

TOYOTA TRUCKS **TUNDRA** PRESENTS

BROOKS & DUNN

EAST COUNTY
GAZETTE

CLASS ACT

DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 10, NO. 15, SEPTEMBER 17, 2009

Out and about in the County

Thursdays: Farmer's Market, 2 - 6 p.m. at Lindo Lake Park - north parking lot. Local Fresh fruits and vegetables, local fine arts and crafts, California native plants and more. For more information contact: Lakeside Chamber of Commerce at (619) 561-1031.

Saturdays: Free fishing class 10 - 11 a.m. at Lake Cuyamaca. Lake Cuyamaca offers FREE fishing classes for would-be anglers every Saturday. For more information, visit www.lakecuyamaca.org or e-mail georgia@lakecuyamaca.org. Lake Cuyamaca is located at 15027 Hwy. 79, Julian.

Through September 30: The Cajon Classic Cruise, Southern California's largest weekly classic car show will be held from 5 to 8 p.m. on Main Street in the heart of historic Downtown El Cajon. Admission is free. More than 500 classic, custom and hot rod cars valued at more than \$10 million will be showcased in a street festival setting every Wednesday evening through September 30. In addition, two special post-season car shows will be held, including a Halloween Show on October 28, and a Holiday Car Show on December 9. For more information, contact the El Cajon Community Development Corporation at (619) 401-8858, or visit www.downtownelcajon.com.

Through Nov. 15: The Julian Apple Days Centennial celebration kicked off on Sept. 8 with a historic apple display in Town Hall reminiscent of the one held on Oct. 9, 1909. The display, which will run until Sept. 20, will feature the many different apple varieties found in the Julian area, along with other local produce, fruit preserves, and much more. The display is open to the public free of charge to give people a better idea of the historic agricultural contribution Julian once made to San Diego County. The Julian Apple Days Centennial celebration, which runs from Sept. 8 until Nov. 15 is a historic community tradition and serves as an excellent opportunity to bring the town together to produce a world-class event celebrating the Fall harvest.

Sept. 26: The Art of Basketry, a one-day workshop in Ornate Pine Needle Basketry is being offered at Grossmont Adult Ed from 10 a.m. - 4 p.m. Students will learn how to weave a beautiful basket using pine needles and a unique stone for a center. Your new skills can later be used to weave a variety of plants such as rosemary, lavender, dusty miller, jacaranda. Basketry is a great way to recycle plant trimmings from your yard. Pre-registration required www.adultschool.guhds.net or (619) Cost \$40 plus \$26 materials. Class # 229435. Location 1550 Melody Ln, El Cajon. For more info see www.nadinespier.com.

Oct. 2-4 & 9-11: German American Societies Oktoberfest. Fridays from 4 to 10 p.m., Saturdays from noon until 10 p.m., and Sundays from noon until 9 p.m. Open to the public with an entry fee of \$5 for ages 21 and up, guests under age 21 and all active military are admitted for free. Authentic German food, such as bratwurst, ox-on-the-spit, potato salad, potato pancakes, sauerkraut and red cabbage will be served, along with a tasty variety of German pastries. Soft drinks and adult beverages will be available, including a fantastic selection of German beers and liquors. Again this year, our Band, Guggenbach-Buam, joins us from Baden-Württemberg, Germany. These fine musicians dress in traditional clothing, and play a variety of German music, just as you would hear in the beer gardens of Bavaria! Activities include folk dancing performances, games and contests, vendor and craft booths, and a Kids' Fun Zone. A raffle prize giveaway of a round-trip flight for two to Germany is a highlight, along with many other door prizes. On Saturday nights, the clubhouse holds a dance with live music, 8 pm to midnight. Bring your family to El Cajon and experience a real German Oktoberfest! For more information please phone (619) 442-6637. The address is 1017 S. Mollison Avenue, El Cajon (from San Diego, I-8 East, take Mollison Avenue exit south). Website www.OktoberfestElCajon.com.

