belly, laughing. "I don't think much about it one way or another. I'm just happy that I have a natural waist at 45 inches. When he places the tape measure around his chest, it goes to 48 inches. "I wear T-shirt that's too big on me. I'm just not that interested in it."

Every Friday morning at 10 White Mountain Club, Library, has a story time, story for the children's section reads stories and sings songs in infants, toddlers, and children near kindergarten age. This morning, the Wren Room is filled with enthusiastic toddlers and their mothers listening to a story while the less enthusiastic around the room. Most of the children are let loose. Choosing is five months pregnant, and her bulging stomach is notable, but not prominent. When I'm nine months pregnant, my waist is probably 27. I can't say for sure what it is now, but I just bought some ribbons and fabrics for my son for school, and a piece of rib
tant, Kristen, a Scandinavia resident, is viol
ing her sister who lives in Point Loma, using the library as a meeting place where their children can

"The only six-pack I'm interested in is what I drink, not what's down here [pointing to his stomach]."

It's 8:30 pm on Labor Day Monday and Rally Total Fitness in Mission Valley still has people working out in a large mirrored room filled with unusual treadmills. One of them, Fred Cooper, 35, may have the perfect six-pack stomach I've seen yet. His entire physique is perfect, and when he lifts up his shirt, a ripple of muscles seems to burst through his abdomen's flesh. Soft

When I first started working out and was about 20, I was in high school, and I was always kind of jealous of athletes. I try to keep myself in shape, because I want to keep up with the kids. I don't really do a lot of abnormal exercises. I probably work out maybe twice a week on my stomach, but I do a lot of running and eat a lot of lean meat and poultry. I try to watch what I eat. About two months ago, I said I was going to start working more on my stomach, because I want to see it look even better. I don't really consider it a perfect six-pack. I know it's a lot of exercise, but I think it could be a lot better. I've got to start dedicating more time to working on my stomach. It's not just motivation, really.

The search for a woman with a perfect six-pa

mark ends when female trainers recommend that I speak with Heidi Gra

barn, a trainer at the 24 Hour Fitness in Universit

ty Tower Center. When Graham, 22, enters (or bounds into) the room, her athleticism seems indomitable. "I've been working out all my life, I play a lot of sports in high school and college — volleyball and basketball." A Wyoming native, Gra

barn is in San Diego hoping to obtain his degree in exercise physiolo

ogy and nutrition at SCSU.

"I used to work on my stomach a lot a week a day a week. I usually spent 20 to 25 minutes on my abdomen. I watched to take pictures or. Graham fits her biceps to expose her abdomen. It looks like a rock, yet the sculpted shape of her six-pack isn't as pronounced as a man's. Graham drops her bicep as soon as the photos are snapped, glad to pull her stomach away from all the attention."

---

**ROBERT A. SHUMWAY, MD, FACS**

**State-of-the-Art LASER COLLAGEN REGENERATION**

**New Heights for a younger-looking face.**

**Now You Can Also Enlarge Your Breast Without Surgery!**

Call regarding $99 Introductory special

**Laser Hair Removal**

**Call or visit our website for more information.**

**Robert A. Shumway, MD, FACS**

**Dr. Sadrian's Aesthetic and Scientific Capabilities Can Improve Your Appearance at Over 30% to 40% Less!**

**As a Plastic Surgeon with more than 20 years of scientific training, Dr. Sadrian's versatility in modifying body contour is impressive. Fortunately, Dr. Sadrian is able to produce excellent results at a significant savings to his patients!**

**How Much Can You Also Enlarge Your Breast Without Surgery?**

Dr. Sadrian is one of the first surgeons in San Diego to offer the only clinically proven, non-surgical system for breast enhancement and shaping. This method is completely non-invasive and much less expensive! **Affordable New Breast Augmentation**

*Some people look at it they had a "jive job," but Dr. Sadrian artifically performs this procedure to create a naturally improved facial appearance.*

**Complimentary Consultation**

**858.587.2640**

www.drsadrian.com

8504 Grand Avenue, Suite 120
Scripps Hospital, La Jolla

**When Diets and Exercise Fail, We Can Help!**

**LipoSculpture**

Feel more confident with your body and in your clothes you wear. We can help you regain your youthful curves once more! Take advantage of our Body Contouring Special today!

