"I Lost 105 lbs. in 10 Short Months!"

San Diego, CA - My name is Patricia Carley and I live in San Diego with my husband, Ken. Amazingly, I was 105 lbs. fat, with hypertension. It was easy and fun. This is my true story.

I went into the world at five pounds. I was overweight from there.

I was never overweight. I was always happy and healthy.

I then started on a weight loss program.

I was overweight.

I was never overweight.

I was always happy and healthy.

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Used Cars to be sold for $98.

San Diego Ford Co. has announced plans to hold a special inventory auction on Wednesday, March 24th, at 10 a.m. at its Ford dealership located at 3131 Rosecrans St, San Diego, CA 92107. This event is open to the public and will offer a wide selection of used cars, trucks, and SUVs at a discounted price of $98 each.

Ken Marre, Ford Sales Manager, said, "This is an opportunity for our customers to purchase high-quality used vehicles at an affordable price. We are confident that the people who come to our auction will find a vehicle that suits their needs and budget." Marre also added that the dealership will offer financing options and extended warranties to further enhance the customer experience.

The auction will feature a variety of makes and models, including Ford, Lincoln, and Mercury. Interested parties are encouraged to arrive early to have a better chance of securing their desired vehicle. All vehicles will be sold on a first-come, first-served basis.

To participate in the auction, interested parties must register in advance by calling San Diego Ford Co. at (619) 555-1234. A list of vehicles available for auction will be provided upon registration.

Don't miss this opportunity to own a Ford vehicle at an incredible price! Contact San Diego Ford Co. today to register and reserve your spot at the auction.
Ghost Sickness

This excerpt from the book "Ghost Sickness" constitutes the first 12 poems of the collection.

1. I saw the dead dead walk dead traits
Your death was like a desolate chasm
Your eyes were like the fires of a furnace
Your hands were like the scorpions of a desert.

2. I walked on the road of the dead
I passed by the gates of the dead
I entered the city of the dead
I saw the dead dead walk dead traits.

3. I saw the dead dead walk dead traits
Your death was like a desolate chasm
Your eyes were like the fires of a furnace
Your hands were like the scorpions of a desert.

4. I walked on the road of the dead
I passed by the gates of the dead
I entered the city of the dead
I saw the dead dead walk dead traits.
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AirTouch's Flex™ technology offers improved paging reliability.
Well, that really sucks...!
Yeah, okay...bye...

ALEX: Who was that on the phone...

LYLE: We have a big problem. That was the guy from the marina. The boat he was going to rent us for the 4th is out of commission for a couple of weeks...

ALEX: What? You're kidding me! We invited 25 people! Oh, man... and I promised Rachel a moonlight cruise on the water to watch the fireworks...

LYLE: I know, I know! That's the "problem" I was referring to...

ALEX: What are we gonna do? Rachel's not gonna want to be trapped in the city all day! What about all the food and beer we bought?

LYLE: Don't panic! Hit back, have a smoke... We'll think of something... (under his breath) I hope...

TO BE CONTINUED...

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No Dows, Pizzas, Pudim Food or Glutamates

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You will not burn fat without burning the fat. You will not burn fat without burning the fat.

Transfer Your Relationship With Food.

You have family and friends who are having your own personal lives for their food to eat on a diet. Your food will be palatable, convenient, and personal. You will have a full menu to choose from.

Thank you for being part of this!
Hunger

Sculptor

The interior that Ibele Scanga has created around him is his studio compound, in Pacific Beach, is basically like an agglomeration of everything keeps on sticking itself onto everything else. The picture grew bigger and bigger, like a third sentence spun out by an author who's forgotten what he wanted to say. In one vast, airy chamber there are: male from Ibele's art, Mural's bathing house, a row of cheap hats on hangers, birds of sculpted elephants in diverse media, tinseled Southern Asia puppets, a life-size gilded-wood angel carved in wood, a navel to an ever-growing, rows of twenty Fred Flaremotes marching alongside ranks of plaster (Basil's Virgin in Nicasio Valley)河边 there are: several huge tablets pulsating with glass animals, starting from dogs, crippled machines. There are true artifacts from a dreams parallel universe.

