

**PRESORTED
STANDARD
U.S. POSTAGE PAID
EL CAJON, CA 92020
PERMIT NO. 237**

**SUBSCRIBE
TODAY!
CALL
(619) 444-5774**

**VOLUME 11
NUMBER 13**

Gazette Newspaper Group, LOCAL, STATE AND NATIONAL AWARD WINNING PUBLICATIONS, proudly serves
El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

SEPTEMBER 2-8, 2010



Meet Rodeo page 23

INSIDE THIS ISSUE
Local 2-7
Business 8
Entertainment .10-15
Inspirations..... 17
Legals..... 19
Sports 20-21
Classified 22
Best Friends 23

What's new in theatres?

Looking for family
entertainment or
something more
suspenseful?

Read the reviews on
'The Tillman Story'



and
"The American"
by Diana Saenger

on pages 11 & 12

Get the real scoop on
movies right here in the
Gazette!



East County salutes Stoney Stone



Stoney's Kids' Board Members and Staff celebrate Stoney's 85th birthday. See story page 2. Photo Credit: Kathy Foster

Elmer Sweetwood and Sons
Complete Auto Repair
EST. 1948

Lube Oil Filter and Tire Rotation

Helps reduce fuel robbing friction

Includes:

- Drain Engine Oil • Install filter
- Fill with up to 5 quarts of Motor Oil
- Perform 14 point inspection and rotate tires

Only \$14.95

Plus Hazmat Fee
Most Vehicles, Motorhomes and Some
Trucks & Vans Extra. With Coupon

151 S. SUNSHINE, EL CAJON • 444-1696

For faster service bring DMV Renewal • Motorhome & Some Van Extra. Not valid with other offers. ECG2
Exp. 09/30/10



Oak Tree Academy

Infants, Toddlers
& Preschoolers
Full & Part-time
619.589.1660

www.thepreschoolsource.com

License #376700470 & # 376700470



EC Medical Group
127 E. Lexington Ave.
El Cajon, CA 92020
(619) 447-1502

**BRING IN THIS
AD FOR A
CHEMICAL
PEEL
ONLY \$65!
Exp. 9/30/10**

California licensed nurses and physicians with a combined total of
more than 60 years as licensed medical professionals.

- Laser Hair Removal • Laser Skin Rejuvenation
- Botox Administration • Collagen Administration
- Laser Tattoo Removal • Laser Vein Removal
- Microdermabrasion • Chemical Peels
- Intense Pulse Light (IPL) • Titan

www.kayouclinic.com

Local News & Events

A grateful East County says thank you and happy birthday to Stoney Stone

by Diana Saenger

This past week nearly 200 East County residents celebrated the 85th birthday of B. W. "Stoney" Stone. Most people recognize him as the name behind the nonprofit Stoney's Kids. In 1991 Stoney had an aspiration to build an organization to help kids, make a positive impact on them through positive works and find a group of volunteers that could work with businesses and community leaders to bring his goal to fruition.

Stoney grew up in a large family, the youngest of 11 children. His daughter Bonnie, a board member of Stoney's Kids, said her father has always had a giving back spirit. "We owned a grocery store in El Cajon when we were kids, and would help out there. I remember my father kept a little black book and if a customer couldn't pay for something, he would write the amount in the book until they came in and took care of it. He always got his money back. We also did

things like take clothes to kids in Tijuana."

Coincidentally, it was also in 1991 that the police department was looking for funding for its new DARE program. A Board of Directors for Stoney's Kids was selected, and this mission statement created: "Stoney's Kids is dedicated to improving the health and welfare of the children of East County by supporting the programs, activities, and means for young people to develop essential life skills and make healthy choices for a successful future."

In the almost 20 years of the organization, Stoney's Kids has far exceeded its goals. "Our family is proud of my dad, what he has done is a real gift. But he would be the first one not to take any credit. He's very humble and acknowledges all of the good works of the community for what they do," said Bonnie Stone-Davis, who took her father's examples to heart. She is the Salvation Army's Director of Social Services in the back country.

Stoney's Kids has funded education and activities that promote drug use prevention; provided scholarships for after-school activities for underprivileged kids; sponsored activities and met needs within East County schools, and worked with local police departments, government bodies and school districts to define, develop and fund future projects that bring the right people, programs and resources together to benefit the kids.

Current programs include:

- **East County Youth Symphony:** Provided funds to assist the organization purchase music equipment and music books. East County Youth Symphony provides free, high quality orchestral education and performance opportunities to young musicians ages 8-25.

- **Destination Imagination:** Helped with providing funds for the students of Granite Hills High School attend the National

Contest when families did not have enough monies to send their children after they won the State Competition.

- **CVUSD – F.A.M.E. Program:** F.A.M.E. is the only fine arts magnet public school in East County.

- **CVUSD – 6th Grade Camp Scholarships:** Making sure that kids do not have the money can attend 6th grade camp.

- **Granite Hills High School Tennis Team:** Provided funding to refinish the tennis courts to prevent injuries to the children.

- **Scholarships:** Funding to engage underprivileged and at-risk youth in recreational after-school programs that develop life skills, such as Youth Sports League at Cajon Valley Middle School.

- **Juvenile Diversion Program:** In conjunction with Harmonium (harmonium-inc. org) and the East County police departments, this is San Diego County's only program designed to keep kids in school, off the streets, and making the right choices.

- **School Attendance and Anti-Truancy Campaign:** A public awareness campaign coordinated with the local school district, created to get kids in school and keep them there.

- **READ 180:** A special assistance reading program to improve the reading skills of those kids who need it most.



Stoney Stone with Allison Cummings Credit: courtesy

- **Holiday Toy Drive:** A joint effort with the Salvation Army to provide toys to underprivileged children at the holidays. Over two thousand families are helped each year.

- **Local High School Athletic and Music Programs:** Providing materials and equipment to the local high schools on an as-needed basis to ensure access to valuable activities and resources for the kids.

Stoney's Kids has already

invested more than half a million dollars in East County programs, and 98 percent of donations go into the programs. Health willing, Stone-Davis knows her dad will keep showing up wherever he's needed. "He's grateful for all of the programs we support, but is especially fond of the 6th Grade Camp Scholarships. He loves seeing kids who might not otherwise get to be like all the others, go to camp. For him it's always been – all about the kids." For more information visit <http://stoneyskids.com/> or call (619) 322-7932

El Capitan Class of 1965

45th Class Reunion

October 1 & 2, 2010

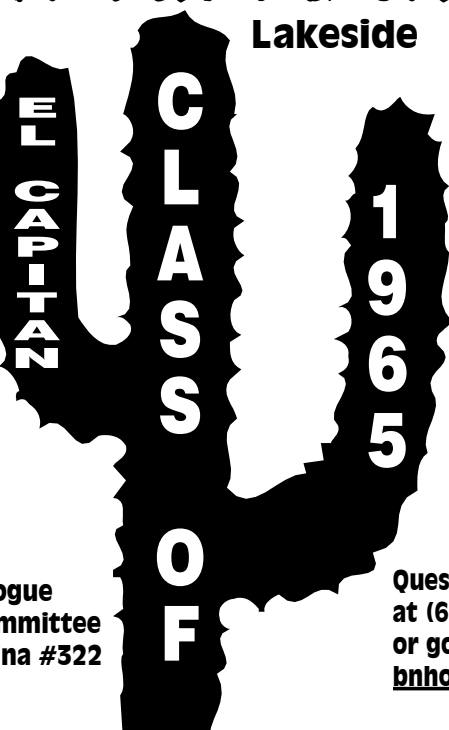
Barona Resort & Casino
Lakeside



Friday
Break-The-Ice
Party

The inclusive
cost for both
events is
\$125 per person.

Make payments to
Barbara (Stallings) Hogue
El Cap 65 Reunion Committee
580 Camino de la Terina #322
San Diego, CA 92108



Saturday
Dinner &
Dance

Reservations
only!
NO admittance
at the door for
either event.

Questions- call Barbara
at (619) 795-1350
or go to
bnhogue@att.net

Still N Motion



Photography for: birthdays,
engagements,
weddings anniversaries and
other special events.

Visit our Site at
www.smmem.com/

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

HYPNOSIS WORKS!

- Fibromyalgia
- Sleep
- Weight
- Fear



- Chronic Pain
- IBS
- Stress
- Relationships



Smoking Today!

Judy Callihan Warfield

• Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successhypnotherapy.com

4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERTSLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations
(619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

PI
18486

BELL

State Lic. #411756

Plumbing & Drain Service

COMPLETE PLUMBING REPAIRS

Senior Discounts

**1069 E. Bradley Ave., El Cajon
(619) 562-4780 • Cell (619) 206-6048**



El Cajon Animal Shelter

1275 N. Marshall Ave.,
El Cajon, CA 92020

Phone: (619) 441-1580

The shelter is open to the public from 10 AM to 5:30 PM,
Tuesday through Saturday and from 1pm-2pm for lunch.

The shelter is closed Sunday and Monday.

*The El Cajon Animal Shelter is not a part of the
San Diego County Animal Services.*

REGIONAL ELITE

SAME DAY SERVICE

LICENSE NO. 435515

PLUMBING INC.

(619) 722-1049

SERVICE & REPAIR • DRAINS • REMODELS

LAWN MAINTENANCE

In business since 1979

Mowing, edging, trimming, weeding,
clean-up and disposal

We can install and make repairs on all types of
irrigation, drainage and lighting systems.

Weekly, bi-weekly or monthly service at competitive rates

Call Darrell for free estimates

(619) 401-9835 • (619) 972-8744



"For the Best Plumbing Values in Town"
REPAIR ♦ REPIPE ♦ REMODEL

LIC. # 749354

619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

**STAMP, COLORED OR STANDARD
DRIVEWAYS & PATIOS**

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net

VISA/MASTERCARD ACCEPTED



Local resident 38 years

Roof it Right the First time! 619-654-3911

LAKESIDE JEWELERS

Al & Ann... The Jewelers of Lakeside since 1980

Over 42 years experience!

• Watch batteries • Watches • Jewelry • Clock repair

FREE

Prong
Inspection

Don't Lose Your Diamonds



WATCH

BATTERY
\$5.00

Installation
Labor Only.
#354 or #372

9773 Maine Ave, Lakeside • 619 634-8389

Rupert Pedrin Jr. Concrete



Concrete Flat Work
Driveways & Patios
Light Tractor Work

Rupert
Pedrin Jr.

Office 619-445-6110

Cell 619-820-3699

Fax 619-445-8216

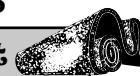
WHOLESALE PRICING SAVE \$\$\$

CARPET • TILE • WOOD
& WINDOW COVERINGS

INSTALLATION AVAILABLE
FREE ESTIMATES

Nellans Carpet

(619) 477-8166



Proudly serving small businesses since 1981

www.americaspayroll.com



Because you have
better things to do!

436 S. Magnolia Ave, 2nd floor El Cajon, CA 92020

Phone toll free

1-866-565-7500 (8:00 AM - 4:00 PM PST)

Email mail@americaspayroll.com

Get 3 months free Payroll • Online access to payroll records

Direct Deposit • File Quarterly's

Automatic payment of taxes

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the "Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables, Leasing, Strategic Planning, Custom Financial Reports.
- Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists.

REALTY RESOURCES (619) 938-3800

Stephen Dows, mba www.Realty-Resources.com

DRE#01523368 CSLB#884406

FENCING- ALL TYPES

• Repairs

• Bobcat work available

• Post Holes drilled

(619) 971-0732

email welshfence@hotmail.com

10% Discount for Seniors

SHOP EAST COUNTY

SAGE CAFÉ



EL RANCHO GRANDE



THE PLAZA



BARONA RESTAURANT MONTH

BARONA OAKS STEAKHOUSE



ITALIAN CUCINA



SEASONS FRESH BUFFET



Every day in September, earn just 500 Club Barona Points and get **50% off a buffet or entrée!**
A WHOLE OTHER WAY TO HIT THE JACKPOT AT BARONA.

Complete details at Club Barona or Barona.com.

Offer good for up to two people. Must be 18 years or older. ©Copyright 2010 Barona Tribal Gaming Authority. Management reserves all rights.

— LOCAL NEWS & EVENTS —

El Cajon highlights

by Monica Zech
City of El Cajon Public
Information Officer

Have a safe Labor Day weekend

On Monday, September 6, it's Labor Day! All City offices will be closed in observance of the Labor Day holiday. Don't forget, if your plans include alcohol consumption please plan ahead for a sober designated driver. Let's buckle-up for the ride and drive safely!

Special help from San Diego Gas & Electric

San Diego Gas & Electric (SDG&E) encourages customers experiencing financial hardship to apply for assistance through a new state program called Temporary Energy Assistance for Families (TEAF). The program, facilitated by the Salvation Army, provides eligible families the opportunity to receive a one-time emergency energy grant of up to \$1,500 to pay off past-due utility bills and avoid service shut-off. The financial assistance is available to qualifying California utility customers through a grant made possible by the American Recovery and Reinvestment Act and additional funds from California's investor-owned utilities. The utilities have been working closely with the counties, the California Public Utilities Commission, the California Department of Social Services, and The Salvation Army to implement this program. SDG&E. will have \$5 million

to help qualifying customers in its service territory. Applications will be accepted only through Sept. 21, so customers should apply as soon as possible. The grants are open to customers of SDG&E, Southern California Gas Company, Southern California Edison, and Pacific Gas and Electric Company who are behind in their utility bill payments, are the parent or guardian of a child under 18 years old and meet other program requirements. To learn more about the state program requirements or to apply for a grant, customers should contact The Salvation Army at (800) 933-9677 or www.tsagold-enstate.org. In addition to supporting the TEAF program, SDG&E offers a variety of programs to help customers save money and energy. For more information on SDG&E's assistance programs, visit [sdge.com/residential/assistance/index.shtml](http://www.sdge.com/residential/assistance/index.shtml).

