

EAST COUNTY GAZETTE

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VOLUME 10 NUMBER 16 **SEPTEMBER 24-30, 2009**

Don't miss the final Cajon Classic Cruise



Don and Joan Minnick stand by their 1929 Ford Model A Woody as they received an award by the CDC at last week's cruise. Wednesday, Sept. 30 will be the last cruise of the regular season.

Miss Greater San Diego 2010 crowned



Left to right: Ashley Monique Alcalá and Alexis Lauren Swanstrom. Photo by Kathy Foster

The new Miss Greater San Diego and Teen was crowned on Saturday, Sept. 19 at the Joan Crock Theatre Performing Arts. Twenty-year-old Ashley Monique Alcalá who attends Regis University was crowned the new Miss Greater San Diego and 15-year-old Alexis Lauren Swanstrom a junior at Steele Canyon High School was crowned Teen 2010. These lovely young woman will go on next year to the State finals.

There WILL be a parade!



The Mother Goose Parade Association; Directors, volunteers, the Goose, the Queen and her court along with the East County Gazette staff and team are working hard to bring East County the 63rd Annual Mother Goose Parade. Shown above is the East County Gazette booth at the Cajon Classic Cruise with Mother Goose and volunteers raising funds for the parade. Remember, "No donation is too small." Every donation counts. To donate, stop by the office or mail to 1130 Broadway in El Cajon, CA 92020. Photo by Briana Thomas

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by **Monica Zech**
City of El Cajon Public Information Officer

A Fire Safety & Career Expo with celebrity guests

This annual event celebrates Fire Prevention Month – but we're also saying "thank you" to the residents of El Cajon for their ongoing support of our firefighters, police officers and all City services! The El Cajon Fire Safety & Career Expo is Saturday, Oct. 10, from 10 a.m. to 2 p.m. at El Cajon Fire Station 6, located at 100 E. Lexington Avenue. Our title sponsor is Mission Federal Credit Union; they're providing red plastic fire hats for children!

Special Guests! Helping us to say thank you are several celebrity guests; Allen Evangelista is best known for his role as Henry Miller on the number one rated Teen Drama on

prime-time "The Secret Life Of The American Teenager", and is a regular guest on Nickelodeon's "Zoey 101" as Firewire (Wayne Gilbert). Samantha Drake has appeared in The Gilmore Girls, The Suite Life of Zack and Cody, and Cory in the House, just to name a few. She is recently known for her supporting role as Brooke in the Disney Channel Original Movie "Princess Protection Program" with friends Selena Gomez and Demi Lovato. And Brandon Mychal Smith, one of the stars on Disney's "Sonny With A Chance" also with Demi Lovato. These three popular teen celebrities will be there signing autographs from 11:30 a.m. to 1 p.m. You'll also meet Captain Jack Sparrow - an amazing tribute artist of the popular Johnny Depp character from *Pirates of the Caribbean*.

Kids will enjoy the inflatable fire safety house and Home Depot's Kids' Workshop. Free child safety helmets will be given away while supplies last. Child I.D.'s and car seat safety information from the CHP will also be available. In the career section, talk with El Cajon firefighters, law enforcement personnel and local colleges. See various emergency vehicles, displays, and gather important safety and health information. This is a FREE family event. Visit www.elcajonfire.com for more information or call (619) 441-1737.

Special workshop to highlight landscaping in drought conditions

Do watering restrictions put a damper on your gardening enthusiasm? The City of El Cajon's Community Development Department will be hosting a very special, and timely, workshop on how to landscape your home during this time of heightened water conservation, featuring gardening designer Scott Calhoun. The workshop will be held Tuesday,

October 13, in the City Council Chambers located adjacent to City Hall at 200 Civic Center Way, in El Cajon. Registration is 1 p.m. to 1:30 p.m., and the workshop is from 1:30 p.m. to 2:30 p.m.

To author and garden designer Scott Calhoun, working with drought conditions is exciting and can take gardens in new unexpected directions. Scott's presentation is not just about planting tougher plants and using more efficient irrigation methods, it's all about creating stunning beauty in harsh situations. Join Scott Calhoun for this class showcasing some of the dynamic and thrifty strategies he uses in the hottest and driest environments in the country, and get some ideas on how to apply them in your own garden. For more information on author and landscape designer Scott Calhoun, visit his website at www.zonagardens.com. For more information call (619) 441-1741.