Oct. 4: La Mesa Oktoberfest, 11 a.m. - 11 p.m. Ten blocks long with over 300 vendor booths. Three beer gardens with live music in the Big Beer Garden, El Cajon German Band 12 -1:30 p.m. Helix Highlander Band and Bagpipes 1:30 -2 p.m. The Heroes-San Diego's Favorite Dance Band 2-5 p.m. Contests every 45 minutes. For more info visit lmvma.com and lamesachamber.com

Oct. 4: Viejas Day Parade, 2 - 4 p.m. The Alpine Stagecoach Lions Club presents the Alpine Viejas Days Parade. This Year's theme is Youth in Sports. Call Mary Rynearson at (619) 938.9771 for additional information.

Oct. 17: 5th Annual Smokin' in the Park, 10 a.m. - 10 p.m. Event is free. The 5th Annual Smokin' in the Park BBQ event is an annual event held that brings together the State's best BBQ teams who cook up their award-winning food for over seven thousand barbecue enthusiasts in and around the award-winning Viejas Casino. Attracting people near and far to celebrate America's authentic culinary and musical traditions, the event also includes a fantastic line up of music, vendors, merchandise and more. This year's live music line up includes: Stage A: Los Lobos, Texas Tornados, Dave Alvin & The Guilty Women, Jesse Dayton & Billy Midnight. Stage B: Karl Denson's Tiny Universe, JJ Grey & Mofro, The Mother Hips, Dirty Sweet & Dusty Rhodes and The River Band.

Through Oct. 29: Wheelchair Ballroom Dance Classes - Learn to do the Fox Trot, Swing, Cha-Cha, and Rumba in a creative, fun setting. Ballroom and Latin dancing has recently become available at Sharp Grossmont Hospital to wheelchair users in the community. In addition to physical benefits such as increased strength, endurance and range of motion, students also experience greater emotional well-being. The free eight-week session will be held from noon to 1 p.m. on Thursdays, beginning Sept. 10 and continuing through Oct. 29, 2009. Classes take place at Sharp Grossmont Rehab Center, 5555 Grossmont Center Drive, La Mesa, 91942. For more information, contact: Beverly Weurding, (858) 573-1571. Learn more about wheelchair dancing: www.wheelchairdancing.tv

Sept. 25-27: "Little Things That Fill the Whole World," - Noted author, retreat master, and former Trappist monk, James Finley, Ph.D. will conduct a retreat sponsored by Christ Church Unity - located at 311 Highland Avenue, El Cajon. Retreat topics will include: Childlike Acceptance, Listening, A Pure Heart, Compassion, Veronica's Veil and Grounded in Love. Call (619) 579-9586 or email us at unityelcajon@aol.com

Oct. 3: Brooks and Dunn at Viejas Concerts in the Park Doors open at 7 event starts at 8 p.m. \$60. GA Standing Room Only. Brooks & Dunn are an American country music duo, consisting of Kix Brooks and Ronnie Dunn. For more information see page 3 or visit www.viejas.com

East County's
MY 107.9 FM
www.my1079.com



MID-DAYS WITH RANDY MANN

9 AM - 3 PM Mon-Fri

LOCAL SPORTS WITH COACH DANA

3 - 7 PM Mon-Fri



THE EAST COUNTY UNDERGROUND WITH STEVE HUNYAR

6-8 PM Wednesdays

MY1079.COM
KRLY-LP FM
2065 Arnold Way
Suite 104
Alpine, CA 91901

Ph 619-445-1079
Fx 619-445-1014



Italian Kitchen & Bar

Full Bar • Happy Hour 4-7pm
Patio Dining • Banquet Room



(619) 445-4006
2654 Alpine Blvd., Alpine
Hours: 11:30 am - 10:00 pm daily

\$2.00
OFF
any pizza

Not valid with other offers.
Exp. 09/30/09

— IN CONCERT —

Brooks & Dunn headline at Concerts in the Park



Ronnie Dunn and Kix Brooks. Photo credit: courtesy

by Diana Saenger

Brooks & Dunn, the famous duo of Leon Eric "Kix" Brooks III and Ronnie Gene Dunn scored two recent CMA Award nominations for best Vocal Duo and Best Musical Event with Brooks & Dunn featuring Reba McEntire for "Cowgirls Don't Cry." The CMA awards take place November 11 in Nashville, but fans of the group can catch them at Viejas Concerts in the Park when they perform on October 3.

