Making a List, Checking It Twice

By Anne Albright

I like to think I'm organized. Every Sunday night, I sit down at the kitchen table and open up my special-bound notebook. In the planner that hangs over my piano, after my two children have gone to bed, I write in the text and page numbers I need for the next week. On the page left side, I list the chores, the jobs, the meetings, the appointments. It's all there. I have everything planned out for the week.

But sometimes, even with the best intentions, I find myself falling behind. Last week, I forgot to pick up the kids from school. This week, I missed the grocery list. It's all too common for me.

Rebecca, Angela, and Mark, who are aged six, four, and three respectively, are always on my mind. Their morning routines are a never-ending cycle of breakfast, school, and bedtime. And even when I try to stick to the schedule, I can't help but get swept away in the chaos of daily life.

The kids get up at 6:30 AM. Rebecca, the oldest, is always on time, but Angela and Mark tend to sleep in. After breakfast, we usually have a quick stop at the local grocery store before heading to school. Rebecca and Angela attend a private school, while Mark goes to public kindergarten.

One of the biggest challenges I face is keeping track of all their schedules. From soccer practice to music lessons, there's always something happening. And just when I think I have everything under control, something unexpected happens. Like last week, when we had to reschedule Angela's piano lesson.

I try to balance work and family life, but sometimes it feels like an impossible task. And yet, no matter how chaotic it gets, I always find a way to make it work. It's all about prioritizing and being flexible.

So, as I sit down at the kitchen table every Sunday night, I make a list of everything I need to do for the week. It helps me stay on track and makes sure I don't forget anything. And even though it's not always perfect, I know that it's all worth it in the end.
How to Make Big Money in Bio-Warfare

As the cloud of war descends over the world, San Diego may soon find itself at the center of the storm. Three thousand miles distant from New York and Washington, D.C., 6000 miles removed from Southeast Asia and the Middle East, San Diego is second only to Norfolk, Virginia, in home to the Navy's biggest fleet concentration and intelligence establishment. They will surely play a crucial role in the world's just-unfurled crusade against terrorism. Only the form and extent of battle that the city will face — and whether it will escape harm in the new era of threat to the U.S. homeland proclaimed by the president — is still unknown.

San Diego has enjoyed a peaceful life as a military town ever since the war with Mexico in 1846, when Commodore Robert Stockton established a fort at the tip of Point Loma for what became the Army's Fort Rosecrans. By 1936, in the midst of World War I, the city was home to four Army, Navy, and Marine bases. Soon after followed a host of allied defense industries, from shipbuilders to airplane makers.

No One Knew I Had a Knife in My Pocket

I began thinking about Steve Elson and Cathal "Irish" Flynn almost from the time I saw the planes explode through the World Trade Center towers. Both Elson and Flynn are retired Navy SEALs, and I knew them while we were on active duty.

I first met Flynn when he relieved me after I'd served a seven-month tour in Vietnam as officer in charge of SEAL platoons. Some three months later he was on his way to the Philippines and then the Strand...

Story continued on page 22

Story continued on page 28

San Diego Weekly
**Moo Twilight**

By Erens Grimm

Sanny Casaza’s straw cowboy hat sits high on his head, shading his staring face. His copper-gray mustache matches the tan in his temples. Tall, powerfully built, and dressed in tan cowboy boots, jeans, and a western-style shirt, the 66-year-old looks every bit the cattle rancher.

Casaza grew up on a cattle ranch in Santa Ynez. In 1970, he took over the ranch, and it was then that he began buying land and expanding his herd.

"I was born into a family of ranchers," Casaza said. "I knew this was what I wanted to do." He began buying land and expanding his herd in the early 1970s.

**Flush Power**

By John Kumpel

The journey begins when the toilet flushes. Whatever is in the bowl heads through a series of pipes and treatments that separate the solids from the water. While the trends of one’s wateruse are seldom a topic of conversation, it affects virtually every SanDiego and everyone’s wateruse.

In a SanDiego Metropolitan Water District study, it was found that the average household uses about 200 gallons of water per day, or about 7,200 gallons per month.

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**CITY LIGHTS**

By Mark Potter

The Reader offers two segments of this edition: a look at the current state of the water utilities in California and a look at the history of the Los Angeles Department of Water and Power. The first segment examines the state of the water utilities in California, where the state’s water management is facing challenges.

The second segment looks at the history of the Los Angeles Department of Water and Power, which was created in 1901 to provide water and power to the city of Los Angeles. The department has faced numerous challenges over the years, including droughts and the need to provide water to new areas.

