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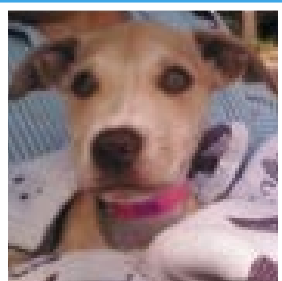
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What's new in theatres?



by Diana Saenger
on pages 11 & 12

Get the real scoop on
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Read the review on
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Chopper to appear in the Mother Goose Parade



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Remember ... Always the Sunday before Thanksgiving!

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Special for 'Fire Safety' Week

Smoking out the facts about home fire detection

Fire is a deadly threat to any household. It can strike anywhere, at any time. The frightening truth is that in 2005, there were nearly 381,000 home fires in the U.S. resulting in over 16,000 injuries and deaths combined*. You must be prepared by using the tools for fire protection.

Smoke alarms provide a warning of fire. Smoke alarms are the easiest, most cost-efficient way to alert your family of a developing fire. The more smoke alarms you have installed in your home, the more your chances increase that you will be alerted to a fire.

Fire extinguishers provide a tool to fight small fires. Having a fire extinguisher in your home can increase your chances of keeping a small fire from getting out of control and becoming a deadly rage.

Using both smoke alarms and fire extinguishers in your home, along with knowing what to do in case of fire, can help save your life! Fire can be a preventable tragedy!

What do I need to know about fire?

Fire can and might happen to you! You must be prepared and have the knowledge to escape safely. Fire is darker, smokier, hotter, and faster than you can imagine. You must know what fire is like to increase the chances of a safe escape. The following are four important facts to remember:

1. Smoke is dark. Most people expect fire to be light. For this reason, people have been trapped in their homes because they could not find their way out in the dark -- they didn't have a flashlight and didn't practice an escape plan.

2. Smoke can be deadly. Since most fire fatalities occur between 2 a.m. and 6 a.m. when most people are sleeping -- the only thing standing between the deadly fumes of fire and a safe escape maybe the piercing sound of a smoke alarm.

3. Fire has intense heat. Fire can cause the temperature to rise several hundred degrees

in just seconds. The heat is so intense that it can cause the human body to stop functioning altogether - -one breath can cause severe lung damage. The heat alone can cause someone to become unconscious and not be able to escape. Escape time can be valuable.

4. Time is critical. A residential home can be totally consumed in flames in less than five minutes from the start of a fire! A home fire can double in size in just 30 seconds. You must know what to do in order to help get you and your family out safely. A closed door is often the best way to stall a fire; by closing the door, you may save yourself seconds to use an alternate escape route.

I have one smoke alarm in my home. Is that enough protection against fire?

No, several smoke alarms and fire extinguishers must be installed and maintained for proper fire protection. The NFPA and CFC recommend smoke alarms are installed on every level of the home, and inside every bedroom and

sleeping area. Smoke alarms should also be installed in the main corridor (hallway) outside each bedroom area. Fire extinguishers should be installed on each living level, as well as in rooms that pose potential fire hazards (i.e., kitchen, garage, workshop).

Installing and maintaining smoke alarms and fire extinguishers dramatically increases your family's chances of surviving a fire.

Where should I install smoke alarms and fire extinguishers?

Many laws or codes require that you install at least one smoke alarm on every level of your home. It is also important to install at least one fire extinguisher in a convenient location on each level. The most basic protection for any home would be to install at least one smoke detector and one fire extinguisher on each level. However, check with your local building department since many codes also require alarms in each bedroom.

Other important considerations include:

1. Mount smoke alarms in the middle of the ceiling when ceiling mounted. If that is not possible mount detectors on the wall at least three feet away from a corner and 4 - 6 inches away from the ceiling.

2. Keep smoke alarms away from drafts created by fans or air ducts. The moving air can blow smoke away from the sensor.

3. Avoid placing smoke alarms too near the kitchen stove and bathroom shower, as cooking smoke and shower steam can cause nuisance alarms.

4. Mount basement alarms at the bottom of the basement stairwell.

5. Mount fire extinguishers on a wall 3 1/2 to 5 feet above the floor. The location should be near an exit or an escape route from the room.

How do I select the right smoke alarms and fire extinguishers for my home?

First, establish how many you will need and where you will install each alarm and

extinguisher. Once you know which rooms will have smoke alarms and fire extinguishers, you can determine which features are best suited for that area.

Always choose a product, which carries a standards approval symbol from a Nationally Accredited Laboratory (such as ETL or UL). This will assure you that the product has passed many stringent tests and will offer quality protection.

What types of smoke alarms are there?

There are two basic types of smoke alarms: ionization and photoelectric. Both are effective at detecting smoke, yet each has a unique detecting system.

Ionization technology is generally more sensitive than photoelectric technology at detecting small particles, which tend to be produced in greater amounts by flaming fires, which consume combustible materials rapidly and spread quickly. Sources of these fires may include paper burning in a wastebasket, or a grease fire in the kitchen.

Photoelectric technology is generally more sensitive than ionization technology at detecting large particles, which tend to be produced in greater amounts by smoldering fires, which may smolder for hours before bursting into flame. Sources of these fires may include cigarettes burning in couches or bedding. Each type of detector also comes as AC-operated smoke alarms or battery-operated smoke alarms. Some AC alarms even come with a battery back-up system. Additional options can include an escape light, silencing button, or remote control mute feature.

What types of fire extinguishers are there?

Fire extinguishers are categorized by ratings. These ratings determine the size and type of fire that the extinguisher can successfully put out. Fire can be divided into three categories: A, B, or C. An "A" type fire is primarily wood, paper and fabric. "B" type fires are primarily flammable liquids (such as gasoline) and oil based. Finally, "C" type fires are electrical in nature.

The number preceding the A, B, or C rating determines

how big of a professionally set fire the extinguisher can put out. For example, a 10-B: C extinguisher would be able to handle a 25 foot square fire of either flammable liquid or electrical origin. A 5-B:C extinguisher could handle a 12.5 square foot fire that is flammable liquid or electrical based.

How do I maintain my smoke alarms and fire extinguishers once they are installed?

Smoke alarms and fire extinguishers are relatively easy to maintain; yet, improper maintenance is the biggest reason smoke detectors and fire extinguishers fail.

It is very important that you maintain all your smoke alarms and fire extinguishers

- Test your smoke alarms weekly by pressing the test button and your fire extinguisher by checking the pressure gauge.

- Replace the battery in each smoke alarm at least once a year. Better yet, when you change your clock for daylight saving time, change your battery.

- Never remove the battery except when replacing it with a fresh battery.

- Clean the smoke alarm at least once a year. Follow the instructions in the product's User's Manual for specific instructions on how to install and maintain your smoke alarms and fire extinguishers.

Is there any other fire safety equipment that I need for my home?

Having working smoke alarms and fire extinguishers in your home can greatly reduce your risk of injury or death in a fire. However, the City's Building & Fire Safety Division also recommends that you have flashlights in every bedroom in case of a fire emergency. Since the fire situation is very dark, a reliable working flashlight can help light your way to safety. Additionally, carbon monoxide alarms are a vital safety product necessary in any home since carbon monoxide is the leading cause of accidental poisoning death in the U.S.

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It is truly an honor to serve as Mayor for the City of El Cajon. Thank you for the opportunity to share with you recent accomplishments and what we look forward to here in our City. Starting with the safety of our City in the area of emergency services...

The El Cajon Fire Department management staff is now Heartland Fire and Rescue. As of January 1, 2010, the Cities of El Cajon, La Mesa and Lemon Grove entered into a joint exercise of powers agreement (JPA) for management and delivery of fire protection and emergency medical services-this will save a combined \$560,000 annually.

The San Diego County Taxpayers Association (SDCTA) gave top honors to the Heartland Fire & Rescue JPA with the "Grand Golden Watchdog" award- this award highlights smart, sensible practices in taxpayer-funded programs.

F.B.I. Statistics show that the City of El Cajon is among the top cities in crime rate reductions in the County of San Diego for 2009.

Overall Crime is **DOWN 21 PERCENT.**

Violent Crime is **DOWN 13 PERCENT.**

Property Crime is **DOWN 23 PERCENT.**

Domestic Crime is **DOWN 24 PERCENT.**

The downtown area has gone through a major face-lift- a distinctive City of El Cajon sign, new sidewalks, seating, streetlights and "way finding" signs. New businesses have arrived and more are coming!

We just completed a major renovation of the downtown Prescott Promenade. The refurbished park features a covered amphitheater area, plenty of informal seating, and walkways designed for pedestrians as well as classic cars, vendor booths or a host of other activities. We'll be able to host larger events in the downtown area.