Leon Eric "Kix" Brooks III, born May 12, 1955, in Shreveport, La., worked the club circuit in Alaska and Maine before moving to Nashville in 1979. Ronnie Gene Dunn, born June 1, 1953, in Coleman, Texas, briefly studied theology at Abilene (Texas) Christian College before mov-

ing to Tulsa, Okla. There, he fronted the house band at the popular nightspot Duke's Country. Later, he broke into the national spotlight by winning a talent contest sponsored by Marlboro.

Arista Records' Tim DuBois put the two hopefuls together in 1990. The duo's first single, "Brand New Man," shot to No. 1 in 1991, followed by the chart-topping songs "My Next Broken Heart," "Neon Moon" and "Boot Scootin' Boogie." After their debut album *Brand New Man* came out, the rest was history; big history. That album has since sold more than six million copies. Dunn usually serves as the lead vocalist while Brooks plays guitar and works the stage. In 1996 they won the CMA entertainer of the year trophy.

Together, Brooks & Dunn

wrote "Brand New Man," "My Next Broken Heart," "That Ain't No Way To Go" and "Red Dirt Road." Kix Brooks co-wrote "Only in America" and "Lost and Found," while Ronnie Dun co-wrote "Believe," "A Man This Lonely," "Honky Tonk Truth" and "Neon Moon."

The duo has won just about every award imaginable including County Music, American Music, Billboard and Grammy awards. Their 2006 song "Believe" won CMA Awards for song and single of the year. Brooks & Dunn won

in the Vocal Duo category as well. Dunn co-wrote the song so it ranked him first place among all CMA winners and totaling 19 wins for him. Brooks is right behind him, tied with Vince Gill for 18 wins.

Their newest albums include *Cowboy Town* (2007), Playlist: *The Very Best of Brooks &*

Dunn (2008) and *#1s... and Then Some* (2009).

Brooks & Dunn will perform at Viejas Concerts in the Park, Oct. 3, 8 p.m. Check out Viejas' full entertainment schedule at: <http://www.viejasentertainment.com/calendarList.php> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

East County Dining Guide

Janet's Cafe, 9225 Carlton Hills Blvd., Santee.....	659-3874
2506 Alpine Blvd., Alpine.....	749-1786
Donato's Italian Kitchen & Bar, 2654 Alpine Blvd., Alpine	445-4006
Mangia Bene, 221 E. Main Street, El Cajon	444-0303
Maries, 777 Crestwood Rd., Boulevard	824-4100
Pernicano's Italian Restaurant, 1588 E. Main St., El Cajon.....	444-4546
The Wrangler, 901 El Cajon Boulevard, El Cajon	442-1170
The Grove Steakhouse, 5000 Willows Road, Alpine.....	445-5400

Over 40 YEARS IN EAST COUNTY

- Beef
- Ham
- Spare Ribs

WEEKLY SPECIAL

BEEF OR HAM SANDWICH PLATE

Limit 1 Coupon Per Plate **\$5.59** (with coupon)

901 EL CAJON BLVD., EL CAJON • 442-1170

EAST COUNTY GAZETTE

CLASS ACT

DINING & ENTERTAINMENT GUIDE

Phone (619) 444-5774
Fax: (619) 444-5779
1130 Broadway Avenue, El Cajon, CA 92020

Publishers: Debbie and Dave Norman
Editor: Debbie Norman
Office Manager: Briana Thomas
Entertainment Editor: Diana Saenger
Photographers: Kathy Foster

The Gazette is Published each Thursday as a commercial, free-enterprise newspaper. The opinions and views published herein are those of the writers and not the publishers or advertisers. Deadlines for advertising and press releases are Friday at noon.

