NO MAN IS AN ISLAND
(With the Possible Exception of Don Zula.)

Story by Neal Matthews
Photographs by Paul Starchak
Good health will help you enjoy life more...

Good health is priceless but it shouldn't cost a fortune.

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Our staff of fully trained and Board certified physicians and surgeons will provide for all your medical needs.

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We are a part of your San Diego network of all medical and surgery services, including medical care.

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For your personal convenience, medical care is available now through our network of Board certified physicians and surgeons. For more information, please call us to discuss our program with you.

Outpatient surgery
Affordable surgery fees
Family care health plan

Health Hints
Dear Reader,

The following is a list of health hints that we believe will be helpful to you. Please feel free to share these with your friends and family.

Eat fruits and vegetables daily.

Drink plenty of water.

Limit your intake of sugary drinks.

Exercise regularly.

Get enough sleep each night.

Avoid smoking and excessive alcohol intake.

Visit your doctor for regular checkups.

Good health will help you enjoy life more...

For an appointment or information, call 278-6112

Saturday and evening appointments available.

There is no greater security than the security of good health.

The Larry Remer Page

George Audie's letter

"Larry, thank you for your help. You're doing a great job by providing quality care to the community. Keep up the good work!"

The Larry Remer Page is a weekly column written by Larry Remer, a local television personality and former mayor of San Diego. The column provides insights into the world of television and entertainment, as well as commentary on local and national issues.

LETTERS

The following are letters to the editor from readers who express their opinions on various issues.

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Contact Information:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Directors:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Budget:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Art Director:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Senior Copy Editor:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Managing Editor:
- The Larry Remer Page
- Larry Remer
- 1200 Elmbury Villa
- San Diego, CA 92123
- Phone: 278-6112
- Email: larryremer@LarryRemer.com

Printed in the USA

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The company had already flown several reconnaissance missions over the area, and had been successful in gathering intelligence. "Once we targeted it, we used our own in-house equipment," the pilot explained. "We have a variety of cameras and sensors, as well as drones. We also use satellite imagery to get an overall picture of the area." The pilot emphasized the importance of coordination and cooperation between different units and agencies to ensure successful missions.

The mission was fraught with challenges, including adverse weather conditions and enemy activity. The pilot described a close encounter with a group of armed individuals who were attempting to disrupt the mission. "We had to react quickly and efficiently," the pilot noted. "We used our training and experience to handle the situation and complete the mission successfully." The pilot and crew were proud of their efforts and the information gathered.

In conclusion, the mission was a success, and the company was proud of their contributions to national security and intelligence gathering. The pilot and crew were ready for the next mission, determined to continue providing valuable information to those who need it most.
THE INSIDE STORY

By Paul LaFaro

The past 30 days have been rough for a family in an El Cajon River Street neighborhood. The parents of a 5-year-old boy, who was allegedly beaten by his 1-month-old brother, are struggling to find answers and relief for their son.

The boy's injuries were discovered last month when his mother noticed a swelling on his forehead. She rushed him to the hospital, where doctors found multiple bruises and a fractured bone. The family has been told that their son will require surgery and possibly further medical care.

The boy's father, who works as a mechanic, said he and his wife are trying to put the pieces together, but the ongoing medical bills and the emotional trauma are taking a toll on the family.

They have reached out to the community for support, hoping to raise funds for their son's medical expenses. A GoFundMe page has been set up, and the family is grateful for the support they have received.

The family's story has been covered by local news outlets, but they hope to keep their privacy intact as they navigate through this difficult time.

THE NEWSDAD

September 15, 1992

Dad's birthday is today, and I thought I'd write a little something about the great man.

Dad is the most caring and loving person I've ever known. He always puts others before himself, and I've learned so much from him.

He's been a great source of support to me, especially when I was going through some tough times in school. He never gave up on me, and I'm grateful for his encouragement.

Dad is also a great cook! His spaghetti sauce is my favorite, and I always look forward to Sunday dinner.

I love you, Dad! Happy Birthday!
The Lives Between the Lines
A new reading of old family letters

I believe I am older than my father... and much older than the generation that preceded him, and older still than the generation that preceded mine, and older still than the generation that preceded his. A good many, indeed, have died of congenital disease, and others, of a variety of conditions, some of which are known to have been hereditary. We have considered these matters carefully, and have come to the conclusion that, in the future, those who are born with such diseases are likely to be the most vulnerable to them.

There is a photograph from early in the century, of a group of young people standing outside a fraternity house, laughing and chatting. One of them is holding a camera, and the others are looking at the camera, and smiling. One of them is wearing a sorority pin, and the others are wearing fraternity pins.

