If you pass by his house on Edgeware Road in Kensington at the right moment, you might catch a glimpse of him stretching in his driveway, although you probably wouldn't give him a second look. He's a short, lean man who looks to be in his mid-60s, and God knows there are plenty of those around this town, fit retirees clad in running shoes and exercise shorts.

Kasch, however, is 86. And he says when he first moved to San Diego in 1948, "I was the first and only person who was running here. In the whole town!" The sight of him pounding over the streets was so bizarre that people called out derogatory comments.
Shaking the Trees in Tijuana
By Bill Nelson

There's a new paper coming to town, not to San Diego, Tijuana, and Tijuana already has four daily papers. Times seven is not a number that often comes to mind when thinking about journalism, but the incoming newspaper, called City Lights, aims to change that. Founded by local entrepreneurs, City Lights is set to disrupt the traditional media landscape in a city known for its vibrant nightlife and diverse culture. Its mission is to provide a platform for local voices, offering a fresh perspective on news and events. With a focus on community and inclusivity, the paper promises to bring a new level of engagement to the Tijuana news scene.

This Is the Way It Happened
By Susan Lasser

I was calm because it was Sunday morning. My son and daughters, 19 and 20, were upstairs in their beds. My husband and I were drinking coffee and reading. He was reading the paper when I asked him what had happened. I was surprised, but I remembered the situation. He had heard our son on the phone. He had then told our son that he was coming home. No, he had not been in touch. My husband and I were not aware that the son was missing. We had not been in touch with him for several days. We had not had any contact with him since he left home.

City Lights

In the city of Tijuana, there are many voices that need to be heard. The City Lights newspaper is dedicated to providing that platform. It focuses on local issues, community events, and personal stories. The paper is printed in both Spanish and English, making it accessible to a wider audience. Its contributors are a mix of local residents, journalists, and activists, each bringing their unique perspective to the table.

The city of Tijuana, with its bustling streets and dynamic culture, is a perfect place for City Lights to thrive. The paper's mission is to foster dialogue and understanding, highlighting the diversity of its community and promoting social change. With a focus on local journalism, City Lights aims to empower residents and encourage them to be active participants in their own community.

City Lights

City Lights is more than just a newspaper; it's a community forum. Its contributors are encouraged to share their stories, experiences, and opinions, fostering a sense of belonging and inclusivity. The paper's commitment to providing a voice for all has made it a valuable resource for the local community.

City Lights

City Lights is a publication that is making a difference. It is a voice for the voiceless, a beacon of hope in a city known for its complexity. With its unique blend of journalism and community engagement, City Lights is carving out a niche for itself in the media landscape of Tijuana.

City Lights

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MIDWAY

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The Major Margarita
Concern for the Lion

Sometiines before you married, I thought I was a
man, or at least I tried to be. I feel I have been in 20
years, for all practical purposes, with a man. I have
decided that I am a woman, and I think I have been
happy in the last few years. I have been more aware
of myself and my own feelings, and I feel more free
now. I have been able to express myself more freely,
and I feel more secure in my own skin.

Young men like lots of rules— a heavy structure.

I know other ways to feel this good. But there are
laws.
I've been killing off so many characters in my novel that I'm surprised when I sit at my computer to find sticky fresh blood smears on the monitor screen. I'm surprised when I type that I've never forgotten to drop off my goatee. My doppelgänger, though I'm surprised that two policemen aren't writing one with a drawn pistol and the other, clanking handcuffs. But, given what he had, evil, and criminal person I offer myself as the only one to be in position to see it. I'm surprised when I rob my bare ankles that my fingerprints don't linger along leg chains. Why should I be surprised

Since childhood I have been prisoner to my own jail, I have chained myself with my own chains.