**Buy 1 Entree
Get 1 Free**

of equal or lesser value up to \$10 with purchase of 2 beverages Sunday and Monday only..
With coupon. Exp. 9/30/09

**Buy 1
Sunday Buffet
Get 1 Free**

with purchase of 2 beverages
11 am to 3 pm
With coupon. Exp. 9/30/09

**Buy 1 pizza
Get 1 Free**

of equal or lesser value.
Take out only.
Not valid Fri. or Sat.
With coupon. Exp. 9/30/09

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

**Italian Restaurant
Pizza**

Celebrating

over 63 Years

of service to East County diners

\$400 OFF

ANY LARGE PIZZA

with coupon exp. 9/30/09

\$200 OFF

ANY SMALL PIZZA

with coupon exp. 9/30/09

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

— AT THE MOVIES —

Academy Award-nominated Guillermo Arriaga tells a superb story

Review by Diana Saenger

Sometimes while watching a movie it's surprising to discover a totally unexpected story that surpasses expectations. *The Burning Plain*, Academy Award-nominated screenwriter Guillermo Arriaga's debut film as a director, emerges as one example. For viewers open-minded to experiencing three different stories for a resolution, the payoff is well worth it.

Sylvia (Charlize Theron) manages a seaside restaurant in Oregon. She appears to move through each day unfocused and somehow damaged within. This seems particularly evident when she takes dates to her room and has uninvolved sex with them. Even when John (John Corbett), a cook at her restaurant, wants their sexual tryst to be more, she rebuffs him.

The film then transitions to a story hinted at in the beginning of the film. Gina (Kim Basinger) feels unfulfilled in her marriage. Her husband goes on the road a lot, and when he's home he's too tired or disinterested in Gina to give her the affection she seeks. However, Nick (Joaquim de Almeida) thinks the world of Gina, so she sneaks away as often as she can to have a passionate affair with him without regard to her children or to the fact that he's also married.

Already immersing us in the intrigue of these two stories and how they relate, Arriaga adds a third subplot dealing with Mexican crop duster and single father, Santiago (Danny Pino). When his plane crashes and he's hospitalized, he seeks help from his best friend (José María Yazpik) to find his young daughter's mother in case he doesn't recover.

Arriaga has proven his extraordinary talent at storytelling in many of the films he's written. Including his Oscar nomination for Best Writing, Original Screenplay for *Babel* (2007), his films *The Three Burials of Melquiades Estrada* (2005) *21 Grams* (2003) *Amores perros* (2000) have won numerous festival, critics and industry awards.

Walter Parkes (*Gladiator*, *Sweeney Todd*), one of *The Burning Plain*'s producers, praises Arriaga. "What particularly excited us here, beyond the evocation of the 'four elements' as the basis of a script," Parkes said, "was the fact that Guillermo wanted to use his unique structural approach to unravel and elucidate the emotional mystery of a central character - Sylvia, who in reality the lynchpin of the entire story, and who we knew would attract a great actress."

The intrigue of the story's unraveling is heightened by an exceptional cast. I consider Theron one of the best actresses in Hollywood today. She's commanding and believable every minute she's on screen. As Sylvia, we're not sure of her story but captivated by it in her first scene.

An exceptional cast heightens the intrigue of the story's unraveling. Theron, one of the best actresses in Hollywood today, is commanding and believable every minute she's on screen. As Sylvia, we're not sure of her story but captivated by it in her first scene. Theron was hooked on the role after her first read through of the script.

"I found myself thinking about it nonstop and that's always a good sign," said Theron, who also served as an executive producer on the film. "This story and the other characters in the film force Sylvia into a corner. You get to a place in your life where you have to step up and face your demons, face your reality. That's the difference between us and every other animal: we can overcome our initial instinct to protect ourselves from pain."

Basinger is equally effective as the wounded and gloomy Gina. Arriaga stated that she embodied "this contradiction



Charlize Theron stars in *The Burning Plain*. Photo credit: Magnolia Pictures

between what is going on in the mind and the heart."

Other casts members bring a high caliber of talent to the film. Jennifer Lawrence is

very impressive as Mariana, Gina's daughter who makes a grave decision that has serious consequences. Pino and Yazpik offer terrific emotional arcs as best friends looking out for each other.

The Burning Plain was shot by two leading cinematographers who covered different location shoots. Academy award-winning Director of Photography Robert Elswit (*There Will Be Blood*, *Michael Clayton*) fills each scene with one visual storytelling moment after another. Academy award-winning John Toll (*Braveheart*, *Legends of the Fall*) took over at another location and blends his incredible sense of visualization perfectly with Elswit's work.