**When Diets and Exercise Fail, We Can Help!**

**Liposculpture**

Feel more confident with your body and in your clothes you wear. We can help you regain your youthful curves once more! Take advantage of our Body Contouring Special today!

**Complimentary Consultation**

**858.587.2640**

www.drsadrian.com

8504 Grand Avenue, Suite 120
Scripps Hospital, La Jolla

**FINANCING**

**High-Performance Weight Loss**

- **Overweight and Insulin-resistant?**
- **A Congenital weight problem?**
- Out of shape? Do you want to tighten and tone your whole body?
- **A want to safely lose 5-7 lbs a week and keep it off?**

We can help you with all of the above. Health problems that arise from obesity can be lowered by losing weight. Our revolutionary natural method is performed by a professional.

**Call for an appointment**

**Wellness Care Center**

619-282-0001

**HIGH-PERFORMANCE WEIGHT LOSS**

- **Overweight and Insulin-resistant?**
- **A Congenital weight problem?**
- Out of shape? Do you want to tighten and tone your whole body?
- **A want to safely lose 5-7 lbs a week and keep it off?**

We can help you with all of the above. Health problems that arise from obesity can be lowered by losing weight. Our revolutionary natural method is performed by a professional.

**Call for an appointment**

**Wellness Care Center**

619-282-0001
permanent hair removal
NO TWEETERS.
NO RAZORS.
NO STUBBLE.
EVER.

Electrolysis and Electrolysis:
for a permanent (yes, permanent) solution.

FREE ELECTROLYSIS
15 minutes free. First-time clients only. Expires 10/31/03.

- Oxygen Facial
- Ion Facet Spatula
- Epilaser
- Ultrasonic Peel
- Microdermabrasion
- Bionic Skin Care
- Professional Wigs
- Botique (European Facial + Waxing)
- 100% Recovery Complex

REJUVAPLA
COMPLETE HAIR REMOVAL & SKIN CARE CENTER
1200 Pearl St., #4 La Jolla 858-454-5852 www.rejuvapla.com

the eyes have it.

(ae lips too)

Bring both your beauty with permanent makeup. Have your brows, your eyeliner, your lips always looking lovely, well-defined, sexy and natural.

The artist at MVY Clinic can give you the gift of a lifetime look and the time to enjoy it. No more hours spent in front of the mirror trying to "tweak" beauty. It is always there.

Call MVY for a complimentary consultation and bring the joy of permanent makeup into your life.

Erasing the Stress
All-Natural Microdermabrasion
3 Treatments Just $180 or $225 with 4th

TIGI
MARIN
REDKEN
GRAHAM WEBB
DIPE
MOISE
JOICO
AMERICAN CREW

S10 Off Haircut & Style (Reg $35)
Free Lip or Brow Wax with European Facial

Mention this ad for a free session of laser hair removal.

Ultra Beauty Supply & Salon

1120 Lo La Reso Cenfor Dr.
858-479-9883

Free Haircut with any grooming service (Reg $35 value)

Strictly teeth in 6 months!
With the latest techniques

- Orthodontics
- Clear and "Removable" Braces Available
- General and Cosmetic Dentistry
- Oral Surgery
- TMJ Dysfunction

Call today for your FREE consultation and learn about the latest orthodontic techniques.

Dental Association of La Jolla
Member of the American Orthodontic Society, ADA, IDSA and IAO
4710 Executive Drive, Suite 100
(858) 452-2900
www.greatorthodontist.com

Commitment + Understanding + Integrity
Roam-O-Rama

A Guide to Unexpected San Diego and Beyond • By Jerry Schad

The map on this page shows the location of the Roam-O-Rama "scenic drives" in San Diego. The map shows the locations of the scenic drives in San Diego, as well as the locations of other attractions in the area. The map includes a legend that explains the symbols used to indicate the different types of attractions.