The Last Concert of the season

The El Cajon Community Development Corporation will hold it's last Concerts On The Green for 2010, from 6 to 8 p.m. this coming Friday, Sept. 3 with FX5 playing rock and roll music. This popular musical event will be held at the Prescott Promenade located on East Main Street, between Claydell and Magnolia Avenues. Enjoy dinner downtown before the concert and make it a fun Friday night!

All Fore R.E.C. Golf Tournament
Registration deadline is Sep-

tember 3 for the upcoming All Fore R.E.C. Golf Tournament. Enjoy a great day of golf and help your community by reserving your spot for the 12th Annual All Fore R.E.C. Golf Tournament Dinner & Auction scheduled for Friday, Sept. 17, at the Sycuan Resort. Check-in is 10 a.m., with Shotgun Start at 12 p.m., and dinner at 5:30 p.m. If you don't play golf then join us for dinner at 5:30 p.m. and still support El Cajon's wonderful Recreation Department programs for the children in our community! All proceeds directly support activities that develop youth and provide positive choices through activity scholarships, youth sports, recreation classes and after school programs. For more information call (619) 441-1673.

Shake, Rattle & Roll Theme at the next El Cajon car show

It's time to Shake, Rattle & Roll at the next Cajon Classic Cruise on Wednesday, Sept. 8! This family event is free to the public and located on downtown's East Main Street, near Magnolia Avenue. Enjoy the beautiful cars, hot motorcycles, and all the fabulous restaurants, street vendors, and live entertainment. Car shows are presented by Sycuan Casino

and the El Cajon Community Development Corporation. For more information on the Cajon Classic Cruise call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcajon.com.

First Friday Specials

First Fridays of the month in downtown El Cajon means special pricing at various businesses and restaurants. This Friday it also means a special visit to the Knox House Museum! The Knox museum will be open Friday evening, September 3, from 6 to 8 p.m., as part of El Cajon Community Development Corporation's downtown First Friday events. Learn the exciting history of the City of El Cajon. Light

refreshments will be served in the downstairs area of the museum. The Knox House will then be open for normal tours the next day on Saturday, Sept. 4, from 12:30 p.m. to 3:15 p.m. The Knox House is located at the corner of Magnolia and East Park Avenue at 280 North Magnolia Avenue in El Cajon. For more information call (619) 444-3800 or visit www.elcajonhistory.org.

Chaldean Festival this weekend

Coming up on Labor Day Weekend, September 4 & 5, a Chaldean Cultural Festival at the Prescott Promenade is planned! Enjoy music, dance, entertainment, food and non-

food vendors with your \$5 admission. With your admission, you'll be given a voucher toward a \$5 purchase at the event. Hours are Saturday from 10 a.m. to 9 p.m., and Sunday from 3 to 9 p.m.

Note: Please keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at mzech@ci.el-cajon.ca.us, or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

YOUR PERSONAL ATTORNEY IN ALPINE

The Law Offices of

CARTER F. JOHNSTON

(since 1987)

**PERSONAL INJURY, WILLS AND TRUSTS
BUSINESS LITIGATION, FAMILY LAW**

FREE CONSULTATION

SUITE 214 UNDER THE GREEN METAL ROOF AT ALPINE BLVD. and TAVERN RD.

(619) 722-6003 • www.cfjlaw.com

Sentimental Fashions
Ladies Resale Boutique
Purses, Shoes, Jewelry and Accessories.
1077 Broadway, El Cajon, CA 92021
(619) 442-3231
Mon-Sat 10-6 closed Sundays
Visit us at:
www.sentimentalfashions.com

Over 40 YEARS IN EAST COUNTY
• Beef • Ham • Spare Ribs
NOW OPEN MONDAYS!
The Wrangler
Family BBQ
WEEKLY SPECIAL
BEEF OR HAM SANDWICH PLATE
Limit 1 Coupon Per Plate
\$5.59 (with coupon)
901 EL CAJON BLVD., EL CAJON • 442-1170

MANGIA BENE
RISTORANTE ITALIANO

Customer Appreciation Month
(Limited Time Only)

Sun. & Mon.: "Kids Eat Free" one free kids meal with adult entree purchase
Tues: "All You Can Eat Buffet" \$9.95 from 4 to 8 p.m.
Wed: "El Cajon Cruise Night" -Happy Hour 3 to 5 p.m. \$2 Coors Lite \$5 Mozzarella Stick's
Thurs: \$8 Carafes of House Wine- Choose from:Chianti, Burgandy, White Zinfandel, or Chablis with the purchase of one or more entrees.
Fri: "Free Dessert"- Your choice of a mini cannoli or scoop of spumoni ice cream with each entree purchase.
Sat: Free Bruschetta appetizer with purchase of 2 or more entree's.

221 E. Main Street. • El Cajon • 619-444-0303
Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 11:30am -10pm

Banquet Room up to 55 **Book your party now for any occasion!** **Banquet Room up to 55**

For more info go to www.mangia-bene.com or info@mangia-bene.com

— LOCAL NEWS & EVENTS —

Barona celebrates 40 years with an exhibition on the history of the Barona Powwow



Tribal members dance at Barona Powwow. Photo credit: Debbie Norman

The Barona Museum wishes to congratulate the Annual Barona Powwow as it celebrates the 40th Anniversary in 2010. Over the years, this modest tribal event has grown into a large three-day event over Labor Day weekend with over 200 dancers and 10,000 people in attendance.

To celebrate this historic event, the Barona Museum is opening The Barona Powwow Celebrates 40 Years, a commemorative exhibition. See the photographs of former powwow



princesses and dancers, learn about the different styles of dancing, and enjoy historic memorabilia related to the powwow including posters, regalia, and programs. The

exhibit opens Labor Day weekend, September 3.

Our hours are extended on Friday, Sept. 3 from 12 noon to 6 p.m. and Saturday, Sept. 4 10 a.m. to 6 p.m.

For more information, contact the museum at (619) 443-7003 x 2 or museum@baronamuseum.org

Miss Kumeyaay Nation selected



Rose Vasquez was selected as 2010-2011 Miss Kumeyaay National. Photo credit: Kathy Foster

Congratulations to 18-year-old Rose Vasquez from the Lipay Nation of Santa Ysabel. Vasquez was crowned Miss Kumeyaay Nation 2010-2011 at the Viejas Tribal gathering on Saturday, Aug. 28.

The Kumeyaay Nation extends from San Diego and Imperial Counties in California to 60 miles south of the Mexican border. Kumeyaay / Diegueno females between the ages of 13-20 participated in this annual event. A panel of judges representing all areas of the Kumeyaay Nation decided the winner of the Miss Kumeyaay pageant. Judges evaluate contestants on their cultural knowledge, community involvement, educational/career standing, overall appearance, dance and singing presentation.

Vasquez is planning on attending Cal State San Marcos in the fall and has selected to pursue a business degree. She will represent the 12 Tribes of the Kumeyaay Nation and make public appearances at parades, conferences, ceremonies, and educational events.

Weight Loss Challenge to begin

A group of wellness professionals will hold a 12 week Community Weight Loss Challenge beginning Sept. 13th, & Sept. 16th.

Cost is \$39 and includes:

- A personal coach • Free body analysis
- Group support and more.

All registration money will be paid out to the Top Three "Losers."

Classes are held once a week and last approx. 45 minutes.

Participants will learn about the power of protein, the importance of water, healthy snack choices and a balanced diet and fitness.

Space is Limited, Call to pre-register today!

619-528-0543

Community Emergency Response Team holds open house

by Patt Bixby

A CERT (Community Emergency Response Team) was recently held at the Lakefront Mobile Home Community, at 9395 Harritt Rd. in Lakeside. The Open House had disaster preparedness demonstrations, fire department and CERT team demonstrations and information booths. For the one day event, open to the public, the park was divided into zones able to be evacuated within 45 minutes. In a disaster, the park would have a 30 day supply of water from the two community pools using special chlorine drops to purify the water.

There are more than 500 mobile home parks in the county and only two have emergency preparedness in force, said Lakefront manager Rich Hubert. Nearly 100 people attended the event which included a CERT demonstration with Chuck Palmore, CERT Certified teacher from the Lakeside Fire Department. Lakefront Mobile Home Park started with seven CERT trained residents; they now have 13. After the event, 11 people volunteered to be CERT trained. \$240 was donated for emergency equipment and supplies. September 6 is the next CERT class. The class is already full. Contact Ashleigh at the Lakeside Fire Department for further information regarding CERT training at 390-2350 or go to www.lakesidefire.com

Residential Waste/Recycling Service delayed by one day in observance of Labor Day

Waste Management of San Diego's curbside residential trash and recycling pick-up schedule will be delayed by one day and will not operate on Monday, Sept. 6, in observance of Labor Day.

Residential customers who receive Monday service in the following cities, should place their bins out for pick-up on Tuesday, Sept. 7: El Cajon; Santee; Communities in unincorporated San Diego County, including 4S Ranch, Lakeside, Spring Valley, Alpine and Jamul.

Commercial service will be on regular schedule and there will be no delay. Commercial trash and recycling services will not be affected by the holiday – these services will remain on the regular Monday through Saturday schedule for the same week.

"Residential customers who usually receive service on Monday will instead receive it Tuesday, and so on throughout the week, with Friday's customers receiving service on Saturday," said Carl Scherbaum, district manager. "We appreciate our residential customers' cooperation with the holiday schedule so that all of our employees can observe Labor Day."

— LOCAL NEWS & EVENTS —

The legacy of KCBQ remains solid

by Chuck Karaszia

On Saturday, August 24, an enormous crowd gathered at the Lowe's and Kohl's parking lot in Santee for a dedication ceremony of the radio station KCBQ A.M. 1170. Longtime KCBQ newsmen,

Lee Marshall (the voice of Tony the Tiger) began the ceremony in his unmistakable deep voice by describing the people who made KCBQ a legendary radio station not only to the rural community of Santee that eventually became a city, all of San Diego County.

Marshall recounted some sentiments about his years at the station before introducing whom he called, "San Diego's native son," Shotgun Tom Kelly.

Kelly acknowledged the challenges of getting the monument constructed. He thanked Chuck Swimmer, Charco Construction Co. and Seaman-Poe Monument Co. and said, "They did a marvelous job with the name and pictures that will last forever."

Santee Mayor Randy Voepel then took the stand. "KCBQ has been a part of Santee for many years," he said. "Shotgun Tom thought this idea up, raised the money and put it all together."

Shotgun then read the inscription at the top of the monument commemorating Lee Bartell who built the KCBQ AM 1170 broadcast facility. He then introduced Lee's son, the president of Bartell Hotels, Richard Bartell.

Bartell recalled working with his dad on the project when he was only 11. "For my dad,



The unveiling of the KCBQ monument was attended by: (L-R) Mayor Randy Voepel, Richard Bartell, Shotgun Tom, Jack Vincent and Linda Irwin. Photo credit: Chuck Karaszia

KCBQ was such an important part of his life," he said. "Then it was known as KCBQ family radio because he wanted it to appeal to the entire family. It was the on-air personalities who were so important to my dad. He took such pride in each of them and their accomplishments."

Kelly next introduced another legend, KCBQ disc jockey Neil Ross, the former voice of the Academy Awards, the voice of the drunken mouse on An American Tale and narrator on The Nova Series on KPBS.

Ross spoke about early memories of the area and how Santee has changed. "KCBQ Radio 1170's programming excellence was known and respected by broadcasters throughout the United States

and Canada. This station's sound was envied and quite frequently imitated. I am so proud to have been a part of the history of KCBQ AM 1170."

Kelly read the names of KCBQ employees on the plaque of the monument before the monument was unveiled. It marks a significant history in Santee that will represent all of those who were part of it and everyone who invited those voices into their homes.



The large crowd attending the monument dedication gathered around to see. Photo credit: Chuck Karaszia

East County Family YMCA BRANDING Event raises funds for special programs

On Saturday, September 25, hundreds of East County residents will shine their belt buckles and don their best pair of jeans for East County Family YMCA's annual fundraiser called The Branding. The event, now in its seventeenth year, will be held in an western setting at the McGrath Family YMCA in Rancho San Diego. Since The Branding's inception 16 years ago, thanks to the gen-

erosity of community members, sponsors, donors, and dedicated volunteers, the Branding has raised more than \$1.5 million. Attendees will enjoy gourmet food and dessert provided by Sycuan Casino, hosted wine and beer, live music and dancing under the stars. Theme entertainment and games, live and silent auctions, and a grand prize drawing round out the night's offerings.