As a writer I'm always interested in the story first, and Arriaga ranks among Hollywood's top writers. So it's exciting to me when I see him complementing his work as a director. I found *The Burning Plain* to be one of those movies you continue to think about and admire long after leaving the theater.

Janet's

Cafe & Deli



**NOW OPEN
IN
SANTEE**

Serving Breakfast & Lunch



BREAKFAST SERVED ALL DAY

Egg Breakfasts
Omelettes - Menu Selection or Build Your Own Omelette
Breakfast Sandwiches & Wraps
Belgian Waffles & French Toast

Homemade Bakery Items Made Fresh Daily in Our Kitchen
Cinnamon Rolls - Sticky Buns - Muffins - Brownies

Full Breakfast & Lunch Menu also Features Deli Sandwiches Hot & Cold - Fresh Crisp Salads and Janet's Famous Half Pound Burgers

FREE SOFT DRINK OR COFFEE

with purchase of Breakfast or Lunch

Must bring in coupon or mention this ad. Limit one per person. Expires 9/30/09



9225 Carlton Hills Blvd., Santee
(in the Carlton Oaks Plaza)

&

2506 Alpine Blvd., Alpine
Serving Dinner



The Burning Plain

Studio: Magnolia Pictures

Gazette Grade: A -

MPIAA: "R" for sex, mild violence, adult themes

Who Should Go: fans of good filmmakers

**Only \$15
brings the Gazette
to your mailbox
every week
for six months!**

Call today (619) 444-5774

— AT THE MOVIES —

'Extract' — not for your 'to see' list

Review by Michael Black

There has been a serious lack of good comedies this year and *Extract* unfortunately adds to the misery. Writer and director Mike Judge's (*Office Space*, *Beavis and Butthead*) *Extract* attempts to be funny but ends up nothing more than a dull movie about superficial selfish people.

Joel (Jason Bateman, *State of Play*) owns a flavor extract

factory and lately finds his life boring and troublesome. At home he's dealing with a lack of intimacy and faithfulness with his wife (Kristen Wiig, *Adventureland*). At work he constantly has to deal with various employee problems. Most recently it's with Step (Clifton Collins, Jr., *Sunshine Cleaning*), a factory worker who becomes seriously injured in an accident caused by another employee.

When Cindy (Mila Kunis,

Max Payne), a local con-artist, reads about the accident in the local newspaper she's determined to get Step to sue the company so she can swindle him out of the money. Cindy gets a temp job at the factory where she hits on Joel to get Step's address.

Joel's best friend Dean (Ben Affleck, *State of Play*) thinks Joel should pursue Cindy romantically but he doesn't out of loyalty to his wife. Dean then suggests he hire a gigolo

to seduce his own wife so he can justify getting intimate with Cindy.

Gene Simmons makes an appearance as ambulance-chasing attorney Joe Adler. His character is just another egocentric character and is more embarrassing than funny. J.K. Simmons is also among the cast as Joel's co-manager Brian. I like Simmons (*Burn After Reading*) but can't fathom why he opted to appear in this movie. Ben Affleck's acting career is spiraling out of control. He's garnering quite a list of performing in unsuccessful movies, and *Extract* adds to that list.



Jason Bateman and Clifton Collins, Jr. star in *Extract*. Photo credit: Sam Urdank/Miramax Film Corp

Everyday indulgences — easy ways to unwind

Heather Reider and Mary Goulet, founders of MomsTown.com and hosts of MomsTown Radio, know about the challenges of juggling a family and career while making the time to treat themselves.

"Self-pampering may be the last thing on your mind these days, but treating yourself to something special is critical to relieving the stress of every day life," says Reider.

"A personal treat does not have to break the bank and can be as simple as an at-home facial or sneaking a dessert in at the end of the day," adds Goulet.

Reider and Goulet share ways to celebrate everyday simple indulgences.

- Turn off the ringer on all phones, shut down the computer, and turn off the television and radio. Now it's time for a 15-30 minute scheduled time out for a little peace and quiet.

- Simple indulgences, like an Edwards Singles À La Modes dessert, are a quick and easy way to treat yourself to something sweet.

- Go to your local farmer's market or grocery store and buy a bouquet of flowers. Break the flower bunch apart into single stems and place the flowers in bud vases. Distribute these vases in the rooms you visit most frequently.

