

The Newspaper

CAÑADA COLLEGE
Archives

VOL. V No. 3

Cañada College, Redwood City, Calif.

OCTOBER 5, 1972

Food Prices Skyrocket; Inflation Hits

Inflation, as we know it, is the skyrocketing cost of living which we can do little or nothing about. On this campus, the cost of eating has jumped to a new high, as can be observed in the cafeteria.

Concern about this recent rise in prices seems to be substantial among students. One cafeteria employee complained about the great number of unhappy students confronting her with questions about the rise. She patiently explained that the cafeteria was going broke, and that she gets her orders from someone else.

Coffee now costs the student 15 instead of 10 cents, as was the price in the past. This may not seem like much of a tragedy, and for the most part it isn't, but one

must keep in mind that there are students who drink three or four cups or more of the caffeine juice per day.

Orange juice can be bought at Co-op market for about a penny an ounce. In the cafeteria, orange juice runs about 3 cents an ounce. Most of us can probably get along without our daily Vitamin C, but for those of us who must have a day with sunshine, it may seem like the student, or consumer, is getting the shaft.

In the cafeteria, the price for toast with jelly is 20 cents. A slice of bread can be bought just about anywhere for 1½ cents. Either the price of jelly must be outrageously expensive, or the toaster payments are due.

An egg and an English muffin cost 50 cents in our cafeteria. These two items can be purchased at Co-op for one-fifth of that.

When on sale, hamburger meat can be bought for 59 cents per pound at your local supermarket. With all due respect, the 50 cent hamburger served in the cafeteria is a damn sight short of a pound. The price of a hot dog in the cafeteria is 35 cents, while a cold dog is about 8 cents at Co-op.

Another example of rampant inflation on campus, is the famous

grilled-cheese sandwich, which costs 45 cents. For 45 cents, one can buy 12 slices of cheese at Co-op. Of course, you must include the cost of bread, which is about 3 cents per sandwich.

An apple or an orange would run about 5 cents at the grocery store, but at Cañada's cafeteria, the same fruit would be fifteen cents.

When comparing prices between store and cafeteria, one must consider the cafeteria's cost of preparing these foods. After all,

someone has to make the coffee, work the toaster, fry the eggs, cook the hamburgers, and grill the cheese. Someone also must be hired to take your money. The cafeteria does, in fact, have a high overhead. This must explain the rise in prices.

Perhaps there is little the student-consumer can do about the cost of eating, and perhaps there is little the cafeteria can do about keeping prices down. Perhaps the only solution to this problem would be to brown-bag your own lunch. Happy eating.

Shrink Helps With Variety Of Problems

"When students come in here, they come in here with a purpose," says Dr. Walt Owyang, Canada's psychologist.

Dr. Owyang has been at Canada since 1970 and has helped quite a few students overcome problems they feel are sometimes

counselors or members of the faculty.

Although Dr. Owyang is considered full time on campus, he is only a part-time psychologist. He teaches a few psychology classes and can be found on campus five days a



Dr. Walt Owyang

too overpowering to handle. These problems have a varied range, from drugs to stuttering.

Most students who come in to see Dr. Owyang usually come in once or twice, but he has gone on working with students for up to five or six sessions. He prefers to work with the student when possible rather than send them to get outside professional help. As Owyang states, "I'm in touch with the students and the things that are going on here." Some students are sent to Owyang through

week.

If this isn't enough, Owyang also is involved with the community in the Family Counseling Center in Redwood City and also does consulting work in China Town in the Early Childhood Care Centers and Headstart.

Dr. Owyang has his office in building 8, Room 206. (Next to the night school office) When you get the chance, stop by and enjoy a cup of coffee over some ink blots.



ALKA-SELTZER! ALKA-SELTZER! ALKA-SELTZER!

Minority Talent Encouraged

Ever hear of the Yardbird Publishing Incorporated? Doesn't ring a bell, does it.

