Reader

Childhood's End

Dr. Spock at 94

Baby and Child Care by pediatrician Benjamin Spock occupies a rarefied position in publishing history. Only a handful of titles — the Bible, Quotations from Mao Tse-tung, The Guinness Book of World Records, and a few others — have been more successful. Over 46 million copies of the pediatric manual have appeared, counting hardcovers and paperbacks, translations into almost every language in which books are printed, including (in the past five years) Serbian, Bulgarian, Russian, Chinese, and Greek. Second through sixth editions have been released.

As they have, the original 1946 book has changed a lot. Now it is changing one more time. Dr. Spock and his wife Mary Morgan moved to La Jolla last November, where they've been overseeing the preparation of a seventh edition to be published early next year. But the doctor is a very old man. He turned 94 in May, and Death is stalking him.

The 75-year-old Morgan, Dr. Spock's second wife, has been rollerblading and inventing in her search for ways to keep her husband youthful and healthy. For his 75th birthday, for example, they'd been married for only a year and a half, she gave him lessons in transcendental meditation, and ever since, she and he have meditated twice daily, "even in his darkest hours," she says. "It has had a profound effect on our lives." Morgan has prodded him into doing various forms of physical exercise, and she's had the two of
Thad Comes Out Swinging

By Phyllis Grifick

Like most politicians, Eighth District City Councilman Vargas hungers for publicity, but Vargas may regret one recent photo session he allowed a photographer to take. The Councilman is wearing a dark suit, sitting in his office, looking out the window. The photographer has taken several shots, but Vargas is not happy with the results. "I'm not a model," he says, "and I don't need this kind of attention." Vargas, who has been in office for 14 years, has always been known for his conservative views. He has opposed every major piece of legislation that has come before the City Council, and his constituents have come to expect this from him. But in this photo session, Vargas appears anything but conservative. The photographer has asked him to make a funny face, and Vargas has obliged. "I don't know what I was thinking," he says, looking at the photos later. "I should have just said no."
Viral Hepatitis

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them. Substituting up to 10 hours of psychoanalysis every week. She's been vigilant about what he eats, first making him eat vegetarian and then opting for even stricter regimes once a year. "We're doing," she says about that change. Being by a respiratory allergist, "I've been on antibiotics for nine months, but the doctors have been unable to clear his lungs. Finally we started with a macrobiotic consultant, and we started on the (macrobiotic) program at home on September 6, 1991. It was amazing!" Within six weeks, Dr. Speck lost 6 pounds, his wife recalls. His lungs cleared, and he stopped taking the drugs. "On October 15, 1991, when we started on the (macrobiotic) program, we went on the sixth edition of Dolly and Child Care, he put on his suit, and he couldn't believe how good he looked and how well he felt!" He was then 61.

For more and pick it up in today's newspaper. (Continued on next page.)

For more and pick it up in today's newspaper. (Continued on next page.)

Children's End

CONTINUED FROM PAGE 77

For more and pick it up in today's newspaper. (Continued on next page.)

For more and pick it up in today's newspaper. (Continued on next page.)
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Local Events:
Highlight and Guide
Classical Music Review and Guide
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The French gigue and the Irish jig are in fact the same dance.

A

The French gigue is the only French dance of the 17th and early 18th centuries which has survived in the repertoire of the San Diego Early Music Society. Its performance at the 17th Annual Historic Ball on January 19 at the Mission Inn Hotel and Spa in Riverside will feature this lost dance.

The gigue is a dance similar to the gigue and the badet, but it is distinct in that it was danced to music from the French Baroque period. The gigue is a simple two-step dance, with the steps repeated in a pattern that can be described as a kind of a "gigue". The dance is characterized by its use of a "gigue" or "gigue" step, which is a two-step sequence that is repeated in a pattern.

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and rich history.

The city is home to many
cultural institutions, includ-
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Newcastle is also known for
its football team, the Newcastle
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fan base in the region.

In conclusion, the spirit of
Newcastle is as strong as the
Tyne River that flows through it.