For more information on Edwards Singles À La Modes desserts, visit EdwardsBaking.com.

Courtesy of Family Features



\$AVE WATER ...

USE ROCK

Call for
Free Estimates

- Colorful Deco Rock
- River Rock • Beach Pebbles
- Gravel • Boulders • Flagstone

ALPINE ROCK & BLOCK

13288 Hwy. 8 Business,
El Cajon
(619) 561-6003

www.alpinerockandblock.com

This movie could have been better if it was actually funny. There was only one genuine laugh towards the end of the movie that involves Joel's neighbor, Nathan (David Koechner), but it's not enough to save this film. *Extract* is nothing more than watching selfish, unethical people do

Extract
Studio: Miramax Films
Gazette Grade: F+
MPAA: "R" for language, sexual references and some drug use.
Who Should Go: Mike Judge fans

TALK TO US ABOUT WATER SAVING PLANTS!

Plants, Decorative Trees, Fruit Trees, Flowering Plants, Scrubbery, Landcovering, Benches, Lawn Ornaments and so much more... Acres of greenery... prices you won't want to miss!

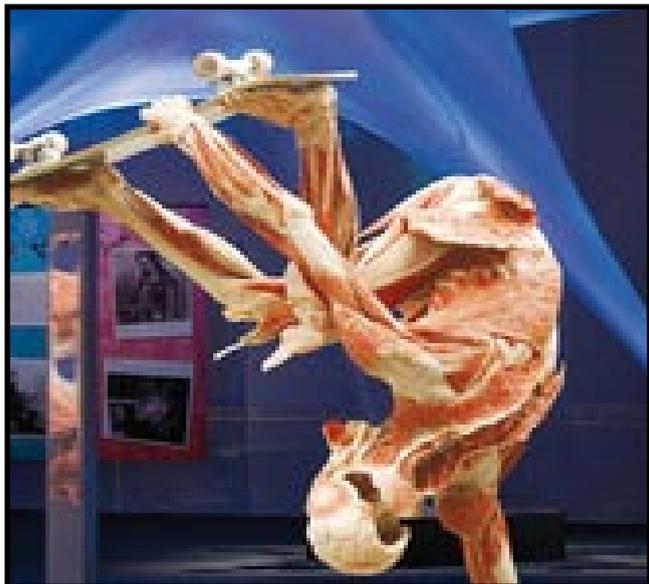
SPECIALTY BENCHES & LAWN ORNAMENTS

Everything for your patio, yard or garden!

Open to the public 7am-5pm
7 Days a Week
Olde Hwy. 80 & Silva Road
El Cajon, CA
(619) 443-2794

— ON STAGE —

The Original Exhibition of Real Human Bodies



The Three Pound Gem.

by Diana Saenger

In 1977 anatomist and physician Dr. Gunther von Hagens invented a technique utilizing reactive polymers for preserving study tissue for medical professionals. The process, called Plastination, takes nearly a year. Bodily fluids and soluble fats in dissected specimens are first replaced with reactive plastics, then set in dynamic, lifelike poses for optimal learning, and finally stabilized through curing with light, heat or certain gasses. "Body Worlds & The Brain—Our Three Pound Gem" is on exhibit at the San Diego Natural History Museum until October 4.

Offering a rare chance to see and understand our own physiology and health, the

exhibition is not only fascinating but educational on many levels. This includes:

- Experience 20 full-body and 200 human specimens.
- Learn about the brain and how it functions and develops
- Learn about the body's various locomotive, digestive, nervous and vascular systems.
- Explore how our bodies respond to movement and physical challenges, and see the mechanics of artificial knees and hips.
- Understand the long-term impact of disease, the effects of tobacco, and the importance of leading a healthy lifestyle.
- Get an up-close, in-depth

look at the human brain.

• See beautiful plastinates displayed in athletic poses, illustrating the body's physiological capabilities.

It takes a while walking through the exhibit before one is convinced these were once real human bodies. Disbelief soon turns into awe, first at the amazing process von Hagens was able to develop, and then at all the helpful information about our bodies and health right in front of our eyes. The totally blackened lung of a coalmine worker next to one somewhat blackened from a smoker and then present with a clean one from a nonsmoker speaks volumes about the possibilities of lung cancer.