El Cajon is one of the most successful cities in San Diego County regarding recycling and resource recovery. It is recognized as the only "Zero Waste City" in San Diego County and only one of a few in the State of California. Our Solid Waste Vehicles are operated by clean natural gas from a landfill.

The City of El Cajon is recognized by the Federal Government as a "Tree City USA" because of our efforts in promoting the value and benefits of tree planting. This "Urban Forest" maintains a natural environment for all our residents, now and in the future.

The City is looking forward to the new animal shelter being built next year with "Prop J" money for our four legged residents. The shelter has a "no kill policy"- every pet that can be saved will be saved. Each animal is checked, treated if necessary and micro chipped by a veterinarian before being placed for adoption.

Despite these challenging times, the City of El Cajon has a lot to be proud of, with some exciting projects ahead...

RE-ELECT Mayor Mark Lewis

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— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech
City of El Cajon Public
Information Officer

City of El Cajon Fire Safety & Career Expo this Saturday

It's The El Cajon Fire Safety & Career Expo This Saturday. There is something for everyone at our free family event, scheduled for this coming Saturday, Oct. 9, from 10 a.m. to 2 p.m., at 100 E. Lexington Avenue. There will be over 50 health & safety organizations represented, with free child safety helmets (while supplies last) and child I.D.'s. Youngsters will enjoy the Home Depot's Kids Workshop, while Core Self Defense will be teaching children about self-defense. Parents will learn about fire safety and disaster preparedness from the Office of Emergency Services and the American Red Cross. San Diego Gas & Electric will have a special display on electrical safety, with information on safety issues concerning natural gas and energy conservation. Kids will also meet Smokey Bear and Mother Goose! Visit <http://www.elcajonfire.com> to see the full line up of safety organizations involved or call (619) 441-1737.

Oktoberfest continues

The German American Societies present the second weekend of Oktoberfest on October 8-10 in El Cajon! This fun annual event is located at 1017 S. Mollison Avenue. Hours are Friday from 4 to 10 p.m., Saturday from 12 Noon to 10 p.m. and Sunday from 12 noon to 9 p.m. Enjoy all the great entertainment, along with delicious German food & beverages. Age 21 and up \$5. Under 21 and active military are free! Visit www.oktoberfestelcajon.com for more information.

Halloween costume contest for dogs at shelter open house

Join us on Saturday, Oct. 23, for the Annual El Cajon Animal Shelter Open House! This free Halloween-themed family event will run from 10 a.m. to 2 p.m. at 1275 N. Marshall Avenue. There will be a Halloween Costume contest for dogs at 1 p.m. Micro-chipping, I.D.'s, a low-cost rabies clinic and pet adoptions will also be available! For more information call (619) 441-1580.

Bowling For Students At Parkway Bowl

On Saturday, Oct. 23, the

Cajon Valley Education Foundation will hold a Bowl-A-Thon at Parkway Bowl benefitting the Foundation. Parkway Bowl is located at 1280 Fletcher Parkway. The event is from 3 to 5:30 p.m. and only 35 lanes can be reserved. Sign up now! There will be a best team costume contest and prizes. For more information visit www.cvef.net.

Come on down for a Barn Sale!

You may have been to a garage sale, but have you ever been to a barn sale? Coming up on Saturday, Oct. 23, from 7:30 a.m. to 2 p.m., it's the Olaf Wieghorst Museum and Western Heritage Center Barn Sale located at 131 Rea Avenue! You will find vintage collectables, used tack, old tools, western clothes, dishes, linens and lots of other goodies. Bring cash, checks and credit cards! Nothing from the museum's permanent collection will be sold. If you have any questions, contact (619) 590-3431.

Off Road Expo at Westfield Parkway

The Westfield Parkway Off Road Expo is returning to Westfield Parkway on Saturday, Oct. 23, from 10 a.m. to 7 p.m. and on Sunday, Oct. 24 from 11 a.m. to 5 p.m. See numerous off road vehicles including Jeeps, ATVs, trucks, dirt bikes, buggies and more from Motoworld of El Cajon, M.I.T. Drivetrain Specialists and other vendors on display. See the latest aftermarket accessories and suspension systems. There will be celebrity appearances and autograph signings along with fresh off road fashion at some of your favorite stores and save with exclusive discounts. Learn about off road safety and how to be an environmentally responsible off road rider. For more information contact Karyn Houde at Westfield Parkway at (619) 579-9974, extension 13.

Lend A Hand

Join us for the next Lend A Hand clean-up event at Wells Avenue & Graves Avenue on Saturday, Oct. 23, from 9 to 11 a.m. The El Cajon Community Development Corporation invites you to spruce up the local community and show your support for Downtown El Cajon. Volunteers and residents will come together to remove trash and identify graffiti to promote a clean, safe, and vibrant community. The CDC will also accept any gently

used housewares, furniture, clothing, toys, and working electronics - all items will be donated to San Diego Rescue Mission. To register, or for more information please call (619) 401-8858, or visit the Lend A Hand web page at www.downtownelcajon.com.

Bring the kids to Trunk or Treat downtown!

A fun and safe place to go trick or treating is the Cajon Classic Cruise - Trunk or Treat car show on Wednesday, Oct. 27! Enjoy music and entertainment, and cars will be decorated in Halloween themes while the owners hand out candy to the children. Festivities take place on downtown Main Street near Magnolia Avenue. Hours are 5 to 8 p.m.

Call (619) 401-8858 for more information.

8th Annual Women in Leadership Luncheon

On Friday, Oct. 29, join the San Diego East County Chamber at the Doubletree Hotel in Mission Valley for the event of the year - the Women in Leadership Luncheon! Hours are from 11:30 a.m. to 2:30 p.m. This annual luncheon program encourages women to succeed & prosper by honoring women leaders, recognizing their accomplishments and celebrating their success. Rana Sampson, a national problem-oriented policing consultant and the former director of public safety for the University of San Diego, will be keynote speaker. Dress

See EL CAJON page 6

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— SPECIAL FOR 'FIRE SAFETY WEEK' —

Fire safety...

Continued from page 2

An escape ladder can also be useful as a secondary escape route from a room in case one or more exits are blocked by fire or smoke.

What should I do if I hear the smoke alarms sound?

Never ignore the sound of a smoke alarm. If the smoke alarm is sounding its alarm, there is a reason. You and your family must be able to escape quickly and safely. Here are several steps your family

can learn and rehearse for an emergency:

1. Have an escape plan. Discuss and practice your escape plans. Know two exits from any room in the house.

2. Feel if the door is hot. Always feel the door to see if it is hot before opening it to escape. If the doorknob or door is hot, do not use that exit. Use your alternate exit to escape.

3. Crawl on the floor. Smoke from a fire rises and so does the temperature. If you crawl

on the floor there will be less smoke and the heat from the fire will be less severe.

4. Meet at a prearranged spot outside the home. If you clearly show where everyone is supposed to meet outside the home when there is a fire, it will be easier to know who is safe.

5. Call the fire department from a neighbor's home. Be prepared to give your full name and address to the operator at the other end of the line. Stay on the line until the operator has all of the information needed.

6. Never go inside a burning building. Never return inside the house for any reason. The firefighters will be there soon.

If you follow these basic fire safety tips, you will increase your family's chances for survival in a fire.

Are there other ways I can protect my family from fires?

The following is a fire safety checklist to lower the chances that a fire may start in your home:

- Keep the furnace in working order.

- Use a fireplace screen.

- Have proper ventilation for heaters and other small appliances.

- Do not smoke in bed.

- Use the correct size fuses.

- Don't use worn out electrical wiring or run it under rugs or out windows or doors.

- Clear refuse away-the less

clutter, the less fuel a fire has to feed on.

At the City's Building & Fire Safety Division, your family's fire safety is our first concern. But, we can't do it alone. By properly equipping your home with smoke alarms and fire extinguishers you'll be taking an important first step in improving total fire protection for your family. If you have any other questions regarding fire safety, contact the City's Building & Fire Safety Division directly at 441-1726.

El Cajon ...

Continued from page 5

for Success has been chosen as this year's beneficiary. Donations will be accepted to assist low-income San Diego women transition into the workforce. Suggested items (excellent condition, on hangers) - Modern business suits, skirts & pants, blouses to be worn under a suit jacket, new shoes, unopened hosiery, etc. Reservations are \$65 before October 15, \$75 after October 15, prepayment is required. Sponsorship opportunities are available. Contact the Chamber at (619) 440-6161 for more information.

Halloween at Westfield

Parkway

Another safe way to enjoy Halloween is to visit El Cajon's enclosed mall, Westfield Parkway, for their "Scare Away Hunger" event, on Sunday, Oct. 31, from 5 to 7 p.m. Bring a non-perishable food item to the Shopping Concierge Center at the mall to help the San Diego Food Bank in exchange for treats! Westfield Parkway is located off the Interstate 8 free-

way at 415 Parkway Plaza in El Cajon. Call (619) 579-9974 for more information.

