**Farm Subsidies for R.B. Residents**

By Melissa Frankel

There aren't too many cows wandering around Rancho Bernardo these days. The wealthy suburban community was once home to thousands of Holstein cows and many local dairy brands. But with the rise in urban development and a shift towards specialty crops, the dairy industry has been on a decline.

According to the U.S. Department of Agriculture, California is the leading state for dairy production, followed by Wisconsin and Idaho. However, in the past decade, the number of dairy farms in California has decreased by 25%.

The decline in the dairy industry has affected many local communities, including Rancho Bernardo. Many former dairy farmers have struggled to find new sources of income, and some have even lost their homes.

In response, the federal government has increased subsidies for dairy farmers. This has helped to preservation of the industry and some of its traditions, but has also raised concerns about the environmental impact of subsidies and the concentration of power in the hands of a few large companies.

**He's a Cop, He's a Limo Driver, He's Illegally Parked**

By Thomas E. Arnold

When Mayor Susan Golding went to a political fundraiser in her honor at a Gurney's Quarter restaurant last month, she relied on the form of transportation she uses almost exclusively — a $15,000 black Lincoln Town Car. The car, which the mayor purchased at an auction, is typically seen pulling away from her official residence, the Executive Mansion, and is often spotted parked along the Michigan Avenue side of the street.

When the mayor arrived at the restaurant, she was greeted by a group of city officials who had gathered to welcome her. The mayor was seen shaking hands with the officials, butela later, she was seen getting into her car, which was parked on the side of the street.

As the mayor walked to her car, she was seen inspecting the vehicle, checking the tires and the interior. She then got into the car and drove away, heading towards the Executive Mansion.

The mayor's use of a personal vehicle for official purposes has raised questions about the perceived extravagance of the mayor's expenses. The mayor has defended her actions, stating that she uses the vehicle for official purposes and that she pays for the car herself.

The mayor's use of a personal vehicle has also raised questions about the legality of the mayor's expenses. The mayor's office has stated that the mayor's expenses are reviewed by the city's finance department and that they are within the legal guidelines.

**America's Finest Teacups**

In an effort to promote local businesses and support the community, the city has launched a campaign to encourage residents to purchase local teacups. The campaign, which includes a website and social media campaigns, aims to highlight the variety of teacups available in the city and encourage residents to try new teacups.

The campaign is being supported by local businesses, including coffee shops and tea houses, who are offering discounts and special promotions to customers who purchase teacups.

The campaign has received positive feedback from residents, who have commented on the variety of teacups available in the city and the quality of the tea served.

The city's mayor has praised the campaign, stating that it is a great way to support local businesses and encourage residents to try new things.

The campaign is expected to run throughout the year and will be followed by similar campaigns to support other local businesses.
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That Yellow Stuff Isn't Organic Bananas

By Bill Manion

Banana-yellow socks. That's the first thing you notice about Nina Hopkins-brother. Her socks stand out because

In 1990, Nina Hopkins became the first person in the world to cure himself of diabetes. Since then, she has helped thousands of other people with diabetes to control their blood sugar levels. Her story is one of triumph over adversity, and her message is one of hope for people with diabetes everywhere.

In her book, "Sweat of the Soul," Hopkins shares the secrets of her success and offers practical advice for anyone who wants to take control of their diabetes. Whether you're a newly diagnosed diabetic or have been managing your condition for years, Hopkins' story will inspire you to achieve success and stay in control.

Nina Hopkins has been a leader in the diabetes community for over 30 years. She has been a valuable resource for patients, families, and healthcare providers, and her dedication to diabetes education has made a significant impact on the lives of countless people.

If you're ready to take control of your diabetes and improve your quality of life, pick up a copy of "Sweat of the Soul" and join Nina Hopkins on her journey to health and wellness.

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SAN DIEGO, prior to the establishment of the aircraft factories, was not inappropriately dubbed the "City of the Living Dead." When we arrived in the late fall of 1940, San Diego was in a state of post-war slump. The city was barren and lifeless. The streets were deserted, and the few people we saw looked listless and forlorn. The only sign of life was a solitary figure, a man in a fedora, walking the streets with a somber expression.