On the map, the scenic drives are indicated by green lines. Other attractions, such as museums, restaurants, and shopping centers, are indicated by different symbols and colors. The map also includes a key that explains the symbols used to indicate the different types of attractions.

For more information, call SAN 766-4000 or 766-4090. For more information, call SAN 766-4000 or 766-4090.

For more information, call SAN 766-4000 or 766-4090.

The Birch Aquarium at Scripps Presents:

San Diego's Underwater Pioneers

September 28 through November 3

A fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!

RUTH CHERY
Open Your Heart! A Mid-Life Fable

In Honor of John Lennon's Birthday

SAN DIEGO REPERTORY THEATRE Saturday, October 27, 2001
7:30 p.m.

CELEBRATING 25 YEARS IN BUSINESS

PHOENIX PHYRE

WORLD IMPORTS, BOOKS & GIFTS

2816 12th Street South, Las Vegas, Nevada 89107
Telephone: (702) 447-9050
www.phoenixphyre.com

BIRCH AQUARIUM
Scitica presents:

San Diego's Underwater Pioneers

September 28 through November 3

An fascinating new exhibit on the evolution of SCUBA diving and local dive pioneers!

Journey undersea in presentations hosted by diving legends at the Birch Aquarium.

7:30 - 9:30 PM: Thursday, November 1
Lecture Fee: $10

ANNUAL HAUNTED HALLOWEEN psychic fair

October 26, 27 & 28

Friday 7:30 PM; Saturday & Sunday 6:30-7:30 PM
FREE ADMISSION, Reading & Shopping Booths
Psychics • Tarot • palm reading • Spirit Communication
Auric • Chakra Healing Hair Cuts, Hand & Foot Oils, Crystals & Jewelry
Check out our new line of jewelry! Asian Furniture & Book Store!
Seaport Village & The USO, proudly salute San Diego's military personnel.

with

Blues By The Bay
Free Blues Saturdays in the West Plaza
Saturday Nights 5:30
October 11 - 13: Rainey & The Midnight Players
October 20: Bill Mage Blues Band
October 27 - 10: Doo Blues

2 HOURS FREE PARKING WITH PURCHASE OF ANY ADULT TICKET
at participating locations. 
See attached coupon for details.

More information call
714-639-6622
www.seaportvillage.com

DANCE FOR $20
Dance with the Country Stars
Saturday nights, October 11 - 25
$20 per person includes admission, country music, and snacks. Tickets available at Seaport Village Visitor Center.

1029 Orange Avenue, San Diego, CA 92101
760-737-8470
www.seaportvillage.com

Esmearalda Books & Coffee
1029 Orange Avenue, San Diego, CA 92101
760-737-8470
www.esmaralda.com

Love Wildlife, BUT don't know what to do next?
Licensed wildlife rehabilitators
Saguitar
Gator Larry
SAGE Advice
 conservation

PAINTBALL FREE PLAY FOR 2!
With Gun and Mask
With the purchase of 1 ticket ($20) per person.
Guns and masks are included.

760-737-8470
www.esmaralda.com

Esmeralda Books & Coffee
1029 Orange Avenue, San Diego, CA 92101
760-737-8470
www.esmaralda.com

Now, after the trivia dinner was over, they all had returned to Milly's for a pleasant evening on the roof bed. Milly's owners in The Twentieth Street and 11th and Eads in the same area — according to some contemporaries, such as the great Frank Gilmour — had really let it all hang out there with much more... in a more open way. And so, they got to get it out. It was a good night, overall; we really just get that out of the way, we all had a good night. The...}

Now, after the dinner was over, they all had returned to Milly's for a pleasant evening on the roof bed. Milly's owners in The Twentieth Street and 11th and Eads in the same area — according to some contemporaries, such as the great Frank Gilmour — had really let it all hang out there with much more... in a more open way. And so, they got to get it out. It was a good night, overall; we really just get that out of the way, we all had a good night. The...
The 'l dinner theatre in the nation!
Joey & Maria's Wedding
Be a guest at the show everyone is raving about!