The exhibit of birth that begins with what looks like a tiny corner of a piece of paper and progresses to a full term baby is eye-opening. A full bodied woman carrying a baby in its fifth month is sad that two beautiful people lost their lives but clearly is an incredible visual of how mother and baby become one inside a human body.

It's through the insight of thousands of people who have donated their remains to the Institute for Plastination that makes these discoveries possible. "Body Worlds" is a unique joint work in science—a collaboration between anatomist, donors, and visitors. Since 1983, more than 9500 donors, including 175 from California, have bequeathed their bodies to serve educational purposes after death through Plastina-

tion for Dr. Gunther von Hagens' to further research and education as it relates to the human body.

The exhibit excels in its presentation. To view the body's skeletal, neurological, muscular and vascular systems of 200 bodies respectfully presented in a high-quality museum educational exhibition is an extraordinary opportunity. The team has gone all out in presenting bodies in different forms of life: an ice skater giving his partner a spin on the ice; a skateboarder upside down and balancing on one hand; a soccer player kicking a ball and many more.

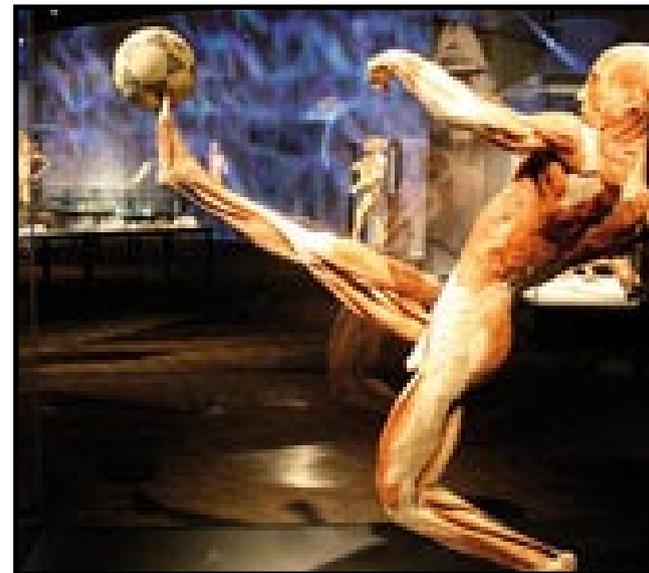
Visitors can learn many things about the human body's skeletal, muscular, nervous, immune, circulatory, digestive and respiratory systems. Everything from informative facts such as tears and mucus contain an enzyme (lysozyme) that breaks down the cell wall of many bacteria to fun things like the surface area of the lungs is roughly the same size as a tennis court.

The San Diego Natural History Museum is located in Balboa Park at 1788 El Prado, slightly north of the Reuben H. Fleet Space Theatre. Exhibition hours: Sun. – Thur. 10 a.m. - 5 p.m., Fri. – Sat. 10 a.m. - 7:30. For tickets or information call 877.946.7797 or visit www.sdnhm.org

Photos: © Gunther von Hagens, Institute for Plastination, Heidelberg, Germany, www.bodyworlds.com. All rights reserved.



The Ponderer.



Soccer player.

CATCH MORE BUSINESS!

Web Design

Build a new website or maintain existing one!

I can take care of your business or personal website needs.