What is it? According to Lois Cunningham, a Canada sociology instructor and a member of the Yardbird board, it is an avenue of publishing not as narrow as some of the bigger firms now operating. Yardbird was founded by a group of people genuinely interested in promoting talented third world peoples (i.e. blacks, chicano's, etc.) and bringing around a new and untapped wealth of artists in literature and art.

Ted Cunningham, Mrs. Cunningham's late husband, was one of the founding members. Of him, she says, "He was a man of unusual freedom, and he realized that there are institutions that try to limit men's freedom...he realized there were young people who needed their talent fulfilled."

The Yardbird Publishing Incorporated has published one book, so far, "The Yardbird Reader - Volume One," dedicated to Ted Cunningham and containing short stories by black writers. A few contributors to the

first volume were Claude Brown, O.O. Gabugah, Clarence Mayor, and Quincy Troupe, names not unknown to literary circles.

The following is an excerpt from the "Elegy" at the beginning of volume one:

Good Morning—
it isn't enough to simply
preach about loving the poor!
Good Morning—

there's so much work to be done!
Good Morning—
there's no time to waste!

It's a new world coming and Yardbird Publishing Inc. isn't wasting any time coming with it.

For further information on the Yardbird Publishing Inc. contact Lois Cunningham in Building 13, Room 226 or write to Yardbird Publishing Inc., Box 2370, Station A, Berkeley, CA. 94702.

College District Chancellor Resigns After Four Years

Clifford Erickson resigned last week as Chancellor of the San Mateo Junior College District. He has held the job since 1968.

The announcement came as a surprise at last week's Board meeting. Erickson said to the Board members:

"These have been years of rapid change. This would be an appropriate time for a transition of leadership for the next phase of the district's historical

development."

The board's reaction to the Chancellor's resignation was that of praise for the 51-year-old Erickson. Erickson made it clear that his resignation had no relation to the faculty rejection of pay increases for the first time in the District's history.

The Chancellor said he wants to return to teaching meteorology in the district. His resignation goes into effect July 1, 1973.

Editorials

Yes On Weed Urged!

On November 7, California voters will have the opportunity to vote on the California Marijuana Initiative, Proposition 19. If passed, this proposition would remove criminal penalties for the adult personal use, possession, and cultivation of marijuana.

Some may mistake this proposition as one to "legalize" marijuana. This is not entirely true, since the proposition does not legalize sale or encourage use of marijuana. The proposition does, in fact, maintain criminal penalties for activity under the influence of the weed, which may endanger others. This can be compared to the use of alcohol, which operates under the same conditions.

President Nixon's Commission on Marijuana, the Los Angeles County Grand Jury, the National Institute of Mental Health, and the American Medical Association, all recommend the decriminalization of marijuana. These organizations agree that marijuana does not harm the body, nor does it lead to other drugs.

Under Proposition 19, petty arrests would no longer be made against marijuana users, and the cost of enforcement would decline rapidly. Taxpayers will find themselves with extra money, which can be used to combat real crime.

The time has come for Americans to stop believing the propaganda of the thirties against the "killer-weed." Marijuana, according to the President's Commission, is not related in any way to violence, crime, or insanity. Nor is it related to drug addiction, hard drugs, or brain damage.

The marijuana user should not be punished for using a harmless drug in the privacy of his or her own home. This is a clear case of government interference with one's right to control one's own actions in one's own home. Our personal lives are being threatened, which makes this not only an issue of marijuana, but also one of freedom in America.

It is in the best interest of the community to make this issue known. Our private lives are sacred to us, and the present laws are unjust. We urge all students to vote YES on the California Marijuana Initiative.