Traffic delays can be expected due to roadwork

Patience needed as traffic engineers say delays can be expected on Fletcher Parkway between Hacienda and Highway 67 as a major resurfacing project continues. Once this work is completed, work will begin on Cuyamaca and some adjoining streets. Work is also wrapping up on Chase Avenue between Avocado and the City Limits, where crews have finished the resurfacing and will finish up with the striping and manhole covers. These streets are receiving an overlay of high-tech rubberized asphalt, which is much more durable and reduces road noise. Please reduce your speed in all areas of construction and watch for traffic control. Also consider using an alternate route. For more information contact the City of El Cajon Public Works Department at (619) 441-1653.

More traffic control areas

Since June 2009, continuing through the fall of 2010, work on the Jamacha Pipeline continues. Intermittent lane closures can be expected within the City of El Cajon and in the unincorporated community of Rancho San Diego in the County of San Diego. Streets expected to have restrictions include Third Street, Dumar, Waterloo, Gustavo, Brabham, Via Rancho San Diego and Fury Lane in Rancho San Diego. Lane closures may occur on Jamacha Road from Gustavo in El Cajon to Brabham in Rancho San Diego. Traffic control and parking restrictions may remain in effect through the extent of the entire project, even though actual pipeline work is ongoing in other areas. Night work will take place along Jamacha Road south of the City of El Cajon as directed by the California Department of Transportation (Caltrans). For more information about the impacted areas, community meetings, traffic updates, or detours call (619) 670-2552.

Lend A Hand is this Saturday

Take a couple of hours and join your neighbors and local groups in our City by helping to remove trash and graffiti in our community. The next Lend A Hand is this coming Saturday morning, Sept. 26, from 9 to 11 a.m. at the corner of South Johnson Avenue and Franklin Avenue. This is a great way to teach your children how to care for the community and inspire others to get involved. It's also a good time to clean the garage! The El Cajon CDC will be accepting your non-working electronics, or E-Waste, for proper disposal and San Diego Rescue Mission will be present to turn your usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, and working

See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

Lakeside Farmers Market, Thursday 2-7 at 9841 Vine St.

September 28, Lakeside Historical Society, Spaghetti Dinner at 6p.m. Reservations required. Call (619) 561-1886

Oct. 2-4 and Oct. 9-11 at 1017 S. Mollison Ave, El Cajon (619) 390-9793

Oct. 5, Chamber board meeting.

Oct. 7-21, Lakeside Planning Group at 7p.m. at the Lakeside Community Center

Oct. 14, Design and Review Board at 7p.m. at the Lakeside Community Center

Oct. 15, Chamber Business Mixer at Grossmont College

Oct. 17, *I Love A Clean Lakeside* on Saturday 8a.m. to noon at Mapleview and Channel rd intersection.

Oct. 17, Partners Therapeutic Horsemanship Show and BBQ at 10a.m. to 3p.m. at 15689 Mountain Valley Place Lakeside

Oct. 24, Historical Society Heritage Day Luncheon at 1p.m. (619)561-1886, celebration of 50 years of El Capitan.

Oct. 30, Boys and Girls Club Auction Stampede at 6:30p.m. At Barona Resort and Casino. (619) 440-2331.

Lakeside Chamber Mixer

Lakesides Chamber of Commerce September Mixer was hosted by the German American Societies of San Diego. The evening featured appetizers and beer samples, a taste of

what will be available for sale at the annual "Oktoberfest", Oct. 2-4 and Oct. 9-11 at 1017 S. Mollison Ave, El Cajon.

Special Guest speaker Assemblyman Joel Anderson, 77 District was presented the Lakeside Chamber of Commerce Legislator of the year award for 2009 by Frank Hilliker. Anderson thanked everyone "It is an honor to serve", California is having a mass exodus. Businesses are being driven out of California. "We have to get the State working", said Anderson.

Two Bills AB 1506 and AB 1399 have been put before the assembly by Anderson. AB 1506 would allow recipients of state-issued IOU's to indorse and return the IOUs to the state as payment for any obligation they owe to the State (State taxes, DMV fees, Public University Tuition, ect.)