Enjoy the finest in entertainment and theatre all rolled into one! Come to Joey & Maria's wedding and see what everyone is talking about! A night to remember, in your case!
Ray Romano
"Everybody Loves Raymond"

Kevin James
"The King of Queens"

Friday October 12

Ray Charles Additon
Stereo Mics
Sunday October 28

Coors Amphitheatre

October 18

De Dub Club
Live Reggae and World Music Night!

October 19

Boomska Brethren

Buy • Sell • Trade
We pay 50% more
over 10,000 VHS and DVD's
cash for CDs, VHS and DVDs!

1220 Garnet Ave • Pacific Beach • (619) 281-8991
Mon-Sat 10-8 Sun 10-6

1396 Oceanfront Walk • Mission Beach
Mon-Sat 10-8 Sun 10-6

619.220.7173 • TICKETMASTER.COM • TONER RECORDS • ROBERTSON'S MAY • THE WHITESTARLIGHTER • DAVE'S OCEANFRONT • LADYBUG • LA RAZA • MADISON VIDEO • BAGULIO PRODUCTIONS • PUBLO WINS, ANDES STAGE AND CALIFORNIA THEATRE • M, W, F, S, O, B, TALENT, W, C, T, A, T, S

A Benefit for the September 11 Fund
DJ Stories

"Wow, you guys don't have a lot of listeners."

In the five years I've worked at a local rock station, there were few questions I'd always get from colleagues and listeners alike: "Yeah, but how many listeners do you have?" Well, I'm here to tell you that the numbers are not as important as you might think. In fact, I'd say that the quality of the conversation is often more important than the quantity of listeners. So, let me tell you about a recent conversation I had with a couple of listeners...

NEW MENTHOL CAMEL

Enjoy Turkish Jade's distinctive, mellow menthol flavor - the unique combination of Camel's smooth Turkish and domestic blend with the world's finest menthol.

Mellow Menthol Flavor

CAMEL TURKISH JADE
17 mg. "tar", 1.5 mg. nicotine, av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.
No text content provided for this page.
Human Knife
Muddy's music was devil music, all about hoodoo and sex.

When the rolling stones visited the United States in 1964 as part of the so-called 'British invasion', they demonstrated what rock and roll meant at the very same time that America was being subjected to a brutal reality of the Vietnam war. The young generation was hungry for change—change of music, change of political and social climate. The Rolling Stones, who started their career as a blues band in London, were one of the few acts that were able to connect with the American audience. They were the bridge between the old black music and the new rock n roll.

Muddy Waters was one of the most influential blues musicians of all time. He was born into poverty in the Mississippi Delta in 1915 and began his career in Chicago in 1941. His music was a hybrid of Delta blues and Chicago blues, which he called 'Hoodoo'. It was a genre that blended the raw energy of Delta blues with the urban sounds of Chicago. Muddy was a master of the harmonica and his singing was filled with passion and emotion. His songs like 'Hoochie Coochie Man' and 'I Can't Be Satisfied' became instant classics.

Muddy's music was all about hoodoo and sex. It was a reflection of the pain and suffering of the black community. It was a way for them to express their emotions and feelings. Muddy's music was a form of resistance against the oppressors. It was a way for them to say 'no' to the system.

Muddy's music was also a form of entertainment. It was a way for the young people to escape from the harsh realities of life. It was a way for them to have fun and enjoy themselves.

Muddy's music was a form of communication. It was a way for them to connect with each other. It was a way for them to share their experiences and feelings.

In conclusion, Muddy's music was a form of expression. It was a way for the black community to express their feelings, their emotions, and their pain. It was a way for them to resist and fight against the oppressors. It was a way for them to have fun and enjoy themselves. It was a way for them to connect with each other. Muddy's music was a form of communication. It was a way for them to express their hoodoo and sex.

Human Knife
Muddy's music was devil music, all about hoodoo and sex.
Rib Injustice
The whole patio has a planksy, bollardy, pelicany, ropey, brazy, cozy, Joey feel.