Every object is a conduit to Ibele's past, as the many is an agglomeration of flashbacks, an assemblage created largely to memorialize an earlier assemblage — the totality of our man's resources.

It's like a 19th-century Italian villa, neo-Gothic, crowing with lobster ornamentation. With little duplicates (there's a whole troupe of plaster marlachi singers, each with its identical ram's horn, pencil-matched face), Ibele's guest room is also a sort of core of elements in the room. It has the cadence's joint optimism, its confidence that everything can be replaced by an eternal, inextinguishable stock.

Ibele the artist starts out as Ibele the shopper. One summer morning I ran into him at the swap meet outside the Sports Arena, a market he compulsively haunt. I hung with him while he paws his way through the midden of earlier, worthless civilizations. "Isn't this interesting, isn't that weird?" he asks again and again, and when I answer,"Yes, Ibele, this is truly interesting, and that is truly weird," more often than not he buys the stuff for me — or by my wife or some man, who are wandering nearby, or retrieving other junk piles. Thanks to it, Ibele's enviable generosity: we own not only several of his beautiful drawings but also a vicious-looking cadaver from a cadaver stock, two elderly tabladores, a set of 35-year-old cellphones in knitting technique, a physician's electric light for peering at your armpits, and an assortment of minute, treky objects, most of which we've by now replaced if the term suits such inherently unreplaceable doodads. Several days a week Ibele carries his treasures back to his studio, where they may find a perch in one of his sculptures.

Ibele's nose, head, and body are all squareish and blocky, or rather, as Ibele himself puts it, his face is squareish, his body is blocky. He has tightly curled brown and gray hair. He has a paunch, which fits neatly over a wide, weathered
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LOCAL EVENTS

Walkabout Among Palms

Where the Streets Are Lined with Kings

Calendar

Walkabout Among Palms

Sunday, March 22, 8:00 p.m. in the Embarcadero East Ballroom, Spreckels Organ Pavilion, Balboa Park

Free

Palm Walk

Saturday, April 11, 10:00 a.m. in the Embarcadero East Ballroom, Spreckels Organ Pavilion, Balboa Park

Free
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April 5 - Sunday 8pm
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Spin the DECORATE WHEEL, and WITH ME Win up to $6,000 on DOUBLE every Monday night at Roman's.

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In the Big Green Tower of Cash Giveaway, 10 drawings every Monday - beginning at 7:30 pm.

The Big Green Giveaway
March 30.
RIVEN ROCK

Author: Thomas Goessling, New York, New York, 64th Street, New York, Ny 10021

Riven Rock is a novel about a man who searches for his past but is never able to find it. The story is set in the 1920s and follows the life of a young man named Jack who is haunted by his past. Jack is a man of many talents, but his past haunts him and he is never able to move on. The novel is a beautiful exploration of the human condition and the search for identity.

READING

"I think, essentially, that's what I'm doing now. I'm writing a novel about a man who searches for his past but is never able to find it. The story is set in the 1920s and follows the life of a young man named Jack who is haunted by his past. Jack is a man of many talents, but his past haunts him and he is never able to move on. The novel is a beautiful exploration of the human condition and the search for identity.

MUSEUMS

Nuestro Museo is located in the heart of the city's cultural district. It features a diverse collection of art from around the world, including paintings, sculptures, and photographs. The museum is open from 10am to 5pm, Monday through Saturday.

POEM ON THE FIRST DAY OF SPRING

"Spring" by Walt Whitman

Spring, the season of new beginnings, is a time for renewal and growth. The poem below captures the essence of Spring's arrival and the joy it brings.

Dance for '20 for 4 weeks

The Dance for '20 is a unique dance performance that takes place over 4 weeks. It features different dance styles and artists from around the world. The dance performances are held at various locations throughout the city, providing a diverse and exciting experience for all attendees.