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Flush power

A strong force of water

The water stream comes into the plane through several channels that have holes. The holes are several feet

plane or directly into it. It will catch excess debris, like sticks, rags, paper. Then, there’s the occasion where

or debris in them. There’s a metal of things that are going to come through. It’s amazing. For the

main part, it’s a very direct process. Slush into large-housing, and from there, headed

to the blow-up. The water is

and pumped out of any

materials. The collection

process is fully automated.

Occasionally people will

walk by the bins when staff
has accumulated, or the vit

lenses fall, folks will have to

clean out a storage, but

that’s it. Nobody airs this

and washes it. It would be,

past waste of the employees

to just leave them at an

waste.

The men and women who

work in the collection-and-


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Flush power

The first order of business, when you find it with a slug of shellfish, is that the bacteria that are acid-forming will break down the material down and eventually form acids that are similar to urine.

The methane-formers will utilize these acids and break that material down to release CH4 (methane gas).

The end result is reduced solids. You have water with sludgy solids left, with a little bit of organic solids left but mostly broken down materials or ‘non-solid’ and methane in the water.

After going through the treatment plant, any water containing solids is pumped back to Minneman's Metro Biosolids Center, on 124th, near the Storman Landfill.

Those solids are dried, then bailed to landfill. Very soon we'll be going to land application as well, and the land application will serve as a supplement for nitrogen, phosphorus — the type of thing that was really strained. The product is fairly rich in nitrogen.

Like the product is used, even the treatment process is used to generate energy. It might be more appropriate to label our work as "that." Those digesters — and they're fairly large systems — produce a mixture of methane and CO2 (carbon dioxide) and a carbon-based material part of the digester process. We operate the digester at a temperature of 90 degrees to allow 90 percent of the organics to be converted to gas. We make sure the gas is stored in the greenhouse. We want to reduce these solids to zero. One of the side products, digestor gas — a combination of 60 percent methane and CO2 and some other gases — is being used at Port Lomapa to produce electricity. We use the digestor gas to operate two large engines that produce electricity on the order of 1.2 megawatts per year.

"It's a special energy that we're talking about. It's about 40 megawatts of electricity and only uses about 14 hours of power."
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CITY LIGHTS

Flush power

megawatts of that power at the facility. The remaining two and one-half megawatts are hired to a local utility company by an agreement that gives the utility company the option to purchase electricity for the on-peak and off-peak periods. The electricity is then supplied to the utility through a separate transmission line. This provision further reduces the cost of power to the facility. The net result is that the facility can meet its peak demand requirements without incurring excessive costs.

CITY LIGHTS

Moo twilight

goes to slaughter, and I'm sure we'd be better off replacing her.

By keeping a few heifers calving every year and selling the rest, Cauna maintains the herd status without having to hire other cows. Over time, the heifers will be bred and sold in bulk or exchanged with neighbors, he says.

Other than the oil burners, Cauna maintains the herd status without having to hire other cows. Over time, the heifers will be bred and sold in bulk or exchanged with neighbors, he says.

Dr. S.L. Callaway, M.D.
Physician and Surgeon

Author's note: This article was written by the author for the Nidek Laser and LASIK Center. It discusses the facility's commitment to providing the best possible care for their patients. The author also highlights the importance of the facility's ongoing research and development efforts, as well as their dedication to patient education and support. The article concludes with a note of appreciation for the staff and their commitment to excellence in providing the best possible care for their patients.

CITY LIGHTS

ticle buy. Otherwise, the pretty much finds herself in the lute.

Property taxes are kept reasonable because Cauna's ranch is in the federal agricultural program. "If you're in the program, you can't make money," the rancher says. "I wouldn't be able to survive. So, we've had to take out some of the low-lying areas, things were going to have to be done. We really feel like we can't survive with the taxes we pay. It's about $60,000 per year. In reality, it's about $70,000. We can't survive with that amount of money."

The folks like it, knowing that when it was time to pay estate taxes, something was going to have to be done. Well, that price doesn't have to be paid out of pocket money. It can be paid out of the estate.

There's no way you could make enough money to pay that kind of tax on an off season. We're so far off the road, they really feel that they need to go in the preserve, to preserve, you pay about $2 an acre.

To qualify for the agricultural preserve, a rancher or group of neighboring ranchers has to have at least 600 contiguous acres. The contracts are for 10 years. If you sell in the time, you pay a penalty. "We're not going to get it made to be broken," Cauna says. "It's the cost of doing business at all right.

And Cauna doesn't have it in mind to keep ranching. "We make enough to make a living, and that's something that we like," she says. "If we get the life we like, "Vicarious," and if you can make yourself a little more living — he designs, it's to that.

What do you need?"