Adopt a new pet!

We have quite a few cats, kittens, and dogs to choose from at the El Cajon Animal Shelter! We feel it is our responsibility to protect and improve the lives of abused, abandoned, and homeless cats and dogs, and to place them in loving permanent homes. If you are looking to adopt a pet, or have lost your pet, please stop by our shelter and see the dogs and cats in our adoption center. We're open Tuesday through Saturday from 10 a.m. to 5 p.m. For more information call us at (619) 441-1580.

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, California 92020.

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Keep Halloween fun and safe

For many people, Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to

costumes and bags to help drivers see you.

- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you.
- Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for seri-

ous eye injury by not wearing decorative contact lenses.

- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- Enter homes only if you're with a trusted adult. Otherwise, stay outside.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.
- Expecting trick-or-treaters or party guests?

Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses. Be sure children are walking in safe well-lit areas, free of obstacles that could result in falls. Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

Remind drivers to watch out for trick-or-treaters and to drive safely.

Follow these tips to help make the festivities fun and safe for everyone!

Health screenings and tidbits

Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call 619-740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

Peripheral Arterial Disease (PAD) Screening

Do you have aching, cramping or pain in your legs when you walk or exercise, but pain that diminishes when you rest? Attend a free screening to test the arterial blood flow to your legs. Students of Grossmont College's Cardiovascular Technology Program will check blood pressure at your ankles and arms. This is a student practice, not a diagnostic test. Please, do not wear nylons. Saturday, October 16, 8:30 a.m. to 12:30 p.m. at the Sharp Grossmont Hospital Brier Patch Campus, Classroom 15, 9000 Wakarusa St., La Mesa. Appointment required. Call 1-800-827-4277

Addressing behavior through compassionate communication

Learn to improve your communication skills with memory-impaired adults and identify techniques to cope with challenging behaviors from Diane Beach of the Alzheimer's Association on Monday, Oct. 25 from 10 a.m. to 12 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Free blood pressure screening

No appointment necessary. Open to the public. For information, call (619) 740-4214.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Oct. 15, 9:30 to 11 a.m.

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10 signs you are too old for trick or treating

10. You get winded from knocking on the door.
9. You have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, "Great Keith Richards mask!" and you're not wearing a mask.
5. When the door opens you yell, "Trick or..." and can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Super Hero in the neighborhood with a walker.
1. You avoid going to houses where your ex-wives live.

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— LOCAL NEWS & EVENTS —

Out and about in the County

Oct. 8-10: Oktoberfest in El Cajon. The 39th annual Oktoberfest is presented by the German American Societies over the first two weekends. Hours of this traditional, family-friendly festival are Fridays from 5 to 10 p.m., Saturdays from noon until 10 p.m., and Sundays from noon until 9 p.m. Oktoberfest in El Cajon is open to the public with an entry donation of \$5 for age 21 and over (\$3 for club members), those under 21 and all active military are admitted for free. Parking is also free. Visit

www.OktoberfestElCajon.com, or phone (619) 442-6637. The address for our Biergarten and clubhouse is 1017 S. Mollison Avenue, El Cajon (from San Diego take I-8 East, exit right on Mollison Avenue).

Oct. 9: Guardian Angels Church Fall Festival presents "Irish Eyes are Smiling." Friday, Oct. 8 from 5 to 10:30 p.m., Saturday, Oct. 9 from noon to 10:30 p.m. and Sunday Oct. 10 from 9 a.m. to 7 p.m. Game booths, crafts, book booth, entertainment, Multicultural food court, beer garden, live auction, grand raffle with cash prizes! All are welcome. Guardians Angels Church is located at 9310 Dalehurst Rd. in Santee. For more information, call Michele or Bernie at 619-258-9824.

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

Oct. 9: Parking Lot Sale. 7 a.m. to 12 p.m. at 12650 Lindo Lane, Lakeside. Proceeds benefit the Veterans programs in Lakeside community.

Oct. 9: Celebrate Fire Prevention Week with the La Mesa Fire Department! Join us on October 9 for a free Open House from 10 a.m. to 2 p.m. at La Mesa Fire Station 11, 8034 Allison Ave., La Mesa. Through educational, family-oriented activities residents can learn more about the power of smoke alarms; newer options for installing and maintaining them properly; and how to better protect their loved ones from fire. There will also be refreshments available and giveaway items for the kids.

Oct. 16: El Cajon Moose Lodge "Christmas in October" Traditional Thanksgiving dinner-\$8 per person. Raffle prizes. Located at 13794 Old Hwy 8, El Cajon. Proceeds



Granite Hills Marching Band performed at the Alpine Viejas Day Parade.; Photo credit: Kathy Foster

benefit the Moose Heart & Moose Haven, a retirement home and a children's foster care facility. Call (619) 443-5456 for more information.

Oct. 16: The Grossmont College Foundation, a fundraising organization that supports Grossmont College students and educational programs, will host its 2010 Dinner Gala and Auction fund-raiser starting at 6 p.m. on Saturday, Oct. 16, at the Barona Valley Ranch Resort & Casino. The public is invited to attend. Festivities for this year's ninth annual Gala will begin at 6 p.m. with a reception and silent auction, followed by dinner starting at 7:30 p.m., live auction and live entertainment. The 2010 theme is "Griffin Gold Rush: 49 Years of Excellence." The theme anticipates the upcoming celebration of the college's 50-year anniversary to be held during the 2011-2012 school year, according to Ernest Ewin, Grossmont College Foundation executive director. Last year's Gala raised a net of \$93,000, including \$24,000 towards new scholarships, Ewin said. The Grossmont College Foundation is a 501(c)(3) non-profit organization that directly supports Grossmont College students, faculty and staff through scholarships, educational equipment and supplies, facilities and education programs.

V Club booth grand opening

Viejas Casino, southern California's premier gaming and entertainment destination, recently unveiled a new, expanded V Club booth

designed to enhance guest service. The new V Club booth is centrally located near the south entrance and the Table Games area, and features seven win-

dows for more efficient service, which means guests will spend less time in line. It also has a special window to accommodate guests with special needs.

The new V Club booth allows us to offer all of our guests first-class service and a convenient location near the center of the casino floor. It is located near the casino's main entrance across from the Viejas Outlet Center, where many of our guests arrive, including those coming in on the buses, said Viejas Casino General Manager David Williams. The new V Club booth truly demonstrates our commitment to providing the best guest service in the industry.

V Club membership is free and offers guests an opportunity to earn Free Play Cash, access to exclusive gaming, dining and entertainment promotions, and more. For additional information on the V Club, or to sign up online, visit <http://www.viejas.com/html/vclub/benefits.html>.



Tribal Council Woman Virginia Christman and new Viejas Casino General Manager David Williams get ready to cut the ribbon as Alpine community members look on. Photo credit: Kathy Foster



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— AT THE MOVIES —

Guggenheim gets an “A” for his eye-opening documentary

Review by Diana Saenger

There is always something to complain about in today's world, but it's those who choose to do something about it that can sometimes make a difference. In the documentary *Waiting for 'Superman'*, Davis Guggenheim, the Academy Award-winning director of *An Inconvenient Truth*, takes on another subject that deeply troubles him – the failing public school system.

Geoffrey Canada opens the film by revealing the selection behind the movie's title. He explains about his Ghetto upbringing where he was certain someday Superman would come and fix everything that was wrong in his life. “Some kids are given the short end of

the stick and they don't know why,” he said.

Guggenheim came to the realization of this problem not because of the education his own children were getting, but because when he drove them to their private school, he had to pass by the public schools with kids that looked anything but happy and successful.

Although obviously passionate about this subject, I give Guggenheim credit for not making the documentary sappy. He shows – not tells – his story through the eyes of those living in these situations, the teacher dilemma which sometimes shows there are almost as many bad teachers as good, and he provides the statistics to back up his concern.

To illustrate his point Guggenheim features several actual cases where underprivileged kids from three ethnic backgrounds are going through a lottery to get into a charter school. He goes right into their homes, schools and dissects their dreams all caught on camera. When it comes time for the lotteries to take place, the audience is right there as the bingo balls are drawn and against heavy odds only a few smiling faces leave the room.

If the student's test scores from across the country that are shown to be below those across the globe don't make viewers take notice, then the tears running the down faces of moms, grandmother's now caring for their grandchildren and the heart-broken kids themselves, will.

Guggenheim also spotlights several other fascinating facts about education like clips of all the past presidents who vowed to do something about education and how the tenure system has become a nightmare in our school systems. This comes through loud and clear in the segment about Washington D.C. Schools Chancellor Michelle Rhee who tired her best to make a positive change in the educational system there – one of the lowest in test scores across the nation.