AB1506 is headed for a crucial vote in the assembly appropriations committee on August 29. It is critical to the success of the bill that the committee members know you are a supporter of AB 1506. Before this hearing AB1399 closes an existing loophole in Ethics laws by prohibiting county elected officials from gifting public assets to their immediate family members (Spouse, Parents, Siblings or Children). AB 1399 prohibits any elected County officials from hiring or employing any immediate family members, if that immediate family member would serve under direct supervision of the elected County official. The bill would also specifically prohibit an elected County official from making a gift or public funds or property to any family member. Anderson advised the City Council has not been involved.

Letters in support of AB 1506 may fax, email, or mail to Andersons office at, Fax (916)319-2177. Email: Assemblymember.Anderson@assembly.ca.gov. Mailing address is 500 Fesler Street, Suite 201, El Cajon, CA, 92020.

The next Lakeside Chamber Business Mixer will be Oct. 15 at Grossmont College.

Chamber board meetings are the first Monday of the month at the Lakeside Community Center at 6:30 p.m.

Highlights ...

See HIGHLIGHTS page 5 electronics to the event. Please RSVP to Rebecca Reyes, Community Development Assistant, at (619) 401-8858.

Oktoberfest begins October 2 'n El Cajon

On the first two weekends in October join us for a real Oktoberfest Celebration in the City of El Cajon. October 2-4 & 9-11 is the Annual Oktoberfest celebration hosted by the German American Societies of San Diego. Event days and hours are Fridays from 4:00 p.m. to 10:00 p.m., Saturdays from 12:00 p.m. to 10:00 p.m. and Sundays from 12:00 p.m. to 9:00 p.m. Enjoy authentic German food, such as bratwurst, potato salad, potato pancakes, sauerkraut,

red cabbage and a variety of German pastries. Plus, a selection of German adult drinks and soft drinks will be available to enjoy with your friends and family. Admission for ages 21 and up is \$5; 21 and under and active military are free. Call (619) 390-9793 for more information or visit www.oktoberfestelcajon.com.

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

Homebuying seminar in Santee

Attend a free home buying seminar on Wednesday, Sept. 30 at Jimmy's Restaurant, 9635 Mission Gorge Road in Santee from 6 to 8 p.m.

Find out what you need before you make the largest purchase of your life. Find out how the government will pay you \$8,000 to buy a home.

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Sexual Harassment Case Upholds Fair Housing Laws

A state court in Dayton, Ohio returned a verdict on July 30, 2009 against a landlord, Arthur Burton, for sexually harassing a woman, Nicole McDonald, in violation of state and federal fair housing laws.

Ms. McDonald moved into her apartment on April 8, 2009 and a week later she moved out. She was working as a part time employee for Mr. Burton and subjected to such severe sexual harassment that she left. Vincent B. Curry, executive director of the Fair Housing Advocates Association (FHAA) who helped McDonald file harassment charges says the, "jury's verdict sends a clear message that landlords who prey on women and subject them to despicable conduct will be held accountable for their inappropriate actions."

The lawsuit that was filed alleged that Burton subjected Ms. McDonald to severe, pervasive, and unwelcomed verbal and physical sexual advances in violation of fair housing and fair employment laws.

The jury award included \$75,000 in punitive damages. "Burton's actions were reckless and intentional because the investigation revealed that during some of the sexual harassment, he asked Ms. McDonald not to file sexual harassment charges against him, nor to tell her mother about what he was doing to her because he did not want her mother to think that he was a bad person. No woman should be subjected to sexual harassment at any time, but especially not in the safety and comfort of her own home," said Curry.

The Fair Housing Act makes it illegal to discriminate against persons seeking housing based on their race, national origin, ethnicity, gender, handicap or familial status. Persons who believe that they have been victims of sexual harassment in housing or other housing discrimination should call Center for Social Advocacy (CSA) at (619) 444-5700 and ask to speak with a housing counselor. CSA has been providing advocacy in fair housing since 1969. Additional information on Fair Housing is available at www.c4sa.org.

Source: Vincent B. Curry. "Dayton Jury Finds Landlord Guilty of Sexual Harassment and Awards \$246,640 to Former Tenant and FHAA". National Fair Housing Advocate Online. August 3, 2009 <www.fairhousing.com>.

— LOCAL NEWS & EVENTS —



Alpine happenings ...

Monarch butterflies will be subject of CHIRP meeting

Just about everything you ever wondered about Monarch butterflies will be discussed at the

upcoming meeting of CHIRP Garden Club on Oct. 7.