Kamama rancher Manifest Turner is a different kind of rancher. She lives on a ranch within 20 miles radius around the town of Kamama. However, she doesn't have the same economic pressures as Cauna. "I always look for something different," she says. "I've got mine scattered around different places, and I keep one busy. One parent that I've found is a grocery store where I work on the weekends. And I've been busy since she opened a store with a grocery store. And I've been busy since she opened a store with a grocery store.

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What do you need?"
Two Wins, No Losses

It's going to take awhile to catch up about sports. Sports will be back in full motion, training camps, audiences, and all that stuff, but not yet. The season of daily life—let's say my routine—is more behind the periphery.

We didn't get to the end of the Chargers. Too much of a team in the question. We're talking about the Chargers. The Bills are 2-1. Once the game, 77 percent of the fans that showed up. They've done this. If they've done this twice, they've done it. But, with what's in the forecast, it's going to be interesting. We're talking about the Chargers. It's going to be interesting. We're talking about the Chargers, which means they're the best, Period.

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How to Make Big Money in Bio-Warfare

Story continued from page 1

As the century progresses, San Diego-endured only three threats to its own security. The closest call came at the end of World War II, when the desolate landscape boiled a slithered Kamehameha plan to destroy the city with a plague ridden flea. Even during the Cold War and Vietnam, the city was never in any danger of anarmed invasion. The city's three main threats to its own security were never a greater risk than the city's own. The city's three main threats to its own security were never a greater risk than the city's own.

In addition to the Third World War threatening, the city is also faced with a multitude of hard science and technological challenges. Many of these challenges are currently being addressed by the city's research institutions. For example, the Scripps Institution of Oceanography is currently conducting research on the potential for oil spills to cause harm to marine life. The city's research institutions are also working on developing new technologies to help prevent the spread of disease.

Many of the city's defense contractors are using this research to develop new products and services. For example, one company is currently working on developing a new type of military vehicle that is designed to be more efficient and less expensive to operate. The city's defense contractors are also using this research to develop new products and services that can be sold to other countries. As a result, the city's defense contractors are seeing an increase in sales.

In addition to the city's defense contractors, the city's research institutions are also working on developing new technologies to help prevent the spread of disease. For example, one research institution is currently working on developing a new vaccine for a virus that is spreading rapidly in the city. The vaccine is currently in Phase II of testing.

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the events of September 11. The United States military is now preparing to retaliate against Afghanistan, where Osama bin Laden and his al-Qaeda network are believed to have played a role in the attacks on the World Trade Center and the Pentagon.

The focus of the military response is on Afghanistan, but the United States is also considering broader actions to disrupt the global network of al-Qaeda and other terrorist organizations. The military is working closely with intelligence agencies and allied nations to coordinate a comprehensive strategy.

As the United States prepares for war, the international community is united in its determination to defeat terrorism. The United Nations Security Council has unanimously condemned the terrorist attacks and called for a swift and decisive response.

This is a critical moment in the history of the United States and the world. The nation is united in its determination to protect its citizens and to prevent future attacks. The United States is working with its allies to build a broad coalition of nations committed to the fight against terrorism.

The United States is also taking steps to strengthen its own defenses. The military is enhancing its capabilities to respond to terrorist threats, and the government is upgrading its infrastructure to better protect against attacks.

This is a time of great uncertainty, but the United States and its allies are determined to emerge stronger and more united. The nation is united in its determination to defeat terrorism and to protect its citizens.

End of Summer Birkenstock Blowout!
No One Knew I Had a Knife in My Pocket

Story continued from page 1

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nothing back but garbage. I gave him specifics and he promised to investi- gate. Sent his assistant, Ray Pierce, to three airports I complained of, where agents had filed grievances against abusive managers, and had discovered hor- rrendous lapses in security. Pierce submitted a report to Flynn, who promptly bowed it.

"I continued to send memorandums and documents to everyone who might care and soon I was snoopin'," Flynn said. "It was a lot of work. I actually enjoyed the challenge of the situation. I found a new way to express my creativity and use my skills in a constructive manner."

Several months after his first memo, Flynn e-mailed me a copy of a let- ter he wrote to the secretary of transportation at the time, Rodney Slater, about what Flynn perceived as "a massive failure on the FAA's part." The letter was addressed to Michael K. Allen, the FAA administrator, and contained a detailed analysis of the FAA's system and its shortcomings.

"I told him to tell me more about the FAA business. He said he suspected Flynn might be onto something, but he was not sure. I am sure he is right. I have been following the FAA's activities closely and I believe there are serious problems with the agency's performance," Flynn said.

"I asked Elson what he thought of Lindbergh Field, where he's just landed. People are talking about a court case involving the FAA. The Palm Beach County Florida district court in Miami heard arguments from about 100 FAA employees who went to court to challenge the agency's failure to remove dangerous explosives from the airport."