Canada, the founder of the Harlem Success Academy, didn't need a real superman to change his world, but looking at what he's done for kids who attend his school, it's certain they would say he was the superman of their lives.

The film is never dull. Guggenheim uses an array of different elements to deliver his message including music, cartoons, graphics and a detailed explanation of what he calls “The Lemon Dance.” It definitely paints a picture of what this documentarian is trying



Geoffrey Canada in a classroom at Harlem Success Academy. Photo credits: Paramount Pictures

to get across. But along with a focus on schools that are failing, Guggenheim visits schools that are excelling where kids are happy to attend, work longer hours, be respectful and are grateful for a good education. And Guggenheim doesn't advocate only for private schools but that the public schools step up and do a better job.

“My father made documentaries, and he taught me that films should always be stories about people and if you're going to make movies they've got

to say something,” Guggenheim said. “I think that every kid, no matter where they are born or what they have been given in life, deserves a great education and a piece of the American dream. That's what drove me to tell this story and to make this movie.”

More than eye-opening, *Waiting for 'Superman'* is a get-up-and-do-something-about-it movie. It's important for parents, grandparents, teachers and anyone concerned about the future of our country to see.

Documentary filmmaker talks about ‘Waiting For Superman’



Davis Guggenheim. Photo credit: Alex J. Berliner / © Berliner / BEImages

by Diana Saenger

Some may call documentary filmmaker Davis Guggenheim a superman in exposing so many things wrong about our school system in his new film *Waiting For 'Superman'* and no one can deny the information revealed is startling and his call for Americans to stand up and take action is certainly a worthy one. In this Q & A Guggenheim reveals his motivations behind this documentary.

Q: What Was Behind Your Reason To Make This Documentary?

DG: It was really that feeling I had every morning driving past my public school – the feeling that I'm so lucky to have found another way for my kids, and the feeling that this is not

enough, it's not enough that I take care of my kids and move on. Unless each one of us fights for change, our schools won't get any better.

Q: You Made Another Film In 1999 About Schools, *The First Year*. Have Things Changed Much Since Then?

DG: The problems in our public schools felt hopeless. But now there are reformers out there who are defying the odds and proving it's entirely possible to create outstanding schools even in the most troubled neighborhoods.

Q: You Had A Life-changing Experience With A Teacher, Correct?

DG: In the 10th grade. I had a teacher who changed my life. He was hilarious and fun and, even though I was a C-Minus student at the time, he saw great things in me. If I didn't have a teacher like that, I wouldn't be a filmmaker now, I wouldn't be a storyteller, I wouldn't be invested in the world or care so much about our public schools.

Q: Was It Unusual To Use Actual Children Hoping To Get Into Better Schools In The Film?

DG: We wanted to show the human face of the system. By getting to know these children – and the mothers and fathers who are fighting for them – then maybe people will be outraged enough to demand real change

in their own neighborhoods. The idea of education reform becomes a lot less abstract and a lot more compelling when you see these beautiful kids and realize all their potential.

Q: You Feature Some Teachers And Leaders In The Film That Are Making A Difference. Why Was That Important?

DG: The big idea of what America is about – that every person can have a chance – is at stake. And right now, at this very moment, these are the same people who are proving that it's possible and even practical to fix it. It comes down to something that we say in the film: you can't have great schools without great teachers. When you get past all the noise and all of the debate, that is what it is all about.”

Those leaders featured in the film include:

GEOFFREY CANADA, the captivating former teacher who became a national educational hero when he created the Harlem Children's Zone, an area of 97 square blocks where high school and college graduation rates have dramatically skyrocketed, revealing that schools can make a major impact even in the most disadvantaged neighborhoods.

MICHELLE RHEE, the feisty outsider who became Chancellor of Washington D.C.'s
See SUPERMAN page 12

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— AT THE MOVIES —

'The Social Network' is multifaceted and brilliant

Review by Diana Saenger

Geeks, computer users and global companies have been continually surprised at the growth of Facebook since it arrived in 2004. Now almost the same reaction is taking place about the film *The Social Network*. Conceived from various sources including Ben Mezrich's book *The Accidental Billionaire*, screenwriter Aaron Sorkin along with director David Fincher have delivered a movie so engaging it's already widely hailed by critics.

Jesse Eisenberg plays Harvard student and computer geek Mark Zuckerberg. His performance is so compelling it's like the jaws of an alligator clamped on without letting go until the movie ends. In the first scene, Zuckerberg engages in verbal banter with his girlfriend Erica (Rooney Mara), and the witty dialogue brands part of Zuckerberg's personality immediately. His insensitive and assertive attitudes are also revealed as one statement after another belittles Erica and alienates her instead of drawing

them closer together as Zuckerberg obviously wants.

While Erica does the right thing and bids him farewell, Zuckerberg does the wrong thing – or maybe in looking at the big picture – performs the most important act of his life. Angry at the brush-off, Zuckerberg goes back to his dorm, writes some code and sets up a website to demean women. He hacks into college websites and steals images (including private information) of girls and places them opposite each other with an option to rate them.

The site takes off so quickly anyone who understands the word opportunity is tuning in to find out about Zuckerberg. This includes two Harvard brothers Cameron (Armie Hammer) and Tyler (Josh Pence) Winklevoss. They have their own idea about creating a social network and recognizing Zuckerberg's genius with websites, secure him as a partner in bringing their idea to fruition. However, while stalling them for weeks in delivering what he's promised them, Zuckerberg creates Facebook on his own.

Things get worse when Zuckerberg has another fit of jealousy for not being invited into one of Harvard's prestigious clubs. Knowing he has a pot of gold but lacking his own, Zuckerberg invites college mate Eduardo Saverin (Andrew Garfield) to become his chief financial officer by investing a meager amount of start-up money which would later grow to a much larger amount. What transpires next is a bullet train ride boarded by friends and colleagues, but one that crashes amid a sea of mistrust, envy, power struggles and deceit – and ultimately ends up in major lawsuits.

Credit for the fascination of this film goes to David Fincher for taking a somewhat different approach to his usual big film style – *Benjamin Button*, *Fight Club* – and keeping the movie about characters instead of on Facebook itself. The majority of scenes are intimate, taking place in dorm rooms, bars, hangouts and places where emotion and personality cannot escape from the camera lens. It's personal drama vs. reality TV at its best.



Jesse Eisenberg stars in *The Social Network*. Photo credit: Merrick Morton / Columbia Pictures

The cast, including Justin Timberlake playing Shawn Parker, the creator of Napster who noses his way into Zuckerberg's promising big payoff, does a good job keeping the film engaging. But it's Eisenberg (*Adventureland*, *Zombieland*) who makes the film resonate. During every moment of his brilliance and selfish nature that's revealed, his real pain appears quite visible under that thin skin of supposed indifference. This is especially clear considering his idea about Facebook was to create a means for roman-

tics to find a mate, while he himself ends up still looking. Even though there are a lot of reports that this character is an exaggeration of the real Zuckerberg, Eisenberg's Zuckerberg will forever be the one people think of when powering up Facebook. But Zuckerberg will be the one laughing all the way to the bank.

The Social Network is not only timely, engaging and the talk of the town, it will still be on the radar come Oscar season.

Superman ...

Continued from page 11

embattled public school system in 1997 and set out to radically change the system with a host of headline-making reforms -- including firing bad teachers and compensating good ones with much higher salaries.

RANDI WEINGARTEN, the formidable labor leader who headed the United Federation of Teachers through 2009, and currently heads the American Federation of Teachers -- who has both been an advocate of education reform and protector of teachers' benefits and interests at every turn.

DAVID LEVIN and MIKE FEINBERG, two frustrated teachers who broke away from

the public school system to forge a nationwide group of 82 free, open-enrollment, independent schools known as KIPP (Knowledge is Power), where all students, no matter their backgrounds, are prepared for college.

ERIC HANUSHEK, a Senior Fellow at Stanford University whose vital research has revealed a profound relationship between teacher quality and class size on children's achievement, regardless of background.