A letter written by Arthur on his way to college, 1942.

"I am just returned from a trip to Europe, and I am writing to tell you how wonderful it was. I saw many wonderful things, and met many wonderful people. I am very grateful to have had this opportunity."

A letter written by Martha to her parents, 1935.

"I am just returning from a trip to Europe, and I am writing to tell you how wonderful it was. I saw many wonderful things, and met many wonderful people. I am very grateful to have had this opportunity."

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A letter written by Martha to her parents, 1935.
The Lives Between the Lines

From the beginning of time, love has been a mystery. It is an emotion that defies logic and reason, yet it has the power to transform lives. The lines between love and hate, joy and sorrow, light and darkness are sometimes blurred, making it difficult to navigate the complex terrain of the human heart.

Love is the most powerful force in the universe, capable of creating miracles and breaking hearts. It is a force that can both uplift and destroy, and it is often the most painful lesson we learn in life.

The challenge is to find the balance between the extremes, to acknowledge the pain and embrace the beauty. For in the end, it is not the outcome that matters, but the journey itself. And sometimes, it is the most difficult journeys that lead to the greatest transformations.

Love, in its many forms, is what gives meaning to our existence, and it is what makes us truly alive. It is the greatest gift we can give to one another, and it is the greatest gift we can receive.

So let us choose to love fiercely, to cherish each moment, and to find the beauty in the imperfections of life. For it is in the cracks of our hearts that the light of love shines brightest.

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BICYCLE WEAR SALE
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A few days before the election, Zab was arrested for driving on Orange Avenue. He said he got himself arrested to put the "drawk vote" in the city and "to put the motion in the air that there's something being done."}

"I decided to do it," he said. "I decided to do it to put the motion of something in the air, and I put it in the air."

Zab was released on bail after posting $500. His bond was set at $1,000. He was scheduled to appear in court on October 3.

"I'm going to fight this," he said. "I'm going to fight this."

Zab is known for his colorful language and his frequent run-ins with the law. He has a reputation for being a troublemaker, and he often creates a stir with his antics.

"I'm going to fight this," he said again. "I'm going to fight this."

Zab was later convicted of the charge and sentenced to community service. He has a record of previous arrests, including for driving under the influence and petty theft.

"I'm going to fight this," he said. "I'm going to fight this."

Zab is a polarizing figure in the city, but he is also a popular figure among some residents. He has a following of supporters who admire his contrarian approach and his willingness to speak his mind.

"I'm going to fight this," he said. "I'm going to fight this."

Zab is currently serving his sentence in a local correctional facility. He is expected to be released in several months.

"I'm going to fight this," he said. "I'm going to fight this."

Zab's antics have made him a fixture in the city, and his influence is felt on a daily basis. He is a beloved figure among some, while others see him as a threat to the status quo.

"I'm going to fight this," he said. "I'm going to fight this."

Zab is a complex figure, one who is difficult to pin down. He is unpredictable, and his actions are often hard to predict.

"I'm going to fight this," he said. "I'm going to fight this."

Zab is a true original, a man of the people, and a fighter to the end. He is a man who will not be silenced, and his voice will be heard.
ITEMS

FAXIN
U.S.A.

The following, by fax, are not
without their privilege, to use and
recipients of the document, or
up by them.

CONTENTS

2002 edition

SKOOL
GROUNDS

In search of the ultimate in style, a
husband and wife, Bob and Pat, travel
to New York City to purchase an
suitcase to carry their clothes.
Ordeal of Endurance

BY JONATHAN LAVILLE

The government was not a simple matter of trying to enforce the rules of the game. The government was a complex and often contradictory system that was designed to serve the needs of the empire. In this way, the government was a tool of the empire, and the empire was a tool of the government. The government was the empire, and the empire was the government. The government was the empire, and the empire was the government.

There was little of originality here. The empires were similar, the ideas were similar, the architecture was similar, the art was similar, the literature was similar, even the food was similar. It was all a part of the same system. It was all a part of the same empire.

On the other hand, the empires were different. The empires were different in their own way. They had their own unique characteristics, and they had their own unique ways of doing things. They had their own unique ways of thinking, and they had their own unique ways of acting.

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SECTION TWO

EVENTS THEATER
MUSIC & FILM

THE LITTLEST DIRECTOR

It was in 1955, when four-year-old Walter Pincus died, that his parents, Mr. and Mrs. Pincus, decided to have a special memorial service for him. They wanted to do something significant and meaningful in his memory.

The event was held in the family's backyard, where a small monument was erected. The service included a reading of Walter's favorite poem, "The Rainbow Valley," and a brief speech by his father.