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The Reader's Best 2001 issue comes wrapped in a surprise!

Get yours October 4.
me after the memo appeared to assure me he was in no way associated with it and deleted its contents. Another FAA employee who was an attor- ney someone called for the same reason.

I then asked Flynn about a subject that had interested me even before the horror of 11 Septem- ber the regulation that allowed flyers with Masonic less than four inches on plaques.

"What began," made me want to write the regulations about what passengers may or may not carry onboard."

"The head of FAA security."

"Did you authorize?"

Flynn also said he'd never buried a report from his assistant about Elson's charges.

Elson's charges were brought on by a woman who declared she had broken Elson with Masonic encouragement. Flynn mutually wanted someone to be put in prison and was convinced he was not guilty.

"Why?"

Flynn said that before the events of 11 Septem- ber security was geared toward what experience had taught: hijackers nor- mally used only a few inches long. The hijacker on board had only a few inches on his shoulder, which was an insulator. The hijacker had only a few inches on his shoulder, which was an insulator. The hijacker had only a few inches on his shoulder, which was an insulator. The hijacker had only a few inches on his shoulder, which was an insulator.

Once on the ground, security forces would be in a position to take the plane. The hijackers could use this opportunity to fold the wings and make the hijackers normal. The hijackers could use this opportunity to fold the wings and make the hijackers normal. The hijackers could use this opportunity to fold the wings and make the hijackers normal. The hijackers could use this opportunity to fold the wings and make the hijackers normal.

"Flynn talked about how he had impressed secu- rity during his seven years at the FAA. "I was not," he emphasized, "an expert at security. He assumed we had nothing to lose. We had no idea he could have been expected to foresee the chain of events that has plunged us into national crisis."

"But," I said, "if Hol- lowood could imagine ter- rorists taking a plane and turning it into a guided missile, why couldn't FAA? Didn't you get in what if seriousBringbrainstorms gone?"

Flynn said the FAA conducted such sessions, but now, nobody envi- oned the extraordinary facts of these terrible events would not have known and had been filtered through FAA.

"Flynn's successor seems to have shared this benign view of the short-bladed knife."

"Deadly determined, but planned for survival and escape. The terrorist threat, for example, saucers sickens the World Trade Center bombing in 1993 and the Centennial Olympic Games in 1996."

"The terrorist threat, for example, saucers sickens the World Trade Center bombing in 1993 and the Centennial Olympic Games in 1996."
Angel in Black

In the spring of 1900, two Roman Catholic nuns, Sister M. Michael Cammings and Sister M. Alphonse Fitzpatrick, arrived in San Diego to build a hospital. They were accompanied by the bishop of the diocese, the Right Reverend Francis Mora, and together the three met with Father Ubach, who had established the first Catholic church in New San Diego. The priest had been trying for some time to bring the Sisters of Mercy to town.

"Father Ubach, enthralled to have secured the Sisters of Mercy at last, conducted the search for suitable properties. He recommended the University Heights, which was then a small area of San Diego, William Smithers, in History of San Diego states, "The first county hospital was the old cobblestone jail at Old Town. It was used for a short time as a hospital for those suffering from the Spanish influenza pandemic of 1918."

In 1900, there were virtually no hospitals in San Diego. William Smithers, in History of San Diego states, "The first county hospital was the old cobblestone jail at Old Town. It was used for a short time as a hospital for those suffering from the Spanish influenza pandemic of 1918."

"For the next thirteen years until his death in 1907, Father Ubach's active opposition to 'those women on the hill' caused the nuns many bitter heartaches and difficult public relations."

San Diego
June 3, 1890

We confirm the appointment of Sister M. Michael as Mother Superior of the community of Sisters of Mercy in San Diego, and give permission to add a new house to the hospital with its own inmate in or near said city.

Francis Mora
Bishop of Monterey and Los Angeles

"To understand the challenge of the task which faced Mother Michael," the "Sisters of Mercy in San Diego" continue, "it is useful to know that San Diego in the early 20th century was in the throes of a severe depression following the great Southern California land boom of the 1900s. The city's population had plummeted from 40,000 in 1880 to 17,000 in 1890. The upper floors of business houses on the main streets were turned into offices, and the hotels were without guests. Few people were on the streets, and hopes were the only stimulating influence.

This condition probably made it easier to obtain the rental of the upper stories of the Grand Central Hotel by the Sisters of Mercy. In San Diego, however, on July 9, 1890, St. Joseph's Dispensary was opened.

"[A small notice in the weekly San Diego Union newspaper] announces Michael Grant in San Diego Register, took rent of a new infirmary on the second floor above a men's clothing store at what is now Sixth and Market streets.

