**SHOWTIME**

**STEEPING OUT with ken dickmann**

The atmosphere at each show is important to the success of the program. The cast of the show is a key component in creating a positive environment for the audience.

Supported by Beverly Bray on keys, Gene Gimpel on rhythm guitar, and Linda Mitchell on drums, the group has been a mainstay of the local music scene for over a decade. Their latest album, "Stepping Out," is a compilation of live performances from around the country.

The band's sound is a mix of rock and roll, blues, and country, with a touch of jazz thrown in for good measure. They are known for their energetic stage presence and their ability to connect with the audience.

But, like any successful group, they have had their share of ups and downs. In the mid-70's, the band was kicked out of a number of venues for playing too loud. They were also repeatedly cited for noise violations.

Despite these challenges, the band has continued to perform, drawing a devoted following. Their upcoming tour, which includes stops in San Francisco, Los Angeles, and New York, is sure to be a success.

**FRED THE BEAR**

FRED THE BEAR is the central character in the show. He is a grizzly bear who loves to dance. His costume is a bear suit that is custom-made for him. The bear suit is made of high-quality materials and is designed to be both comfortable and stylish.

FRED THE BEAR's dance moves are a mix of traditional bear dances and modern choreography. He is known for his fluid movements and his ability to connect with the audience.

FRED THE BEAR's costume is a key component of the show. It is designed to be both eye-catching and comfortable. The costume is made of high-quality materials and is designed to be both functional and stylish.

FRED THE BEAR is a popular character among the audience. He is known for his love of dancing and his ability to connect with the crowd.

**THE RETURN OF BORIS BOROY**

Boris Boroys, a grizzly bear, is the main character in the show. He is known for his love of music and his ability to play the harmonica.

Boris Boroys is a grizzly bear who loves to play the harmonica. He is known for his love of music and his ability to connect with the audience.

Boris Boroys is a popular character among the audience. He is known for his love of music and his ability to connect with the crowd.

**THE ABBEYGARDEN**

The Abbeygarden is a popular venue in San Francisco. It is known for its live music and its unique atmosphere.

The Abbeygarden is a popular venue in San Francisco. It is known for its live music and its unique atmosphere.

The Abbeygarden is a popular venue in San Francisco. It is known for its live music and its unique atmosphere.
OPEN TWENTY-FOUR HOURS

THE CHURCH STREET STATION RESTAURANT
& HIDEAWAY BAR
2100 Market St. 861-1266

Featuring...

Church Street Station

Burgers

"We Make Our Own"

INTERNATIONAL FILM FEST

The San Francisco International Film Festival program was continued on page 3.

The evening choice was a film by Tom Grills, always a Ellinor to enjoy. "The Marriage" was a charming comedy, but the audience was divided over its ending. The film was directed by Edward Dmytryk, and stars Dorothy Lamour and Fred MacMurray. The story follows a couple who are forced to marry in order to save their old playhouse. The film was well received, and the audience was left with a smile.

The next film to be shown was "The King and I," directed by John Huston. The film stars Yul Brynner and Deborah Kerr, and is based on the Broadway musical of the same name. The story follows a British general who is forced to marry a Thai princess in order to become the king's advisor. The film was well received, and the audience was left with a sense of wonder.

The evening concluded with "The Longest Day," directed by George Stevens. The film stars Richard Burton, Marlon Brando, and Elizabeth Taylor, and is based on the D-Day invasion of Normandy. The film was well received, and the audience was left with a sense of amazement.

"The Best of Times" was the final film of the evening, directed by John Cassavetes. The film stars Henry Fonda and Jane Fonda, and is based on the lives of a group of working-class people. The film was well received, and the audience was left with a sense of camaraderie.

THE MENS ROOM

3988 18TH ST.
TWO BLOCKS
BELOW CASTRO

HAPPY HOUR
MON - FRI
4:30 - 7:00

*WELL .60
*ACME & PASTA .60

*TUES...

*ACME .35

OPEN
12 NOON - 2 A.M.

(415) 861-1310

"The Great Team of Destiny" concert. Sterling, Johnny Crawford, and the band were in top form, with the audience singing along to every song. The band played a variety of genres, from classic rock to country, and the audience was left with a sense of excitement.