When we arrived in the 1940s, the city was in a state of flux. Men and women were leaving the city in search of work, and the streets were filled with the sound of trudging footsteps. The city was in a state of transition, and the local economy was struggling.

Yet, even in this state of despair, there was a sense of hope. Men and women were determined to make a better life for themselves, and they were willing to work hard to achieve it. The city was alive with the energy of possibility.

When we arrived in the 1940s, the city was not the "City of the Living Dead," but rather a city of hope and possibility. It was a city where people were determined to make a better life for themselves, and they were willing to work hard to achieve it.

The city was alive with the energy of possibility, and it was a place where people were determined to make a better life for themselves.
Sharon Reed remembers her father as "always gentle and kind, not at all like many of his books. He was very quiet and usually happy." of the work. Then the people.

Nothing More Than Muscles was accepted by Harper's as a full-length novel. Thompson's book was able to sell at that time because of the black market for literature. Thompson sold 4,000 books in 6 weeks. Thompson's books were part of the literary movement of the time.

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The most recent biography of Thompson, Michael J. O'Connell's work for the New York Review of Books, has been described as a "new kind of reading guide to Thompson's work." The book has been well-received by critics and book lovers alike.
LOOK DEEP INTO MY CRYSTAL BALL

AND START TO LIE

BY PATRICK DAUGHERTY

I'm calling someone we shouldn't call, makes a call to the wrong number. We're supposed to be in New York, but instead we're in a small town in Kansas. I called earlier and made an appointment.

I'm unsure if this is the right number. I'm not sure if the person who answered the phone is the right person. I'm not sure if this is the right place. I'm not sure if this is the right time. I'm not sure if this is the right decision. I'm not sure if I should have called this number.

And then there's the problem of the crystal ball. The crystal ball is a symbol of mystery and wonder. It's a symbol of the unknown and the unknowable. But it's also a symbol of power and control. It's a symbol of the ability to see into the future and to shape it as you wish.

I'm not sure if I should trust the crystal ball. I'm not sure if it's a good idea to start telling lies. I'm not sure if I should start telling the truth. I'm not sure if I should start telling both. I'm not sure if I should start telling none.

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I did work out of the Laborers Union in Alaska, and if a woman didn't run off on me, well, a lot of them thought about it.

(End of text)
Green On Your Teeth

By Judith Moore

You may have a tooth or two that needs to be fixed. It's not uncommon for people to experience tooth decay, especially after eating sugary or acidic foods. Regular dental check-ups and good oral hygiene habits can help prevent this from happening. However, if you do experience tooth decay, there are treatments available to help restore your teeth to their original state. One popular treatment is dental bonding, which involves using a special material to fill in cavities and strengthen the tooth. Another option is dental crowns, which involve covering a tooth with a custom-made cap to protect it from further damage. Regular dental check-ups and good oral hygiene habits are essential for maintaining healthy teeth and gums. 

Alice B. Toklas noted: "War changes the way of life, habits, markets, and so eventually, cooking." Invading or occupying troops carry their habits with them and so in time perhaps modify the national kitchen or table.

Catherine de Medici was so fond of spinach that she required it served at every meal, a requirement that turned eager chefs inventive with spinach.

Dr. St. Louis, in his book on the health benefits of spinach, suggests that spinach is rich in vitamins and minerals, including iron, calcium, and vitamin K. It also contains antioxidants, which help protect the body from damage caused by free radicals. Spinach is also a good source of dietary fiber, which can help with digestion and weight management. In addition, spinach is relatively low in calories, making it a healthy choice for those looking to maintain a balanced diet. Overall, spinach is a nutritious and versatile leafy green that can be incorporated into a variety of dishes. 

Environmental Management Master's Degree Program

Federal, state, and local legislation requires small and large businesses to comply with strict regulations or face severe consequences. Environmental Management is one of the most important fields today, with companies facing increased scrutiny and accountability for their environmental impact. The Environmental Management Master's Degree Program is designed to provide students with the knowledge and skills they need to succeed in this field. The program covers topics such as environmental policy and regulation, sustainable practices, and waste management. Students will also have the opportunity to pursue a concentration in a specific area of interest, such as renewable energy, water resources, or air quality. 

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SPINACH GROWS FAST, producing edible leaves 40 to 50 days after you plant seed.