We haven't been here. That Sunday night, Park Boulevard. All those damn dogs laying about, just laying there, thinking about life. We’re looking for somewhere to go, and we end up at Sunday Injustice. The food is good, the service is decent, but it’s just not our thing. We leave feeling like we wasted our money.

The bartender, who also runs the restaurant, tells us that we should try the brisket. The brisket is great, but the rest of the food is just okay. We end up ordering a burger and a salad, but the burger is tough and the salad is bland. We leave feeling disappointed.

The restaurant is open daily from 11 am to 10 pm, and they have a happy hour from 3 pm to 7 pm. They also have live music on weekends. We would recommend giving this place a try if you’re in the area, but we personally won’t be back.
Current Deals and Offers

Restaurant Listings

San Diego's best restaurants offer a variety of deals and offers throughout the year. Check out the latest deals and offers at SanDiegoReader.com, where you can find special deals on food, drinks, and more.

1. Anthony's Fish Grotto - 50% off lunch
2.查理五世 - 50% off lunch
3. La Jolla Cove - 50% off lunch
4. La Playa - 50% off lunch
5. Seaport Village - 50% off lunch

San Diego Reader

San Diego Reader provides a wide range of restaurant deals and offers. Check out their website for the latest deals and offers.

Restaurant coupons and menus at SanDiegoReader.com

Check out the latest restaurant coupons and menus at SanDiegoReader.com. You can also find deals and offers at other popular websites like Sobi.com.

Bay View Bar & Grille

Bay View Bar & Grille offers 50% off your total bill on Tuesdays. Make sure to check their website for more details.

Anthony's Fish Grotto - 50% off lunch

Anthony's Fish Grotto offers 50% off lunch. Check their website for more details.

La Jolla Cove - 50% off lunch

La Jolla Cove offers 50% off lunch. Check their website for more details.

La Playa - 50% off lunch

La Playa offers 50% off lunch. Check their website for more details.

Seaport Village - 50% off lunch

Seaport Village offers 50% off lunch. Check their website for more details.

San Diego Reader - 50% off lunch

San Diego Reader offers 50% off lunch. Check their website for more details.

Restaurant coupons also available at Sobi.com

Check out the latest restaurant coupons available at Sobi.com. They offer a wide range of deals and offers for restaurants in San Diego.

Restaurant reviews and ratings

Check out the latest restaurant reviews and ratings at SanDiegoReader.com. You can also find reviews and ratings at other popular websites like TripAdvisor.

Restaurant specials and deals

Check out the latest restaurant specials and deals at SanDiegoReader.com. You can also find specials and deals at other popular websites like Groupon.

Sobi.com

Sobi.com provides a wide range of restaurant deals and offers. Check out their website for the latest deals and offers.

Tips and tricks for saving money on restaurant deals

Here are some tips and tricks for saving money on restaurant deals:

1. Look for deals and offers online
2. Check out restaurant review websites
3. Look for restaurant specials and deals
4. Check out restaurant coupons and menus
5. Look for restaurant promotions and offers

Restaurant deals and offers can save you a lot of money. Make sure to check out the latest deals and offers at SanDiegoReader.com, Sobi.com, and other popular websites.
**Corky Romano** — Chris Kattan, Paul Reiser, and Peter Falk.

**SOUTH FOR THE WINTER** — Nicholas Cage with an ensemble Italian cast, directed by Michael戌h and written by Robert Zemeckis. An international co-production between America, Italy, and France. The film focuses on the lives of a diverse group of Northern Italian families, each facing unique challenges and overcoming them in their own unique ways. A heartwarming tale of family, love, and the beauty of life. 10/11

**THE DEEP END** — Lucy Liu is the latest addition to a story of love, friendship, and the pursuit of dreams. A bold and gritty drama that explores the world of professional wrestling, with Lucy Liu leading the cast. 10/11

**GOTCHA** — A comedy about a group of friends who decide to reopen an old video store. They soon discover the power of nostalgia as they reconnect with their past and face unexpected challenges along the way. 10/11

**BANDITS** — "The best two hours of entertainment to come out of Hollywood this year." — New York Times

"Incomcefully entertaining comedy. Willis and Therston are hilariously mismatched." — Los Angeles Times

"One of the best comedies of this or any other year. " — Rolling Stone
ATTENTION RELOADERS!!!