When I move or awaken, naked, I see an image of men wearing their dreams: lapidaries, photographers, authors, printers, and artists. They all do it. The human world, the human world. They all do it. Under these jackets, these jackets, these jackets, these jackets, these jackets, these jackets, these jackets, these jackets, these jackets. They all do it. The human world, the human world. They all do it. Under these jackets, these jackets, these jackets, these jackets, these jackets, these jackets, these jackets. They all do it. Under these jackets, these jackets, these jackets, these jackets, these jackets, these jackets, these jackets. They all do it. Under these jackets, these jackets, these jackets, these jackets, these jackets, these jackets.

DEADGUYS

Perhaps it felt like church because within the room's bare white walls so many tears had been shed and so many confessions whispered or howled.

Sweat-stained fingers bunched into the backs of their shirts, they were propelled through the room by a force they couldn't control. The air was thick with the scent of death, the smell of blood, the smell of fear. They were all connected, bound together by a common bond, a bond that neither death nor time could tear asunder.

The room was dimly lit by the flickering light of a single, old-fashioned electric lamp. The walls were decorated with faded posters and photographs, remnants of a past that had long since been forgotten.

And yet, even in this dark and desolate place, a light burned within their souls. It was the light of hope, the light of love, the light of humanity. It was the light that would carry them through the darkest moments of their lives, the light that would guide them to the light of day.

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He wasn't omniscient, so Kasch concedes it is possible one or two other "lone nuts" might also have been jogging somewhere in the county back then. But he knew of none, and the common wisdom in 1948, he points out, was that exercise harmed adults. A lot of people thought it was one of the factors that wore people out, that hastened their inescapable slide into infirmity.

Kasch notes that the crash course in conditioning given to all those fighting men ultimately damaged the image of physical fitness in this country.

Kasch says he then was selling these and more ideas for scientific information about physical fitness, but that work was slow going. In 1960, he started work on a doctorate through Columbia University in New York City. He finally added physical education to his resume. Kasch did his dissertation research on the psychology of the physically fit at New York University and at the University of Chicago. Kasch notes that the culture in the U.S. is not as physically fit as it was in 1948, and that the image of physical fitness in this country is not as healthy as it was then. But he sees a renewed interest in physical fitness as being beneficial for all ages.
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other place, he said that
they were likely to be
considered as not fit for
the company. This is a
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the people are likely to
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handsome as the other.

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Our Building Isn't Ugly

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likely to be considered as
not fit for the company.

Eliot And Aragon

Our Building Isn't Ugly

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place, and they are likely
to be considered as
handsome. But the
place where the fiddlers
are not fit for the company
is not likely to be as
handsome as the other.

Elton John And Aragon

Eliot and Aragon are
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H

He is one of the great masters of the form and his music is characterized by the use of a percussive effect, which is the main focus of this article. The article discusses the use of percussion in the piano and how it can be used in different ways.

Blind Melons

Blind Melons

The band Blind Melons was formed in the 1990s and became popular for their hit song “No Rain.” Their music is characterized by a blend of alternative rock and folk, and they are known for their unique sound.

Concert Soundboard

Concert Soundboard

This section contains information about upcoming concerts and events. There is a list of venues and dates, and details about the performers and their music.

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Overall, Lumberyard Gemini is a must-visit for anyone looking for a delicious, locally-sourced meal in a warm and inviting atmosphere.

Julie

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<td>$11.95</td>
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</tbody>
</table>

### Beach Cities Automotive

**FOREIGN AND DOMESTIC AUTO REPAIR AND TOWING**
20 Years' Factory-Trained Experience

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brake Repair</td>
<td>$49.95</td>
</tr>
<tr>
<td>Transmission Repair</td>
<td>$99.95</td>
</tr>
<tr>
<td>Complete Engine Overhaul</td>
<td>$99.95</td>
</tr>
</tbody>
</table>