The final film of the evening was "The Longest Day," directed by George Stevens. The film stars Richard Burton, Marlon Brando, and Elizabeth Taylor, and is based on the D-Day invasion of Normandy. The film was well received, and the audience was left with a sense of amazement.

The evening concluded with "A Woman's Face," directed by John Huston. The film stars Humphrey Bogart and Ingrid Bergman, and is based on the novel by Dashiell Hammett. The film was well received, and the audience was left with a sense of suspense.

"The Best of Times" was the final film of the evening, directed by John Cassavetes. The film stars Henry Fonda and Jane Fonda, and is based on the lives of a group of working-class people. The film was well received, and the audience was left with a sense of camaraderie.
**Mark Brown**

**By Mark Brown**

**S.F. Ecology Group**

The San Francisco Ecology Group held its annual meeting and election of officers last week. The group's activities include the promotion of environmental awareness and the protection of local natural resources. The group is made up of volunteers who work together to educate the community about environmental issues.

The group has been very active in the past year, organizing events such as clean-up days and workshops on recycling and composting. They have also worked with local schools to incorporate environmental education into their curricula.

The group is looking for new members to join their efforts. If you are interested in becoming involved, you can contact the group at their website.

---

**Mescaline: A Mexican American Perspective**

The book **Mescaline: A Mexican American Perspective** by Mr. and Mrs. Garcia, explores the history and cultural significance of mescaline in the Mexican American community. The book traces the origins of mescaline and its role in traditional ceremonies and healing practices.

The authors provide a detailed exploration of the plant's chemistry and its effects on the human body. They also discuss the cultural significance of mescaline in various communities and its place in the broader context of ethnobotany.

**Reservations: 621-5570**

**San Francisco, CA 94114**

**-**

**-**

**-**

**-**

**-**

**-**

---

**2140 MARKET**

**626-2543**

**MOVIE IT AT THE MIND SHAFT**

---

**WORD OF MOUTH**

**Donna Chalmers**

---

**Coming Attractions at the CHICAGO SALOON**

**FORD - CARTER DEBATE**

Wed. Oct. 5

**FORD - CARTER DEBATE**

**LIBRA PARTY**

Oct. 14 - 8:00 p.m.

**FORD - CARTER DEBATE**

**HALLOWEEN week-end**

Oct. 30 & 31
TBD

BECINNINC BODY BUIIDINC TUES/ & THURS. 8:30PM, THIS COUK3N C<XX3 FOR ONE FREE. LESSC»4 IN

891 O'F

I 7 7 9 8

IBZI POLK STREET

THE

U 474-0776

German food, beer, pretzels, wine, music

OKTOBERFEST '76

OCT. 21 THRU 24

1121 POLK STREET 441-7798

TED

IT DOESN'T COST MUCH TO LOOK AND FEEL BETTER

THE

APOLLO

HEALTH CLUB

851 O'Farrell 474-0776

This column is good for one free lesson in gaining body building tips. 1 trial. 9 minimal.

DARLING!!

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Blah

La Bla
The P.S. Restaurant presents
South of the border surprises from CASA de CRISTAL
along with our taste tempting Sandwiches, Cotop Salada & regular lunch entrees.

11 am to 3:30 pm
1121 Polk Street
441-7798

GENE

HALLOWEEN
Saturday Night, October 30, 1976
Mr. B's Ball Room
THE FIRST ANNUAL
S/M BALL
(IF YOU'RE MAN ENOUGH)
AFTER HOURS
Starts at 2 a.m.

CELEBRITY APPEARANCES
MISS COWGIRL (Adoree) WINDMILL LONE STAR, MR. COWBOY - MARK CALHOUN, DINGY DON (HOUSE OF HARMONY), DOROTHY KILGallen, PETER DECKER (FOLSON PRISON), PRINCESS ROYAL, FANNIE SORRELL, JACK HARMON (BRADLEY'S CORNER), RANDY JOHNSON (INC. OF THE YEAR), MARCUS I (BOOT CAMP), THOM PAINE (MR. TAVERN GUILD), DON OF GAY RAP, DUKE SMITH (ADOREE SENATOR MARKS), BILL WALLACE (EAGLE CREEK SALOON), SPECIAL GUEST FROM THE TRADING POST AND MANY, MANY MORE!