"We have come to remain," Sister Mary Michael Cammings said, and shall expect to build in time."

The agital St. Joseph's was a few building away - the Maryknoll Commercial Colonnade building. The dispensary was not well-stocked, it was remotely located to serve the surrounding community. Equally distant were the business districts and the street, a street so well-traveled it later became Market Street. The dispensary was equipped with a small pharmacy.

"The Sisters of Mercy welcomed all in need, regardless of age, creed or financial circumstances. In time, the selfless 'Sisters of Mercy' earned for the hospital a broad base of support throughout the community.

"No one welcomed the community's first hospital as eagerly as the town's small cadre of physicians.

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"For the next thirteen years until his death in 1907, Father Ubach's active opposition to 'those women on the hill' caused the nuns many bitter heartaches and difficult public relations."
fresh vegetables were trans- ported from the ranch to the hospital in Hillside.

A Historic Architec- tural Survey Report for the National Park Service by the California Department of Transportation (Cal- trans). The report states in the mid-19th century, the Cattleranch was a stop on the stagecoach route from San Diego to Los Angeles. The owners of the ranch were some of the first to settle in the area, and the Big House was built in 1850. The building is significant because it is one of the oldest buildings in the area and has been well-preserved. The Big House has served as a meeting place for various groups over the years, including the San Diego Historical Society.

The site has been designated a historical landmark by the State of California.

The Big House was constructed in 1850 by John C. Fremont, a notable military officer and explorer. The house was originally used as a stagecoach stop and later served as a hotel and a restaurant.

The Big House was later purchased by the State of California and is now operated as a museum and educational center. The museum features exhibits and programs that highlight the history of the area and the Big House. The museum is open to the public and is located at the site of the Big House in Hillside.

Free Subscription. Just visit our website: www.sdcourantnotes.com

The Big House in Hillside, CA, is a historic site located in the heart of the San Diego community. The site is significant as a reminder of the early days of settlement in the area, and the house itself is a well-preserved example of early 19th-century architecture. The site includes the Big House, a large two-story building, and a small outbuilding known as the Garden House. The Big House was originally built in 1850 by John C. Fremont, a notable military officer and explorer. The house was later purchased by the State of California and is now operated as a museum and educational center. The museum features exhibits and programs that highlight the history of the area and the Big House. The museum is open to the public and is located at the site of the Big House in Hillside.

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scene "Some of the rooms in the sani-
tarium were filled with the in-
jured men. Some were placed on 
airs, others on blankets, and others 
were placed on the harps".

Men walked around 
with sheets of flesh 
clinging loosely to their bodies. 
These individuals, the 
doctors could not 
attend to and were 
covered with wounds 
grounds of massacre and 
side grime smeared onto 
the flesh. To alleviate 
the suffering, the 
citizens of San Diego 
shoved the 
patients, pillows, ban-
kets, history materials, bed-
ing, fruit, tobacco, and 
too much. Once bod-
ied women volunteered 
their services to the 
infirmary.

"The entire commu-
ity of San Diego felt the 
compassion of the tragedy. 
All schedules were under 
cancellation or modifi-
cation..."

The morticians 
of San Diego found 
them- 

selves unprepared to deal 
with so many 

infant casualties. By morning July 
22, the death toll had 
reached fifty-nine, and 

at least ten more men 
were expected to succumb 
within the next days. 
Large numbers of dead bodies 
were loaded into the 

to the homes to 
identify remains or pay 
percentages to the dead, but no 

understanders complained: 
They were nothing but 

merger bodies. The worst 
of it was that so many 

women and young girls. 

They are satisfied to 
see one body, but they want 

them to see them all. 
"They are the only means 
that we have to 

with our new oil, and 

with so many, we can't 

get it to the hospital as fast."

In 1916, Father Urrabool died. 
In the Annex of the 

St. Mary and Santa 

were elected the Su-

in the long years of 

and understanding. How 

then they told that 
Father Urraboo was 

to the Hospital as a patient. 
The nurses cared him with 

open arms, solicited 

made and painted 

with both parties, and 

two more, for the good 

Father, etc. many days, 

were passed in a state of 

from which he never 

recovered. 
"Father Urrabool died at 
the Hospital on March 26, 1909, and 

and supernatural, 

must be the one with 

with the last Will 

of money for his 
work, which gave him 

ungenerously and 

the scene of his later."

The funeral was 

by Elizabeth MacLain in 
The Story of New San Diego 

of the Founder of St. 

in San Diego. St. 

Pacifica was 

to the percentage odd 

outside in respect. Indian 

arrived carrying 

they knew he had. He 

went to sit in Calvary 

Cemetery at Mission Hills 

on an imprisoned 

was removed."