The occasion was a great success, and the family received many letters of appreciation from friends and family. They realized that Walter's brief life had touched many people, and they decided to honor him in other ways.

In 1960, they established the Walter Pincus Memorial Fund, which awarded grants to young people in need. The fund has been successful, and many children have benefited from it.

The family is now planning a special event to celebrate Walter's 10th anniversary of his death. They are inviting all of his friends and family to come together and remember Walter's life and legacy.

THE OBJECT OF RUGBY

The game of rugby, a modern descendant of the ancient sport of football, is played by millions of people worldwide. Its origins can be traced back to the 19th century, when the game was introduced to schools and universities in England.

The first recorded game of rugby was played in 1823 at Rugby School in England. Since then, the game has evolved into its current form, with nine players on each team, a rectangular playing field, and a ball that can be kicked, carried, or passed.

The object of the game is to score points by carrying or kicking the ball into the opponent's end zone. The team with the most points at the end of the game wins.

A GLOOM SOMEWHERE

Deeds be done, be deeds done. The poem is a prayer for the soul. The words will go unheeded. They will be heard in the deep recesses of the mind, where the soul dwells. The words will be sung, and the song will be heard by the dying soul, seeking a way out of the darkness that envelops it.

The poem is a reminder that there is hope and love in the world, even in the darkest of times. It is a call to action, to work together to create a better world, where love and understanding reign supreme.
A Glow at werd's Hole

A glowing presence dimmed by the dawn of a new day. The radiant light of 1968 is the adobe of this event, where the residue of the past is brought to the forefront of the present. The remains of the former high school, now a museum, is the focal point of the community. The glowing presence is the heart of the community, a symbol of its resilience and strength. The dawn of a new day is the beginning of a new chapter in the history of the community.

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BUDWEISER AND BUD LIGHT.

Budweiser and Bud Light are joining USA TODAY™ so you can vote for the All-Stars! Pick up an official All-Star Fan Ballot free, at the stadium or where you buy Bud or Bud Light.

89LIFESPAN10K

and 3 mile fun walk

The 89LIFESPAN10K is a fun and challenging race that takes place on October 10, 2023. The course is 10 kilometers (6.2 miles) and is open to all ages and abilities. Participants can register online or register on the day of the event. The race starts at 7:00 AM and ends at 10:00 AM. A 3 mile fun walk is also available for those who want to participate in a shorter distance. The registration fee is $25 per person, and all proceeds go to the Coronado Hospital Foundation.

The Magic Bookstore

The Magic Bookstore is an independent bookstore located in downtown San Diego. They carry a wide variety of books, including fiction, non-fiction, children's books, and more. The Magic Bookstore is open from Monday to Saturday, 10:00 AM to 6:00 PM, and on Sunday, 11:00 AM to 5:00 PM.

The Little Book

The Little Book is an independent bookstore located in La Jolla, San Diego. They carry a wide variety of books, including fiction, non-fiction, children's books, and more. The Little Book is open from Monday to Saturday, 10:00 AM to 7:00 PM, and on Sunday, 11:00 AM to 6:00 PM.

G.O.M.B.A.C.

G.O.M.B.A.C. is a non-profit organization that supports local artists and musicians. They organize events, such as concerts and art shows, to promote local talent. G.O.M.B.A.C. is located at 123 Main Street, San Diego, CA 92101. They are open from Tuesday to Saturday, 10:00 AM to 5:00 PM, and on Sunday, from 1:00 PM to 5:00 PM.

The Obst of Rugby

The Obst of Rugby is a rugby tournament that takes place in the United Kingdom. The tournament is a celebration of rugby's rich history and culture. The Obst of Rugby is open to all levels of players, from beginners to professionals. The tournament takes place in various locations across the United Kingdom, including London, Manchester, and Edinburgh. The Obst of Rugby is a fun and exciting event that brings people together to enjoy rugby.

The Event is hosted by a local community group. The event is open to all, and participants can register online. The event includes a variety of activities, such as a rugby match, a concert, and a street fair. The event is a great opportunity to support the local community and enjoy a fun day out with family and friends.

For more information, please visit our website or contact us at info@theobstofrugby.com.
CONCERTS

OF NOTE

There are some pop performers who are more interesting by their absence than by their presence, and "The Breakfast Club," the New York band, is one such case. They're due to perform at the Gainsborough on Friday, Oct. 10, at 8:30 p.m.

MUSIC VIDEOS

The Breakfast Club

Iguanas

MEMORIAL WEEKEND FIESTA!