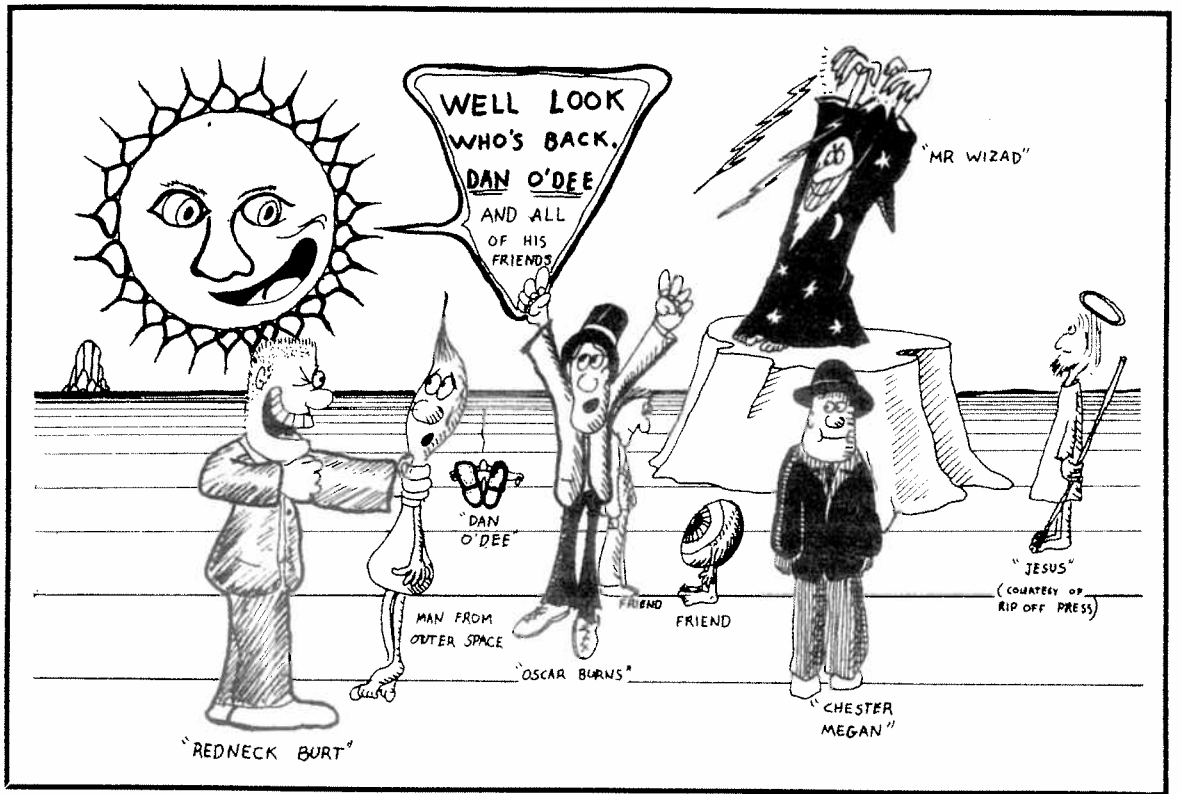
Vets Form R.C. Chapter

The Vietnam Veterans Against the War (VVAW) is a political power group whose main objective is to convince the people of the United States that we should not lose one more human being in Indo China. The national headquarters for the VVAW is presently located in Chicago, but as one member put it, "The basis of VVAW is to involve itself in community work."

The VVAW has its roots basically in the ideals of democratic centralization, which allows each chapter of the total group to function both independently and in conjunction with the main headquarters. The Redwood City chapter, among other things, plans to work in conjunction with the Venceremos towards the objective of defeating the Agricultural Labor Relations Initiative, State Proposition 22. Also in relation to a national level movement, they plan to inform the people of Redwood City as to what they feel is injustice towards the "Politically imprisoned Gainesville Six."

There is a certain level of dissent in the VVAW, as can be expected with any political power organization in the making. The Redwood City chapter is disenchanted with the higher echelon of the group, and as one VVAW representative said, "If the VVAW at higher levels won't give us any money, then they shouldn't have any say in our community programs." Their ideology, at least as is stated from their list of objectives, is to set up many small chapters of VVAW and to convince the people of each area that "The United States government is prosecuting an illegal, unjust, and immoral war in Indo China."