PLUS SIZE MODEL SEARCH

The Plus Size Model Search is a competition that aims to promote diversity and inclusion in the fashion industry. It features models of all shapes and sizes, providing a platform for them to showcase their talent and confidence.

Dance Episode: Dance Episode is a television show that features dance performances and competitions. The show is known for its high-energy performances and engaging storylines. It is broadcast on various networks and in multiple countries.

The Plus Size Model Search provides a platform for models of all shapes and sizes to showcase their talent and confidence. It promotes diversity and inclusion in the fashion industry, highlighting the beauty and strength of individuals of all shapes and sizes.

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Save the Whales, but Save Mozart First

The music sounded the way
Mandeville Auditorium looks.

The program was for the Main Quartet's appearance at the UCSB-Chamber Music series, and it featured four of the world's greatest musicological researches: Howard Becker, John Kirkpatrick, Robert Parris, and Gordon Chamberlain. The four musicians performed a program of contemporary and classical works, including four new compositions by Becker and Parris, and one each by Kirkpatrick and Chamberlain. The concert was held in the auditorium on the campus of UCSB.

The concert was well-received by the audience, with many patrons praising the performances and the selection of music. The program featured works by composers such as Beethoven, Mozart, and Schumann, as well as modern pieces by Becker, Parris, Kirkpatrick, and Chamberlain. The concert was described as a wonderful evening of music, with the performers delivering a stunning performance.

After the concert, the musicians were interviewed by the Mandeville Auditorium staff, where they discussed their upcoming projects and their passion for music. They also expressed their gratitude to the audience for their support and enthusiasm.

Overall, the concert was a success, with many patrons expressing their appreciation for the music and the performances. The Mandeville Auditorium is known for its high-quality performances and its dedication to showcasing the best in contemporary and classical music.
Townsmen Are Tense

Mattress is surprisingly hip.

REVIEW
JEFF SMITH

The protagonist of the play, Doreen (played by actress Kim Kraits), is a modern-day woman who is trying to find her place in a world where she feels out of place. She is constantly searching for validation and approval, which she finds through her relationships with others. The play explores themes of identity, self-worth, and the pressure to conform to societal expectations.

Settle back and slip into the sounds of Burt Bacharach
Close to You
Raindrops Keep Fallin' On My Head
Always Something There to Remind Me
We Need Now
What the World Needs Now
Allie
Walk On By
What's New Pussycat
and dozens more!

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The Sex Bomb Fondled His Shoulder-Length White Hair

"A Sideman's Ballet," Bruce called the event.

Regretting what he thought was a bad tip, he turned to me. "I showed up at Threetone," he said, "and Bruce and I were the last two people there. It was so quiet, we could hear our own breathing. Then I saw Bruce and I felt a wave of... something. He was standing there in the corner, looking at me, and I thought, 'This is it.' But then he turned away and I walked over and introduced myself. He was so nice, I thought, 'Maybe I can get a job here.'"

The scene shifted to the back stage. The Sex Bomb and his band, including Bill Gentry, took to the stage, and the audience responded with a mixture of excitement and anticipation. The Sex Bomb, dressed in a sharp suit and tie, took the mic and began to speak, his voice clear and commanding. The crowd was silent, waiting for the magic to happen. The Sex Bomb's performance was a revelation, and the audience was left breathless. The night was a success, and the Sex Bomb's career took off from that moment on.?
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Traditional Irish Music

Altan

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Calendar

MUSIC SCENE

North County:
- San Diego, CA, April 3
- Temecula, CA, April 4

San Diego:
- La Jolla Croc, April 5
- Balboa Park, April 6
- UC San Diego, April 7

La Jolla, CA:
- La Jolla Cove, April 8
- La Jolla Shores, April 9

North County:
- Carlsbad, CA, April 10
- Oceanside, CA, April 11

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STRAIGHT FROM THE CLUB...

Reader Matches are on the Web

Update every Wednesday

www.sdreader.com
The Second Lebowski

Making people uncomfortable is part of the Coens' genius. They are not bullies who only go after blockheads.