Are you ready for a fresh start with a fun, professional upholstery company? Want to work cash and prizes while increasing your income? Here’s the chance you’ve been waiting for — make it happen!

- Full benefits + $5,000 yearly in commissions
- Full benefits + 10% paid by company
- Paid vacations

WORKSMART — (619) 326-7367

San Diego Gas & Electric is hiring for Laborers

Saturday, Oct. 20

In order to reserve your spot today, you must submit an application and a DMV info driving record by October 18.

Applications are available at:
Security Office
8222 Century Park Court, Ste. 8

LIVE-INs — CNA — HHAs
EXPERIENCED CAREGIVERS
IMMEDIATE OPENINGS

- Weekly pay
- Free week of vacation
- Free health insurance plan
- $400 new employee sign-on bonus
- 24/7 Paid sick time
- 3.x paid hourly

San Diego, North County, or Imperial Valley

We are looking for caring individuals to contact established customers on behalf of leading cable, internet service providers, and financial agencies.

Call for an immediate interview or apply in person at 9332 Claremont Mesa Blvd.
(858) 292-6751, ext. 8033
www.dialamerica/sandiego

TELEMARKETING

Great opportunity working for an award-winning educational software publisher!

Earn $30,000-$80,000!

Hourly + Commission
2 Shifts Available
We offer training, a relaxed atmosphere, medical benefits, life insurance, and 401(k).

WordSMART
(858) 565-8068 ext. 118

Is money the problem? Then we have the solution!!

Immediate openings on all shifts.
AM & PM

We offer:
- Flexible schedules
- $9-$14/hr potential
- Paid training
- Weekly pay
- Benefits and 401k available
- Professional/friendly environment

We are looking for friendly, outgoing individuals to contact established customers regarding cable, internet service providers, and financial agencies. Call for an interview or apply in person at 9332 Claremont Mesa Blvd.
(858) 292-6751, ext. 8033
www.dialamerica/sandiego

Professional TELEMARKETERS
Convert your telesales skills into a career in mortgage lending.

- Guaranteed base during training $1500-$1800 plus commissions BOE
- 3-phase training program — all phases of lending
- Earning potential $40k-$60k first year
- Full benefits package

Change your future now! Join the Equity 1 team!

Call Jim at (858) 559-5455, ext. 340 for an interview; fax resume to 1-800-549-6212.
Att. Jim or e-mail loanofficer@equitylenders.com.
Full- and part-time telemarketing positions also available at guaranteed $10 per hour.
LEADERS WANTED!

My team is looking for 5 self-motivated, highly-motivated people who have a strong desire to earn $100K or more in the next 6-12 months!

Our product teaches how to accumulate and protect wealth using the strategies of the very wealthy. NOT MLM or franchise.

If you are seriously seeking to take control of your life, call me toll-free at:
1-800-470-4876 for your personal interview.

Shield Security, Inc.

Full-time positions now available
• Offers start at $6 per hour
• Assistance in guard card
• Advantages in guard card
• Contacts in guard card
• Personal opportunities
• Profit sharing • Medical & dental available

If you have a criminal conviction, a high school diploma or GED, a good work history, phone and communication, apply in person:
2146 10th St., San Diego
255 N. Ash St, Escondido
760-877-4602

LEADERS WANTED!

My team is looking for 5 self-motivated, highly-motivated people who have a strong desire to earn $100K or more in the next 6-12 months!

Our product teaches how to accumulate and protect wealth using the strategies of the very wealthy. NOT MLM or franchise.

If you are seriously seeking to take control of your life, call me toll-free at:
1-800-470-4876 for your personal interview.
3 Ways to Respond to READER MATCHES ADS!

