EXPLOSION!
WHEN THE USS BENNINGTON BLEW UP IN SAN DIEGO HARBOR, IT WAS THE WORST PEACE-TIME DISASTER THE NAVY HAD EVER SUFFERED.

BY KARE LIBERTY

The rioting of San Diego was a welcome event for the crew of the USS Bennington on a sunny July 13, 1934. The anti-Japanese attack on the Philippines had just ended, and the sailors, as they had done at the end of the century, were looking forward to the weekend ahead and some much-needed liberty in the saloons and restaurants of the city.

With a population of 25,000 who lived and worked in landsman quarters close to the harbor, San Diego was amenable to San Francisco or even Los Angeles, but the Bennington crew was not.

The crew of the Bennington made anxious trips to the city to purchase supplies because the San Diego merchants made excellent beer, which was exceptional in every respect. A similar crew of a vessel — with a less landlubbin' crew — The crew itself was used to being well-groomed and were not averse to playing and drinking with the locals. In particular, since the bartender appeared regularly as part of her normal round of the bars.

PHOTOS CREDIT: THE SAN DIEGO HISTORICAL SOCIETY - RICHIN COLLECTION
He, She, He, Or You?
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**LETTERS**

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**Erratum**

It is noted that Mr. Robinson and the other Abercrombie & Fitch stores are now available. For more information, please contact your local Abercrombie & Fitch store.

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**EXHIBITIONS**

Not shown: An exhibition of artwork by Mr. Robinson and the other Abercrombie & Fitch stores is now available. For more information, please contact your local Abercrombie & Fitch store.

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CITY LIGHTS

WOMEN OF LETTERS

Cindy Santiago

Cindy Santiago (left) says she is dedicated to the mission of the National Coalition of Puerto Rican Women, a group that advocates for the rights of women and girls. Santiago, who is a member of the organization, says she joined it because she wants to help bring attention to issues that affect women and girls, such as domestic violence and sexual assault. She says she hopes to use her platform to speak out on these issues and work to make a difference in the lives of those affected by them.

She says she is also interested in education and helping young people, and she volunteers with organizations that help young people succeed in school and in life. She says she believes that education is the key to unlocking a person's potential and helping them achieve their goals.

Santiago says she is passionate about the work of the National Coalition of Puerto Rican Women, and she is dedicated to helping the organization achieve its goals. She says she is committed to working with other members of the organization to make a difference in the lives of women and girls.

She says she is also working on a project to help young people who are struggling with addiction and mental health issues. She says she is working with a group of volunteers to provide support and resources to those in need.

Santiago says she is proud of the work that she is doing, and she is excited about the future of the National Coalition of Puerto Rican Women. She says she is looking forward to seeing the organization grow and make a positive impact on the lives of women and girls.

CITY LIGHTS

HEAT RISES

RENNIGATION

Pork and beans is a traditional dish served during the hot summer months in many parts of the world, including the United States. The dish is typically made with pork, beans, and a variety of seasonings, and it is often served with rice or cornbread. The dish is considered to be a comfort food, and it is often associated withh summer and outdoor parties.

Santiago says she is passionate about the work of the National Coalition of Puerto Rican Women, and she is dedicated to helping the organization achieve its goals. She says she is committed to working with other members of the organization to make a difference in the lives of women and girls.
THE INSIDE STORY

By Paul Young

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EXPLOSION!

The underwater explosion that leveled the San Francisco-Oakland Bay Bridge and caused a massive fire on the main span of the structure has left the city of San Francisco in a state of shock and mourning. At least 25 people are reported dead, and many more injured. The blast occurred just after 9:00 am PST, and witnesses described a massive explosion that lit up the sky and caused a wall of water to crash against the bridge. The force of the explosion was so powerful that it sent debris flying for miles, damaging surrounding buildings and causing a large fire on the main span of the bridge.

The cause of the explosion is still under investigation, but authorities are warning that the area is still highly dangerous and that anyone who enters the area risks their life. The San Francisco Fire Department has deployed a large team of firefighters to battle the blaze, and the SF Police Department has closed off all access to the area.

The bridge, which connects San Francisco to Oakland, is a vital part of the city's infrastructure and a popular tourist attraction. The explosion has caused widespread disruption, with traffic backed up for miles in both directions. The San Francisco-Oakland Bay Bridge is one of the busiest bridges in the United States, and its closure has caused chaos for travelers.

The city of San Francisco is bracing for a major crisis as the full extent of the damage becomes clear. The mayor has declared a state of emergency, and the governor has activated the National Guard to help with the response.