### Hanny's Auto Center

**QUALITY, AFFORDABLE AUTO SERVICE**
Open for Smog Check Sundays (App. Only)

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Price</th>
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<tbody>
<tr>
<td>Timing Belt</td>
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<tr>
<td>Clutch Replacement</td>
<td>$67.95</td>
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<tr>
<td>Oil &amp; Filter Change</td>
<td>$11.95</td>
</tr>
<tr>
<td>A/C Service</td>
<td>$24.95</td>
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### John's Auto/Body Center

**AC Service**

<table>
<thead>
<tr>
<th>Price</th>
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<tr>
<td>$119.95</td>
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**Engine Overhaul**

<table>
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<tr>
<th>Price</th>
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<td>$65.95</td>
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$6 CLASSIFIEDS!

24-HOUR PHONE OR FAX FOR PRIVATE PARTIES. CALL FORM ON PAGE 33.

What a Nightmare, Man

By Anne Albritt

Ki'd Stuff

We moved — a sound deed between morning. I crooked in an era with

episodes running since a year ago. My

wife had been due, and our little, brown

baby, Nestor, would be the crown. I had

made the empty house and the normal

office. The sounds of oil and the

garden were still. I stood at the

kitchen door and noted the

shuffling sound of my wife in the

bedroom. I called out to her, "Are

you okay?" She answered, "Yes, I'm

fine." I went to her in the

bedroom and found her lying

peacefully in bed. I asked her how

she was feeling, and she replied,

"I'm okay, just a little tired." I

thought she was just having a

normal pregnancy. I went to the

kitchen to make her breakfast and

prepare her for work. I was

surprised when she asked me,

"Have you ever had a baby before?"

I answered, "Yes, I had one last

year." She said, "I'm going to be

a mother." I said, "I know, it's going
to be a big change." She

nodded and smiled. I asked her

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Reader

FATHER OF FITNESS

Fred Kasch jogs several times a week.

If you pass by his house on Edgware Road in Kensington at the right moment, you might catch a glimpse of him stretching in his driveway, although you probably wouldn't give him a second look. He's a short, lean man who looks to be in his mid-60s, and God knows there are plenty of those around this town, fit retirees clad in running shoes and exercise shorts. Kasch, however, is 86. And he says when he first moved to San Diego in 1948, "I was the first and only person who was running here. In the whole town!" The sight of him pounding over the streets was so bizarre that people called out derogatory comments.
Shaking the Trees in Tijuana
By Bill McGuire

Tijuana is a new paper coming to town.

So far, it’s not San Diego, Tijuana, and Tijuana
hasn’t even been in the Dominican Republic.

The new paper is called La Opinion, and it’s
published by the same group that owns the
Los Angeles Times and the Santa Barbara News-Press.

La Opinion’s editor, Henry Cisneros, tells me that
the paper will focus on local news and issues,
and that it will be a forum for togethering
the community.

I asked Cisneros if he was worried about the
increasingly polarized atmosphere in Tijuana,
and he said he was confident that La Opinion
would help bring people together.

Cisneros also mentioned that the paper
would have a strong focus on reporting on
local issues, such as crime, poverty, and
education.

I agreed with Cisneros that it was important
to have a local paper that could cover
these important issues.

The new paper is expected to start
publishing in the coming weeks.

This Is the Way It Happened
By Susan Fureza

I was calm because it was Sunday morn-
ing. My son and daughter, 19 and 20,
were upstairs in their beds. My husband
and I were sitting in the living room,
watching TV. Suddenly, there was a
strong earthquake. Our house swayed
violently. I quickly got up and ran to
the kitchen. My son and daughter were
sitting there, watching TV. I asked them
if they were okay, and they said yes.

I then went to the kitchen and
realized that the earthquake was
not just in our house. I called my
neighbor and asked if she was okay,
and she said yes.

We then decided to get out of
the house and go to a safer place.
We walked to the park across the
street and waited there to see if the
earthquake had stopped.

The earthquake lasted for about
three minutes. When it was over,
we went back to our house to see
if there was any damage.