Call 1-877-700-6282
Your turn! It's easy & fast. You must be at least 18 years old to call. No records or call phones. Call and enter the number at the end of an ad to hear the advertizer's voice mail to leave a message. The time is in the ad at the last line to reply. The charge will appear on your phone bill as "Talking Commercials." Call 1-877-700-6282.

Use your credit card to purchase a block of calling time and charge it to your Visa, MasterCard, Discover or American Express. For as little as $12.95 per month.

Send an e-mail to Reader Matches at SanDiegoReader.com. Be sure to include your name and phone number. SanDiegoReader.com also allows you to respond to Reader Matches ads via e-mail.

30+ SINGLES PARTIES!!

SATURDAYS
6-9PM
ACAPULCO
5550 Morena Blvd - Phone 295-5680

COCKTAILS: $2-

CONFIDENTIAL DISCJOKER TO MATCH VOCAL TRACKS

CALL NOW TO RESERVE YOUR TABLE

SUCCESSFULLY SINGLE

PERSONAL MATCHING rocketstefan.com

FREE Classes!

30-Minutes: $30

50-Minutes: $50

60-Minutes: $75

120-Minutes: $150

30-Minutes: $30

50-Minutes: $50

60-Minutes: $75

120-Minutes: $150

FREEDATES

DATING, SELF-CONFIDENCE & PUBLIC SPEAKING

Learn skills to overcome shyness

Approach anyone, anywhere

Avoid awkward situations

FREEDATES

DATING, SELF-CONFIDENCE & PUBLIC SPEAKING

Learn skills to overcome shyness

Approach anyone, anywhere

Avoid awkward situations

FREE Online Placement: Ads submitted online receive extra exposure and respond to readers. Tell us more about yourself and upload a photo, too! These features are free: Online placements deadline 7 am, Saturday. More Free Placement Options: Can't get online? Fill out the form below and mail or fax it to us. If mailing, please photocopy this. Fax/mail deadline 7 am, Saturday.

Meet your match! Use the form below to place your free, 8-week Reader Matches Ad and get your free Voice Mailbox.

FREE AD DEADLINES: 7 am Saturdays

Reader Matches, P.O. Box 8803, San Diego, CA 92116. Fax (619) 233-7987

Online: SanDiegoReader.com

LATE AD DEADLINES: 5 pm Tuesdays

Fax (619) 233-7987 Phone (619) 233-8320

We must have the following information. Please print.

Name

Address

City Zip

Phone (day) ( )

Phone (evening) ( )

Signature

To receive e-mail response, simply provide your address below. (Don't worry, your e-mail address will not be revealed.)

E-mail:

Choose One:

□ Woman writing a man

□ Shared interests

□ Man seeking a woman

Reader Matches Voice Mailbox... FREE

Headline... $12 each line...

Free 25 words of personal ad... $ FREE

Add another word... $ .20 each...

Last fee in week $20...

TOTAL...

No cancellations. No refunds. Make check or money order payable to San Diego Reader. To order using Visa, MasterCard or Discover, please fill out the following:

Card number

Expiration date

Signature
Country Villas

6100 More-in Rebate with Ad!

Starting at $995

Alpine Village

Starting at $795

Country Villas

263 Douglas Drive, Calexico, 760.439.9801
countryvillas@archstone.com

Alpine Village

2010 Washington, Calexico, 760.729.6564

$6 CLASSIFIEDS!

ASK ABOUT OUR
MOVE-IN SPECIALS!

PRESTIGIOUS ONE-BEDROOMS IN THE VILLAGE OF CALIFORNIA!

Neatly landscaped community

STUDIOS, 1,2,3 BEDROOMS STARTING AT $235

SPACIOUS DESIGNER KITCHENS

- New gas and electric appliances
- Dishwasher
- Hardwood floors
- Breakfast bar
- Designer window treatments

NEWLY UPGRADED INTERIORS

- Carpet
- Spacious floor plans
- Walk-in closets
- Private patios and balconies

Features

- 24-hour security
- Laundry facilities
- Cable TV
- Internet access
- Fitness center
- On-site management
- 24-hour maintenance response

Real Estate

United States

10033 FREDERICK AVE WOODLAND SHORES 92086
949.497.2999

10050 BAYBERRY CT CARLSBAD 92011
858.684.1000

10035 BAYBERRY CT CARLSBAD 92011
858.684.1000

Music

PREVIEW THE ALL NEW TIMS/2!