Individual tickets are \$175. Tables of 10 are available for \$1,500 to \$2,500. Event sponsors are also needed. The funds raised from The Branding event will make more resources available for programs that continue to build strong kids, families and communities throughout East County. This includes the East County YMCA's child care sites, more than

30 specialty day camps, swim lessons, a variety of teen leadership programs, youth sports, and family programs and events.

To sponsor or purchase tickets for The Branding, please contact Laura Merritt, Director of Marketing and Events, East County Family YMCA at (619) 464-9622 ext. 8125 or visit <http://eastcounty.ymca.org>.

Lakeside branch of BofA to close

Lakeside branch of Bank of America Banking Center inside Albertsons, located at 9560 Winter Gardens Blvd., will close on Sept. 10, 2010. Temporarily there may not be an ATM for BofA in Lakeside. Plans are already underway to place an ATM with Image Deposit and touch screen somewhere in Lakeside. Bank of America will no longer have leases at Albertsons stores.

"It is difficult to make these decisions", said Bank of America representative Colleen Haggerty.

For more information contact Bank of America at www.bankofamerica.com or call 1-800-622-8731.

LET'S MAKE IT HAPPEN!

64TH ANNUAL MOTHER GOOSE PARADE

No donation is too small!

This parade has put smiles on hundreds of thousands of children every year for 63 years!
Together we can make that happen!
Call the Mother Goose office at (619) 444-8712
to donate or find out more information

UNDER NEW OWNERSHIP

GRAND RE-OPENING PARTY

SEPTEMBER 14-18

WHOLESALE GUNS

Ammunition & Accessories

Lots of new inventory!

WIN

A FREE HANDGUN
One Law Enforcement
One Civilian

Hours: Tues. thru Fri. 10 a.m. - 6 p.m.
Sat. 10 a.m. - 4 p.m.

10769 Woodside Ave., #206
Santee, CA 92071

(619) 448-6717

Check out our website at:
www.wholesaleguns.net

Business/Finance & Real Estate

Named New VP of Instruction at Cuyamaca College



Robin Steinback

Following an extensive national search, Robin L. Steinback, Ph.D., has been appointed vice president of instruction at Cuyamaca College.

Steinback, who holds a doctorate in sociology from the University of California, Riverside, has a diverse community college background, having served as a faculty member, department chair, and dean of instruction during her 20 years of faculty and administrative work. A graduate of Mt. San Jacinto College, Steinback returned to the California community college to begin her career in education as a part-time sociology instructor in 1985. Prior to Cuyamaca College, Steinback served as vice president of academic

affairs for Solano College in Fairfield, Calif.

Steinback has wide-ranging experience in the rules and regulations governing community colleges, technology, accreditation, student learning outcomes curriculum, and community partnerships. She is described as intelligent, collegial, ethical, organized, and a consensus builder.

"We had talented, articulate candidates with diverse backgrounds and experiences competing for this appointment," said Arleen Satele, summer administrator in charge at Cuyamaca College. "Dr. Steinback was tops. She is joining a great Cuyamaca team and I'm confident she will quickly become part of the Cuyamaca family." Steinback began her post in June.

"I look forward to contributing my talents, skills and experience to support the exceptional work already going on here at Cuyamaca College," she said. "I'm excited to meet everyone and get to work."

For more information about Grossmont and Cuyamaca colleges and the college district, go to www.gcccd.edu.

How to spot the red flags of an investment seminar scam

Falling victim to fraudulent investment schemes could mean losing anywhere from a few hundred dollars to your life savings. While most people might not see any harm in sitting through a slick investment seminar featuring promises of big returns, the San Diego Better Business Bureau (BBB) recommends researching the investment company first rather than run the risk of falling for a financial scam drawn in by a free lunch.

In one recent case, the Securities and Exchange Commission shut down a Ponzi scheme which stole \$20 million from retirees in California and Illinois. The scammers invited senior citizens to estate planning seminars and later coaxed their victims into buying promissory notes for purported Turkish investments.

According to Sheryl Bilbrey, San Diego BBB president/CEO, "Unscrupulous seminars

often use the promise of a free lunch to lure in leisurely senior citizens who have time plus exploitable retirement accounts and real estate." When listening to an investment pitch, the BBB advises to look for the following red flags:

- Requires a large up-front investment.

Untrustworthy schemers might try to convince investors to pay a lot of money upfront so they can get out of town with a large haul, rather than waiting for the funds to trickle in.

- Promises high returns for low risk.

The reality is that every investment comes with a level of risk and, typically, the amount of risk increases in line with the potential return on the investment. So, if the seminar is trying to sell an investment scheme that claims a high return with little or no risk, then

beware, even if it comes with the promise of a money-back guarantee.

- Employs high pressure sales tactics.

Seminar leaders often use high pressure sales tactics to get people to sign up without thinking it through, or they might claim that there are only a few spots left or that you need to get in on the ground floor today to see the largest earnings. However, any reputable investment company will let you take your time and do your research and will not pressure you into signing a check.

- Relies on off-shore investments.

Many hucksters will try to give their scheme an air of sophistication by relying on overseas investments such as foreign currency, property, stocks and bonds, or they also might claim – incorrectly – that

See SCAMS page 20



Viejas Casino voted "Best" in 11 categories including gaming, entertainment, dining and shopping

Viejas Casino (<http://www.viejas.com>), southern California's premier gaming and entertainment destination, has been voted "Best Local Casino" for a record 11 years in a row, along with "Loosest Slots," in the 2010 San Diego Best Contest.

Viejas Casino swept all 11 categories in which it was entered, winning first place in the following categories:

Best Local Casino, Loosest Slots, Best Casino Restaurant, Best Buffet, Best Steakhouse, Best Chinese Restaurant, Best Local Shopping Center, Best Bowling Alley, Best Entertainment Venue, Best Place for Live Music (under 3,000 people), Best Place to Dance.

"This is truly an incredible accomplishment and a tremendous honor," said Viejas Tribal Chairman Bobby L. Barrett, "especially since this is a vote of the people – people who actually know us and are familiar with area casinos. It's not a recognition sponsored by a casino industry magazine or self-appointed expert. This is the real deal: a recognition of excellence from people who visit or live in southern California and have discovered all that Viejas has to offer."

Viejas Casino General Manager David Williams said, "Being recognized as 'The Best' in all of these categories in a testament to the dedication and loyalty of Viejas Team Members. We share our guests' appreciation of our Team Members, who place customer service above all else and work so hard to exceed our guests' expectation and make sure they have a pleasant and memorable experience."

Are you a Long-time Resident Homebuyer?

You may be eligible for an income tax refund up to \$6,500.

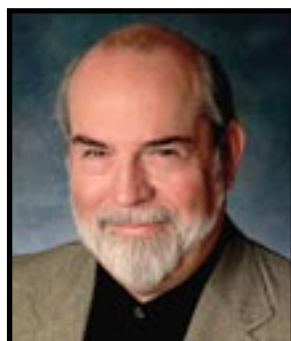
Did you buy a new home after Nov. 6, 2009? Did you live in your prior home for 5 out of the past 8 years? If you can answer yes to both of these questions, call or email for help with filing an amended 2009 tax return.

Income Tax Assist
Debbie Haverly, CPA
(619)647-5649
debbie.haverly@incometaxassist.com

Gally Warfield

Realtor®
DRE Lic. #01326359

PREMIER MORTGAGE & REAL ESTATE



**Retired Attorney
Former Military Pilot**

(619)820-9068

- ✓ **EAST COUNTY SPECIALIST**
- ✓ **FIRST TIME HOME BUYERS**
- ✓ **INVESTORS**
- ✓ **SHORT SALES**

Free Market Evaluations

An Affordable Solution for Your Computer/Network Needs

We offer a full range of services and support for home and small to medium sized businesses at affordable rates. **We come to you.** Fast response, usually within 1 hr. ALWAYS available by phone. Technology solutions to make your home or business efficient.

24/7 Service Available



Serving all of San Diego County Since 1999

First hour

FREE

w/min 2 hours.
New customers only.
Mention this ad.

858-442-3163

- PC & Server Repair and Upgrades
- Advanced Data Recovery
- Virus Removal
- Wiring Installation and Repair
- Home Theater, Phone, and Security Systems
- Network Installation
- Wireless Setup and Support
- And much more...

State LIC #863609



HOME LOANS

4.75%
30 Year Fixed
4.97 % APR
Call
Today!

"Mortgage Banker licensed by the Department of Corporations #8138485"

Our Well Rounded Team of Experts Can Help You!

PURCHASE & REFINANCE HOME LOANS:

- FREE Pre-Approvals — so you can shop with confidence
- GUARANTEED RATES — FREE — We back your rate at application
- FHA, VA, FNMA & FHLMC, CalSTRS loans available
- 3.5 percent Cash down to purchase loans up to \$700,000
- FAST CLOSING — We close on time for your family
- Branches Nationwide — Large enough to be secure, small enough to care



**CHRIS
WILEY**
NMLS LICENSE #240137

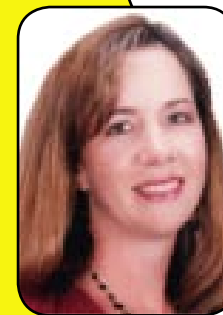
**Bank Owned
& Short Sale
Lending Source**

WE'VE MOVED!

Stop by and visit us at
our new office
**2124 Arnold Way,
Alpine, CA 91901**



**BRIAN
CONNELLEY**
NMLS LICENSE #248810



**KELLI
KRUEL**
NMLS LICENSE #222434



**CHRISTINE
WAITS**
NMLS LICENSE #222514

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, in-house, from start to finish. Having funded more than 70,000 loans during 10 years in business, we have the strength and experience to get your loan done and make your dream a reality.

———— WE DO OUR HOMEWORK SO YOU CLOSE ON TIME! ————
CALL US TODAY (619) 722-1303
2124 Arnold Way, Alpine, CA 91901
"Your East County Home Loan Professionals"

— CLASS ACT ENTERTAINMENT —

Out and about in the County

Through Sept. 3: Concerts on the Green. The Annual Concerts on the Green, the free weekly summer concert series featuring live music for all ages from 6 to 8 p.m. in Downtown El Cajon. Opening night of 2010 Concerts on the Green will feature a high-energy performance from the oldies show band, The Legends. Ed Waymire also returns as the original, entertaining, and highly popular

Master of Ceremonies. Presented by the El Cajon Community Development Corp. and Sycuan Casino, the family-oriented Prescott Promenade will be undergoing exciting renovations in early summer, so in the meantime, join the fun at El Cajon Plaza / Amphitheatre (between ECPAC and City Hall) at 200 Civic Center Way until the Promenade re-opens in late July. For more information and updates, call the El Cajon CDC at (619) 401-8858, or visit online at www.downtownelcajon.com.

2010 Concerts on the Green Schedule: Sept. 3-FX5 (Dance).

Through Sept. 4: Movies in the Park. Viejas Outlet Center and the East County Gazette will once again be presenting movies in the park at the Outlet Center on Wednesdays throughout the summer. The exciting line-up is: **September 4: Avatar**

Through Sept. 29: The 2010 Cajon Classic Cruise, Southern California's largest weekly classic car show, from 5 to 8 p.m. on Main Street in the heart of historic Downtown El Cajon. Admission is free to the Cajon Classic Cruise

car show, featuring more than 500 classic, custom and hot rod cars and motorcycles valued at more than \$10 million in a street festival. setting every Wednesday evening through September 29. Two special post-season car shows will be held, including the Halloween Trunk or Treat show on Oct. 27, and the Parade of Lights Holiday show on Dec. 8. See schedule on page 16.

Sept. 11: Doll Shows: Fabulous 32nd Annual Delightful Dolls Show and Sale. Dolls for sale, antique to modern, 56 dealers, Saturday, Sept. 11, 10 a.m. to 3 p.m. Al Bahr Temple, 5440 Kearny Mesa Road, San Diego, CA 92111. Admission proceeds donated to Children's Charities.

Sept. 13: A Weight Loss Challenge to begin. A group of wellness professionals will hold a 12 week Community Weight Loss Challenge beginning September 13, & September 16. Cost is \$39 and includes: A personal coach, free body analysis, Group support and more. All registration money will be paid out to the Top Three "Losers". Classes are held once a week and last about 45 minutes. Participants will learn about the power of protein, the importance of water. Healthy snack choices, a balanced diet and fitness. Space is Limited, Call to pre-register today. (619) 528-0543

Sept. 14: Alpine Tree Town Meeting. This group is dedicated to inspiring residents and business owners to plant, maintain and protect trees. They also provide educational programs for our local schools. If you love trees and would like to meet some like minded people then please mark you calendar for Tuesday Sept 14 at 6:30pm. For location information call Carlette at (619) 445-5716.

Oct 1-2: El Capitan's Class of 1965 will hold its 45th class reunion, October 1& 2, at the Barona Resort & Casino in Lakeside. The Friday- Break-the-Ice party and Saturday-Dinner & Dance has an inclusive cost for both events of \$125 per person. Reservations only! NO admittance at the door for either event. Make payments to Barbara (Stallings) Hogue, El Cap 65 Reunion Committee, and send to 580 Camino de la Terina #322, San diego, CA 92108. For more info call Barbara at (619) 795-1350 or go to bnhogue@att.net. Join us to reconnect and celebrate 45 years. The reunion committee looks forward to seeing everyone. The committee includes Pennie Barrows McMahon, Georgette Stacy, Patt Mahoney Bixby, Carol Poe Livingston, Barbara Stallings Hogue, Marion Hays Grant and Kristen Cummings Schermerhorn.