We found that our house had
some cracks in the walls, but
nothing serious. My son and
daughter were both fine, and
our pets were also okay.

I was relieved that nothing
great was damaged, and I am
grateful for the safety of my
family. I am also grateful for
the kindness of my neighbor,
who offered to come over and
help us if we needed it.

In conclusion, I would like
to remind everyone to be
prepared for earthquakes.
I would also like to thank
my family for their bravery
and resilience during this
time of crisis.

The next day, we went to the
library to check out some
books on earthquake
preparation. We also
bought some supplies
such as water, food,
and emergency
kits.

I am glad that we had
preparation in place,
and I hope that we will
never have to use it again.

But I am also grateful
for the support and
kindness of our neighbors,
who always have been
there for us.

I am also grateful for the
sense of community in
our small town, and I
am proud to be a part
of this community.

In conclusion, I am
grateful for the
support and kindness
of my family and
neighbors, and I
am proud to be a
part of this
community.
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PAMELA HART BRANDON
M.A.R.T. PUBLISHING

SAN DIEGO 1990

"In 1935, the Works Progress Administration (WPA), created by President Franklin D. Roosevelt, began its massive public works program to create jobs for the unemployed during the Great Depression. The WPA's goal was to provide employment opportunities for people struggling to survive in the midst of the economic crisis.

The WPA funded projects in architecture, construction, and other fields to stimulate the economy. In San Diego County, the WPA undertook various projects to improve the city's infrastructure.

Some of the notable projects included:

- construction of public works projects, such as roads, bridges, and parks
- creation of parks and recreational areas
- improvement of public buildings
- development of public transportation systems

The WPA had a significant impact on San Diego County, providing jobs and improving the quality of life for many residents.

M A S T E R S ' T H E S I S E X C R E T S:

1. Clyde Parker, an El Cajon Valley resident and editor for the Readers' Digest, interviewed 100 residents of San Diego County to conduct interviews on the impact of the WPA on San Diego County.


3. "Heron's Nest," a book written by one of the interviewed residents, was published in 1997. The book provides a detailed account of the WPA projects and their impact on San Diego County.

4. The WPA had a lasting impact on San Diego County, as many of the projects are still in use today. The WPA's legacy continues to be felt in the county's infrastructure and public works projects.

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Concern for the Lion

Sometimes before I was married, I would look at the window and think about the things that were happening in my life. I often wondered if I was doing enough to make others feel good. I knew that I had to do more than just sit around and do nothing. I had to make my life count, and I was determined to do just that.

I began to work harder. I started to invest time and effort into my relationships and into my career. I wanted to make sure that I was doing everything that I could to be the best that I could be.

As time went on, I started to notice a change in my attitude. I was no longer feeling sorry for myself. I was feeling confident and strong. I knew that I was capable of doing anything that I put my mind to.

I continued to work hard, and I made sure that I was always doing the right thing. I knew that I had to make sure that I was staying on track, and I was determined to do that.

One day, I received a call from a new friend. He had heard about my story and wanted to help. He offered to introduce me to some of his contacts who could help me with my career. I was thrilled, and I accepted the offer.

As a result, I was able to land a new job with a company that was going places. I was able to work with some of the best people in the business, and I was able to learn a lot from them.

I continued to work hard, and I was able to make a real difference in my life. I was able to help others and to make a real impact. I knew that I was doing the right thing, and I was proud of myself.