RANE

RANE

RANE

RANE
$6 CLASSIFIEDS!

Free Engine Oil Change
$185.99
Includes labor and parts. 3-year warranty. Free pick-up and delivery. Fri-Sat-Sun 9am-5pm.

We speak Japanese to your car!

We sell new parts to replace your car's factory parts. We also sell used parts to save you money!

CV Boots
Timing Belts
Complete Axle
New Clutch
Brakes
Air Conditioning Service

We carry parts to keep your car running smoothly! Call us today for details!

SPEEDY TUNE & BRAKE
$39.99
- Handbrake adjustment
- Brake check
- Fluid check
- Tire balance

FREE BRAKE INSPECTION!
BRAKE SPECIAL
$59.95*
Free engine oil change with service. We check brakes for leaks, pad wear, and rotor wear.

Get 33% More Out Of Your Battery
The new Longevity Study concludes:
ACDelco Professional Batteries last 33% longer than other automotive batteries.¹

Munich Complete Automotive

Overseas Automotive Repairs

SAME-DAY SERVICE

We use all original factory parts.

We service all makes and models. We also sell used parts to save you money!

We carry parts to keep your car running smoothly! Call us today for details!

Overseas Automotive Repairs

We use all original factory parts.

We service all makes and models. We also sell used parts to save you money!

We carry parts to keep your car running smoothly! Call us today for details!
$6 CLASSIFIEDS!

Reader Classifieds
are on the Web
Updated every Wednesday. To place or view ads, visit SanDiegoReader.com.
Another Lousy Day

I wasn't very happy about the taxi, but my daughter Rebecca woke up with an oil leak. The mechanic at the repair shop said she had to change the oil. I was hoping the oil had just been put in by a previous owner, but it was an old car and needed a new oil change. I also had a couple of other tasks to do, so I decided to take the car to the repair shop.

At the repair shop, I had to pay for the oil change and other repairs. The mechanic said the car would be ready in a couple of days. I asked if they could give me a loaner car, but they didn't have any available. I had to wait for the car to be ready.

When the car was ready, I picked it up and drove it home. It was running smoothly, and the oil leak was fixed. I was happy to have my car back, but I was still a bit disappointed with the taxi.

On the way home, I thought about the taxi. It was an old car, and the oil leak was a minor issue. I was lucky that it was fixed so quickly. I also thought about how much it cost to fix it. I was glad that I didn't have to pay for the repairs out of my own pocket.

In the end, I was happy to have my car back. I was also a bit disappointed with the taxi. I thought about how much it would have cost to fix the oil leak on my own. I was glad that the repair shop was able to fix it quickly and for a reasonable price.

I hope that the next time I need a taxi, I won't have to pay for repairs. I also hope that the car is in better condition next time.
Put an End to Backseat Driving

With mobile video, backseat passengers are too busy to complain.

This overhead video screen can be the start of a great audio/video system. For competitive with DVD, VCR or entertainment, and drop down like a breeze when not in use. This sleek and stylish design offers a wireless remote a 31" diagonal screen in color. When folded, a built in speaker in the viewing angel. '999' **Installed**

Panasonic Flip-Down Video System with DVD Player

This overhead DVD player brings fantastic video to the backseat. With a wide viewing angle, new backseat passengers can sit back and enjoy digital entertainment as the child.

- Remote included
- Headphones
- Upgrade capability

'1,299' **Installed**

New Dealers Now Open

New Dealers Now Open

11387 Beatty Street, 251-1/2 W. 4th Street, 11th St.

Are we there yet? Your kids won't even notice with this Panasaco

Tweeter

Audio, Video and a Fortune of Knowledge

*For additional information, please contact your local Panasonic dealer or visit www.panasonic.com"