As a community service, the VVAW is running a series of television programs originating from Cable TV, Channel 12. Among those shows tentatively scheduled for broadcast on Thursday nights is a debate on Proposition 22, a documentary on the late Richard Oaks, and a discussion on the problems facing a disabled veteran.



Dance Suffers

Don Gay, Bookstore manager, announced a \$100 loss on last week's dance, which Gay helped sponsor. One hundred and fifty-five tickets were sold for the bash and a number of prizes were given away, including a 10-speed bike.

According to Gay, "Everyone had a good time. They were all dancing, anyway. Usually they just sit on the floor. I really didn't expect too much."

Jazz Teach-In

The Sociology of Jazz will be taught here on campus on Friday nights. The class will survey the development of Jazz in America. Canada sociology instructor Ben Kilpack will coordinate the team taught course with faculty jazz buffs Bob Stiff, Craig Hoffman, and Donald Harris. Jazz expert Ken Nordine will appear on tele-lecture tape from Chicago and known Bay Area musicians will also be on hand.

Telephone Help Needed

Part time telephone communication work, five days a week at \$1.75 per hour 6:00 to 9:00 p.m., is now being offered through the job placement office.

For those interested contact Mr. McDonald between 9 a.m. to 8 p.m., in Palo Alto 493-3050.

Name Our Buildings

Does it bother you that all of our buildings have only numbers to identify them? Would you like to see them with names? Now is your chance to help us petition the administration to change the numbers to names. It won't be easy as just signing your name to a petition. Right now send in suggestions as to what you would like the buildings to be called.

If you have any thoughts on this matter, please bring your responses to The Newsroom (the administration still insists on us calling this room 17-112), or call the newspaper office at extension 248.

Cheap Thrills

Joan Baez will perform Sunday, Oct. 8, at Spartan Stadium in San Jose. The show is scheduled to start at 2 p.m., and the \$2.50 seats are available now through the Associated Student Business Office (277-2731) of the California State University, San Jose.

cost \$4 in advance, \$4.50 at the door.

Miles Davis is appearing in person tonight at the Monterey Fairgrounds Arena at 9 p.m. oddly enough in a tribute to Miles Davis. The Black Scholarship Foundation is benefiting from the \$3.75, \$4.75, and \$5.75 tickets.

The sixth annual Renaissance Pleasure Faire is now in its last weekend at Oak Forest near Novato in Marin. Parking is free, admission is \$3.50 and the entertainment is continuous.

"Marooned" a recent movie made for the theatre is now a movie for TV. Stars James Franciscus, Gene Hackman, and Richard Crenna can be seen in this space opera on Saturday at 9 p.m., on Channels 3, 4, and 8. Watch it in color if you can.

Bill Graham has two big shows lined up for the Winterland Theatre this weekend. Tonight Santana is scheduled to play. On the same bill is Tower of Power. Then on Monday, Oct. 9, Grateful Dead is scheduled to play with the New Riders of the Purple Sage. Both shows start at 8 p.m. and

Tonight there will be a free concert at the 3rd Baptist Church, 1399 McAllister in San Francisco at 8 p.m. The cast of players range from a soprano soloist to a full Classical Symphony.

Movie Review:

Where Does It Hurt?

"Where Does It Hurt?" starring Peter Sellers, is a silly, nonsensical take-off of the George C. Scott movie, "Hospital." In "Hospital," when a patient is unnecessarily operated on it is presumed, at least until the very end, that it was done accidentally. In the Sellers' squawkie, any operation, whether necessary or not, is known by the viewer to be done for the benefit of the hospital.

Sellers does an excellent job of portraying a bossy, brassy,

lecherous, administrator, and as I have always found in his movies, the supporting cast never keeps up with Seller's rigid humorous pace. If, in fact, you like Sellerian antics, you'll love the movie, but if on the other hand, you dislike Sellers, you'll probably agree that this movie should never have reached the theatre.