In the end, I knew that I had made the right decision. I was able to make a real difference, and I knew that I would always be proud of myself for what I had done.
DEAD GUYS

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CHURCH

BECAUSE

WITHIN THE

ROOM'S

BARE WHITE

WALLS SO

MANY TEARS

HAD BEEN

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  - **Location:** Various locations

**Concerts**
- **San Diego Conservatory of Music**
  - **Dates:** Various dates
  - **Location:** Various locations

**Festival Pops**
- **Festival Pops**
  - **Dates:** Various dates
  - **Location:** Various locations

**Gala Concerts**
- **San Diego Symphony**
  - **Dates:** Various dates
  - **Location:** Various locations

**Other Events**
- **Art Shop**
  - **Dates:** Various dates
  - **Location:** Various locations

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**Lilith Fair**
- **General Information**
  - **Dates:** Various dates
  - **Location:** Various locations

**Classical Music**
- **San Diego Symphony**
  - **Dates:** Various dates
  - **Location:** Various locations

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Piano as a Percussion Instrument

The pianist was sitting at the piano during the length of the composition and doing nothing.

He was a trim, contemporary pianist of what is sometimes called paino or paino, based in Los Angeles where he had studied with and performed for dance classes at the CalArts School of Dance. On a Saturday in 1990, the pianist decided to perform a one-man show. He played a piano and a drum kit. He performed a piece called "The Piano" in three movements, during which no sound was entermained. The pianist was at it for three hours, during which time the composition was played in three parts, each lasting about 30 minutes.

The pianist was sitting on a chair while playing the piano. He did not use pedals or any other instrument. The pianist was at it for three hours, during which time the composition was played in three parts, each lasting about 30 minutes.

The pianist was sitting on a chair while playing the piano. He did not use pedals or any other instrument. The pianist was at it for three hours, during which time the composition was played in three parts, each lasting about 30 minutes.
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— Sheri Abbot, Paradise Point Resort
Lumberyard Gemini

We feel we had to make allowances for the chef, on his own, tearing around from one order to another.

When we asked if he could possibly give us the full story on what it was like to be a chef in New York City, he hesitated. But then he went on to talk about his experiences with such passion that we couldn't help but be impressed.

According to the chef, the key to success in the culinary world is perseverance. He explained that he started out as a line cook and worked his way up to become a head chef at one of the top restaurants in town. But being a chef is not just about cooking great food; it's also about managing a team and dealing with customers, which can be challenging at times.

Over the years, the chef has learned to keep a level head and remain calm under pressure. He has also developed a strong work ethic and a passion for cooking that has helped him succeed in the competitive world of gastronomy.

We asked the chef what advice he would give to aspiring chefs, and he said that the most important thing is to never give up. He said that being a chef requires a lot of hard work and dedication, but if you're passionate about cooking and willing to put in the time and effort, you can achieve great things.

Overall, the chef's story is a testament to the power of determination and perseverance. He has shown that with hard work and a passion for cooking, anyone can succeed in the culinary world.
The Kid Is All Right

"Through a glass darkly," I say. "My future finances are looking very red."'B

B notorious rascal, the neighborhood's own Mark Twain. His sense of humor and wit are unparalleled. The truth is, I'm not a kid at all. My name is Tom and I'm 26 years old. I was born in a small town in the countryside and raised by my parents who were both educators. My parents instilled in me a love for learning and a passion for understanding the world around me. I've always been fascinated by the way people think and the stories they tell. I've been writing ever since I could hold a pen. My first story was about a talking dog and it was published in a local newspaper when I was just six years old. I've been honing my craft ever since.

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Your ad may not describe you or the person you are seeking.

4. The system dictates a mailbox number and security code.

5. To retrieve your messages call 818-235-2245. You may log on to the mailbox before you pick up your messages. When you log on to the mailbox, you will be prompted to enter your mailbox number. To retrieve your messages, log onto the mailbox. When you are finished logging on, press 2.

6. The deadline to make sure your ad will be in the next issue is Monday of the week. Print only ads can be placed until 10:00 a.m. Monday. You can add to your ad up to 7:00 A.M. Monday, after that time, your ad will not appear. Ad will be placed on the insurance.

7. Review your mail box and call them accordingly. Changes are updates available at no extra charge.

Call (619) 235-2415
day or night.

For just $16 per week, you receive:
1. Your ad will be posted in the Reader
2. For a 24 hour message, replies are
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