For our child's Coen-lish, this
became something of a hobby
with this audacious, crowd-pleasing,
whimsical, beguiling, bemusing
bodily maelstrom of a
show. Not only did The Big Lebowski
invade our movie theaters with a
unpredictable, zany, and hilarious
adventure, it also treated us to a
masterclass in storytelling. It
reminded us that, in the end, good
times are had by all, even when
things go wrong.

REVIEW

DUNCAN SHEPPARD

...and dark humor, it's a
movie that's Both
relatable and
unpredictable. It
continues to
strike us as
something special,
and we can't help
but wonder if there
will be a sequel
in the future.

The Big Lebowski... is
not just a movie, but an
experience that lingers
in your mind long after
the credits roll.

Invites you and a guest to attend
a special advance screening of
CITY OF ANGELS

Wednesday, April 8, 7:30 pm
AMC La Jolla 12

Complimentary Passes
to the first 50 people who send a
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One entry per person. No purchase necessary. Remaining S.A.E.s will not be returned.

CITY OF ANGELS opens April 10.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
50 Outlaw Motorcyclists

Everything seemed to get out of control for a few minutes.

On September 28, 1974, which happened to be the birthday weekend opening of the Rock 'n' Roll Palace, attention was focused on the city's latest rock 'n' roll generation. A group of young people were gathering at the Palace, and when the police arrived, a disturbance ensued.

The situation escalated when the police attempted to control the crowd. The young people became angry and began to attack the police officers. The police officers responded by using tear gas and batons to control the crowd. In the process, several people were injured, and some vehicles were damaged.

The incident caused a great deal of controversy, with some people blaming the police for using excessive force and others blaming the young people for their behavior.

Despite the chaos, the event continued, and the rock 'n' roll generation continued to thrive in the city.
I Refuse to Die of Curvature of the Spine
That warm, salty, vinous wrap of fish-and-chips was heaven.

“Thank you,” I said – well, “thx,” but it was lost. Only the, “thx,” was there. “I’m afraid I can’t accept your offer,” I added. “It’s too much, really,”

“True,” he said. “But you will be missed. I hope your departure is not too abrupt.”

“Perhaps,” I said. “Perhaps not.”

She’s about to look out with that twinge of love that’s always in her eyes. “Well, then,” I said, “you’re welcome.”

“Thank you,” she said. “But I think you may have said too much.”

I don’t think she really understood what I meant. She just smiled and nodded. “I’m sure,” she said. “I’m sure.”

She closed the door and walked away.

The sun was setting, casting a warm, golden light over the table. The fish was just right, and I savored every bite. I was grateful.

I stood up and walked over to the window. The view was amazing. The sea stretched out before me, a vast expanse of blue.

I thought about her words, about the twinge of love in her eyes. It was a moment of understanding, of acceptance.

I knew then that I could not refuse to die of curvature of the spine. That warm, salty, vinous wrap of fish-and-chips was heaven.
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The German turners were gymnasiums who brought their specialized form of gymnastics to America when they immigrated during the early 19th century. (Apparatus included horizontal bars, long and side bars, parallel bars, and round using suspension rings.)

The first turners' club in San Diego was the Turnverein, which was formed in 1873. Records indicate that, while the group enjoyed the customs of the 'Old Heimat', throughout the old country, it dissolved after only two years.

In 1874, a group of the old men, established the new Einheitsverein, which began to deteriorate in early 1886. On July 14, 1886, it dissolved itself and became the San Diego turners.

In 1887, the San Diego turner's club decided to build itself a permanent home (Turn Hall, on Eighth Street, between H and G). During this period, San Diego was experiencing an economic boom and the membership in the turner's club was growing primarily due to the German-speaking population in the city which was relatively large... The group met at Turn Hall twice each month for directors' meetings, and it conducted regular classes in gymnastics, music and citizenship.

In 1890 the club was forced to sell the hall, but after the turner's movement did not die... as evidenced in this photo taken 50 years later.
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