Save money. The greens are called "second-crop" spinach, because they can be eaten with a second cutting, at the very young stage. Most cabbages and broccoli are planted in the fall, but this type grows the best in the spring and fall. It is a great way to get fresh, home-grown greens to your table.

Serves an important role in carbon capture. Spinach, like other leafy greens, is a great carbon capture plant. It uses carbon dioxide from the air and turns it into oxygen and carbon. This helps to reduce the amount of carbon dioxide in the atmosphere, which is good for the environment.

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Reader Calendar

Holding On to a Big Steak
San Diego Outlaws Rodeo Team Fundraiser and Beer Bust

A classic rodeo event, the bull ride is the epitome of the sport. A big green bull is a daunting adversary, but with the right technique, you can conquer it. The key to a successful ride is to stay on the bull for as long as possible. Here are some tips to help you ride a bull:

1. Position yourself properly: Sit on the bull's back, not on its sides. This will help you maintain balance.

2. Use your legs: Put your legs around the bull's body to prevent it from turning or throwing you off.

3. Stay relaxed: Try to relax and keep your body still. This will help you stay on the bull longer.

Local Events

Classical Music Review and Gala... page 63
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Theater Review and Gala... page 75
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Reader

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2. Use your legs: Put your legs around the bull's body to prevent it from turning or throwing you off.

3. Stay relaxed: Try to relax and keep your body still. This will help you stay on the bull longer.

4. Keep your head up: Look straight ahead and don't look down. This will help you maintain your balance.

5. Keep your body tight: The bull will try to throw you off by kicking its hind legs. Keep your body tight to prevent this from happening.

6. Anticipate the bull's movements: The bull will try to throw you off by making sudden movements. Anticipate these movements and be ready to react.

7. Don't give up: If you feel like you're going to fall off, don't give up. Keep your body tight and try to stay on the bull.

By following these tips, you can increase your chances of successful bull riding. Good luck!
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he did. His work was excep
tional, and it was hard
to follow his path. I
needed to find my own
way. It was challenging,
but it was also rewarding.
I believe that being open
to new ideas and
developing my own style
helped me succeed.

The workshop was a
success. We had a
good turnout, and the
participants were engaged.
It was a great opportunity
to learn and grow.

Présentation de Marche

ARTWALK 95

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Good Speaker, Wrong Language 

The Prokofiev First Violin Sonata is, admittedly, a hard nut to crack.

J. Sartain of the San Diego Union notes that Roberta Flack is a "dark, woody, and passionate" singer, but the article doesn't provide much detail about her performance. The article also mentions that the San Diego Symphony Orchestra performed a variety of music, including "classical" and "modern" compositions.

Classical Listings 

The San Diego Union reports on various classical music events happening in the area. One event features the San Diego Symphony Orchestra performing a program of "classical" music, including works by Mozart and Beethoven. Another event features a performance by the San Diego Opera, with a program of "classical" opera. The Union also mentions a performance by the San Diego Chamber Music Society, which features a variety of "classical" music.

Opening Night: April 4, 1995 

Opening Night tickets are now half price. You can buy yours at the stadium Gate C or any Ticketmaster. To charge by phone, call 24-PARIES. See you Opening Night "at the Meadow."
Let the good times roll!

[Article content]
Did the Dinner Go Well?

Auyckbourn manipulates his characters so impersonally, there's little reason to mourn their decline.

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Did the Dinner Go Well?

Auyckbourn manipulates his characters so impersonally, there's little reason to mourn their decline.

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---

MARCH 1995
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I found the Border Tour less than amazing.

Broder Tour stopped at the Coach House Westmont, Maryland.

One wonders, however, if this new, 60-year-old band might have been inspired by the sounds of the Coach House, a venue that has been described as a "weird and wonderful" place that often features experimental music.

Despite this, the Border Tour proved to be a disappointment. The band played a set that was more polished than expected, but lacked the raw energy and intensity that defines the Coach House experience. The sound was muddy, and the lighting was dim, making it difficult to see the performers.

The night ended on a sour note, with the crowd leaving before the band finished their set. It was a missed opportunity for the Border Tour to connect with their audience and showcase their talents.