For more information about the movie or to watch the trailer of *The visit* <http://www.waiting-forsuperman.com/>



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The Social Network

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Gazette Grade: A +

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drug and alcohol use and language

Who Should Go: Those who like engaging films

Waiting for 'Superman'

Studio: Paramount Pictures

Gazette Grade: A -

MPAA: "PG" for mild language, adult themes

Who Should Go: Anyone interested in future leaders



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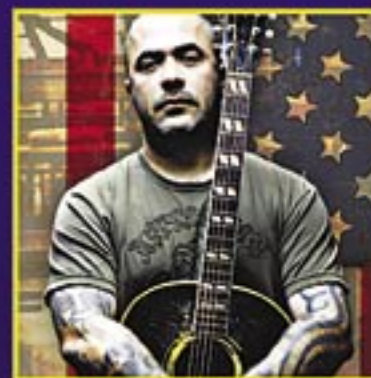
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Z	F	E	N	O	Z	T	F	T	M	O
B	G	T	T	I	U	W	C	E	O	N
T	I	E	I	C	R	L	Y	H	T	L
W	S	C	O	N	W	K	X	D	E	Y
I	X	T	N	W	J	N	V	Q	J	N
R	Z	O	N	K	J	X	Q	L	P	S
D	C	R	A	W	L	D	X	M	B	Y
V	Y	S	T	J	W	Q	K	O	I	Y
T	Y	P	P	R	O	T	E	C	T	U
Z	H	I	L	H	B	P	J	L	T	J
E	J	H	I	T	W	O	S	F	V	A
L	Z	T	M	A	R	L	J	P	C	T
D	H	A	W	J	I	L	I	O	W	A
R	V	X	X	K	I	S	W	U	O	P
S	U	E	R	F	E	T	Q	A	O	P
A	S	T	A	Y	O	U	T	M	D	S
V	H	X	I	A	I	G	S	T	A	I
R	S	T	G	J	S					

Family Fire Safety Checklist

- ☐ Only cook in the **kitchen** when an adult is helping you.
- ☐ Don't touch matches, lighters or candles. They are for **adult use only**.
- ☐ Do you have **smoke detectors** on every level of your home? Test them monthly and change the batteries at least once a year.
- ☐ Do you know **two** or more ways out of the house?
- ☐ Never use elevators (**stairs** are much safer) if there is a fire.
- ☐ Smoke rises, so if there is a fire, stay low: **crawl** under the smoke.
- ☐ Have you picked a place to **meet** the rest of your family once you are all out of the house?
- ☐ Once you are out of the house, **stay out** of the house.

Free Puzzles, Reading Log and Certificate!

For extra fun, print out our free 5th Anniversary puzzles: Fire Prevention and Safety word search, and Let's Rock! crossword puzzle. The new Fall reading log and certificate set are ready too!

www.readingclubfun.com

The Great Chicago Fire (And the Lessons We Learned)

Read about the fire to fill in the crossword puzzle:

- Have you ever heard of the Great Chicago _____ (1871)?
- It was a fire so big and out of control that it burned almost 4 square miles of the _____ and even jumped across the Chicago River!
- One story says that it started when a woman, named Mrs. O'Leary, went to her barn to milk a cow and the cow kicked over her _____. (The story was made up by a reporter; the start of the fire is unknown.)
- The buildings in the city were mostly made of _____ and were built very close together so it was easy for the fire to spread.
- It is said that people didn't react right away and that the _____ were tired from fighting a different fire the day before and made some mistakes.
- The blaze grew so big that it destroyed the pumps for the waterworks (the place that supplied the water to fight the fire) and the _____ was cut off.
- Finally, after two days, the fire burned itself out, after destroying over 17,000 _____, killing hundreds of people and leaving about 90,000 others homeless.
- Oddly, one of the buildings that didn't _____ was the waterworks tower. It is still there today!
- Today, we space buildings in the city farther apart and use more _____ materials like metals.
- Our firefighters are better trained and have _____ that helps them fight fires more quickly.

Whoopsie!

Learning From the Past and Doing Better!

Triangle Shirtwaist Factory Fire
by Sabrina Crewe & Adam Schaefer



Account of a terrible fire in a garment factory in 1911 that killed 146 people.

The Great Fire by Jim Murphy



Story of the great Chicago fire of 1871: works to separate fact from legend.

Catching Fire by Gena K. Gorell



Firefighting: from bucket brigades, through the years, up to modern firefighting technology.

Firefighting: Behind the Scenes



by Maria Mudd Ruth
Tools and techniques used to fight fires now and in the past.

Studying past fires, their causes and the problems we had fighting them has led to many advances in materials, training and equipment. To learn more, check out these books from your favorite library!

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				
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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				74				

THEME: HAPPY HALLOWEEN

ACROSS

1. International standard unit of electrical capacity
6. *Trick or treat accessory on top of head
9. ____ school
13. Children's book "Is Your Mama a ____?"

14. ____ polloi
15. Congo, formerly known as
16. "Do not ____ the furniture!"
17. Belonging to us
18. Bornean ape
19. *Bram Stoker's creation
21. *Hot ____, candy
23. *__-Wan costume requires a light sabre
24. Ray-finned fish
25. General Services

- Administration
28. Jane Austen classic
30. Abduct
35. River islet
37. Baseball great easily identified by this first name
39. Deteriorate
40. Hahn, co-discoverer of nuclear fission
41. Sid from movie "Ice Age"
43. Absent in the army
44. To cut, as in sheep's wool
46. Batty or bonkers
47. *Witch's facial mark
48. Trunks, so to speak
50. Iranian monarch
52. "Owner of a Lonely Heart" band
53. One from Oklahoma, especially during Dust Bowl
55. *How werewolves like their meat
57. *Candle holder?

61. Used for injecting
65. Wombs
66. Hair controller
68. Circular island of coral
69. ____ Antoinette
70. Romanian money
71. Curtain fabric
72. Interjection to get someone's attention
73. It's only human to do this?
74. Pillows, but not typically for sleeping

DOWN

1. Ran away, as in perpetrator
2. Having wings
3. Pro ____, meaning prorated
4. It merged with BP in 1998
5. Johann Strauss's was blue
6. "Stop" to a horse
7. Promissory note
8. Fat Albert's problem
9. "For" in Spanish
10. Iranian money
11. European sea eagle
12. Used for scoring in cribbage
15. *Living dead
20. *Often pruned in horror movies
22. Black and white sea bird
24. Last train car
25. *Another use for a bed sheet
26. Bantoid language
27. Modify
29. Popular teenager hangout
31. Big attraction
32. ____ out
33. "I love you" or "J" ____
34. Fox's coat, pl.
36. Extinct flightless birds of New Zealand
38. Make a sketch
42. Ancient
45. Greenhorn
49. Biathlon skill
51. What bullies do
54. Fireplace
56. *Infamously tied to Salem
57. Feline-like shoe maker
58. The Beehive State
59. Frenchman's mother
60. "____ and proper"
61. Disparaging remark
62. Romance writer Roberts
63. *Jack-o-lanterns in the dark do this
64. *Trees on Freddy's street
67. Poetic "ever"

CROSSWORD AND SUDOKU

PRESENTED BY


Where volunteering begins.

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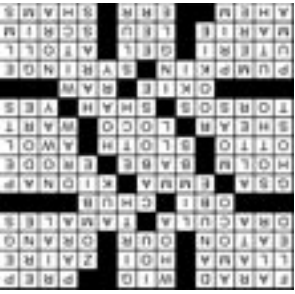
SUDOKU


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

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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



Saturday October 23, 2010
Noon to 3:00 p.m.

Proceeds benefit Mountain Health & Community Services
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• High Desert Family Medicine •
• Mountain Empire Community Center •
Providing access to quality health care to Alpine / Mtn. Empire families.

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— Business/Real Estate —

Ten new things Tax-Exempt Organizations need to know about the Oct. 15 due date

A crucial filing deadline of Oct. 15 is looming for many tax-exempt organizations that are required by law to file their Form 990 with the Internal Revenue Service or risk having their federal tax-exempt status revoked. Nonprofit organizations that

are at risk can preserve their status by filing returns by Oct. 15, 2010, under a one-time relief program.

The Pension Protection Act of 2006 mandates that most tax-exempt organizations must file an annual return or submit

an electronic notice, with the IRS and it also requires that any tax-exempt organization that fails to file for three consecutive years automatically loses its federal tax-exempt status.

Here are 10 facts to help

nonprofit organizations maintain their tax-exempt status.

1.) Small nonprofit organizations at risk of losing their tax-exempt status because they failed to file required returns for 2007, 2008 and 2009 can preserve their status

by filing returns by Oct. 15, 2010.

2.) Among the organizations that could lose their tax-exempt status are local sports associations and community support groups, volunteer fire and ambulance associations

and their auxiliaries, social clubs, educational societies, veterans groups, church-affiliated groups, groups designed to assist those with special needs and a variety of others.

See **NEED TO KNOW** page 17

Emergency Preparedness Is a Top Priority

Working to keep you safe. Every day.

California's high-fire danger months are in the fall, when hot, dry Santa Ana winds arrive. Because the damage from wildfires can be catastrophic, it's important we all work together to be prepared.

Community Events

Speak with our representatives and fire-rescue groups for tips on how to create a defensible space around your home, make an emergency supply kit and a personal emergency plan.



Power outages

can be caused by fires, storms and high winds. So know what to do when an outage occurs and how to be safe around downed power lines.



Create a defensible

space around your home by designing or modifying it to resist wildfires. Building materials, roof and landscaping all influence your home's likelihood of surviving a wildfire.