**References and sample sites available on request.
Competitive pricing, I can work with your budget.**

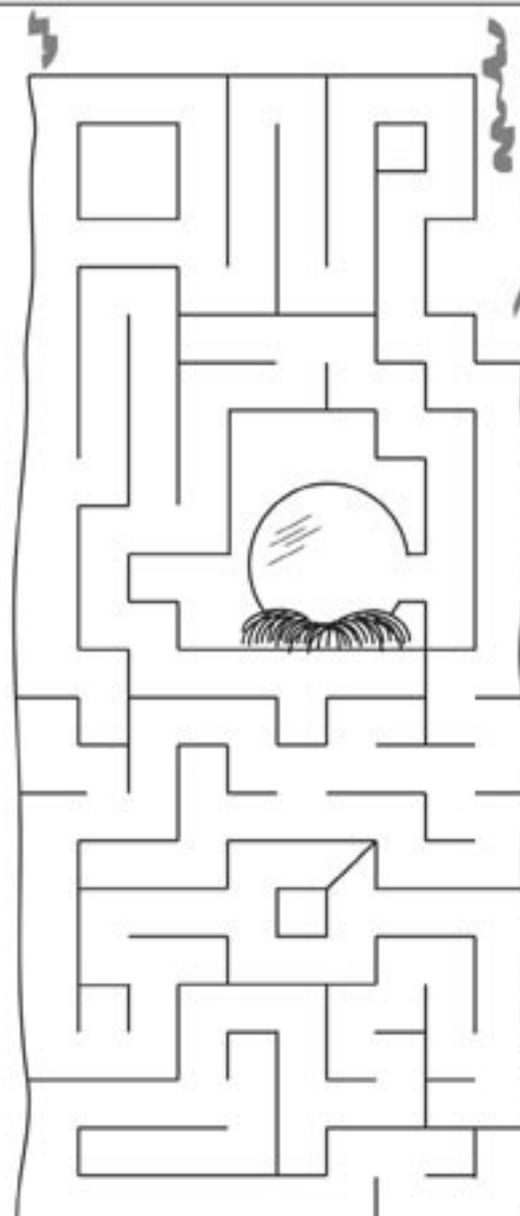
Email Terry at terry210@cox.net
or check out my personal website at
www.terrynet.net

Sweaters, apples, falling leaves...  ...scurrying squirrels and football! 

Newspaper Fun!

www.readingclubfun.com   Annimills LLC © 2009 V6-N36

Fall Times and Rhymes!



Fall is in full swing. The word "fall" is used in many ways. Have you ever heard these sayings that have the word "fall" in them? Can you match the sayings to their meanings?

- | | |
|----------------------------------|--|
| 1. fall all over someone | A. doing all one can to please |
| 2. fall back on the first plan | B. to like someone very much |
| 3. fall behind | C. not do the job well |
| 4. fall down on the job | D. to turn to the first idea for help |
| 5. fall flat | E. fail to reach goal |
| 6. fall for | F. fail completely |
| 7. fall over backwards (to help) | G. show too much love |
| 8. fall short | H. begin to work |
| 9. fall out | I. leave one's place after a military inspection |
| 10. fall to | J. to go slower than others and not keep up |

Can you help the squirrel climb up to the nest to store the acorns and nuts?

Will you remember to turn the clock back, Jack?

Fit the answers into the puzzle!

frost
leaves
birds
squirrel
football

Fall is a fun time to make a rhyme!

Fall is a ton of fun!

Fall as a rule is cool! Better grab a sweater!

Read these fun fall rhyming clues.

- Some of them fly south when the weather gets cold; But they fly back north when warm weather takes hold.
- It flies through the air the goal post it clears; The home team wins the crowd roars and cheers!
- They swirl through the air, crunch under your feet; A big pile to jump into just can't be beat!
- The wind blusters and shakes the branches of the trees; Plop! Plop! Plop! He gathers all the acorns he sees!
- It forms crystal feathers on glass and freezes the leaves; Its deep cold can cause a stong road to buckle in heaves.

Apples . . . Yum!

juice
baked
butter
candied
chutney
cobbler
pancakes

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

Apples are a favorite fruit! Can you look for and circle 15 ways we use apples when we cook?

- | | |
|-------|-------|
| cider | pie |
| dried | cake |
| crisp | jelly |
| sauce | rings |

Who's Storing Acorns This Fall?

Many animals are working hard this fall to store enough food for the long, cold winter months. What animal is gathering acorns? Follow the dots to see!

It's free!

Sign up for the reading club today!

Our new, free reading log is ready on our web site: www.readingclubfun.com Come to print it out!

MAGIC 92.5
BLOCK PARTY
SATURDAY, SEPTEMBER 26TH
AT VIEJAS

FREE FESTIVAL!!! www.ViejasBlockParty.com
FEATURING MAGIC ARTISTS
NOON-10PM
ALL AGES WELCOME

- **TEENA MARIE**
- **LISA LISA**
- **DEBBIE DEB**