Oct. 2: Poncho Sanchez at the Dream Catcher Showroom at Viejas Casino. Ages 21 plus only. General admission only. Tickets are available online at: Frontgatetickets.com. If music were about pictures, percussionist Poncho Sanchez's music would best be described as a kaleidoscopic swirl of some of the hottest colors and brightest lights to emerge from either side of the border. At any given show, on any given record, fragments of Latin jazz, swing, bebop, salsa and other infectious grooves collide and churn in a fiery swirl, with results that are no less than dazzling.

Oct. 8: Keith Sweat at the Dream Catcher Showroom at Viejas Casino. Ages 21 plus only. General admission only. Tickets are available online at: Frontgatetickets.com

Keith Sweat's sudden emergence on the music scene in the late 80's literally changed the R&B world forever. But his real gift has always been the ability to follow it up time after time, never holding back, always delivering great, powerful music. Like the best of those artists who seem to know just when to re-acquaint themselves with us, we discover through Keith Sweat's music that we're on more than just familiar terms with this charismatic singer/songwriter/producer. His music, always relevant, always easy to embrace, seems to somehow mirror our own emotional journey

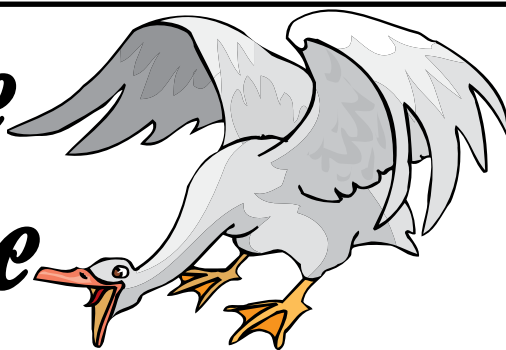


2065 Arnold Way, Suite 104, Alpine, CA 91901
619-445-1079 • Fx 619-445-1014



Presented by
COX
Communications

'Gobble with the Goose'



Come on in for a landing at 1185 E. Main St., El Cajon
(corner of Ballard and Main St.)

Friday, Sept. 24

5 - 8 p.m.

Antique Row Cafe

Have Dinner with Mother Goose and help support this year's Mother Goose parade!

No pre-tickets to buy!

Order anything on the menu!

Call (619) 444-8712 for more information.

— IN CONCERT —

Viejas brings top talents to the DreamCatcher



Easy to get to – hard to leave, is a Viejas slogan that rings additionally true when considering the changing line up of talent that entertains there weekly. Whether catching a nightly act in the alluring V-Lounge or rushing to get tickets for a hot show

in the DreamCatcher at Viejas showroom, it's a win-win situation in our own backyard.

Viejas Casino is located at 5005 Willows RD: Alpine (8-East to Willows Road Exit in Alpine). There is paid valet or free self-parking available. Tickets are on sale now.

DreamCatcher at Viejas & Concert in the Park concert schedule:

September 12: 8 p.m., Michael Bolton: 2010 One World

Love Tour - If you made a list of performers who have sold more than 53 million records, won multiple Grammys for Best Male Vocalist and countless other honors, earned a star on Hollywood's Walk of Fame, and sold out arenas worldwide, Michael Bolton would be on that list. But if you tallied all the artists who've sung with Luciano Pavarotti and Ray Charles, written songs with Bob Dylan, Ne-Yo and Lady Gaga, penned hits for Barbra Streisand and KISS, played guitar with B.B. King and had

his music recorded on a track by hip-hop superstar Kanye West (featuring megastar Jay-Z), Michael Bolton would be the only name on that list.

October 2: 8 p.m., Pancho Sanchez - If music were about pictures, percussionist Poncho Sanchez's music would best be described as a kaleidoscopic swirl of some of the hottest colors and brightest lights to emerge from either side of the border. At any given show, on any given record, fragments of Latin jazz, swing, bebop, salsa and other infectious grooves collide and churn in a fiery swirl, with results that are no less than dazzling.

October 8: 7 p.m., Keith Sweat - His sudden emergence on the music scene in the late 80's literally changed the R&B world forever. But his real gift has always been the ability to follow it up time after time, never holding back, always delivering great, powerful music. Like the best of those artists who seem to know just when to re-acquaint themselves with us, we discover through Keith Sweat's music that we're on more than just familiar terms with this charismatic singer/songwriter/producer. His music, always relevant, always easy to embrace, seems to somehow mirror our own emotional journey.

October 21: 8 p.m., Taj Mahal & Vieux Farka Toure - Composer, multi-instrumentalist and vocalist, Taj Mahal is one of the most prominent and influential figures in late 20th century blues and roots music. Though his career began more than four decades ago with American blues, he has broadened his artistic scope over the years

to include music representing virtually every corner of the world – west Africa, the Caribbean, Latin America, Europe, the Hawaiian islands and so much more. What ties it all together is his insatiable interest in musical discovery. Over the years, his passion and curiosity have led him around the world, and the resulting global perspective is reflected in his music.

October 22: 8 p.m., Brett Michaels: Custom Built Tour - As front man for the legendary rock band Poison, Michaels has sold 25 million records and scored an amazing 15 chartbusting Top 40 singles including "Talk Dirty to Me," "Something to Believe In," "Nothing But a Good Time" and the timeless #1 smash "Every Rose Has its Thorn." And in the new millennium Poison's music has always been featured in such big screen flicks as "Mr. and Mrs. Smith," "Grandma's Boy" and "Deuce Bigelow-European Gigolo." They continue to be one of the industry's top grossing concert attractions and their 2006 "20 Years of Rock" CD was a bona fide Top 20 gold smash. Poison's most recent CD is 2007's "Poison'D" an album of cover songs that have influenced the band members over the years. Bret Michaels is, if nothing else, a true survivor. He has survived a lifelong battle as an insulin dependent diabetic, a well publicized near fatal car crash in 1994 and the countless musical trends and fads of the last two decades.

Check out Viejas' full entertainment schedule at: <http://www.viejasentertainment.com/> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

— AT THE MOVIES —

'The American' is solemn, slow and confusing

Review by Diana Saenger

The American opens with George Clooney staring into a fireplace as he sits on the floor of a remote cabin in a Swedish snow-covered mountainside. The naked woman lying on a bed with her arms around his neck paints a vivid picture of what just took place. Yet Clooney's blank stare is only the first of many in a film that is solemn, terribly slow, and visually vapid. Director Anton Corbijn believes moviegoers will enjoy watching a film about a character we know practically nothing about and who does things that are never explained. My guess is they won't.

Clooney fans are used to seeing him portray one displaced American character after another. He's played a psychic warrior in Iraq (*The Men Who Stare at Goats*), an American military journalist in Berlin (*The Good German*), a CIA undercover operative in Beirut (*Syriana*) and more. Because fans acknowledge Clooney's talent, we're willing to wait for an explanation at of the bizarre outcome of this opening scene. Unfortunately, there's little clarification of anything that happens in this film during its slightly under two-hour running time.

The American is loosely based on the 1991 novel, *A Very Private Gentleman*, by British author Martin Booth. The idea to turn the book into a film began 10 years ago and would go through many hands before screenwriter Rowan Joffe produced a final draft.

Fleeing from Sweden, Jack

or Edward (Clooney) – depending on which name he gives out – stops to make a call and is given a direction to drive towards. Apparently he's not sure who he can trust, and even the mysterious caller seems to be a pawn in a much bigger game. So Jack finds the car he's to secretly pick up, but then throws the cell phone left for him in the seat out the window and heads to a different town. It's a bleak city in Italy where he takes a room in a multi-stepped villa – perfect for chase scenes.

Jack takes a few days to suspiciously survey the town and its residents. He barely lets his guard down to spend a rather forceful tumble with a local prostitute, Clara (Violante Placido). He finds a phone booth and checks in to get his assignment, which the audience does not hear. More days of canvassing and running from shadows take place until Jack befriends the local priest, Father Benedetto (Paolo Bonacelli), who seems to have a lot of questions as well as insight about Jack. He tells Jack – who claims to be a photographer of architecture, but as of yet has not even been seen with a camera – that his hands are those of a mechanic of machines not of an artist. "Architecture has a history; but you live in the present," the priest says.

Finally, Jack meets a woman (Thekla Reuten) in a public outdoor café which we can only assume is his next assignment, for they discuss gun parts. So maybe Jack is a specialist at building guns – which he does for more days to come, followed by little interaction with anyone but Clara.



George Clooney stars in *The American*. Photo credit: Giles Keyte / Focus Features

(It surprised me how well she spoke English for a small town Italian prostitute.) She's beginning to think of Jack more as a date than a "john." She wants Jack to take her to America, and with little more than a few nights spent in hot sexual encounters, Jack decides he loves her and wants to spend "forever" with her.

Corbijn's only previous feature film credit was the 2007 *Control* about British Punk band lead Ian Curtis. His idea was to fashion *The American* like a contemporary Western built around a simple character, with sparse dialogue and a wild Italian landscape.

However, Jack is anything but a simple character. He's so complex we know nothing about him except he likes guns and hot girls. Corbijn sees Jack as going through a metamorphosis, but we can't understand what he wants to become if we don't know what he was or is. The lack of dialogue in the movie only adds more mystery to Jack's glum stares and hesitant decisions about turning left or right. Regarding the location chosen as a wild Italian landscape, Corbijn

calls Italy's Abruzzo's mountain region "a raw environment, an honest landscape of a type that is rarely seen in movies." I think there's a reason for that – it's unexciting and boring, just like *The American*. Also, Clooney is the only recognizable actor, so we feel no connection to anyone in this film.

Fans of 70s style European films with little dialogue might enjoy *The American*; others will be taking a risk.


WWW.CHURCHBARBECUE.COM

DEEP PIT BBQ

Sunday, September 5th
Starts at 11am

Grand Prize Drawing \$1000

Fabulous Food & Drinks
Children's Games
Door Prizes
Crafts
Homemade Pies



**From I-8, exit Hwy. 79, head north,
left on Riverside Dr., 1/2 mile**

Adult Dinners \$8.00
Children \$5.00

Live Country Music
Featuring
Burnetts Backyard Band

COME AND ENJOY A DAY IN THE COUNTRY

— AT THE MOVIES —

Harsh realities unveiled in 'The Tillman Story'

Review by Diana Saenger

Americans were surprised when Patrick Tillman, the NFL's Arizona Cardinal's linebacker, gave up a lucrative career to join the Army Rangers along with his brother Kevin in 2002. In a post- 9/11 interview, Tillman said the patriotism of his grandfather and other family members inspired him to do the right thing. That decision would become a lifelong heartache for his family when Tillman was killed in Afghanistan in 2004. Although Amir Bar-Lev's documentary, *The Tillman Story*, may make viewers sorrowful, angry and confused, it's a compelling story that needs to be told.

The first news hitting the airwaves reported that Tillman was a war hero who saved men during an ambush in the Afghanistan Mountains. Buddies who were there received orders from higher ups not to talk to the family or reveal what really happened. From the early hours of notice -- which caused Pat's mother, Dannie Tillman, to collapse upon seeing two uniformed officers approaching their home -- through the following days, the family tried to deal with the heart-wrenching news.

Tillman had clearly checked

the box "no military funeral" on the form when he enlisted, and he left a copy with his wife Marie. He never wanted any recognition for joining the military, even declining interviews before going in. Yet because of news reports swirling around about Tillman's heroic acts as well as proclamations from the President and other officers, a military funeral was inevitable.

While high brass attended in numbers, and comrades who ached to tell the truth sat quietly in the breeze at that news-covered funeral, Tillman's younger brother, Richard, had the guts to get up and tell the truth about what he knew his brother would have wanted -- and to call it exactly how he saw it.

And then, a mere five weeks later, more news would deepen the wounds of the Tillman family. After an official investigation it was determined that Tillman had been killed by friendly fire -- shot by one of his own. Dannie would not take this news lying down. She pushed, researched, prodded, called congressman after congressman and spent years in getting nowhere. No one seemed to know exactly what happened on that mountain -- but it was obvious the cover-up had begun immediately.



Pat and Kevin Tillman. Photo credit: The Weinstein Co

Tillman's brother Kevin, who was in his outfit, was told his brother was shot by the enemy, and accompanied the body home to the States. The Department of Defense didn't order an official investigation until August of 2005, but it would go through another three years of cover-ups and irresponsible actions by many military officials and people in the government. At one point, hoping Dannie would tire of her campaign, the officials delivered to her a box of large notebooks packed with 1000s of pages about the investigation. However, every name of a real person or actual place was blacked out in the reports. But family members -- along with buddies from Tillman's outfit -- were able to fill in most of them. This gave Dannie the ammunition to finally go after specific people and to demand a true account of what happened to her son.

At a second congressional hearing in August of 2007, the focus was on a P4 memo and its recipients, including Secretary Donald Rumsfeld, General John Abizaid, General Bryan Brown and General Richard Myers, all who were called to testify. At a final congressional hearing in July of 2008, nothing went as the family had been led to believe. A House and Oversight Committee report stated the investigation was "frustrated by a near universal lack of recall" from Bush administration officials, and that the White House withheld drafts of a speech in which the President discussed Corporal Tillman, claiming the speech would "implicate Executive Branch confidentiality

interests."