We're working to help prevent fires by replacing more wood power poles with fire-resistant steel poles and expanding tree trimming and brush clearing.



Firefighting aircraft from the City and County of San Diego, CAL FIRE, US Forest Service and SDG&E* are standing by to help suppress brush fires and give firefighters the support they need.




When an emergency happens, Alert San Diego, the region's reverse 9-1-1 notification system, sends important information to your registered mobile phone and e-mail address. Register online at readysandiego.org.

If you ever have a safety concern involving natural gas or electricity, call us at 1.800.411.7343 or call 911.

sdge.com/safety

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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□

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024334
FICTITIOUS BUSINESS NAME(S): T Ranch Management
Located at: 15260 Sky High Rd., Escondido, CA 92025
This business is conducted by: An Individual
The first day of business was: Sept. 1, 2010
This business is hereby registered by the following: 1. Allan Teravainen 15260 Sky High Rd., Escondido, CA 92025
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.
East County Gazette- GIE030790 9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025087
FICTITIOUS BUSINESS NAME(S): Foundation Bowling
Located at: 10222 Norma Gardens Unit 4, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: David Bird 10222 Norma Gardens Unit 4, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 15, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2009-022640-01 FILE NO. 2010-025830
The following person(s) has/have abandoned the use of the fictitious business name: Elite Care Nurses Registry
The Fictitious Business Name Statement was filed on August 05, 2009, in the County of San Diego.
8469 La Mesa Blvd., La Mesa, CA 91942
This business was conducted by: 1. Deaydre Lea Pullian 8469 La Mesa Blvd., La Mesa, CA 91942
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON September 23, 2010
East County Gazette GIE 030790 9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024620
FICTITIOUS BUSINESS NAME(S): Tooties Cookies
Located at: 1812 Lola Lane, 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: Marilyn E. Holum 1812 Lola Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 10, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024080
FICTITIOUS BUSINESS NAME(S): Donuts Ave.
Located at: 8575 Los Coches Rd., Suite 10, 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. William S. Hin 229 E. Elmwood Ave., Unit C, Burbank, CA 91502
This statement was filed with Recorder/ County Clerk of San Diego County on September 03, 2010.
East County Gazette- GIE030790 9/9, 9/16, 9/23, 9/30, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-026156
FICTITIOUS BUSINESS NAME(S): San Diego Restoration
Located at: 1939 Friendship Drive #D, El Cajon, CA 92020
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. SD Home Improvements, INC. 1939 Friendship Drive #D, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on September 27, 2010.
East County Gazette- GIE030790 9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022939
FICTITIOUS BUSINESS NAME(S): a.) Perkins Family Properties b.) Family Properties
Located at: 2435 Washington St., Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kevin Perkins 2435 Washington St., Lemon Grove, CA 91945
This statement was filed with Recorder/ County Clerk of San Diego County on August 23, 2010.
East County Gazette- GIE030790 9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024385
FICTITIOUS BUSINESS NAME(S): Ranch Market & Deli
Located at: 16236 San Dieguito Rd., Rancho Santa Fe, CA 92067
This business is conducted by: A Limited Liability Company
The first day of business was: October 1, 2005
This business is hereby registered by the following: 1. Fairbanks Ranch Deli LLC 16236 San Dieguito Rd., Rancho Santa Fe, CA 92067
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.
East County Gazette- GIE030790 9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025535
FICTITIOUS BUSINESS NAME(S): Award Roofing Services
Located at: 8731 Winter Gardens Blvd., Lakeside, CA 92040
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Jason Matthew Groce 8420 Fanita Dr. Apt. 19, Santee, CA 92071
2. William Andrew Scarborough 1575 Oak Drive Apt F9, Vista, CA 92084
This statement was filed with Recorder/ County Clerk of San Diego County on September 21, 2010.
East County Gazette- GIE030790 9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024364
FICTITIOUS BUSINESS NAME(S): Budget Inn Hotel
Located at: 1538 E. Main St., El Cajon, CA 92021
This business is conducted by: A Limited Liability Company
The first day of business was: September 1, 2001
This business is hereby registered by the following: 1. 1538 E. Main LLC 1538 E. Main St., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.
East County Gazette- GIE030790 9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024889
FICTITIOUS BUSINESS NAME(S): German Canvas
Located at: 806 N. 3rd St., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: June 4, 2008
This business is hereby registered by the following: German E. Mora 806 N. 3rd St., El Cajon, CA 92021
Ruth M. Mora 806 N. 3rd St., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 14, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023903
FICTITIOUS BUSINESS NAME(S): 2 the T Wedding & Event Planning
Located at: 13764 Wyeth Rd., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: Carol A. Strickler 13764 Wyeth Rd., El Cajon, CA 92021
Jeff B. Strickler 13764 Wyeth Rd., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 02, 2010.
East County Gazette- GIE030790 9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025068
FICTITIOUS BUSINESS NAME(S): Expressions Dance and Movement Center
Located at: 9455 Willowgrove Ave., Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Darcy L. Fagerwold 9455 Willowgrove Ave., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 15, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024721
FICTITIOUS BUSINESS NAME(S): Forevermatters.org
Located at: 639 Galena Street, El Cajon, CA 92019
This business is conducted by: Husband and Wife
The first day of business was: August 1, 2009
This business is hereby registered by the following: Ronald Gary Barnes 639 Galena Street, El Cajon, CA 92019
Virginia Elaine Barnes 639 Galena Street, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 13, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025118
FICTITIOUS BUSINESS NAME(S): Gems of Juls
Located at: 9106 Heatherdale St., Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: August 26, 2010
This business is hereby registered by the following: Julianne Paulsen 9106 Heatherdale St., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 16, 2010.
East County Gazette- GIE030790 9/23, 9/30, 10/07, 10/14, 2010

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



NOTICE OF PUBLIC HEARING REGARDING AN AMENDMENT TO THE FIVE-YEAR IMPLEMENTATION PLAN 2009-10 THROUGH 2013-2014 FOR THE EL CAJON REDEVELOPMENT PROJECT AREA

Pursuant to Section 33490 of the California Community Redevelopment Law, Health and Safety Code Sections 33000 et seq. ("Law"), the El Cajon Redevelopment Agency ("Agency") will conduct a public hearing to consider adoption of an Amendment to the Five-Year Implementation Plan for the El Cajon Redevelopment Project Area ("Project Area"). The proposed Implementation Plan Amendment contains the Agency's goals and objectives for the Project Area, the amended programs, projects and expenditures over the five-year Plan period (2009-2014), the proposed amendments that will assist in the elimination of blight in the Project Area, and implement the requirements of the Law.

NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING WILL BE HELD IN CONNECTION WITH THE PROPOSED IMPLEMENTATION PLAN:

WHAT: El Cajon Redevelopment Agency Public Hearing on the Amendment to the Five-Year Implementation Plan 2009-10 through 2013-2014

WHERE: City of El Cajon City Council Chambers 200 Civic Center Way El Cajon, CA 92020

WHEN: November 9, 2010 3:00 P.M.

Residents or other interested parties may attend this public hearing to offer comments on the proposed Amendment to the Five-Year Implementation Plan 2009-10 through 2013-14. Prior to the public hearing, a draft of the proposed Amendment will be available for public inspection at: the City Clerk's Office and Redevelopment and Housing Division located at 200 Civic Center Way, El Cajon, CA, 92020; and the El Cajon Public Library at 201 E. Douglas Ave, El Cajon, CA, 92020; and the City website at <http://www.ci.el-cajon.ca.us/misc/publicNotice.html>

If you wish to obtain further information about the proposed Amendment to the Five-Year Implementation Plan, please contact Jenny Ficacci at (619) 441-1710.

East County Gazette- GIE030790 10/07, 10/14, 21/10

Need to know ...

Continued from page 16

3.) A list of the organizations that were at-risk as of the end of July is posted at [IRS.gov](http://irs.gov) along with instructions on how to comply with the new law.

4.) Two types of relief are available for small exempt organizations — a filing extension for the smallest organizations required to file Form 990-N, Electronic Notice and a voluntary compliance program for small organizations eligible to file Form 990-EZ, Short Form Return of Organization Exempt From Income Tax.

5.) Small tax-exempt organizations with annual receipts of \$25,000 or less can file an electronic notice Form 990-N also known as the e-Postcard. To file the e-Postcard go to the IRS website and supply the eight information items called for on the form.

6.) Under the voluntary compliance program, tax-exempt organizations eligible to file Form 990-EZ must file their delinquent annual information returns by Oct. 15 and pay a compliance fee.

7.) The relief is not available to larger organizations required to file the Form 990 or to private foundations that file the Form 990-PF.

8.) Organizations that have not filed the required information return by the extended Oct. 15 due date will have their tax-exempt status revoked.