The answer to the question posed in the title of the movie is "It hurts in the wallet," because this movie is not worth seeing.

Busing Service Ceases

Municipal bus service to and from Cañada College will soon be discontinued, Cañada College President James Duke announced Monday. Duke cited a lack of passengers and consequent financial deficit as the overriding factor in discontinuing service.

"We would need two hundred students, round trip each day, to make the service pay for itself," Duke noted, "And so far we have

had less than one hundred each day."

Bus service has been subsidized by the College, and by Redwood City. However, when these organizations voted to give financial aid, they both wanted to see the service become self-supporting. This has not happened, and soon, the service will be halted.

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Cañada Newcomer Speaks



Larry Schwab

What would it be like to be born and raised in another state, and then come up the hill to Cañada College? Would it be boring or exciting? Nauseating or exhilarating? Confusing or understandable? Maybe Larry Schwab of Portland can help solve these curiosities.

Larry has been in California about nine weeks and is living in East Palo Alto. He's also taking classes at Cañada. He takes the classes as they come and says he's going to college to "experience things."

Perhaps still a bit uneasy about Californians, Larry says, "The people are different here. They're more liberal as compared to the

conservative area of Portland. There was an atmosphere of conservatism and a lack of individual concern in Portland.

People are more friendly and easier to talk to, here."

Larry was attracted to the Bay Area because of the music generated here. Unpleasantly surprised, he found that, "there were more things happening in the way of music in Portland. I thought there would be a lot more music here."

When asked about his thoughts of the students on campus, Larry said, "People are extremely friendly here — even the straight people and the jocks. There seems

to be a feeling that we were put on the earth to live with each other, not against each other. The students that I've met here are doing trips that will change things."

All in all, Schwab seems to have a positive feeling about Cañada College. Perhaps the friendliness on this campus is being taken for granted by some, but Larry is trying to enjoy it while it lasts.

Since his VW bus broke down in Oregon, Larry's been without wheels for a while. If you see him trying to hitch a ride somewhere, you might pick him up for the hell of it.

Acupuncture in U.S.; Humorless Doctors Needle Patients

By Vicki Perris

Many people have been stuck with unwelcome doctor bills which they believe were exorbitant. But some people, going outside the realm of legal medicine in the United States, have chosen a form of medicine in which they are stuck with more than unwanted doctor bills. This is acupuncture, the ancient art of using needles on strategically located parts of the body to relieve pain and some other ailments, such as anemia, muscle spasms, and anxiety. In recent years this practice has gained some advocates in the United States.

Claiming a great success rate when using acupuncture is Lino Stanchich, an ardent believer in this practice. Stanchich, a Yugoslav immigrant teaches a class (unrelated to Cañada) in practical acupuncture. Referring to a chart of the human body, Stanchich explained the principles behind this form of medicine.

Acupuncture is one part of a system of medicine known as Oriental Medicine, or Natural Medicine. Natural Medicine is made up of six branches. The first is food therapy, the use of diet to maintain or restore health, the second is the use of herbs for the same purpose, the third is massage, fourth is exercise the

fifth is acupuncture, and the last is surgery.

In the fifth branch, acupuncture, the body is considered in terms of effects on major organs. These are the heart, small intestines, lung, large intestine, circulatory system, the spleen, liver, stomach, kidney, gall bladder, and the bladder. Each major organ has what is referred to as a "meridian," which connects that organ to an area on or near the surface of the skin.

It is by making contact with this meridian that the acupuncturist claims to affect the functioning of the organs. Acupuncture is based on the theory that dysfunctions in the body are caused by an unbalance in one of these major organs, and that, by using needles to affect the organs, balance can be restored, and the ailment cured.

For example, Stanchich explained, a person's body is considered to be unbalanced when he has too much or too little energy, as either or these states put an undue strain on the body. By using acupuncture, the organ which affects the energy level can be balanced so that the person will have a normal amount of energy. Acupuncture can also be used as an anesthetic.