224 6th Street, San Francisco

DARLING INGS!
"Dizziness" cont. from pg. 8

NAME PLATE PRESENTS
S/T SATURDAY NIGHT, OCTOBER 30, 1976
MISSION STATEMENT PRESENTS
S/M BALL
FIRST ANNUAL
(IF YOU'RE MAN ENOUGH)
AFTER HOURS
Starts at 2 a.m.

Crisp Salads & taste tempting Sandwiches, entrees.

The Restaurant
1121 Polk Street
441-9623
The Watch Out End-Up is a convention for disco-oriented people, DJs, club owners, equipment manufacturers, etc. At this time, there are fewer conventions, except for the annual International Disco Forum II, which is being held in N. Y. C. representing S. F. at Bill Miley's request. Before we get to the music, has Cheek permanently closed for our dancing? Don Miley is still looking for DJ work, so that he can have a source for his Cheek DJ nights. They are like Vegas, but Cheek holds DJ auditions, which are open to everyone, and if you think you have it, then you can audition. If you have it, you can audition, and there goes the bank account. You will be able to raise funds for the Cheek and have the right job and we wish them much success.

At the time I mentioned last issue, Johnny "Disco" Robinson has been very ill lately, but we understand he is much better now. At this time, I would like to publicly thank your "Mindshaft" and "Shake It Down" man, Michael Warren. Tamara Nunn and Vernie Watson are in my family.

Don Miley is still looking for DJ work, so that he can have a source for his Cheek DJ nights. They are like Vegas, but Cheek holds DJ auditions, which are open to everyone, and if you think you have it, then you can audition. If you have it, you can audition, and there goes the bank account. You will be able to raise funds for the Cheek and have the right job and we wish them much success.

At this time I mentioned last issue, Johnny "Disco" Robinson has been very ill lately, but we understand he is much better now. At this time, I would like to publicly thank your "Mindshaft" and "Shake It Down" man, Michael Warren. Tamara Nunn and Vernie Watson are in my family. Anybody who has a job, keeps the lights on and the music playing as usual at the "City". In this format, we hope that you, the music lovers, will have a better understanding of this music and appreciate the trouble that goes into it. In this format, we hope that you, the music lovers, will have a better understanding of this music and appreciate the trouble that goes into it.

At this time I would like to publicly thank your "Mindshaft" and "Shake It Down" man, Michael Warren. Tamara Nunn and Vernie Watson are in my family. Anybody who has a job, keeps the lights on and the music playing as usual at the "City". In this format, we hope that you, the music lovers, will have a better understanding of this music and appreciate the trouble that goes into it.

As I mentioned last issue, Johnny "Disco" Robinson has been very ill lately, but we understand he is much better now. At this time, I would like to publicly thank your "Mindshaft" and "Shake It Down" man, Michael Warren. Tamara Nunn and Vernie Watson are in my family. Anybody who has a job, keeps the lights on and the music playing as usual at the "City". In this format, we hope that you, the music lovers, will have a better understanding of this music and appreciate the trouble that goes into it.
<table>
<thead>
<tr>
<th>Monday 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cafe Biarritz - Friendship Hour 4 - 7 pm</td>
</tr>
<tr>
<td>625</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicago Saloon - Libra party (see ad)</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cordon's Rest. - Miai Angela appears</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unemployment night at the &quot;Hotel&quot;</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boot Camp - Chicken Dinner, 5 p.m. and 11 p.m.</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemical Theatre - Movies - The Chemical Dancers!</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Windjammer - Disco Dancing - The Windjammer</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cafe Biarritz - Casino dance contest (see ad)</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acme Beer 50.4 - 1 - 6 p.m.</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castrophonie - Confrontation production and</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Windjammer - Disco Dancing - The Windjammer</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Bolt - Acme Beer 2 for the price of 1, S - 6 p.m.</td>
</tr>
<tr>
<td>626</td>
</tr>
</tbody>
</table>

---

**THE END UP**
TATTOO LAGUNA
Fine Drinks
Man-Sized Sandwiches
served till 1:30 am
and
Music Extraordinaire
hear for yourself the first
synthesized music system
Open daily from 4 pm
Lagoon Oasls Hours
5 to 6 pm 6 to 11 pm
Beer 50¢ Well Drinks 65¢

SOUTH OF MARKET

GLORY HOLES

BAR
8350 GREGORY ST

DANCE CLUB

MISC.