Screenwriter Mark Monroe had his challenges cut out for him in gathering years of facts or those missing, to put this story together. Monroe was also the writer of the shocking and intense documentary *The Cove*.

No matter how the situations unfold in this documentary narrated by Josh Brolin, direc-

tor Bar-Lev maintains there are no simple answers. "I hope that whatever conclusions anyone takes from this film, they'll also prod and question those same conclusions," he said. "If audiences walk away wondering how such a thing could have happened, they're in good company. It remains a mystery to anyone who really looks into it. The life and death of Pat Tillman challenges us to see the world differently."

'Avatar' -- closes Viejas Movies in the Park season on September 4

Anyone who has not seen *Avatar* and is wondering what all the hype is about needs to be at Viejas Outlet Center on Saturday, Sept. 4. Watching this movie on the big screen is exciting. The plot finds the United States once again interested in finding a rare ore -- this time it's Unobtainium. The problem is the local inhabitants, the Na'vi, live right on top of the biggest deposit. The Na'vi people are tall cat like creatures with sparkling blue skin and live in harmony with their planet.



To better understand these people the US government designs a program that creates a genetically-bred human-Na'vi hybrid and with the use of a sophisticated computer bed to transfer data from the mind of a human into his matching DNA hybrid. This appeals to Jake (Sam Worthington), a marine who lost the use of his legs back on Earth but who will walk again as a Na'vi. But the Na'vi princess, Neytiri (voice of Zoe Saldana) has something to say about that.

Avatar is rated "PG-13" for intense epic battle sequences and warfare, sensuality, language and some smoking. The movie runs 162 minutes. A band plays from 5 - 7:45 p.m., movie starts at 8 p.m. -

Photo Credit: 20th Century Fox

Pernicano's
Since 1946

Italian Restaurant
Pizza

Celebrating
over 64 Years

of service to East
County diners

\$4 OFF

ANY
LARGE
PIZZA
with coupon
exp. 09/30/10

\$2 OFF

ANY
SMALL
PIZZA
with coupon
exp. 09/30/10

LUNCH SPECIALS

(Includes Salad and Garlic Bread)
Spaghetti \$7.95
Lasagna \$8.95

Dinner Specials

(Includes Salad and dinner roll)

Monday:
Lasagna & Spaghetti ... \$10.95
Tuesday:
Zucchini Parmigiana ... \$10.95
Wednesday:
Eggplant Parmigiana ... \$10.95
Thursday:
Ravioli (meat or cheese) \$9.50
Friday:
Tortellini (chicken, cheese or spinach) \$8.85
Saturday:
Half & Half \$8.85
Sunday:
Lasagna \$10.45

CATERING FOR PICK UP,
UP TO 100 PEOPLE

ORDERS TO GO
619-444-4546

1588 E. Main Street
El Cajon

Open 7 Days 11 am



The Tillman Story

Studio: The Weinstein Co

Gazette Grade: B +

MPAA: "R" for language

Who Should Go: those interested in this story

The American

Studio: Focus Features

Gazette Grade: D

MPAA: "R" for violence, sexual content, and nudity

Who should go: Fans of 70s style European films

UNBELIEVABLE!!!
CARPET - PAD - INSTALLATION
Starting at **\$ 1.47 sq ft !!!**
You Won't Find A Better Deal

EAST COUNTY CARPET
10149 Prospect Ave - Santee, CA
619-749-1645

& Floor Covering Inst. Spec. CL # 937679

**CARPET Your Entire House For What It
Could Cost For Just 1 Room! (min 50 yd)**

Treasure Quest

August 31 - October 4

**Explore The Wild Sycuan Jungle
For Your Chance At Up To
\$10,000!**

**Nine winners every Monday will hunt for
big cash treasures amongst the vines!**

- Club Sycuan members receive one free daily entry!
- Earn additional entries by playing slots, table games, bingo and poker!
- Drawing times: 7 pm, 8 pm and 9 pm!

**Over \$100,000
in Cash Prizes!**

See Club Sycuan for Official Rules.



san diego's daycation getaway!

Sycuan
CASINO

5469 CASINO WAY, EL CAJON, CA | 619-445-6002 | SYCUANCASINO.COM

Must be 18 years of age or older to be in Casino, restaurants and theatre. Please play responsibly.

I am going to visit my grandparents!



Newspaper Fun!

www.readingclubfun.com

Animills LLC © 2010 V7-N29

You'll get honey biscuits and pie!



Grandparents are Great!

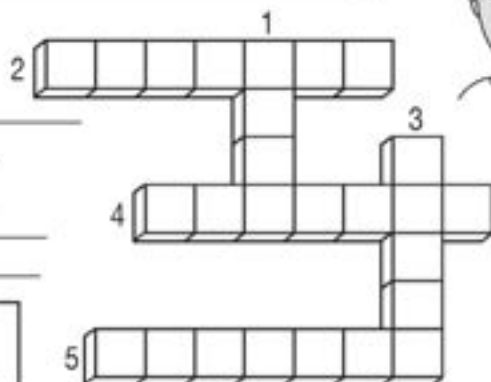
Grandparents are great! Some kids have a grandmother or grandfather living in their homes. They spend time together every day. Many children live near their grandparents and get to visit often. Other kids live miles away from their grandparents and have to take a long drive or a flight to get to their homes for a visit.

Cars, planes, phones, computers and the mail help us keep in touch with grandparents. Holidays and vacations are wonderful times to get together, hear family stories, and share meals and fun times. Grandparents can teach us many things. They help to care for us. They take us places. I'll bet that your grandmother or grandfather often gives you treats or surprises when you visit!

Take care of us:

1. help to wash our _____
2. mend our _____
3. cook our _____
4. bandage our _____
5. read bedtime _____

clothes scrapes
meals hair stories



Grandparents:



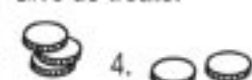
1. _ ir _ u _
2. li _ ra _ y
3. mu _ eu _ s
4. s _ hoo _
5. _ ea _ h



Teach us things:



Give us treats:



Bring us places:

They're Free!



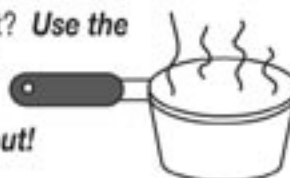
For extra fun, print out our free 5th Anniversary puzzles: Jobs and Careers, and Fun With Grandparents.

www.readingclubfun.com

What's Cooking?

What do Grandpa and Grandma put in their famous soup? **Fill in the blanks below the pictures to see.**

What did they teach me to make for breakfast? **Use the color key to fill in the puzzle on the right to find out!**



+



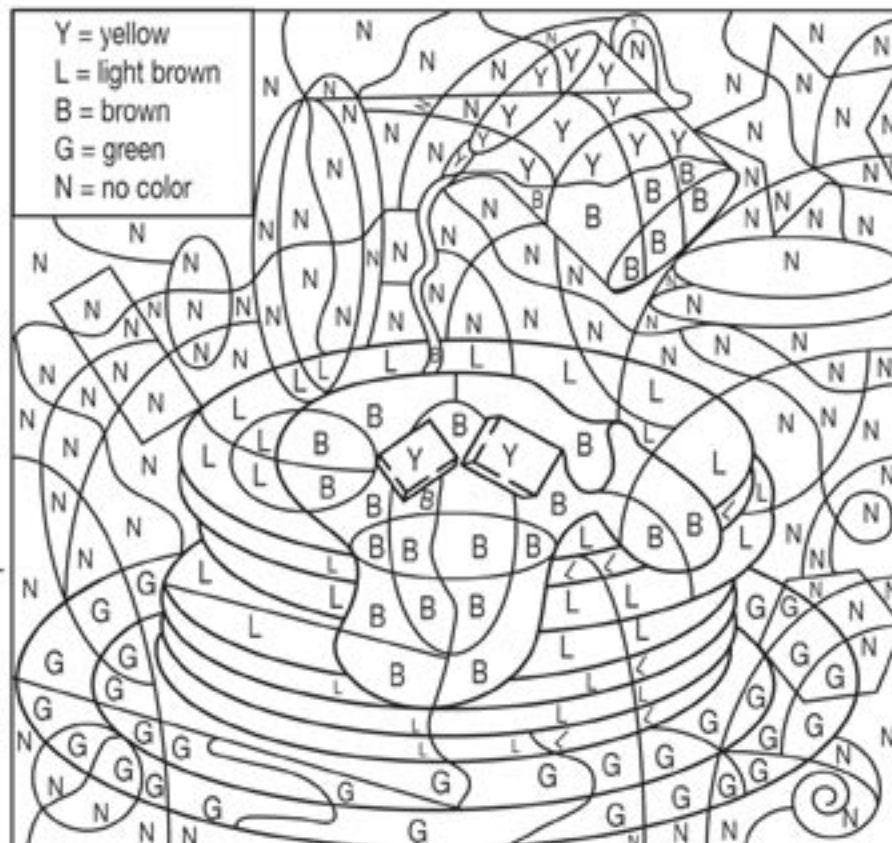
+



+



+



Puzzles & Comics

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23					24						
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

THEME: SILVER SCREEN LEGENDS

ACROSS

1. *Prissy to Scarlett O'Hara

6. Communications regulator, acr.

9. It's sometimes replaced with "cherish" in wedding vows

13. Undergraduate's field of study

14. Goes with "aah"

15. Last 8 in college basketball

16. Currently broadcasting

17. *___-Wan Kenobi

18. *Roman Holiday, for Audrey Hepburn

19. *Juvenile Academy Award recipient

21. *Legendary for his roles in horror films

23. Estimated arrival

24. Not final or absolute

25. *Singing Doris

28. A French abbot

30. In any manner

35. Def Leppard's "Rock of ___"

37. Yellow, chocolate and black dogs

39. Tropical fruit

40. To release, as in anger

41. Michael Jackson's "Thriller", e.g.

43. Modeling material

44. Prefix for "between"

46. *Silent film star Lee

47. In typography, part of a letter that overhangs a block of moveable type

48. Pertaining to a State of the American Union

50. Milk choice

52. It's sometimes marbled

53. Illegal lab product

55. Animal sanctuary

57. *a.k.a. Norma Jeanne Baker

60. *Either Katharine or Audrey
64. System of numbering pages
65. Geological time period
67. Suggestive of the supernatural
68. African antelope
69. High rocky hill
70. Dismantles
71. We have, abbr.
72. Clothing border
73. Shall, archaic

- DOWN
1. Smoke plus fog
2. *Femme fatale Turner
3. Open
4. Veil fabric
5. Misprint
6. 2008 documentary "___, Inc."
7. Corn on the ___
8. Mexico is famous for it
9. Butter substitute
10. Chest cover, pl.
11. Small ladies' handbag
12. Hitherto
15. Butting against
20. Harp-shaped symbol
22. "The home of the brave"
24. Simpleton in Yiddish
25. *"All About Eve" star
26. Actor's representative
27. Gossipmonger
29. *Red-headed comedienne
31. Exclamation of disgust
32. Czech money
33. Estrogen producer
34. *"The Duke"
36. Proofreader's "disregard" word
38. Pout
42. Native American corn
45. Gunpowder packing stick
49. *Actor DiCaprio
51. Those who are gloomy and sullen
54. Canines, e.g.
56. Sorcery in West Indies
57. *Facial growth made sexy by Marilyn Monroe and Cindy Crawford
58. Popular Norwegian name
59. *Rob Marshall's 2008 musical
60. Stay out of its way
61. Celestial bear
62. Cambodian money
63. ___ egg
64. *"A ___ Good Men"
66. Caviare

CROSSWORD AND SUDOKU

PRESENTED BY


Where volunteering begins.

© 2010, StatePoint Media, Inc.


SUDOKU


3	5	4	9			7		
	1			8				
				3		6		1
	4						7	
5		1			4			9
9					2			
	8							4
	2		6					
6		3			8		5	

© 2010, StatePoint Media, Inc.

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD AND SUDOKU SOLUTIONS





OUTZKIRTS


By: David & Doreen Dotson








OUTZKIRTS.COM


Crazy Steve





I am the sound guy

D.J. & Karaoke

For your weddings, birthday parties & other events

For booking info:
Call Steve Roberts
(619) 588-8350
crazysteve707@yahoo.com





Sycuan Casino's Best of Show Winner: Dan Prager and his 1940 Mercury Sedan Convertible



The East County Gazette's Winner: Tommy Coward and his 1968 Chevy Short Bed Pick Up



YES! Stores' Winner: Dick Martin and his 1940 Ford Woody



Fleet Week Coronado Speed Festival's Winner: Jeff Ott and his 1934 Ford

I Believe in Downtown ELCAJON! Cajon Classic Cruise Trophy Winners Aug. 25, 2010

Photos by Pete Liebig



National Springs Inc.'s Winner: Bill Baugh and his 1966 Plymouth Satellite



Toyota of El Cajon's Winner: Jay Watkins and his 1911 Velie Mod 40



The Dyno Shop's Winner: Sam and Donna Rindskopf and his 1957 Chevy Bel Air



Drew Ford's Winner: Art Beach and his 1935 Ford



S & S Trophies' Winner: David Weigel and his 1968 Chevy Camaro



San Diego Jump Co.'s Motorcycle Winner: Atom Rittenberg and his 1960 XLCH 1 Row Head

2010 Season Schedule:

Sept. 8 - Shake, Rattle, & Roll Car Show Presented by Sycuan
 Sept. 15 - Thunder on Main/Cacklefest (street closure),
 Sept. 22 - British Invasion,
 Sept. 29 - Closing Night (street closure),
 Oct. 27 - Halloween Trunk or Treat,
 Dec. 8 - Holiday Parade of Lights.
 For more information call the Downtown El Cajon office at (619) 401-8858 or visit www.downtownelcajon.com

**What do you get
a man who has
everything?**



**An Alpine Rock and Block
Gift Certificate!**

ALPINE ROCK & BLOCK

13288 Hwy. 8 Business, El Cajon

(619) 561-6003

www.alpinerockandblock.com

DEAL OR NO DEAL

EVERY SUNDAY IN SEPTEMBER
3PM - 6PM

BREAK THE BANK

LIVE TICKETED DRAWING

Earn drawing entries by gaming with your Club La Posta Card and also earn valuable Club La Posta Points that can be redeemed for additional Bonus Play.