As for the music, it was a mix of folk songs and psychedelic rock, with some experimental elements thrown in for good measure. The vocals were strong, but the instrumentation was less impressive, with some parts of the song feeling a bit cluttered and disjointed.

Overall, the Border Tour was a letdown, but it's worth noting that the Coach House is known for its diverse and eclectic lineup, so it's possible that the band will have a better experience there in the future.
He said, 'Katherine, take the dogs and kids and go upstairs.'

Let's make this a day room, and let's get it right.'
CONCERT SOUNDBOARD

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LINDA RONSTADT with special guest THE WILLIAMS BROTHERS
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Sunday May 21 - 7:00PM
ON SALE NOW

KENNY LOGGINS
Sunday June 3 - 7:00PM
ON SALE NOW

LUTHER Vandross
Phthaaramge ORCHESTRA
Tuesday June 6 - 7:00PM
ON SALE TO BE ANNOUNCED

MARY CHAPIN CARPENTER
with special guest THE MAVERICKS
Sunday June 11 - 7:00PM
ON SALE TO BE ANNOUNCED

AMY GRANT
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SANTANA & JEFF BECK
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ON SALE NOW

JULIO IGLESIAS
Saturday August 19 - 7:30PM
ON SALE NOW

MARY CHAPIN CARPENTER
with special guest THE MAVERICKS
Sunday September 3 - 7:00PM
ON SALE NOW

AARON NEVILLE & THE NEVILLE BROTHERS
with special guest JAMES JONES
Saturday September 30 - 7:00PM
ON SALE NOW

SEASON TICKETS
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GROUP SALES
- Available for groups of 20 or more
- Blocks of tickets together
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$9.99 MEGA MARTINIS

Live Music with The BUDDY BLUE BAND

with special guest JOY EDEN HARRISON

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Club 5th Avenue

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Humphrey's
CONCERTS BY THE BAY
1995

June
Ray Charles
Sunday, June 4 (6:00)
Los Lobos
Friday, June 9 (8:00)
Little Richard
Tuesday, June 12 (9:00)
Chuck Berry
Thursday, June 14 (8:00)
Bela Fleck & The Flecktones/Yellowjackets
Wednesday, June 27 (8:00)
As Hanging of Salem & Scowlتور
Saturday, June 30 (8:00)
Peter Frampton
Friday, July 1 (9:00)
Groove Washington, Jr.
Sunday, July 3 (9:00)
Richard Thompson/Dave Edmunds
Tuesday, July 5 (8:00)
Stylistic/Dramatic/Chili-Lite
Monday, July 11 (8:00)
Al Jarreau
Thursday, July 13 (9:00)
Michael McDonald
Wednesday, July 19 (8:00)
B.B. King
Thursday, July 20 (9:00)
Rosemary Clooney
Friday, July 21 (8:00)
Buddy Guy
Thursday, August 3 (9:00)
Donna Summer
Thursday, August 3 (9:00)
Ringo Starr
Thursday, August 10 (9:00)
Tanya Tucker
Sunday, August 13 (9:00)
Acoustic Alchemy
Friday, August 18 (8:00)
Dinner Show
Packed, Available
Non-Smoking Venue

July
The Righteous Brothers
Wednesday, July 11 (9:00)
Stephen Stills
Thursday, July 12 (8:00)
Ottmar Liebert
& Lila Downs
Friday, July 14 (8:00)
Boz Scaggs
Monday, July 17 (8:00)
Gordon Lightfoot
Monday, July 24 (8:00)
The Everly Brothers
Tuesday, July 25 (8:00)
Dana Carvey
Friday, July 28 (8:00)
The Rippingtons
Sunday, July 30 (8:00)

August
Pat Metheny Group
Tuesday & Wednesday, August 1 & 2 (9:30)
Donna Summer
Sunday, August 6 (9:00)
Bonnie Raitt
Friday, August 4 (8:00)
Suzanne Vega
Sunday, August 6 (8:00)
Hiroshima
Thursday, August 10 (9:00)
Diane Schuur
Friday, August 11 (9:00)
James Brown
Sunday, August 13 (9:00)
Ringo Starr & His Shot In The Dark Band
Tuesday, August 15 (9:00)
US 5
Thursday, August 24 (9:00)