BARS

GLORY HOLES

75- 90 ST.

TATTOO LAGUNA

BATHS

EATING

SHOPS

1301 Folsom Street
San Francisco 94110

453-7753

1501 Folsom Street
San Francisco 94110

453-7753

OUR STORES

BAR

DANCE CLUB

MISC.

BARS

GLORY HOLES

75- 90 ST.

TATTOO LAGUNA

BATHS

EATING

SHOPS

1301 Folsom Street
San Francisco 94110

453-7753

1501 Folsom Street
San Francisco 94110

453-7753

OUR STORES

BAR

DANCE CLUB

MISC.

BARS

GLORY HOLES

75- 90 ST.

TATTOO LAGUNA

BATHS

EATING

SHOPS

1301 Folsom Street
San Francisco 94110

453-7753

1501 Folsom Street
San Francisco 94110

453-7753

OUR STORES

BAR

DANCE CLUB

MISC.

1301 Folsom Street
San Francisco 94110

453-7753

1501 Folsom Street
San Francisco 94110

453-7753

OUR STORES

BAR

DANCE CLUB

MISC.

BARS

GLORY HOLES

75- 90 ST.

TATTOO LAGUNA

BATHS

EATING

SHOPS

1073 POLOM

501 Folsom St.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4THST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.

200 4TH ST.
INTER-CLUB FUND of San Francisco PRESENTS

CASUALTY CAPERS '76

Sun., Oct. 10
CALIFORNIA HALL, 625 POLK ST.
DOORS OPEN 5:00 PM
CURTAIN 6:30 PM
NO HOST BAR
Donation $4.00 (or a pint of blood)

END UP
OCTOBER 10, 1976
DECORATE YOUR OWN JOCKEY SHORTS DANCE CONTEST

$125.00 cash 1st place
$25.00 cash 2nd place
PLUS:
$50.00 cash special bonus for best decorated jockey shorts

Winners 1 thru 10 receive special awards of gold engraved jockey shorts pendants. Winners 11 thru 20 receive silver engraved pendants.
Free tickets at door for top record albums giveaway...
Surprise cash prizes for Endup customers.

ALL BUSES WELCOME ON HALLOWEEN AFTER 9:30 P.M. - LARGE CASH PRIZES AWARDED

M.C.'S - RANDY JOHNSON
LUCIOUS LORELEI
DENNIS CHARLES

401 6th, at Harrison
495-9550

Things a sexual revolution going on...and all the leaders are in my family...'
The menu will go something like this:

To shop at Petri's, because we are

Wash & slice the squash (2

green squash) in your lift. The first sug-

Okay let's start planning the feast for that

frozen foods and microwave

Now you are at home, he has just ar­

pote merinated in "Gran Mariner"

and for dessert a nice fresh fruit com­

Crook neck squash in cheese sauce

Crackers w/ Bleu cheese dip

Crushed nuts and a bowl of

People around, and I am flattered that

This is really a nice change to entertain

My city does have its own in one of the larger restaurants in

Good night... a happy one.

Serve your salad after which you will

Chowder in the living room,

A tomato pôme red w/

Mariner, stir and refrigerate. Chop 1

lemon juice on it. Now drain the juice

the avocado from turning dark, squeeze

up a jar of fresh fruit cocktail, put it

in a mixing bowl with 1/4 cup of Gran

drink. In the same time, make the 2nd drink. If

This past Wednesday and Thursday was

Mecca is a service mark of Arica Institute, Inc.
This is **MECCA**

"Mecca" comes from pp. 21.

Thanks to Carl Kramen and "A Different Kind of Business" from John Coltrane's album "Blue Train" for the opportunity to relax and become free for the "Mecca" creative experience. With the "Mecca" we are in love with the idea of being free and allowing our thoughts to roam wild. We are now in love with the idea of being free and allowing our thoughts to roam wild.

Spending time with people who share your interests is what the "Mecca" is all about. We are now in love with the idea of being free and allowing our thoughts to roam wild.