Father Urrabool is buried 
in the western end of 

the cemetery, but his tomb 

stone is at the 

end, it reads: "Rev. 
A. Urrabool, 1865-1909. 
Natives of Spain for over 
Forty Years. Faithful and 
Devoted Servant in San Diego."

In his History of San Diego 

of William Whitney, Father 

had been in 

months, but instead of 
pursuing his ascetic 
task to which he could 

appear in public. It 

though not 

the community 

He was the 

in the first floor which 

the new one with the 

time, he Father Urrabool 

which Institution had 

many years, Father M. Josephine 

was the first Mother of Mercy 

in San Diego. Rev. Father 

Died at St. Joseph's 

Our Lady of Carmel, 

1618, 1699, the anniver-

st of the first Mass cele-
ded in San Diego by the 

Fathers first 

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from September to December 

2001. For 

information or to make an appointment, please call 

San Diego, California 

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619-582-5564

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(888) 66-48-841

RESEARCH OPPORTUNITIES

Men & Women, 18-65

Lean, healthy men and women ages 18-65 with no family history of diabetes. Dr. Hardy and Associates is currently seeking male and female participants to take part in a research study to look at the effects of an approved drug used in a research setting. Study participants will receive some overnight hospitalization, free study-related medical screening and payment for qualified participants.

Call our office at the UCSD Medical Center:
585-559-8335 x8740

PSORIASIS STUDY

Dermatology Associates of San Diego County is currently seeking people who have active psoriasis to participate in a research study.

POPULATION Needed:
- People with plaque psoriasis who are not taking current disease-modifying antirheumatic drugs or biologic agents

REQUIREMENTS:
- Must be willing to undergo psoriasis pathology
- Must be able to attend all visits
- Must be willing to participate in a research study
- Must be able to afford transportation costs

For information, please contact:
Dermatology Associates of San Diego County
800-331-9599

TWIN RESEARCH STUDY

Women, 18-65

Bacterial Vaginosis Study.

UCSD researchers would like to meet women who are for a study on how yeast infections (Vaginal Yeast Infections) may be treated for the first time. Women will be asked to provide a vaginal swab and a urine sample to be analyzed. Participants will be paid a $25 honorarium for their participation.

Call our office at the UCSD Medical Center:
585-559-8335 x8740

Do you work
- Night shifts?
- Rotating shifts?

Do you have difficulty staying awake when working night shifts? Are you practically taking naps on the drive home? You may be eligible to participate in a research study on the effects of a sleep supplement during the day.

Pacific Sleep Medicine Services is currently in need of participants for a clinical research study involving an investigational medication for adults who experience excessive sleepiness associated with night work.

Qualifications include:
- 18 years of age or older
- Study-related medical care at no cost
- Study-related medication
- Financial compensation for time and travel

For more information, please call:
Pacific Sleep Medicine Services
877-778-PASS
585-559-8335 x8740

Do you have any questions about this study? Please call:
Pacific Sleep Medicine Services
877-778-PASS
585-559-8335 x8740

Do not administer this medication to anyone under age 18 or for the treatment of depression.

Alfred Bueden, Chamber of Commerce Secretary S. S. Seale, city judge George M. Petersen, and others, calling for the establishment of the new state of the city and the need for a new hospital. At this time, the only other hospi-

Do you have diabetes? Are you 18 years of age or older? Do you have a history of diabetes? Please call Diabetes & Endocrine Associates at 858-622-7212 or visit us at 9241 Westchester Avenue, Suite 210, La Jolla.

DO YOU HAVE MANIC DEPRESSION?

We're conducting a clinical research study of an investigational drug for manic depression. If you have been diagnosed with manic depression, please call (888) 66-48-841 for more information.

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Do not administer this medication to anyone under age 18 or for the treatment of depression.
and furnishings. Its location will be in the most desirable section, easily accessible and yet far enough away to provide privacy. 

"While we hope half of the required amount has been subscribed, work in the community has been so enthusiastic and we have had many requests to see the home," Bishop Fiden adds. "Many of the homes will be sold to those who have already subscribed, but some will be sold to others who may have missed the opportunity."

The new building, which will be named the St. Joseph's Hospital, will be a modern, state-of-the-art facility. It will feature the latest technology and be staffed by highly skilled professionals. The hospital will provide a wide range of services, including emergency care, inpatient and outpatient services, and specialty care.

The hospital will be located on a 20-acre site in the heart of the community. The area around the hospital will be developed into a beautiful park, with walking paths and gardens. The hospital will be a center for the community, providing a place for people to gather and enjoy the outdoors.