"I have used acupuncture on myself, and on friends," Stanchich said, "And it has

worked every time. It is an exact method of medicine, and will be successful if used correctly."

Although acupuncture can relieve certain ailments, Stanchich cautions that it is not a cure for illnesses where surgery might be warranted. An infected tooth, for example. Stanchich mentioned that acupuncture could be used to relieve the pain of a toothache, but if removal of the tooth is warranted, acupuncture would not be enough to take care of this. "I went to the dentist once, to have a tooth operated on, and wanted to use acupuncture rather than novocaine," Stanchich recalled, "But the dentist wouldn't let me. He said his insurance wouldn't cover anything that might happen under acupuncture."

As indicated by Stanchich's experience at the dentist, acupuncture is illegal in the

United States. However, like many other practices which, although illegal, are in demand, acupuncture is practiced sans legal approval. "I think that in the future, perhaps not too many years away, acupuncture will be legal," Stanchich predicted. He noted that in many other countries, including most of Europe, England, and all oriental

countries, this practice is legally sanctioned. Acupuncturists in these countries go through regular medical programs, and internships as do American doctors. They are licensed by the government before beginning independent practice.

Stanchich noted that in the United States, acupuncture is usually practiced in communities (Continued on Page 4)

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Karate-The Art Of Endurance And Awareness

Although death-like blows and hand-to-hand combat is what is generally associated with karate, Cañada student David Alfozon prefers to think of it as a sport, an art, and "meditation in motion." It is in this vein Alfozon hopes to organize and instruct a karate club on campus.

According to Alfozon, who has studied karate for two years and has earned a brown belt, karate can serve as a means of attaining a superior level of self consciousness for the dedicated student of the sport. "Its better than passive meditation," Alfozon explained, "because you can meditate passively for years and years and not reach the self awareness karate creates. It teaches you limits of endurance you never suspected possible."

Alfozon pointed out the self awareness karate provides includes the awareness of the capabilities of the body as well as one's spirit.

The word "karate" stands for the Japanese symbols which mean "open hands." Open hand fighting

was first developed by Chinese Buddhist monks who were forbidden to carry weapons but still felt the need to protect themselves. As a mental and physical discipline, the art became deeply imbedded into their religion, serving as a means to reach what was considered true enlightenment.

In the 1600's open hand fighting spread to the Japanese island of Okinawa, and later to the rest of Japan where the sport was perfected in modern times. Karate as it is practiced today is only about 50 years old. It has gained a world wide reputation for being one of the most effective means of self defense as well as personal fulfillment.

The principles behind karate involve the maximum usage and concentration of one's strength. Each karate participant strives to make use of as many muscles as possible with each move while focusing the power at a small area such as the fist or side of foot. By doing this stones and board can be smashed. "It really doesn't take a

lot of technique to break a stone."

Karate, like most other sports, provides for the competition in athletic events, with rules and matches to judge the proficiency of each contestant. Thus one is likely to wonder how two karate experts can engage in a match of thrusting blows and kicks of

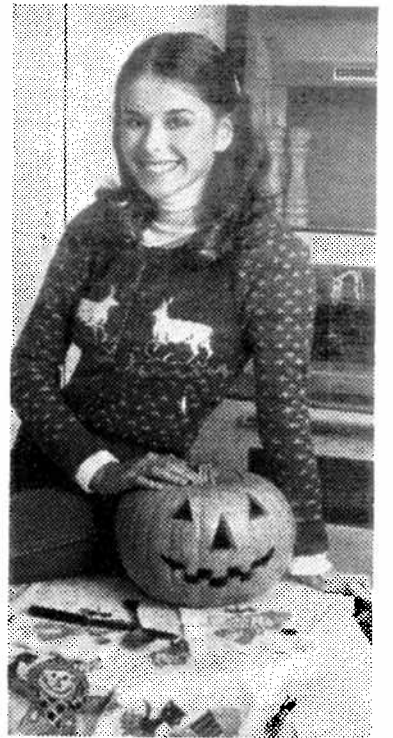
tremendous force without killing each other.