I-8 EAST to the Crestwood Rd. exit, turn LEFT.
(619) 824-4100

LA POSTACASINO

Must be 21 years of age to gamble in the casino. La Posta Dollars can not be exchanged for cash. If you or someone you know has a gambling problem, call 1-800-Gambler (426-3537).



For Health's Sake

Going fruity with the top five

An apple a day just doesn't cut it anymore, and too many apples could make you fat.

That's the advice of Iva Young, a nutritional expert who warns that the wrong kinds of fruits can actually do more harm than good.

"We really should be smart about the fruits we consume," said Young, author of *Healthy Mom* (www.ivayoung.com). "After all, remember that fruits are very similar to breads, pastas, rice, and other high carbohydrate-rich foods in that fruits are high in carbs. That is one reason why we should only consume a certain amount, and choose the fruits that are lower in sugar. If you pick the right fruits and eat the proper portions, then you will give your body what it needs and it will benefit greatly from your efforts."

So, which fruits offer the biggest health boost? Young named the following fruits, all of which are comparatively low in sugar, as her top five:

- **Raspberries** - Raspberries are an excellent source of fiber, offering 30 percent of our recommended daily value, 8 grams per serving. Raspberries are also a rich source of vitamin C, with about 50 percent of our daily value. In addition, they are a rich source of manganese, delivering 60 percent of what we should have each day. Raspberries rank near the top of all fruits for antioxidant strength and contain many anti-disease properties if consumed regularly, helping to fight against inflammation, chronic pain, cancer, cardiovascular disease, diabetes, allergies, age-related cognitive decline and eyesight degeneration associated with aging.

- **Blackberries** - Blackberries are notable for their high

nutritional contents of dietary fiber, vitamin C, vitamin K, folic acid, and manganese. Blackberries are well-ranked for having strong antioxidant levels, and they also contain copious amounts of omega-3 and omega-6 fatty acids.

- **Kiwi** - Kiwi is a rich source of vitamin C and vitamin K, which is a natural blood thinner. It's also a good source of potassium, just slightly less than that of a banana. Potassium is one of those nutrients that's absolutely essential for heart health, yet many people don't get nearly enough. Kiwi also delivers a mild laxative effect, possibly because of the high level of dietary fiber.

- **Strawberries** - Strawberries are low in calories compared to many other fruits, and are a good source of fiber. They are also an excellent source of vitamin C and flavonoids, promoting lots of antioxidant activity in the body.

- **Oranges** - Oranges are an excellent source of vitamin A and C, along with powerful antioxidants. Oranges also provide a good source of fiber when the pulp is consumed. The white pith of the orange also contains flavonoids, and some doctors are even using extracts from the pith to help fight certain types of cancer.

"Sugar is also something that you should keep your eye on, because it affects the health of your teeth and the functioning of your hormones, specifically leptin," she added. "Leptin is the important hormone responsible for telling the body that you should stop eating. With excess amounts of sugar in your body, the amount of leptin is diminished, which causes you to overeat. Excess sugar also has been known to cause intestinal issues increasing the chances of bloating, which causes your stomach to

stick out and look like you have extra fat. That's how consuming too many sugar-rich fruits can actually make you look fat, and make you feel less healthy than if you didn't eat any fruits at all."

Iva Young was born in Munich, Germany, and her family moved to Toronto, Canada, when she was two

years old. Her parents grew up in Croatia, so she grew up eating traditional high-fat Croatian and German meals. That upbringing helped spark her passion for nutrition and natural health. She holds a bachelor's degree in Kinesiology and health promotion from California Polytechnic University.

Laughter is the Best Medicine

Baloney fly

A fly was buzzing along one morning when he saw a lawnmower someone had left out in the front yard. He flew over and sat on the handle, watching the children going down the sidewalk on their way to school. One little boy tripped on a crack and fell, spilling his lunch on the sidewalk. He picked himself up, put his lunch back in the bag and went on. But he missed a piece of bologna.

The fly had not eaten that morning and he sure was hungry. So he flew down and started eating the bologna. In fact he ate so much that he could not fly, so he waddled across the sidewalk, across the lawn, up the wheel of the lawn mower, up the handle, and sat there resting and watching the children.

There was still some bologna lying there on the sidewalk. He was really stuffed, but that baloney sure did look good. Finally temptation got the best of him and he jumped off the handle of the lawn mower to fly over to the baloney. But alas he was too full to fly and he went splat!, killing him instantly.

The moral of the story: Don't fly off the handle when you are full of baloney.

Submitted by Mary Harrington El Cajon

Have something funny to share? Send to Jokes@ecgazette.com or mail to Jokes at EC Gazette, P.O. Box 697, El Cajon, CA 92022.

Weight Loss Challenge to begin

See full information on page 6.

Space is Limited, Call to pre-register today!
619-528-0543

STOP SMOKING!
Comprehensive, Effective, and Drug Free

\$99.95+s&h

www.stoptodaymedia.com

Kamps PROPANE

YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969

- New Customer Specials
- Home Delivery
- Best Service in East County
- Installation & Service
- Budget Pay Available

16245 Alpine Boulevard
619-390-6304

HEALTH BITS

Prescription Drug Drop Off Day set for September 25 in El Cajon

As part of National Prescription Drug Take-Back Day the El Cajon Police Department and La Mesa Police Department, working in conjunction with the Drug Enforcement Administration, are hosting a prescription drug drop off site on Saturday, Sept. 25, from 10 a.m. - 2 p.m. at the Kaiser Permanente parking lot, 250 Travelodge Drive in El Cajon. El Cajon and La Mesa Police Officers and DEA representatives will staff the site.

Bring your outdated, unused or unwanted prescription pills, ointments, or liquids; no questions asked. This will be a drive-through operation. The public will drive into the lot, hand their medications to the law enforcement personnel, and then continue back out onto the roadway.

This event is part of the American Medicine Chest Challenge that is encouraging residents to get rid of their unused and outdated prescription drugs.

Meet the Pharmacist and Senior Health Fair

The sixth annual East County Meet the Pharmacist Day is scheduled for Friday, Sept. 17, from 9-12 noon at the McGrath Family YMCA at 12006 Campo Rd., Spring Valley. Pharmacists are available for free, private consultations to help answer important questions about prescription medications, vitamins, supplements, herbs, etc. Free Vials of Life and free continental breakfast for those with reservations.

Join us for interesting speakers, play Wii Games, receive free health screenings, free tours of the new YMCA, and valuable information about your health, disaster preparedness, the proper disposal of unused prescription medications and community resources.

Reservations required. Call 1-877-926-8300 by Sept. 10.



Donald Adema, DO
(Board Certified Family Practice)

Most Insurance Accepted

10201 Mission Gorge Rd., Santee, CA
(619) 596-5445
Call today for your appointment!



We welcome families of all ages!

Inspirations & Good Deeds

How shopping smart can help your favorite charities

How do you shop? When faced with aisles of cleaners that all claim to do the same thing, electronics that play the same content or cars that all get you where you need to go, most people choose products based on quality and price.

But a new trend is developing as more consumers are taking into account a company's charitable contributions or standing in the community.

Now more than ever, shoppers want to buy products from good corporate citizens. Especially in light of recent worldwide crises, many companies are providing assistance quickly -- and consumers are taking note. For example, Wal-Mart financially supported Red Cross emergency relief efforts in Haiti after the earthquake and sent pre-packaged food kits, helping to raise its standing in the eyes of many.

But corporate social responsibility isn't limited to international disasters. Many organizations contribute to their local communities daily, supporting such efforts as education, environmental sustainability, disease prevention, animal care and rescue, and safety programs.

If educational causes are important to you, for example, look for products from companies such as Honeywell or Toyota, that have long sponsored programs to assist teachers and students. By providing science education grants to teachers and scholarships to minority and disadvantaged students, Toyota is among many corporations helping enhance community schools, while Honeywell supports classroom safety programs.

Here are some other tips for becoming a more conscientious shopper:

• **Do Your Research:** There are several publications that report on companies' corporate social responsibility, but you can also go straight to the source and check the Web sites for your most frequently bought purchases. Search "environment" or "corporate social responsibility" to learn what companies are doing to make the world a better place.

• **Switch Teams:** If a company doesn't give to any charities or causes, or you don't like the ones to which they give, switch products and start buying from a company whose charitable work you support.



More consumers are considering the charitable works of companies before buying their products.

• **Start with the Cause:** Instead of researching companies, you can research causes and organizations to learn which companies are supporting them. You can usually find this information on a nonprofit's Web site or in its annual report. For instance, by visiting the National Safety Council's Web site, you can find lists of corporate partners and the initiatives they co-sponsor, such as free teen driving programs.

• **Participate:** Take part in corporate-sponsored events. For example, National Public Lands Day is the largest hands-on volunteer effort to

improve and enhance U.S. public lands, and has been made possible by a 10-year sponsorship from Toyota. In 2009, 150,000 volunteers built trails and bridges, removed trash and invasive plants, planted trees and restored water resources. If you're interested in attending this year's event, visit publiclandsday.org.

Remember, actions speak louder than words. Buying products benefiting causes and charities close to your heart is more powerful than talking. With every purchase, you can change your community or even the world!

Dear Dr. Luauna



I'm 14 years old, just started high school yesterday. Over the summer I became a Christian, now my friends don't want to hang around me, they are ignoring me and won't even eat lunch with me. I feel all alone! Signed, All Alone

Dear All Alone,

My daughter went through the same thing during junior high and high school. I brought my two children up in the Lord as a single mother. My daughter became a Christian when she was six years old and was set apart as a special child of God from that time on. Yes, she was tempted by her peers and her Christianity was constantly challenged. Every Christian teenager is faced with the same choices and struggles, some are more severe than others, even though you feel devastated, you are not alone!

Pray and ask God to help you find Christian friends at your school, I will pray for you as well. Make sure you become involved in your church, especially if they have a good youth group. I also recommend getting transferred to a Christian school and home schooling as options which I did with both of my children.

My daughter and I prayed for friends for her, she has been blessed her whole life with good friends. She ended up impacting young people in her school instead of them influencing her for wrong. My daughter is now an adult and a strong Christian who did not compromise her righteous standards, then or now. You can make it, I will help you in any way, I can!

My children and I memorized the whole chapter of Psalm 1 together, here's the beginning Psalm 1:1-2, "Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the LORD, And in His law he meditates day and night."

Connect with Dr. Luauna Facebook & Twitter: [DrLuaunaStines](#)

questions@drluauna.com
www.atouchfromabove.org

A Touch From Above Int'l Christian Church
San Diego Concourse / Civic Center
202 C Street, San Diego, CA 92101
Sundays at 10:30 a.m.

A Touch From Above Prayer Mountain
16145 Hwy 67, Ramona, CA 92065
Wednesday - 7:00 p.m.

Dr. Luauna's Television Program San Diego Co
Cox Cable Channel 18 & 23 Every Tuesday at 9 p.m.
Time Warner Cable 19 Every Wednesday at 5 p.m.



Mother Goose Parade Always the Sunday before Thanksgiving

Become a member today!

Only \$75 and you will become a sponsor member of the 2010 Mother Goose Parade.
Plus you'll receive a business card ad in the 2010 program, your name on the membership sponsor page and an official Mother Goose decal for your window!

Call today

(619) 444-8712

or stop by 1130 Broadway, El Cajon

SUPPORT YOUR MOTHER GOOSE PARADE!

UNEMPLOYED? WE WANT TO HELP!
The Gazette is offering
"FREE HELP WANTED"
and
"LOOKING FOR EMPLOYMENT"
classified ads!

send to:
ads@ecgazette.com
or mail to:
Gazette, P.O. Box 697, El Cajon, CA 92022

The East County Gazette
Serving its readers since 2000!

LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adju□

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00069605-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: LUZ VALENCIA ON BEHALF OF MINOR FERNANDO SANCHEZ JR. FOR CHANGE OF NAME PETITIONER: LUZ VALENCIA ON BEHALF OF MINOR FERNANDO SANCHEZ JR. HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

FERNANDO SANCHEZ JR TO: FERNANDO JOEL VALENCIA THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 EAST MAIN ST., EL CAJON, CA 92020. Department E-14, on SEPTEMBER 29, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 31, 2010.