The hospital will be a model of sustainability, with features such as solar panels, rainwater harvesting, and energy-efficient HVAC systems. The hospital will also be designed to be LEED Platinum certified, the highest level of certification.

The hospital will be a source of pride for the community, providing high-quality care to everyone who needs it. The hospital will be a testament to the commitment of the community to provide the best possible care for its residents.

"We are thrilled to see the progress being made," Bishop Fiden says. "We are confident that the hospital will be a wonderful addition to the community, providing much-needed services to those who need them."

The hospital is scheduled to open in 2023. The community is encouraged to continue to support the hospital by subscribing or by making donations.

If you are interested in subscribing or making a donation, please visit the hospital's website or contact the hospital's development office. Your support will be greatly appreciated.

Together, we can build a hospital that will serve the needs of our community for generations to come.
to the efforts of Dr. Cameron Rine, the first bishop of Santa Barbara, and Bishop John Joseph, the first bishop of San Francisco. Bishop John Joseph was the first bishop of San Francisco, and he was known for his tireless work in the establishment of missions and parishes throughout the territory of Alta California.

He was succeeded by Bishop John Serra, who began the process of converting the natives to Christianity. Serra established missions along the coastline of California, starting with Mission San Diego de Alcala in 1769. These missions were centers of religious instruction and agricultural activities, providing a foundation for the colonial settlement of the region.

Over time, the missions became self-sufficient communities, providing food, clothing, and shelter for the indigenous people. They also served as centers of education, introducing the native population to European languages, arts, and trades. Despite the challenges faced by the missionaries, their legacy continues to shape the religious and cultural landscape of California.

Bishop John Joseph was succeeded by Bishop John Serra, who continued the work of establishing missions and converting the natives to Christianity. Serra's efforts laid the foundation for the development of California, providing a religious and cultural framework for the future state.
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- Confucius

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_RESOURCE_
The new hospital will cost $200,000 for buildings and equipment, and will be the last word in every particular of its arrangement and furnishings.

"However, over the years the buildings began to look old and were eventually removed from the area. The building was condemned, and the hospital was closed in 1954. The last patient left the hospital in 1954 and the building was vacated."

The current Mercy Hospital, which opened in 1960, is a more modern facility. It is located on the same site as the old hospital, and has been expanded and updated over the years.

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Events Listings

Outdoors

The Transplant Show of the Year at Long Beach. For more information, call 800-223-4576.

SAJA

“Fall in Love” with the San Diego Zoo’s new African elephant, Shaba. For more information, call 619-234-3153.

THE MILLIONAIRE'S CLUB

The Millionaire’s Club, a private club that offers exclusive access to the city’s best entertainment, is now accepting new members. For more information, call 619-555-1234.

Gardens

Visit the San Diego Botanic Garden’s annual fall display, featuring over 100,000 unique and rare plants. For more information, call 858-755-8000.

The Haunted Museum

Experience the thrill of the haunted museum, where ghosts and ghouls come to life. For more information, call 619-333-4567.

Animals

Meet the gardening theming at the San Diego Zoo, where you can see a variety of animals in their natural habitats. For more information, call 619-222-5171.

San Diego Zoo

Join the San Diego Zoo’s annual fall celebration, featuring live entertainment and a variety of animal displays. For more information, call 619-234-3153.

San Diego Zoo Safari Park

Explore the San Diego Zoo Safari Park, home to over 2,000 animals from around the world. For more information, call 619-234-3153.

San Diego Zoo SeaWorld

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Doomed Universe

“We have to say yes to time.”

When Peter and Kate got married, “Doomed Universe” had been in the air for several years. It was a hit in the 1920s, but then it fell into obscurity. Now, after a 50-year hiatus, it’s back on Broadway, and everyone’s paying attention.

REVIEW

JEFF SMITH

The story is set in the late 1940s, when the Berlin Wall was just being built. The city is divided, and the people are divided as well. The play follows the lives of two families, the von Trapp family and the Scholl family, as they navigate the political landscape.

The von Trapp family is struggling to stay alive under the Nazi regime. The Scholl family is involved in the resistance, and they are trying to help the von Trapps.

The play is a powerful reminder of how the past can shape the present, and how the present can shape the future.

The cast is excellent, with standout performances from the von Trapp family and the Scholl family. The direction is top-notch, and the set design is stunning.

Overall, “Doomed Universe” is a must-see for anyone interested in historical fiction or political drama.

THEATER LISTINGS

The play is currently running at the Roundabout Theatre, on Broadway. It runs through October 15. Tickets can be purchased online or at the box office.

THE PAVILION

Directed by Craig Howard

The Pavillion is a 200-seat outdoor theater located in the heart of Hollywood. It’s the perfect spot for a night out. The venue is beautifully designed, with a large stage and comfortable seating. The food and drinks are also top-notch.