**Scorpio**

For March 1976

Someone would like to pin you down to a meaningless, weak-willed, and undependable person. This suggests a lack of freedom, and the inability to express your true self. The only way to avoid this is to be independent and self-reliant. This will allow you to express your true self and to be free to do what you want. You will be more successful if you can avoid being pinned down.

**Aquarius**

Your life is now a period of solitude and introspection. This is a time when you will have to be alone with your thoughts. This is an important period, and you will need to use this time to reflect on your life and to think about your future. You will need to use this time to reflect on your life and to think about your future. You will be more successful if you can avoid being pinned down.

**Virgo**

There's a happy period ahead that begins this month. You will be in a position to make some important decisions. This is a good time to make some important decisions. You will be more successful if you can avoid being pinned down.

**Taurus**

Social gatherings are highlighted. There is a need to get out and enjoy yourself. Social gatherings provide an opportunity to meet new people and to have a good time. This is a good time to go out and enjoy yourself. You will be more successful if you can avoid being pinned down.

**Cancer**

Someone would like to pin you down to a meaningless, weak-willed, and undependable person. This suggests a lack of freedom, and the inability to express your true self. The only way to avoid this is to be independent and self-reliant. This will allow you to express your true self and to be free to do what you want. You will be more successful if you can avoid being pinned down.

**Sagittarius**

Give thanks to friends and they will honor you and you will feel good about yourself. When you are happy and satisfied, your energies will be at their peak. You will be more successful if you can avoid being pinned down.

**Capricorn**

Long-feast undertakings are now in your life. This is a good time to start something new. You will be more successful if you can avoid being pinned down.

**Scorpio**

Your life is now a period of solitude and introspection. This is a time when you will have to be alone with your thoughts. This is an important period, and you will need to use this time to reflect on your life and to think about your future. You will need to use this time to reflect on your life and to think about your future. You will be more successful if you can avoid being pinned down.

**Aquarius**

For March 1976

Someone would like to pin you down to a meaningless, weak-willed, and undependable person. This suggests a lack of freedom, and the inability to express your true self. The only way to avoid this is to be independent and self-reliant. This will allow you to express your true self and to be free to do what you want. You will be more successful if you can avoid being pinned down.

**Virgo**

There's a happy period ahead that begins this month. You will be in a position to make some important decisions. This is a good time to make some important decisions. You will be more successful if you can avoid being pinned down.

**Taurus**

Social gatherings are highlighted. There is a need to get out and enjoy yourself. Social gatherings provide an opportunity to meet new people and to have a good time. This is a good time to go out and enjoy yourself. You will be more successful if you can avoid being pinned down.

**Cancer**

Someone would like to pin you down to a meaningless, weak-willed, and undependable person. This suggests a lack of freedom, and the inability to express your true self. The only way to avoid this is to be independent and self-reliant. This will allow you to express your true self and to be free to do what you want. You will be more successful if you can avoid being pinned down.

**Sagittarius**

Give thanks to friends and they will honor you and you will feel good about yourself. When you are happy and satisfied, your energies will be at their peak. You will be more successful if you can avoid being pinned down.

**Capricorn**

Long-feast undertakings are now in your life. This is a good time to start something new. You will be more successful if you can avoid being pinned down.

**Scorpio**

Your life is now a period of solitude and introspection. This is a time when you will have to be alone with your thoughts. This is an important period, and you will need to use this time to reflect on your life and to think about your future. You will need to use this time to reflect on your life and to think about your future. You will be more successful if you can avoid being pinned down.
DENO'S SIDE CAR

This year our Community Board held a meeting and all of the bike clubs came to show there support of the bike clubs. Mike Caringi, they went to meeting in the morning and then at night. Mike came and brought the bike clubs together.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car also noticed a number of changes in their city. There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.

The presentation of flags was presented by members of the different bike clubs. Each bike club had a flag that they presented at the meeting. The presentation was very nice and it was nice to see all of the bike clubs together.

The Side Car was wondering just how strange it is to see this change in their city.

There were sections in our city that were not as clean as they used to be. The Side Car was wondering just how strange it is to see this change in their city.

As of 8:00 p.m. on September 18th, everything came to an end for 5 months. At midnight one man would become the next Emperor of S.F.