East County Gazette – GIE030790 9/2, 9/9, 9/16, 9/23, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00097954-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: JAMILA OMAR ON BEHALF OF MINOR MISKI OMAR FOR CHANGE OF NAME PETITIONER: JAMILA OMAR ON BEHALF OF MINOR MISKI OMAR HAS FILED FOR AN ORDER TO CHANGE NAME FROM: MISKI OMAR

TO: MARIYA OMAR THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101. Department D-25, on SEPTEMBER 29, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 13, 2010.

East County Gazette – GIE030790 8/26, 9/02, 9/09, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-020527

FICTITIOUS BUSINESS NAME(S): Yoiddy Yoga Located at: 533 Brighthaven Ave., El Cajon, CA 92019 This business is conducted by: A General Partnership The business has not yet started. This business is hereby registered by the following: 1. Linda Christine West 533 Brighthaven Ave., El Cajon, CA 92019; 2. Courtney Michele West 533 Brighthaven Ave., El Cajon, CA 92019 This statement was filed with Recorder/ County Clerk of San Diego County on July 29, 2010.

East County Gazette- GIE030790 8/26, 9/02, 9/9, 9/16, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00098223-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: REBECCA CHENG FOR CHANGE OF NAME PETITIONER: REBECCA CHENG HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

REBECCA CHENG TO: RYAN CHENG THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 330 WEST BROADWAY, SAN DIEGO, CA 92101. Department 25, on OCTOBER 12, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 18, 2010.

East County Gazette – GIE030790 9/2, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021392

FICTITIOUS BUSINESS NAME(S): Akito Sat Located at: 1283 E. Main St., El Cajon, CA 92020 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Emad Zaya 1283 E. Main St., El Cajon, CA 92020 This statement was filed with Recorder/County Clerk of San Diego County on August 06, 2010.

East County Gazette- GIE030790 8/19, 8/26, 9/02, 9/9, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023351

FICTITIOUS BUSINESS NAME(S): Reflections by Gallatin Warfield Located at: 2518 Kenda Way, Alpine, CA 91901 This business is conducted by: Husband and Wife The first day of business was: June 1, 2010 This business is hereby registered by the following: 1. Gallatin Warfield 2518 Kenda Way, Alpine, CA 91901; 2. Judy Warfield 2518 Kenda Way, Alpine, CA 91901 This statement was filed with Recorder/ County Clerk of San Diego County on August 26, 2010.

East County Gazette- GIE030790 9/02, 9/9, 9/16, 9/23, 2010

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2007-028669 FILE NO. 2010-022190

The following person(s) has/have abandoned the use of the fictitious business name: Topstyle Hair and Nails Design The Fictitious Business Name Statement was filed on June 4, 2007, in the County of San Diego. Topstyle Hair and Nails Design 3915 Mission Ave. #8, Oceanside, CA 92058 This business was conducted by: 1. Thuy Linh Vu 68 Trinity St., Oceanside, CA 92057 THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON August 16, 2010

East County Gazette GIE 030790 8/26, 9/02, 9/09, 9/16, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00098419-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: JENNIFER MICHELLE WEIGLE ON BEHALF OF MINOR AURELIO CHRISTOPHER ESPARZA FOR CHANGE OF NAME PETITIONER: JENNIFER MICHELLE WEIGLE ON BEHALF OF MINOR AURELIO CHRISTOPHER ESPARZA HAS FILED FOR AN ORDER TO CHANGE NAME FROM: AURELIO CHRISTOPHER ESPARZA TO: CHRISTOPHER AURELIO WEIGLE

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101. Department D-25, on OCTOBER 07, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 20, 2010.

East County Gazette – GIE030790 9/2, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023273

FICTITIOUS BUSINESS NAME(S): California Registration Services Located at: 593 El Cajon Blvd., El Cajon, CA 92020 This business is conducted by: An Individual The first day of business was: November 1, 1997 This business is hereby registered by the following: 1. Jessica Cunningham 3005 Shelby Dr., National City, CA 91950 This statement was filed with Recorder/ County Clerk of San Diego County on August 26, 2010.

East County Gazette- GIE030790 9/02, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023045

FICTITIOUS BUSINESS NAME(S): Pine Valley's Best Beef Jerky Located at: 9525 Mission Gorge Rd. #7, Santee, CA 92071 This business is conducted by: A General Partnership The business has not yet started. This business is hereby registered by the following: 1. Paul Henshall 9525 Mission Gorge Rd. #7, Santee, CA 92071; 2. Derek Henderson 2316 Bancroft St., San Diego, CA 92104 This statement was filed with Recorder/ County Clerk of San Diego County on August 24, 2010.

East County Gazette- GIE030790 9/02, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021768

FICTITIOUS BUSINESS NAME(S): First Impressions by KK Located at: 10438 Elmdale Dr., Spring Valley, CA 91977 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Linn Fraley 10438 Elmdale Dr., Spring Valley, CA 91977 This statement was filed with Recorder/ County Clerk of San Diego County on August 10, 2010.

East County Gazette- GIE030790 8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022114

FICTITIOUS BUSINESS NAME(S): Rotana Hair Cuts Located at: 1261 Broadway Ave., El Cajon, CA 92021 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Jan Magardich 411 W. Chase Ave., Apt. 14, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on August 16, 2010.

East County Gazette- GIE030790 8/19, 8/26, 9/02, 9/09, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022697

FICTITIOUS BUSINESS NAME(S): Dumpling Inn Located at: 4619 Convoy St. #1, San Diego, CA 92111 This business is conducted by: A Corporation The first day of business was: November 3, 1999 This business is hereby registered by the following: 1. Dumpling Inn Inc 4619 Convoy St. #1, San Diego, CA 92111 This statement was filed with Recorder/ County Clerk of San Diego County on August 20, 2010.

East County Gazette- GIE030790 9/02, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023033

FICTITIOUS BUSINESS NAME(S): Elite Salon & Spa Located at: 2990 Jamacha Rd., Suite 156, El Cajon, CA 92019 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Ashlee N. Looney 29901 Hwy 94, Campo, CA 91906 This statement was filed with Recorder/ County Clerk of San Diego County on August 24, 2010.

East County Gazette- GIE030790 9/02, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022559

FICTITIOUS BUSINESS NAME(S): Car 1234 Located at: 8802 Winter Garden Blvd., Lakeside, CA 92040 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Manouchehr Karimi 8802 Winter Garden Blvd., Lakeside, CA 92040 This statement was filed with Recorder/ County Clerk of San Diego County on August 19, 2010.

East County Gazette- GIE030790 8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021310

FICTITIOUS BUSINESS NAME(S): Glover I.N.C. Located at: 5344 Lake Murray Blvd., La Mesa, CA 91942 This business is conducted by: An Individual The first day of business was: August 5, 2010 This business is hereby registered by the following: 1. Susan L. Glover 5344 Lake Murray Blvd., La Mesa, CA 91942 This statement was filed with Recorder/ County Clerk of San Diego County on August 05, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021306

FICTITIOUS BUSINESS NAME(S): Wayne's Barber Shop Located at: 12253 Woodside Ave., Lakeside, CA 92040 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Khaleed Hrmz 2964 Lake Breeze Ct., Spring Valley, CA 91977 This statement was filed with Recorder/ County Clerk of San Diego County on August 05, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021387

FICTITIOUS BUSINESS NAME(S): H&H Products Located at: 793 Applewood Dr., El Cajon, CA 92021 This business is conducted by: Co-Partners The business has not yet started. This business is hereby registered by the following: 1. Salam Habbaba 793 Applewood Dr., El Cajon, CA 92021; 2. Martin Habbaba 793 Applewood Dr., El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on August 06, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-020919

FICTITIOUS BUSINESS NAME(S): a.) Golden Palm Real Estate b.) Golden Palm Realty Located at: 12557 Salmon River Rd., San Diego, CA 92129 This business is conducted by: An Individual The first day of business was: August 2, 2010 This business is hereby registered by the following: Terry Kandah 12557 Salmon River Rd., San Diego, CA 92129 This statement was filed with Recorder/ County Clerk of San Diego County on August 03, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021248

FICTITIOUS BUSINESS NAME(S): East County Family Optometry Located at: 1071 Broadway, El Cajon, CA 92021 This business is conducted by: A Corporation The first day of business was: August 1, 2010 This business is hereby registered by the following: Smit A. Patel, O.D., APOC 1071 Broadway, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on August 05, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021556

FICTITIOUS BUSINESS NAME(S): Back-Yell Music Located at: 5131 Caywood St., San Diego, CA 92117 This business is conducted by: Husband and Wife The business has not yet started. This business is hereby registered by the following: 1. Roger Baquial 5131 Caywood St., San Diego, CA 92117; 2. Sherri Baquial 5131 Caywood St., San Diego, CA 92117 This statement was filed with Recorder/ County Clerk of San Diego County on August 09, 2010.

East County Gazette- GIE030790 8/19, 8/26, 9/02, 9/9, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021061

FICTITIOUS BUSINESS NAME(S): Steve Milano DBA Brokers Co Op Located at: 270 East Douglas Avenue, El Cajon, CA 92020 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Steve Milano 270 East Douglas Avenue, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on August 04, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021074

FICTITIOUS BUSINESS NAME(S): Hindsight Rehearsal Studios Located at: 7063 Carroll Rd., San Diego, CA 92121 This business is conducted by: An Individual The first day of business was: July 7, 2004 This business is hereby registered by the following: 1. Neil Hamovitch 7063 Carroll Rd., San Diego, CA 92121 This statement was filed with Recorder/ County Clerk of San Diego County on August 04, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00069886-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: DEBORAH JOAN SAPP FOR CHANGE OF NAME PETITIONER: DEBORAH JOAN SAPP HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

DEBORAH JOAN SAPP TO: DEBORAH CHANTERELLE THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, on OCTOBER 18, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 24, 2010.

East County Gazette – GIE030790 9/2, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-020814

FICTITIOUS BUSINESS NAME(S): White Wolf Photography Located at: 3087 Avenida de Oro, Jamul, CA 91935 This business is conducted by: An Individual The first day of business was: January 1, 2005 This business is hereby registered by the following: Lance R. Barber 3087 Avenida de Oro, Jamul, CA 91935 This statement was filed with Recorder/ County Clerk of San Diego County on August 02, 2010.

East County Gazette- GIE030790 8/12, 8/19, 8/26, 9/02, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021673

FICTITIOUS BUSINESS NAME(S): Neighborhood Community/Care Transportation Located at: 1429 Vista Grande Rd., El Cajon, CA 92019 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Sai Jamil Ousa 1429 Vista Grande Rd., El Cajon, CA 92019 This statement was filed with Recorder/ County Clerk of San Diego County on August 10, 2010.

East County Gazette- GIE030790 8/19, 8/26, 9/02, 9/9, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022013

FICTITIOUS BUSINESS NAME(S): Your Right Hand Personal Shopping Located at: 255 North Third Street, El Cajon, CA 92019 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Lorrie Marie Brown 255 North Third Street, El Cajon, CA 92019 This statement was filed with Recorder/ County Clerk of San Diego County on August 13, 2010.

East County Gazette- GIE030790 8/26, 9/02, 9/9, 9/16, 2010

TO PLACE YOUR LEGAL AD CALL (619) 444-5774

MORE LEGALS ON PAGE 22

MOTOR AND SPORTS

Smarter back-to-school driving

Navigating the busy morning school drop off or afternoon pickup can be chaotic, and drivers need to be able to keep their hands on the wheel and eyes on the road.

As part of its Get Smarter™ hands-free awareness campaign, Motorola is helping drivers get smarter behind the wheel educating consumers on ways to stay responsible and legal while communicating on the road.

"Education is critical to decrease distracted driving" said Wayne White, corporate vice president, Companion Products, Motorola Mobile Devices. "We want to provide consumers with important tools for staying focused on driving and

avoiding the urge to look at text messages."

One tool they offer is the H17txt with MotoSpeak™, a Bluetooth headset designed to keep you connected and responsible - on and off the

road. The new headset was created to optimize the text-to-speech technology and experience, which, when paired with the MotoSpeak(tm) application, reads text messages into the headset, in real time. Plus, you have the added ability to customize an automated text response to senders letting them know you are driving and will respond later.

"H17txt with MotoSpeak enables consumers to be smart about the way they communicate," said White. "We want to help drivers be more productive and stay connected in a more responsible way on the road."

In addition to quickly and clearly converting text-to-speech, additional features include:

Easy on: Text messages will automatically be played

every time your headset is activated.

Incoming text message sender ID: Always be in the know about who in your phonebook is trying to text you without having to take your hands off the wheel with sender ID announcements.

Auto-response message: Determine if you want to send an automated text message to callers informing them that you are driving and will call back when available or pick a more personalized message to send.

Translates 150 text acronyms: Acronyms such as lol, btw and l8r are translated when the text message is read aloud, so you will never miss the meaning of a message.