September
Jersey Lee Lewis
Thursday, September 7 (8:00)
Norma Jeans/Swingin' Summer
Tuesday, September 26 (8:00)
Paula Poundstone
Friday, September 29 (8:00)
David Benoit
Sunday, September 24 (8:00)
Kathy Mattea
Tuesday, September 26 (8:00)
George Benson
Wednesday, September 27 (9:00)
America
Friday, September 30 (9:00)
Bobby Caldwell
Saturday, September 29 (9:00)
Tower of Power/Michael Hodges
Thursday, September 28 (9:00)

October
Smothers Brothers
Wednesday, October 5 (9:00)
George Carlin
Friday, October 6 (9:00)
Tanya Tucker
Thursday, October 12 (9:00)
Michael Franks
Friday, October 13 (9:00)
Bill Cosby
Friday, October 14 (9:00)
THE JOURNAL

TICKET MASTER

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Thurs March 30
8:30 Blues

Flat-Out Liars
& Sat April 1

LAPD

Tues & Wed 7:30 11:00

KARAOKE Jonnie Fox

New Week: Bare Bones / Quiet Storm / Reggae Banquet / Hellhounds. Every Day "ALL YOU CAN EAT" Mexican Buffet. Lunch $5.95 / dinner $6.99.
**MERCY RULE**

By Gale Arnold

Two of the songs on 91.5's 100

aegean Plaza on Capitol Hill,

soulful, bluesy music, but

in a way that's not...um...the

wrong word. Right. The.

song's just soulful and

bluesy. It's not, like,

rock and roll. It's not,

you know, like a rock and

roll song. It's more,

Jazz. It's more, like, a

soulful, bluesy thing.


**LOCAL MUSIC**

North County

The Barons

The Loggers

The Jug Band

The California Love

Northside

The Whippers

The Ramblers

The Riff Raffs

The Red Lights

The Deadlocks

The Northern Lights

The Cosmic

The Space

The Whirlwind

The Outlaws

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Recall of the Wild

The flashbacks are without exception awkward and with no fewer exceptions redundant.

The good news: once again we get to see not only the famous bong scene in the Max's bar (albeit in a less-than-English visual language by Haller), but also that hazy, dorm room scene in Kay's flat, where, in a science-fiction riff on the cologne ad from the 80s, Kay's boyfriend (played in a fantastic performance by Alex) reveals his experiment to turn his skin into plastic. The bad news: the director's cuts almost entirely from the Wild Beach footage and the scenes of the young couple in the car, which were originally shot in the first place. The flashbacks, on the other hand, are filled with shots of the beach, the ocean, and the couple's car, which were all cut from the final version of the film. The result is a disjointed and confusing narrative, with the flashbacks and the present story happening in parallel, but with no clear connection between them.

In the end, the film is a failure, not only because of the confusing narrative and the editing choices, but also because of the poor performances of the actors. The only saving grace is the beautiful beach scenery, which is captured in a few stunning shots. However, these shots are not enough to make up for the overall mediocrity of the film. The Wild Beach is a disappointing film that fails to deliver on its promise of being a captivating and emotionally engaging story.
"Mama mia! Fellini for young children!"

The Restaurant Review

The location: 1974 South Avenue, Hillcrest (615-9282)

Type of food: Italian, mid-price

Harry's Big Mac, lunch, Monday through Friday, 11:30 a.m. to 2:30 p.m.; dinner, Tuesday through Saturday, 5:30 p.m. to 11:30 p.m. (closed Sunday)

If you have a few hours to spare, it might be a good idea to stop in for a visit. The restaurant has a large menu, offering everything from pasta and pizza to salad and sandwiches. The atmosphere is nice and the service is good. It's a great place to go for a quick bite to eat or to stay for a longer meal. The menu includes a variety of items, including pasta dishes, salads, and sandwiches. The prices are reasonable and there is something for everyone.

Northern Italian in Tijuana

Civil war or not, we had stumbled into a tongue-and-tooth heaven.