FRI., MAY 26
CHUCK PRODUCTIONS PRESENTS
DE LA SOUL

SAT., MAY 27
E.K.-A-MOUSE SAMANTHA FOX

SUN., JUNE 11
NEW KIDS ON THE BLOCK

UPCOMING CONCERTS:

RED HAT CHICKEN PEPPERS/HOUSE 8/2
UNTUCHABLES 9/9
ANDREW TOSI 6/15
FASTWAT &
GIRLSCHOOL 6/17
THE BARROWES 6/23

Back to the good times sounds of the 30s with The Radiators' second album, "A Zip Zapp on Through Chelsea.

One taste of their fascinating trademark funk and fish head new and you'll be hooked. Includes: "Confidential," the title track, "Black is Alright," plus "The Green Eyes of Mr. B." and a member of other recording outfits. Each is a winner!


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Available at TOWER RECORDS/VIDEO

College Area
6403 El Cajon Blvd.
(Next to Art St. Post Office)

Sports Arena
3601 Sports Arena Blvd.

El Cajon
796 Fletcher Parkway
(Across from Parkway Plaza)
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Wednesday - ROCK NIGHT

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clint eastwood
bernadette peters

THE ADVENTURES OF BORIS KARLOFF

CANDIDATURE

THE MANTUSTERS

THE MANTUSTERS FROM OUTER SPACE

THE MANTUSTERS ON THE MOON

THE MANTUSTERS IN OUTER SPACE

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THE MANTUSTERS ON THE MOON
OFF THE CUFF

What haven't you been able to throw away?

By Phil Alakain

Darlene Last

Vest Mhattan

I was in a rare mood when I was 18 years old and 30 pounds lighter. One of the clothes I think I'm going to get into again. Every time I look at it, I think, 'Wow, I could wear that.' But the last time I wore it was a few years ago. I don't know why I haven't worn it recently. I think it's because I'm not sure if it fits anymore. I'm considering getting it altered because I want to wear it again. I don't know if I should get it altered or just throw it away.

Bettina Mantella

Bettina's Boutique

I have a lot of clothes that I've had for a long time. I'm not sure if I should keep them or not. I think I'm going to keep them because I don't want to throw anything away. I think I'll wear them someday. I have a lot of dresses that I've had for a few years. I'm not sure if I should keep them or not. I think I'll keep them because I don't want to throw anything away. I think I'll wear them someday.

Real Technology

Computer Programmer

I'm not sure what to do with my old computer. I think it's still working fine. I'm not sure if I should get rid of it or keep it. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday. I have a lot of old computer equipment that I've had for a few years. I'm not sure if I should keep it or not. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday.

Jeff Martin

Phone Technician

I have a lot of old phone equipment that I've had for a few years. I'm not sure if I should keep it or not. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday. I have a lot of old phone equipment that I've had for a few years. I'm not sure if I should keep it or not. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday.

Marko Yang

Graphic Designer

I have a lot of old graphic design equipment that I've had for a few years. I'm not sure if I should keep it or not. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday. I have a lot of old graphic design equipment that I've had for a few years. I'm not sure if I should keep it or not. I think I'll keep it because I don't want to throw anything away. I think I'll use it someday.

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100th Birthday cards and Christmas cards are over...they're still sitting in front of me. I'm going to throw them away. I'm going to do it someday. I'm going to throw them away. I'm going to do it someday. I'm going to throw them away. I'm going to do it someday.

Phil Alakain

Off the Cuff

I have a lot of old cards that I've had for a few years. I'm not sure if I should keep them or not. I think I'll keep them because I don't want to throw anything away. I think I'll use them someday.
The Cargo Bar
Is Jam Packed
WITH JAZZ, GOOD EATS & PEOPLE

WEDNESDAY
May 31
People Movers
5:30 to 10:00 pm

THURSDAY
May 25
Bill Shreve Sextet
with Leonard Allen
5:30 to 10:00 pm

FRIDAY
May 26
Reel to Real
5:30 to 8:00 pm

SUNDAY JAZZ BRUNCH
May 28
People Movers
with KFIM’s
Steve Huntington

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By Don Perkins "1980

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stripping, natural hair replacement.
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to help us achieve a natural look.
Your cooperation is an essential
part of our process in enhancing
your appearance and self-confidence.

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But hurry, this offer is only good through 6/15/85.
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- Fresh salad
- Fresh vegetables
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- Fresh donuts
- Fresh breads
- Fresh coffee
- Fresh milk
- Fresh tea
- Fresh cream
- Fresh butter
- Fresh margarine
- Fresh cream cheese
- Fresh cheese
- Fresh sour cream
- Fresh chocolate
- Fresh mints

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Featuring delicious Brunch Specials and Mimosa

Handcrafted beers brewed on the premises and a selection of hearty, American lunch and dinner entrees.

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SUNDAY, JANUARY 29, 1989