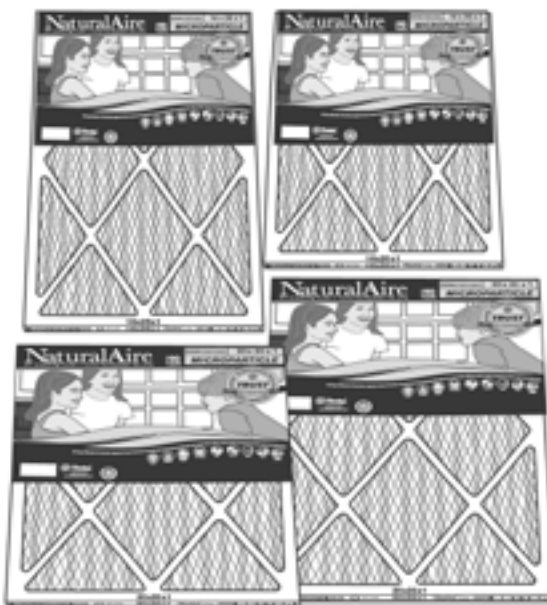
If you are interested in learning more, visit www.motorola.com/motospeak.

Get outstanding low prices on quality products.



SAVE 50%
3.99
reg. 7.99

6-Roll Paper Towels
Absorbent with a decorative print. Includes 48 sheets per roll; 2-ply. W 130 114 F4
While supplies last.

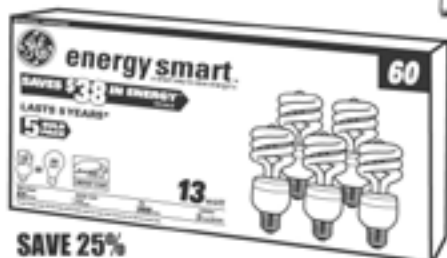


SAVE 50%

3.99

Your choice
reg. 7.99

Pleated Air Filters
90 days of protection against common household contaminants. Choose from select sizes. F 125 708, 709, 710, 711 F12
While supplies last.



SAVE 25%
8.88

reg. 11.99
5-Pk., 13W Soft White CFLs
Features 8,000 hours rated life. 825 lumens. Energy Star rated.
E 655 185 B5 While supplies last.

SEPTEMBER Bargains of the month

**1730 Alpine Blvd.,
Suite 120, Alpine
(619) 445-5674**

True Value.
START RIGHT. START HERE.®

Sale ends XX/XX/10

© 2010 by True Value® Company. All rights reserved.

Find the right products for your project and expert, local advice at True Value.

Scams ...

Continued from page 8

you can avoid taxes by investing overseas.

- Sounds too good to be true.

At the end of the day, if the offer sounds too good to be true, it probably is. So, listen to your instincts because the potential payoff is rarely worth the risk.

For more consumer protection information, visit the Better Business Bureau's website at www.bbb.org, or phone the BBB's free 24-hour Consumer

Helpline at (858) 496-2131 or (800) 600-7050 to obtain free information and a list of BBB accredited businesses in a particular type of industry before buying decisions are made. The San Diego BBB, which opened in 1921, is San Diego's largest county-wide business membership organization. The BBB promotes business ethics through voluntary self-regulation, consumer and business education, and provides the largest free service of its kind with free consumer protection advice and free reliability reports on more than 101,000 local companies.

NEVER MISS AN EVENT AGAIN!

**Subscribe to the Gazette online for
only \$10/year.**

**The East County Gazette will come to your
e-mail box every Thursday for one year!**

Call today and subscribe.

(619) 444-5774

**Of course you can subscribe and have the Gazette
come to your mailbox everyweek for one year
for only \$30.**

MOTORandSPORTS

2011 Mitsubishi iMEV



2011 Mitsubishi iMEV. Photo credit: Dave Stall

by Dave Stall

I drove the EV-1 by GM back in the 90s then the Nissan Leaf a couple of months ago, and now the Mitsubishi iMEV – their introduction vehicle in the electric car game. Interestingly, the iMEV I tested was a pre-production four door, four passenger electric vehicle. The iMEV is not new; the body has been used in Japan for many years sporting a gas engine. Mitsubishi felt the iMEV layout would be a perfect electric vehicle for the US. There will be a few changes to the Japanese version of the car, for example the US model will be wider and heavier once all the U.S. mandated safety equipment has been installed. But for this test I had the Japanese version with right hand steering and all the gauges in metric.

The body style is very round and cute. I fit in the iMEV fine, and it drove better than I expected. There is no engine in the iMEV, but the one speed transmission will get you down the road in a jiffy. Top speed is around 80 MPH, all from a Permanent Magnet Synchronous motor that produces a maximum power of 47 KW and a maximum torque of 180N. The batteries in the iMEV are Lithium-Ion with a total voltage of 330V and a total energy of 16KWH. This may seem like Greek, but I bet this is what the future has in store for us.

The transmission is a one speed but it has three modes with a choice of driving style. First is D for drive, which is your normal position, then E, for economy, that limits excessive power going to the motor. Lastly B, for brake range which applies the regenerative brake more aggressively during



An inside look at the Mitsubishi iMEV.

incline descent. I drove the iMEV in all modes and found the economy mode more driver-friendly until I noticed the power source dropping. Then I had to drop it into B for more regenerative braking which helps boost the batteries for a longer trip.

One might ask how far can I go and what happens if I run out of electricity. That won't happen if the car is driven correctly. Driving any electric car is like flying an airplane; you need a flight plan so you can make it from point A to point B without running out of fuel. The same goes for the electric car. Using the iMEV for commuting is a good reason to own one. Recharge the car early in the morning during off peak hours and there's no need for fuel.

Will there be charging stations in and around San Diego? Mitsubishi say's yes, but be careful; SDG&E may put a premium on mid-day juice. Start off with a full charge, plug in at work with the 110 cable, and it's good to go. If I commuted to work, I would be looking at an electric car, but which one, I'm not sure. Stay tuned!

The iMEV will price in the \$20,000 range with the help of the state and federal discounts for buying an electric vehicle. No final price has been set yet. Visit www.mitsubishiusa.com for more information.

Experience ...



Group Golf Outings • Weddings • Banquets • Events

Cottonwood Golf Club

3121 Willow Glen Drive, El Cajon, 92019 • 619.442.9891

WEDNESDAY SUNDAY Fire & Law Enforcement Day WED. \$25 SUN. \$35	Book your golf tournament now and we will give you 4 FREE FEES for yourself	Range Games SATURDAYS Come test your skills with prizes from 90 min. video instruction to 4 rounds of golf! 4pm - 7pm
\$29 w/cart Seniors Special Mon – Fri Before 7:00 am	 Cottonwood GOLF CLUB (619)442-9891	Barbecue Scramble 9 Hole Scramble 5 pm Shotgun \$35/person Dinner, Door Prizes, Fun 8/23
RANGE GAMES this Saturday!!!! WIN CASH!!!!	KARAOKE FRIDAYS \$CASH\$ PRIZES \$2.00 OFF YOUR FIRST ROUND W/ THIS COUPON	\$749 Unlimited Golf w/ cart Jul/Aug/Sep All 3 Months
\$499 Unlimited Golf 52 Wednesdays	AUGUST SPECIAL!!! \$29 M-F Anytime w/cart & Hot Dog!!!!	BRUNCH IN THE GARDEN Sunday 9am – 2pm Adults \$14.99 Seniors and Juniors \$9.99

DEALS

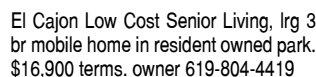


**(3 lines plus photo, extra lines \$2 ea.
Private parties only, no dealerships)**



Continued from page 19

(619) 444-5774



I will take best offer. 619-709-5686.

Call for Business Rates

Recycle carpet pad for Cash
Call for pick-up
(619) 477-8166
More \$ drop off
426 W 15th National City

10734 KENNEY STREET, SUITE E • SANTEE, CA 92071

www.eastcountygazette.com

Our Best Friends

Help your dog live a longer and healthier life

At its most basic level, the bond between dog and owner is as strong as any inter-species relationship. One man even dove into a marina to save his terrier from a shark attack in 2008. Now that's love!

And what better way to demonstrate that love for your dog than by extending his or her lifespan.

With a smart combination of feeding and exercise, you can extend the amount of time you'll enjoy together, say experts.

Find the right food

"Nutrition is the foundation of canine health. The best food should be based on your dog's needs: age, weight, mental or physical problems, and to a lesser degree breed. Remember there is no one food that

can provide all the nutritional needs for all dogs," says Mark Poveromo, author of the new book "To Your Dog's Health! Canine Nutrition and Recent Trends Within the Pet Food Industry."

Scrutinize food labels, to find items high in Omega three acids and proteins instead of grains or carbohydrates. These help ensure long-term health and ward off certain diseases.

Look for foods with labels listing specific proteins and not generic information. "For example, trout is better than a generic 'fish meal,'" explains Poveromo, who also is the founder of Thomaston Feed, the East Coast's largest holistic pet food retailer.

Exercise together

Daily exercise is a vital part of any dog's health prospects.

But don't simply let your dog into the backyard and wait for it to start running around.

Dogs require more interactive exercise regimens involving long walks and toys. Teaching your dog to retrieve can make this regimen even easier. These types of exercises help them learn to rest calmly while improving bone, joint, living and heart health.

Become the dog chef

Nowhere does it say you can only feed your dog the contents of a can. Feel free to take a more hands-on approach. Including certain basic and pure foods like chicken and vegetables can help fix many issues involving odor, weight, and allergies.

High-quality, pure ingredients not mixed with other additives are easier to digest

and less taxing to your dog's system.

"And it's critical to supplement your dog's diet," adds Poveromo. "A multi vitamin/mineral (liquid preferred) is a must. An immune system builder should also be a strong consideration."

For more information about keeping your dog healthy, visit www.thomastonfeed.com or read the new book, "To Your Dog's health!"

Monitoring your dog's nutrition and exercise can contribute to a long and healthy life. And it's much easier than fending off a shark attack.



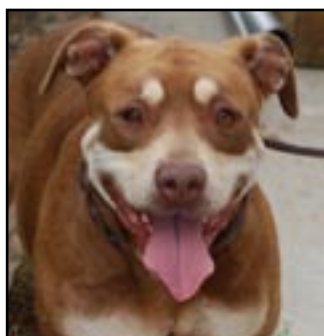
Right: Carefully monitor your dog's nutrition.

ADOPT-A-PET



Meet Rodeo! This easy-going 55-pound Chow-Chow is ready to find her new forever family to love her the way she deserves! At 4 years old, Rodeo has had a tough start in life, but has a soft, social disposition. She is gentle when taking offered treats & would love to learn some more tricks from you. How about showing her just how good life can get? Come meet Rodeo today at the County Animal Shelter at 5821 Sweetwater Rd., or for more information call 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip, and spay.

Bebe is a 4-year-old brown and tan Pit Bull (mix) female. She is a loving and sweet companion looking for a special family and home to call her own. With a friendly and gentle nature, Bebe loves to play and spend quality time with her favorite people friends. At the same time, she is content playing and entertaining herself on her own. She also enjoys getting his exercise and going for walks. She'd be thrilled to accompany her new pet parents on their athletic pursuits and outdoor adventures. Bebe will do well in a variety of homes, but a breed-experienced home without toddlers is recommended. Bebe's adoption fee is \$105 and includes her spay, current vaccinations, permanent microchip identification & registration, certificate for a free veterinary exam, and a license if resident of Oceanside or Vista. She is available at the San Diego Humane Society's North Campus, 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357. www.sdlhumane.org.



Sweet & gentle Perdita needs a home! This darling girl, a 50-pound Dalmatian, is easy-going, walks well on the leash, and is a fantastic companion. Perdita, at 8 years old, also has excellent house manners, loves car rides, enjoys other dogs and loves meeting new people. She knows how to sit when asked, and adores getting treats. Can you give this mellow girl a place to call her own? Perdita is currently in a private foster home, and her \$150 adoption fee includes vaccinations microchip, and spay. For more information about Perdita, please call 858-205-9974.

Open 7 Days
A Week



Delivery
Available

GOT FLEAS?

WE HAVE THE SOLUTION

Did you know chickens and rabbits get fleas too?

We carry a variety of name brand topical products as well as all natural products that are pesticide free.

Call or come in for the solution that's right for your pet.

Bring in ad for 10% discount on all flea products.

Off expires 8/31/10.

Not good with any other offers.

Open Mon.-Fri.
8:30am-6:00pm
Sat. 8:30am-5pm
Sun. 10am-4pm

619.562.2208
10845 Woodside Ave. • Santee, CA 92071

SWEET CELEBRATION!

A tasty way to win at Viejas Casino!

- Drawings **every Saturday**, September 4, 11, 18 & 25 and **Thursday**, September 30 at 2pm, 7pm and 9pm.
- Winners select a cupcake worth either **\$1,900 or \$19,000!**

Earning entries is a piece of cake...

- Just play slots, bingo or table games to earn drawing tickets.
- **Double entries** every **Monday and Wednesday**, September 1-29!

And that's just the icing on the cake...

- Grand Finale on **Thursday**, September 30 at 10pm
- **\$25,000 Grand Prize, \$19,000 Second Prize**, and eight **\$9,000 winners!**
- That's **\$116,000 cash** given away on September 30 – guaranteed!

TAKE THE CAKE & WIN!

JUST OFF I-8 AT WILLOWS ROAD
619-445-5400 • VIEJAS.COM

Viejas reserves all rights. Please play responsibly.
For help with problem gambling, call 1-800-426-2537. © 2010 Viejas Casino, Alpine CA.

VIEJAS
CASINO