9.) If an organization loses its exemption, it will have to reapply with the IRS to regain its tax-exempt status and any income received between the revocation date and renewed exemption may be taxable.

10.) Donors who contribute to at-risk organizations are protected until the final revocation list is published by the IRS.

For more information, contact Debbie Haverly, CPA at Income Tax Assist (619) 647-5649 or by email: debbie.haverly@incometaxassist.com

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-024400**
FICTITIOUS BUSINESS NAME(S): King
Market
Located at: 7907 Cajon Road, 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. Riadh F. Shamoon 3255
Chelsea Park Circle, Spring Valley, CA
91978
This statement was filed with Recorder/
County Clerk of San Diego County on
September 08, 2010.
East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

To place your legal ad stop by our office —

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1130 Broadway, El Cajon
or call (619) 444-5774

**ONCE YOU STOP
BY OUR OFFICE,
YOU'RE DONE!**

SUMMONS (Family Law)

NOTICE TO RESPONDENT (Name):
Aviso al Demandado (Nombre):
BRIGIDA VENTURA LOPEZ BENITEZ

YOU ARE BEING SUED.
Lo estan demandando.
PETITIONER'S NAME IS:
EL NOMBRE DEL DEMANDANTE ES:
AARON BENITEZ LOPEZ
CASE NUMBER (Número del Caso):
ED 79288

You have **30 CALENDAR DAYS** after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services Web site (www.lawhelpcalifornia.org) or by contacting your local county bar association. Tiene **30 días corridos** después de haber recibido la entrega legal de esta citación y petición, para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al solicitante. Una carta o una llamada telefónica no basta para protegerlo. Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte también le puede ordenar que pague manutención, y honorarios y costos legales. Si no puede pagar las cuota de presentación, pida al secretario un formulario de exención de cuotas.

Si desea obtener asesoramiento legal, póngase en contacto de inmediato con un abogado. Puede obtener información para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpcalifornia.org) o poniéndose en contacto con el colegio de abogados de su condado. NOTICE The restraining orders on the back are effective against both husband and wife until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las ordenes de restricción que figuran en la pagina 2 valenpara ambos conyuges o pareja de hecho hasta que se despidia la petición, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o vista una copia de estas ordenes puede hacerlas acatar en cualquier lugar de California. The name and address of the court is: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 250 East Main Street same El Cajon, CA 92020 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, son): AARON BENITEZ LOPEZ 7160 JACAMAR AVE., SAN DIEGO, CA 92114

DATE: NOVEMBER 02, 2009
619-829-1461
Clerk, by (Secretario, por)
C. UTHHAUS
Deputy (Asistente)
NOTICE TO THE PERSON SERVED: You are served
AVISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realice
As an individual. (a usted como individuo.)
Pub. September 23, 30, October 7, 14, 2010
Published in EAST COUNTY GAZETTE

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LEGAL AD CALL
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00070328-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
CONNIE SUZANNE SAKSA FOR CHANGE
OF NAME PETITIONER: CONNIE SUZANNE
SAKSA HAS FILED FOR AN ORDER TO
CHANGE NAME FROM:
CONNIE SUZANNE SAKSA
TO: CONNIE SUZANNE GRACE

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., #1, EL CAJON, CA 92020. Department 14, on NOVEMBER 11, 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 SEPTEMBER 14, 2010.

East County Gazette - GIE030790
9/23, 9/30, 10/07, 10/14, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00070261-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
FRED WORKMAN JR. AND TONIA SHUMP
ON BEHALF OF JOSHUA ANDREW SHUMP
FOR CHANGE OF NAME PETITIONER:
FRED WORKMAN JR. AND TONIA SHUMP
ON BEHALF OF JOSHUA ANDREW SHUMP
HAS FILED FOR AN ORDER TO CHANGE
NAME FROM:

JOSHUA ANDREW SHUMP
TO:
JOSHUA ANDREW WORKMAN
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 15, 4TH FLOOR, on NOVEMBER 08, 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 SEPTEMBER 10, 2010.

East County Gazette - GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025288

FICTITIOUS BUSINESS NAME(S): a.) Coaching Creative Canines b.) Coaching Canine Partners
Located at: 8582 Atlas View Dr., Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Christine Hill 8582 Atlas View Dr., Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on September 17, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023240

FICTITIOUS BUSINESS NAME(S): a.) The Transaction Coordinating Dept. b.) The TC Dept.
Located at: 9640-B Mission Gorge Rd. #339, Santee, CA 92071
This business is conducted by: A Corporation
The first day of business was: March 9, 2010
This business is hereby registered by the following: 1. CAR-TC, Inc. 9640-B Mission Gorge Rd. #339, Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on August 26, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

— SPORTS —

Bolts blaze birds

by Chuck Karaszia

The 'fowl' odor of burned feathers may have permeated Mission Valley last Sunday when the San Diego Chargers improved their record to (2-2) after blazing the Arizona Cardinals 41-10.

On a day when a miraculous season ended for the Padres in San Francisco, 62,189 energetic football fans on a beautiful warm sunny day in San Diego roared their approval with a deafening crescendo at Qualcomm Stadium watching their Chargers return to normalcy.

After getting sacked last week in a loss at Seattle, the Chargers were not thwarted as the Cardinals could not stop a thunder and lightning pass rush that recorded nine quarterback sacks (fifth time in Chargers history). Shaun Phillips recorded four of his own, combined with an interception return for a 31-yard touchdown, certainly deserving of the AFC Player of the Week honor.

Chargers quarterback Philip Rivers couldn't have played a better game completing 15-of-20 passes for 241 yards, 2 TD's, no interceptions, earning an astounding quarterback rating of 148.5 (nearly perfect).

Same can be said for Antonio Gates. The perennial Pro Bowl tight end caught his 500'th career pass in the game. He led all Charger receivers catching 7 balls for 155 yards, 2 touchdowns. "He's as good of a tight end as I've ever been around," complimented head coach Norv Turner.

With Rivers finding Gates, Buster Davis, and Malcolm Floyd open in the lanes, the passing game helped open an equally explosive Bolts running game. The Chargers generated 419-yards of offense, 180 of them on the ground, averaging nearly 5-yards per carry.

Led by undrafted free agent Mike Tolbert, (16 rushes, 100-yards), followed by rookie Ryan Mathews (55-yards on 9 carries), Mathews recorded his first NFL career touchdown in a flashy run around the end. "His speed is phenomenal," said head coach Turner.

Comparing NFL competition to the college level of play at Fresno State Mathews said, "It's not easy. You've got to come in with a different mindset." "It's a little different. You got to study a lot more and take it seriously. I'm getting along fine. Just grasping it. You don't get it in the first week. Everything is coming to me slowly, but I'm

getting it. I felt good running and just had fun. The more rep's I get, the more playing time I get, the more it's (speed of the game) going to slow down."

With all the hoopla about the Chargers offense and improvement from the special teams play (not giving up a touchdown). It was the Bolts defense that is and should be given due credit. Playing another outstanding game, the blue-and-gold defense gave up only 124 yards of offense to Arizona. They allowed no touchdowns, and just a meaningless fourth quarter 53-yard Feely field goal.

Led by Kevin Burnett with 7 solo tackles, 2 sacks, Steven Gregory 6 solo tackles, 1 INT, and Shaun Phillips 5 solo tackles, 4 sacks, 1 INT. It was a cohesive effort by the lineman, linebackers and secondary that shut the Cardinal offense down throughout the game. The only Arizona touchdown came on the Chargers only turnover, a returned 42-yard Darren Sproles fumble in the second quarter.

Chargers head coach Norv Turner praised this squad after the game saying, "I can't say enough about what Shaun Phil-

See Bolts page 20

Dear Dr. Luauna



I have a problem, I am angry all the time and I'm not sure why. I am mean to those who love me, I snap at them and am completely rude. I don't like what I do, how can I get out of this vicious cycle?

Signed, Vicious

Dear Vicious,

A man without Christ and without the Holy Spirit can only lean on his carnal nature. The carnal nature fights

against love, mercy, grace, kindness, patience and peace. You must decide how long you want to be in this vicious cycle and when you are truly tired, seek Jesus with all your heart and be filled with the Holy Spirit. He will help you love who you are in order to love others.

1 Corinthians 13:1-7, "Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things."

Galatians 5:16-25, "Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit."

Connect with Dr. Luauna

questions@drluauna.com
www.drluauna.com
www.atouchfromabove.org

Facebook & Twitter: DrLuauna Stines

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MOTORandSPORTS

Bolts blaze ...



San Diego Chargers full back Michael Tolbert (35) rushed 16 times for 100 yards and scored on this 5 yard run as the Chargers defeat the Arizona Cardinals 41-10 at Qualcomm Stadium in San Diego, California. Photo credit: Tom Walko

Continued from page 19

lips did. I gave Antonio (Gates) the game ball for breaking his milestone (500 passes caught), but wish to mention Shaun Phillips for his four sacks, and interception for a touchdown. I will give him a game ball tomorrow.”