Newcastle Brown Ale
was not just a beer, but a
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San Diego, CA 92101
Three and Out

Among the innumerable things that computers have made easier is the writing, not just the typing, of film scripts.

New York, August 1997

Televising the droopy-faced,2 dull murmur of the old-time silent-film studio, the editor sits at his tiny desk, with a straight face, staring at the director's face, which is even less entertaining than the director himself....

The editor's enthusiasm is about the only thing that is not drab about the editing room, which is all too often a place of gloom and despair. The director, who is supposed to be the one with the vision, is often the one who seems to be the last to see it. The editor, on the other hand, is the one who should have the vision, but is often the one who lacks it.

But the editor is not the only one who is supposed to have the vision. The director is supposed to have it, too. The director is supposed to be the one who sees the film in his mind's eye. The editor is supposed to be the one who brings the film to life. The director is supposed to be the one who creates the story. The editor is supposed to be the one who tells the story.

But the editor is not supposed to be the one who creates the story. The director is supposed to be the one who creates the story. The editor is supposed to be the one who tells the story. The director is supposed to be the one who creates the story. The editor is supposed to be the one who tells the story. The director is supposed to be the one who creates the story. The editor is supposed to be the one who tells the story.

USE YOUR CABEZA.
AMERICA'S "1 MOVIE"
“A POWERFUL ACTION THRILLER. WILLIS IS CHILLING, ELRI IS POWERFUL. THE JACKAL IS A TERRIFIC THRILLER.”

BRUCE WILLIS
RICHARD GRIER
THE JACKAL

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SUGGESTED GENERAL’S WARNING: DURANCE SMOKING NEW GEARS REDUCE SERIOUS RISKS TO YOUR HEALTH.
Wages of Thin
If I want the hard body he's got, I need a bit of gastronomic flagellation.

Tina West

For the past two years, I've eaten like a champion. Swatting away the teachers who were always aching to get to the main event, I let my body slowly sink into the unhealthy depths of a nonstop diet of pizza, burgers and fries. There was one day in March when I went for a run, and the only problem was that I could barely make it to the finish line. I decided that it was time to get in shape, and I signed up for a gym membership. I started working out four times a week, and I began to notice a change in my body. I lost a few pounds, and I started to feel better. It wasn't easy, but I knew that I had to do it. Today, I feel great. I can run for miles and miles, and I can eat whatever I want. I feel like I'm in control of my life, and I'm happy with the way things are going. I'm not sure if I'll ever be as thin as he is, but I'm happy with where I am. I'm healthy, and I'm happy. I think that's all that matters.
Feast on Barona Casino’s Sunday Harvest Buffet for only $2.99!

Stand in line for more than 30 minutes, and get your meal for free!

On Sunday, November 23, from 10 a.m. to 11 p.m., Barona Casino will thank the local community for its support with a fabulous Sunday buffet. For a low $2.99, enjoy a variety of our delicious entrees along with a full service salad bar and scrumptious desserts. It’s a good deal for our good neighbors.

No coupons accepted with this offer. Must be 18 or older to receive special offer. Must be 18 or older to be present in casino after 8 p.m.
Introducing Real Phone Matches "the place to meet San Diego singles"!

You are presented with a free, personal matching ad in the Reader Classifieds. You also receive a free "voice mailbox" - an audio service that allows you to record and store messages from the person who placed the ad.

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To place your Phone Match ad, please fill out the coupon below and mail or fax (619) 233-7907 to our office at 3324 Pacific Highway. The deadline for placing your Phone Match ad is Friday at 5 p.m. All ads will be accepted until the deadline and then run. Be sure to include your 8-digit real phone number (no ad will be printed without your phone number).

Meet Your Match! Use the form below to place your free, 8-week Phone Matches ad and get your free Voice Mailbox.

To preserve your personal introduction, and privacy, you can record your personal introduction to listen to your responses. Call 619-234-2000, 24 hours a day, and follow the easy instructions. You must have a touch tone phone.

Phone Match Voice Mailbox: 

- Recorded voice message for your introduction.
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