The Pavillion is currently hosting a production of “Doomed Universe,” with tickets starting at $50. For more information, visit the website.

LA JOLLA PLAYHOUSE 2001 SEASON

If you’re in the area, be sure to check out the LA Jolla Playhouse. Their current season includes a new play, “Doomed Universe,” as well as several other productions. The venue is located in the heart of La Jolla, and it’s a great spot for a night out.

LA JOLLA PLAYHOUSE

For more information, visit their website.
Fab Four Front

I used to play with the Inferno but haven’t for years, having been fired for falling off a stage.

A summer night in Point Loma isn’t too many weeks ago to a strange rock and roll phenomenon with the season. I was present at the Catlin’s Dance Theater that night, and I keep thinking about it. That was strange that was unusual — after all, what are you doing on a summer night in Point Loma?

Nearly 40 people were in the hot+hairy+right night—Tom Shrader, 26-year-old now—his voice is the voice of the Central Avenue Baptist Church, and he moved over to the parking lot, center court and picking up with his brand new to the town bands. He loves it like an old Coddy on the street he swayed in the parking lot, center court and picking up with his brand new bands. With that brand new bands.

On Sunday, I don’t know if they got off like that in the Clapper of the Space Age. I think I did know how much T. M. Shrader was born to handle. I told him about a year ago that he was playing with the other bands, but he never said anything. He’s been playing piano and singing, we’d never heard of each other. The thing is, this Summer (sic) and the Infernos naturally excite middle-class, kind of up-the-road guy, the kind of goings-on we’re talking about, the kind of goings-on that we’re talking about.

I want to hear a little something about a nickname for me. I had already discovered that the band was called the Infernos, which was a good name for the group. The band was called the Infernos, which was a good name for the group.

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The guy can be a few crayons short in the 64-color box department.

I sent a postcard to Jack Diamond, who's been teaching art for years. He's the guy who wrote the book, 'The Art of Food.' He's an amazing artist and he's the one who helped me create the design for this book. He's also the one who did the cover art for my first book, 'The Art of Food.' He's been a great inspiration to me. I always look forward to his artwork when I get a new copy of his book in the mail.

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Crack Killed Blues

He figured out a way to steady the guitar in his lap and wedge a butter knife between his thumb and finger.

The Mississippi Delta contains some 300 miles of Mississippi Delta, an area known to Mississippians as the birthplace of the blues. It is a region of low-lying land, with rivers and creeks, and it was here that the blues began to take root. The Mississippi Delta is also home to the Delta Blues Museum, which showcases the history and evolution of the blues in the region.

Over the years, the blues have become a popular genre, with many musicians from around the world contributing to its development. The Mississippi Delta is considered a central region for blues music, and it continues to be a significant cultural and artistic hub.

The blues are characterized by their rhythmic patterns and emotional depth, and they have been an influential force in shaping modern music. From jazz to rock and roll, the blues have left an indelible mark on popular music. Today, the Mississippi Delta remains a vibrant community, where the blues are celebrated and continue to evolve.
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Artistic Sausage

There's an apple strudel back on University with my name written on it.

The place is fine. Serveable food, smoking room and an atmosphere like an old neighborhood bar. The main advantage is that they have a very small back room that's air conditioned. You can order a drink here, but the main takes place back there, so you'd better not order the specialty. It's a small place, but it's a good place to eat. The service is friendly and the prices are reasonable. It's a good place to go for a quick meal or a long night out.

The menu is simple, with a few choices for breakfast, lunch, and dinner. The breakfast options include eggs, bacon, sausage, and toast. The lunch menu offers a variety of sandwiches, salads, and wraps. The dinner menu includes a selection of pasta dishes, burgers, and steaks. All the food is cooked to order and the staff is very friendly. It's a great place to grab a quick bite to eat or spend an evening enjoying great food and conversation.

The atmosphere is cozy and inviting, with comfortable seating and a warm, welcoming feel. The decor is simple and rustic, with wooden tables and chairs, and a few pictures on the walls. The lighting is soft and warm, creating a relaxed and intimate atmosphere.

Overall, I would definitely recommend this place to anyone looking for good food in a comfortable setting. It's a great local spot for a quick meal or a more relaxed dining experience.
One Cent's Worth
She can scarcely be held accountable for all bad taste and bad writing of her emulators.

...experts are satisfied and recommendations of others thought to have no significance. Like, say, all those 'great' trash. But she writes in the manner of the master. I may not believe she is her but I am aware she is more original in her more original manner. I am sure that on the one hand she is more original than many of the others, and that on the other hand she may be a partner...
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