“Defensively, we’ve been talking about it since March, being able to pressure, being able to stop the run (Arizona 14 carries, 38-yards). We’ve gotten that done and we’re off to a good start. We need to keep building on it.”

Gregory, the Chargers starting free safety who currently leads the team in tackles also had an interception in the game. He commented, “When we play disciplined, tough nosed football, and we do the things we need to do as a team. This is the kind of game we need to have. This is something to build on.”

Unfortunately, the NFL suspended Gregory four games Monday for violating it’s substance abuse policy when he reportedly tested positive in May, 2010.

With three big names on the Chargers injury report last Sunday, Shawne Merriman, Larry English, Louis Vasquez, another name was added to that list. Outside linebacker Jyles Tucker is out for the season (torn pectoral). Inside linebacker Brandon Siler left the game in the fourth quarter (calf). The extent of his injury was not immediately known.

On the road Sunday traveling to the ‘Black Hole’ of the Oakland Alameda Coliseum, the Chargers tackle the Raiders. A team that hasn’t beaten San Diego in seven years. This however is going to be a tough fight. Expect the unexpected. The Raiders will be physical. So will their home crowd of Halloween clad misfits.

Looking ahead, Coach Turner said, “You know where it starts. I don’t care who you are. It starts up front on offense and defense. Our offensive line is playing at a high level. We keep the game in balance. We don’t get into situations where we get behind and get out of sync a little bit. We’re going to run the ball awfully well against most people.”

CBS television coverage begins at 1:15pm PST.



CORRECTION: The photo above had an incorrect caption. The correct caption is: Lindley gets instruction from his coaches. The Gazette regrets the error.



Sycuan Casino's Best of Show Winner: Mark and Jean Pilch and their 1957 Chevy Bel Air



The East County Gazette's Winner: "Rat Head" and his 1969 Chevy Camaro SS



Drew Ford's Winner: Woody Downing and his 1932 Ford Roadster



Vey's Powersport's Winner: Ron McKee and his 1966 Chevy C10



San Diego Jump Co.'s Winner: Andy & Mary Ingrassia and his Chevrolet

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S & S Trophies' Winner:m John Maul and his 1964 Mercury Comet Caliente



Toyota of El Cajon's Winner: Tom Harmon and his 1969 Chevelle



YES! Stores' Winners: Stan & Judy Spate and their 1931 Model A Phantom Sport

San Diego House of Motorcycle's Winner: Larry Mays and his 1965 Mustang



San Diego County Credit Union's Motorcycle Winner: Derek Stone and his 1979 Yahama Norton 850 Commando

Photos by
Pete Liebig

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Our Best Friends

Dogs and owners with love to share are needed

Dogs and owners with love to share are needed for growing program at San Diego Hospice and The Institute for Palliative Medicine. Pawsitive Pals pet therapy program now recruiting new volunteer teams

"I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive." -- **Gilda Radner**

They are purebreds and rescued mutts, in all shapes and sizes. The one thing they have in common is the joy and love they bring to the patients and families at San Diego Hospice and The Institute for Palliative Medicine.

If you have a special canine friend, you and your pet can make a tremendous difference in the lives of others with serious, life-limiting illness by sharing the comfort and companionship that only a loving animal can provide. The "Pawsitive Pals" pet therapy program is now recruiting new volunteer teams

to serve a growing amount of requests for its program. The amount of home care requests has tripled from last year.

San Diego Hospice pet therapy volunteers visit patients in their homes, in skilled nursing

facilities, and in our inpatient units – wherever they are needed throughout San Diego County.



Pet therapy dogs must have current therapy certification and insurance, which is included with certification through one of several approved agencies. The pet's handler should be in good physical health, emotionally mature, stable, non-judgmental, and have a sincere desire to help, and complete orientation and a two-day patient care volunteer training course. Pawsitive Pals volunteers are asked to commit two

to three hours per week for a six month period of service.

Visits from Tucker, a Golden-doodle, have made all the difference to four year old Venezia and her parents. Venezia's father says, "You actually feel the joy when they're together. I mean, I can feel her heartbeat. These memories, you're going to remember them for the rest of your life. With Venezia, you know, being in San Diego Hospice, it means a lot for us to spend quality time." Venezia's mom said they learned about pet therapy from San Diego Hospice. "If anyone else can have a visit from a therapy dog like Tucker, that family will be blessed."

Lauren, a Pawsitive Pals volunteer, talks about her experience with her dog Duffy,

"Working with Duffy as a therapy dog has allowed me to know him as a totally different dog than he is at home. He truly has an affinity for people who are ill. There's a totally different side to Duffy when he is with his patients... and these ARE his patients. Duffy is very caring and knows exactly what do."

If you'd like to learn more about becoming a Pawsitive Pals volunteer, contact Volunteer Resources at 619-278-6451 or email volunteer@sdhospice.org. You can view an inspirational video about the Pawsitive Pals program at www.sdhospice.org/volunteer

San Diego Hospice and The Institute for Palliative Medicine (www.sdhospice.org), the leader in the relief of suffering,

is one of the largest community-owned, not-for-profit hospices in the country. The organization brings compassionate, expert medical care to more than 1,000 seriously ill adults and children each day throughout San Diego County. San Diego Hospice and The Institute for Palliative Medicine volunteers are always needed to continue the organization's mission, "Prevent and relieve suffering and promote quality of life, at every stage of life, through patient and family care, education, research and advocacy."

More information is available on our website at www.sdhospice.org or call toll-free at 1-866-688-1600. Become a fan of our Facebook page at www.Facebook.com/SanDiegoHospice.

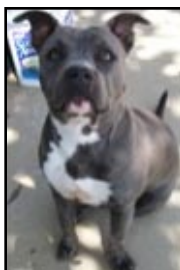
ADOPT-A-PET



Charity

Two Homeless Dogs Need San Diego's Help to Heal

Pit Bull Rescue San Diego partners with many local shelters to find homes for homeless dogs, but this week the rescue was called on to take in two San Diego dogs in dire need of surgery. Now, PBRSD is asking the public to rally behind these two sweet girls to help pay for the medical attention they must receive in order to find forever homes.



Sapphire

In the case of 12-week-old, 10-pound Charity, surgery was a matter of life and death. "We got the call—the shelter had a small puppy that was wasting away," explains board member and volunteer Ann Smalley. "She needed immediate veterinary care. When I

first saw her, she was wrapped up in a blanket. I noticed her big blue eyes. I could tell by her eyes, she had not long left in this world. They opened up her blanket to show me how skinny she was. I could see every rib bone, and both hipbones were protruding out of her body. She came in like this three days ago. She did not eat or drink anything. She was not getting up to walk around."

Smalley rushed Charity to the vet and then to a specialty hospital for emergency surgery to remove an intestinal blockage. This life-saving surgery cost the rescue \$3,000+, and PBRSD is hoping San Diegans will help by making even small donations toward her medical care.

PBRSD is also trying to raise the funds to give Sapphire, a 1-year-old former stray now in the rescue's care, the \$2,300+ surgery needed to correct an old injury in her elbow that is beginning to show signs of elbow dysplasia. (She is also being treated for pneumonia.) Despite her current limp, this girl is ready to live and love.

With your help, maybe these girls can be in their forever homes in time for the holidays! To make a tax-deductible donation to PBRSD's medical fund, please visit www.pbrsd.com.



Mr. Gladiolus an 8-year-old Pewter Agouti American mix male. Mr. Gladiolus is a playful and loving small animal companion looking for a home. With a big heart, adorable ears and a fun-loving personality, he can't wait to find a new family to call his own. Energetic and entertaining, Mr. Gladiolus is happy to spend quality time with his people friends. He enjoys munching on green veggies and delicious fruit! He also loves getting her exercise in "bunny-proof" areas of the home. Sometimes, he will playfully leap, skip and jump into the air! He will do well in a variety of homes, but an adults-only home is recommended. If you are ready to welcome a fantastic small animal companion into your heart and home, then come visit Mr. Gladiolus at the North Campus of the San Diego Humane Society and SPCA today! His adoption fee is just \$50 and includes his neuter. 2905 San Luis Rey Rd., Oceanside, CA 92058. (760) 757-4357 www.sdhumane.org



If you are looking for a sweet, loving companion, meet Xena! This 65-pound Boxer/Pit Bull mix is friendly with everyone, including other dogs. At 3 years old, she loves to play and her tail never stops wagging for a moment. Xena loves any attention you can give her, and her attitude says she loves life! Won't you share your life with this adorable girl? She's waiting to meet you! Visit Xena 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.

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