"T" was coming at us. "Sophia," the young woman said, "would you like to try something different?" We had been eating at a small restaurant in Tijuana, and the chef was suggesting we try the "tongue-and-tooth heaven." It was a dish that he had developed to satisfy the demands of his customers. We agreed and were served a plate of tongue and tooth. The dish was delicious, with the tongue being soft and tender, and the tooth being crispy and crunchy. We were impressed with the uniqueness of the dish, and the chef's creativity in combining such different elements. We would definitely try this dish again if we were to visit Tijuana again.

Even wings have a hard time getting a dinner this good.

You may already know that Barona Casino has a fabulous Las Vegas-style buffet. But now we have something even better to offer: Every Tuesday night instead of our buffet, we invite you to enjoy a meal that you just can't resist. It's our hearty ribs. Our Ribs are smothered in our own special Barona sauce, which gives them a rich, smoky flavor. And to top it all off, we serve them with a side of our famous fried chicken. It's a feast for your taste buds. And the best part? It's all included in our buffet price! So come on down to Barona Casino and try our ribs tonight.
**PICTURE STORY**

by the San Diego Historical Society

This handsome bound is the Ah Quin family of San Diego, snapped in 1899. Hailing from Canton, China, Ah Quin arrived in San Diego in 1879, carrying with him little but a strong work ethic. When railroad tracks were laid from National City to San Bernadino, Quin became the foreman and translator for the Chinese laborers. He later opened several businesses in San Diego.

San Diego's Chinatown, comprising over 100 commercial buildings in an area roughly bounded by Market Street, Sixth Avenue, 11 Street and Second Avenue, thrived during the first part of this century. Ah Quin's success story has inspired many to speculate that, at the time of his death in 1914 (he was struck by a motorcycle), he was one of the richest Chinese in California.
### Mega-Madness Sale
Check out San Diego's Best Selection of Bicycles Diamondback*

**Trek**
- **PRO-FLEX**

**Bikes**
- Diamondback
- **Trek**
- **KONA**
- **Schwinn**
- **Giant**
- **Cannondale**

**Accessories**
- Giant Gloves
- Kryptonite U-Lock
- Cannondale Seat Bag
- Large $7 Small $5
- Cannondale Mini Pumps
- Duo-Tec Suspension Fork
- Cannondale Seat Bag

**Closeout Bikes**

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<tr>
<th>Brand</th>
<th>Model</th>
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**Trek USA**

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**San Diego County's Largest Bike Dealer**

**Super Huge Sale**

- Thurs., Mar. 30 - Sun., Apr. 2

**20% Off Accessories and More**

- Giant Gloves
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**Hollywood Bike Rack $149.95 Our LOWEST price EVER!!!**

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- Email: bikebazaar@sd.com
Did O.J.'s Kids Ever See Him Hit Their Mother?  
By Anne Albright

I'm a child (3), miracle. I digress. When I'm with friends or family and the topic turns to OJ, I just smile and nod. "I've heard the story," I say. When my grandfather was killed, my husband's father knew my father the day after everything clicked. I smiled and nodded. The day he saw OJ on the floor in front of the TV saying, "Go easy on the kids," he got two more old daughters. He was a man. He was touched through the prosecutor's evidence. Now I'm looking for someone to go easy on the kids. I'm married and I have a baby. I'm not the only one to find out the sadness. Familistically, I think it took my dad the day for "Wanda the Water Company" or "Tony Mar" to find out what happened. Who took care of them when Blackstone's corporate was in New York and appeared on Good Morning America? What was it like to be a family of a kid? When I was that age, I thought my brother was God. We were always playing with toys and not spending time together. I remember sitting on my parents' bed watching dad get dressed for work in the morning. White People Click said, "You know, you can't kill a cop, they're not going to like you." In the room needed of ounces, Bigger's Letter, and other things like that, I didn't get my family. I was back to the desk and not for the rest of the story. My mom does the wrong thing but not for the rest of the story. I never knew that I could never do anything wrong.

We had dinner with our friends who live next door. They did every other hour for more money. But they were not sure how to handle the food. When they were turned down for a job, they were always hungry. I ran through the house. They didn't have enough money to keep the lights on, and they were hungry. I never knew that I could never do anything wrong. Sometimes when I am pictures in the mirror, I think of OJ. I wonder how he could go to the front door. I always knew that he was my favorite."

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1995

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1995 Premium Ave.

Fifteen Hands and no good things are do as a person can never be explained.