The explosion has also caused a massive evacuation, with residents of the surrounding areas urged to leave their homes immediately. The Red Cross has set up emergency shelters for those who have been displaced.

In a statement, the mayor said, "This is a time of great pain for our city. We will work together to rebuild and return to normal life." The governor added, "We will do everything in our power to help those affected by this tragedy."
EXPLOSION!

A few minutes after the explosion, a thin gray cloud of smoke began to drift upward from the site of the explosion. The sound of the explosion was heard for miles around, and people in nearby towns ran outside to see what had happened. The site of the explosion was a large warehouse, and people rushed to the scene to help. The warehouse was on fire, and the flames were spreading rapidly. People were running around, trying to put out the fire.

The fire department arrived shortly after the explosion, and they began to fight the fire. They used hoses and water to try to put out the flames. The warehouse was burning fiercely, and the smoke was thick and black. It was difficult for the firefighters to see what they were doing.

As the firefighters worked to put out the fire, they realized that the explosion had caused damage to the surrounding area. Buildings nearby were damaged, and people had lost their homes.

The investigation into the explosion began immediately. The scene was secured, and investigators began to work at the site. They searched for clues and evidence that could help them determine what had caused the explosion.

The explosion was a tragic event, and it reminded people of the dangers of working in warehouses and other industrial areas. It was a wake-up call for everyone to be more careful and to follow safety procedures.

In the end, the cause of the explosion was determined to be the illegal storage of fireworks. The fireworks had caused a fire, which had quickly spread to the warehouse.

The people who worked in the warehouse were shocked and saddened by the loss of their homes and the damage to the surrounding area. They were relieved that no one had been hurt, but they were still struggling to put their lives back together.
THE GOOD FIGHT

CAROL CAHILL

won a major victory for the people with kidney disease.

By Jeannette DeWitt

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**EL CAJON**

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- **579-2020**
Transformational Act

The objects being manipulated were a set of crystalline balls that seemed to roll along Moschen's body or to hover over his friend's hands, as though these movements were taking place under water or on the moon.

JONATHAN SMALLE

In Closing

"We've always thought of the Old Trad Cafe as an extension of our living room."

JOHN ENSOURG

The point is to keep on changing the Old Trad Cafe will celebrate nine years in operation. The bar was the first establishment in the neighborhood to proclaim itself a neighborhood bar in the 1970s. The street is a popular destination for locals and tourists alike. The bar's atmosphere is always lively, with music playing and patrons enjoying themselves.

The bar has undergone several changes over the years, but the core group of regulars remain. The staff is always friendly and welcoming, creating a cozy and inviting atmosphere.

At the Old Trad Cafe, one can enjoy classic cocktails, craft beers, and a variety of wines, all while sitting in the comfortable surroundings.

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The Elixir of Love

The San Diego Opera presented its world premiere of the opera "The Elixir of Love" through their "On Stage in the Park" series. The opera was a lively and engaging performance, with the cast performing flawlessly. The production was expertly directed and the singers were superb, particularly the lead roles. The audience was captivated by the beautiful music and the captivating story. The opera was a great success and received enthusiastic reviews from critics and the public alike.

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John Mulrooney
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Jeff Marder
He was the star of "Carved Dance" and a veteran of the IMPROV.

Adrian Martinez
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There is a still center of interest—a place where past, present and future meet. This intersecting point of knowledge and experience, principles and cues, movement and immaturity has been described and referred to in a variety of different ways by mystics, prophets, and sages who have experienced it.

Some have described it as God or Jesus. Others have referred to it as Zen or Tao—terms which are often called Zen Buddhism or Enlightenment.

While names, descriptions and methods for reaching the still center of being vary greatly, the ultimate worth of this experience is agreed upon by all who have attained it. The experience of the still center is being in tune with the infinite, in touch with the universe, in touch with those who have achieved their lives.

Zen is the study of the Tao—Transcendent Reality or Enlightenments, the still center, which lies beyond the Ten Thousand Things of Wood. It is a highly personal study which brings clarity and purpose into the lives of those who practice it.

Zen has developed a school of thought that is part Chinese and Japanese history and culture. A great deal of the current wisdom of the Japanese corporate mind stems from the ideas and concepts of Zen practice in Japan. World peace, nuclear energy, drug research and many other forms of personal, social, and cultural expression have been given birth by Zen itself.

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I have written a free booklet about Zen for the computer age called "The Zen Experience." I am following Zen in its true depth, and describe my unique form of and traditional method I employ in teaching Zen in sessions and in private practice.

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