Meeting, to be held at the Crown Hills Clubhouse, will begin at 6:30 p.m., and the public is invited to attend.

Two presenters will share an abundance of information about Monarch butterflies, including life cycle basics to highlights of their migration.

Wallace Austin will focus on Monarch anatomy and trivia, and Christine Vargas will present a Powerpoint recap of her recent trip to visit the Monarchs at one of their favorite migration spots in Mexico.

"We are all going to learn something new and exciting about the beautiful and amazing Monarch butterfly," said Hilde Hinchcliff, program chairman.

The meeting is open to all

and free of charge.

For additional information, visit <http://www.chirp.org> or phone 619-445-8352.

Kiwanis inducts new members

On August 8 at its regularly scheduled meeting The Kiwanis Club of Alpine inducted three new members bringing the total membership to 131.

The following new members were inducted by Past Lieutenant Governor Bob Jackson; Charlie Brown, 1st Corporate Member, representing The

Viejas Band of The Kumeyaay Indians, Darin Gabriel and Fernando Gonzalez.

The Kiwanis Club meets every Saturday morning at The Alpine Elementary School's Auditorium. The meetings start at 7 and conclude at 8:30 a.m. If anyone would like to join us and meet many of your neighbors, call Joe Brunold at (619) 445-2827.

Chili Cook off in October

The Kiwanis Club of Alpine is presenting its 8th Annual Chili Cook off Festival and 2nd Annual Show and Shine Car Show on October 3. The Event will be held at The Alpine Community Center from 11 a.m. to 3 p.m.

The organizers of the Event are looking for Chili Cookers and applications are being accepted now as there is limited space. The application deadline is September 1. Contact Don Parker at (619) 672-4269 or Richard Higgins at (619) 672-3861 for additional information. The proceeds from the Cook Off and other Events directly benefit The Alpine Community Center.

Viejas Days Parade and Kids Safety Fair

Opening ceremony, Sunday, Oct. 4, 11 a.m. at Albertson's

Alpine Festival: 11 a.m. - 5 p.m. at Albertson's

Parade Step off: 2 p.m. at Albertson's.

Fred's Car Show 11 a.m. - 5 p.m.

Senior Health Fair: 11 a.m. - 5 p.m. at Alpine Woman's Club

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Call Mary Rynearson for information (619) 733-0698.

CPR Class

Would you know how to respond if your child stopped breathing? Set up a neighborhood CPR class with Save-A-Heart "The CPR Pros". Call (619) 445-4569.

Evening with Elected Reps

Wednesday, Oct. 21, 6 - 9 p.m. The Evening with the Elected Representatives at Viejas DreamCatcher Lounge.

Farmer's Market

Farmer's Market in the Park at Viejas Outlet Center. Every Tuesdays, 3:30 - 7:30 p.m. For more information, contact Diane@AVibrantWorld.com.

Save-A-Heart

Saturday, Sept. 26, 9 - 12 p.m. Save-A-Heart's CPR & 1st Aid Certification only 3 hours. Discounts for Alpine Mtn. Empire Chamber Members. For more information call (619) 445-4569 or go to <http://www.alpinechamber.com>.

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September Excitement at Golden Acorn Casino Yahoo!

Get ready for the bulls on September 26th. At the Golden Acorn Casino, bull riding competition will begin at 3:00PM,

accompanied by live music, of all things. Top prize is \$1,000 plus a champion belt buckle. Then, get ready for MMA Cagefighting from 8pm to 10pm. Tickets are on sale beginning September 14, 8am to 10pm.

Call 619-938-6012 for reservations. There is an after party on the Casino floor and live music from 10pm to 1am.

CHIPPENDALES is scheduled for Saturday, October 3rd at 7:00pm. This event will be staged in the banquet room where you're certain to get a good close-up seat.

Call the 938-6012 phone number for Chippendales info. Remember, the Golden Acorn Casino has these fun fall events scheduled for everyone's pleasure. See you there.

Yahoo!



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Local News & Events

San Diego Film Festival offers glamour and excellent films



The 2009 San Diego Film Festival. Photo credit: courtesy

by Diana Saenger

San Diego's Gaslamp District becomes a Hollywood extravaganza every fall when filmmakers bring their best projects to town for the San Diego Film Festival and stars in the films show up for celebratory parties. This year's list of films, workshops, and of course parties and stars attending, are endless.