Although the various lunges and punches are of sufficient power to smash stones and splinter boards, in competition the thrusts stop about an inch short of hitting the opponent. For each near hit, the victor is awarded one half to one point.

When asked whether karate was a craft or art, Alfozon replied, "I would think of it as an art because it involves the whole person as any art does."



"It involves the whole person, as any art does."



Put a smile on that pumpkin

It's the perfect autumn day: sunny, but crisp and cool, with the smell of burning leaves and the colors of changing foliage. A great afternoon for getting into the mood of the season and carving out that pumpkin. And even though it's "that time" of the month, you're feeling really happy, with a smile as broad as the pumpkin's. Because you have the comfortable feeling of Tampax tampons' internal sanitary protection. And the confident feeling you get because Tampax tampons free you from irritation, odor and worries. Comfort, freedom and confidence are important to you and to women all over the world, so it's no wonder more women trust Tampax tampons to help keep them smiling.

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Acupuncture In America

(Continued from Page 3)

with large oriental populations, and said that legalization would only serve to bring practitioners within the law. Stanchich believes that the illegality of acupuncture has no effect whatsoever on how much this form of medicine is practiced.

Acupuncture originated approximately 5,000 years ago. Soldiers on the battlefield noticed that, when struck by an arrow there was a simultaneous sensation in another region of the body. For example, an arrow in the left thigh might produce a sensation in the stomach. (Today, the left thigh is charted as the meridian which connects with the stomach). Going by these first crude observations, ancient oriental doctors developed and refined what later became known as acupuncture.

In modern acupuncture, small thin Japanese or Chinese needles are used. Approximately one and one half inches long, they are made of steel. An acupuncturist determines the nature of a patient's complaint by listening to his pulse, and speaking with the patient to find where the pain originates. Stanchich noted that,

for the purposes of acupuncture many different pulses are taken in different parts of the body. As many as six, for example, in the arms.

When the pain or imbalance has been identified, the needles are inserted, and the effect should be immediate. Stanchich claims that there is little pain, and almost no blood, if the needles are properly inserted.

In the interests of better understanding acupuncture, this reporter underwent a needling and found this to be true; almost no pain, and no blood. In fact, according to Stanchich, it is almost impossible to misuse acupuncture. "Even an amateur probably couldn't do any harm," he said, "Although one must use common sense in acupuncture. Needles should never be inserted in the heart, for instance, or in certain parts of the brain." Sometimes, heat is considered necessary to aid acupuncture. When heat is considered a necessary treatment, a needle is inserted, and the shaft which protrudes above the patient's skin is heated. The heat conducts through the needle to the meridian.

Soccer Players Destroy Foes

Canada's soccer team improved their conference title hopes with a pair of lopsided victories. After scoring only four goals in their first three contests, the Colt offense exploded for eighteen goals while besting College of Marin 10-0 and thumping new league entry Alameda 8-0.

Mike Ferem and Eric Grantz paced the win over Marin, scoring three goals each. Rick Monzi, Ron Watson, Rolando Masi, and Ben Roybal chipped in with one a piece as the Colts put on their best offensive show of the year.

Tony Asborno scored five times in the victory over Alameda. Mike Ferem, Laslo Telesky, and Eric Grantz added one score each in another impressive offensive display.

The Colts host Skyline today at 3 p.m. Skyline is coming off victories over West Valley and Marin. Canada won the first meeting 1-0 and should have their hands filled with the Dons. The Colts have a 3-0-2 record and trail league leading DeAnza by a mere half game.

Announcement

Tomorrow is the deadline for registration to vote in the upcoming election. If you aren't registered yet, get out and do it before midnight tomorrow.

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