I had a chance to preview a handful of films and found three of them exceptional. *Neshoba* is the brave documentary by director, writer and producer Micki Dickoff and photographer Tony Pagano. The film is a post script 40 years later of the murder of civil rights workers James Chaney, Andrew Goodman and Michael Schwerner. Dickoff had wanted to volunteer along with the other students who went to Philadelphia, a small town in the heart of Neshoba County Mississippi to register black voters and investigate a church burning. Her family refused to let her go, but Dickoff never forgot the terror that happened there.

"It's a tragedy that has helped shape my politics and my art," Dickoff said. "So when Ben Chaney, James Chaney's brother called me 35 years later to discuss making a film about justice, I jumped at the chance. This was 1999 and the 35th

anniversary of the murders. I borrowed some seed money, teamed up with Tony and we took our crew to Mississippi. Sadly, Ben didn't show up. He was afraid, and his mother got afraid. I couldn't be mad at him; he had suffered so much in his life already."

The film goes on to detail how the filmmakers would eventually capture an important part of history when after the more than 40 years that Mississippi refused to prosecute any of the Klansmen directly responsible for the murders – even though they bragged openly about what they had done – justice began. On January 6, 2005, the State of Mississippi indicted the alleged mastermind of the killings, Edgar Ray Killen, an 80-year-old preacher and notorious racist.

Neshoba is a profound film that reminds those who were around in 1964 that a good fight must never end, and one at the top of the to-see movie list of those too young to know about these horrible injustices. The film screens Saturday night, Sept. 26, at the Gaslamp at 10 p.m.

Jesse's Story is an uplifting documentary about Jesse Bilauer who as a young boy developed his passion for surfing into an up-and-coming professional career with unlimited promise. A tragedy befell Jesse but never

stopped his spirit or passion to excel. He went from severing his spinal cord and becoming a quadriplegic to an adult who still surfs, sky dives and fishes from his own boat. He started a foundation – LifeRollsOn – and has become an inspiration to thousands including the late Christopher Reeve.

Mark Jacobs, director and writer of the documentary, was a producer at Fox 6 in San Diego when he heard about Jesse. "I got a call that this paralyzed man was going to surf, so I went to cover it and was totally awed by Jesse. We became close friends, and I suggested we do a film. He agreed and allowed us to shot him at his most personal moments. It took a year and a half but has transformed both of our lives. Since then Jesse has started his foundation, and he's taught me and so many others to look in the mirror and not take life so seriously. This is a great film I hope everyone takes the opportunity to see." *Jesse's Story* screens Friday, Sept. 25, at 6 p.m.

I also enjoyed the festival's closing night film *That Evening Sun*. Starring the incredibly talented actor Hal Holbrook as Abner, the story is about an aging Tennessee farmer who leaves the rest home and returns to his farm. He's not happy to learn that his son, with whom he has an aloof relationship with, has rented his house to a man Abner considers an enemy. Betrayal, loss, and apprehension are only a few of the heartfelt emotions that fill this story. It's beautifully shot, acted and directed. *That Evening Sun* screens Sunday, Sept. 27 at 7:30 p.m.

Stars attending the Festival this year include: Richard Dreyfuss, William Shatner, James Van Der Beek, Taryn Manning, Seymour Cassel, Jason Mewes, James Cromwell, Barry Pepper and Cole Hauser. Among the panels are topics such as screenwriting, casting, auditioning and acting. Several parties will also take place at local hotels.

All films will be shown at the Gaslamp Reading Theater. For a complete list of films, more information or tickets visit www.sdff.org

For more reviews about the above mentioned films go to www.reviewexpress.com

Guest commentary

Courtesy for horse riders, joggers, bikers, pedestrians in East County



Rupert Pedrin on his horse.

by Rupert Pedrin

My name is Rupert Pedrin Jr. and I have lived in Alpine since November of 1989. When we moved into Alpine it was still a small, quaint, country town and our family loved horses so we bought a beautiful Palomino Quarter horse for our daughter. We didn't know too much about horses besides the fact that we loved them. In those days we could ride almost everywhere in Alpine. As drivers, although we didn't know much about horses, we knew to slow down and give right-of-way to riders on horseback.

Boy how things have changed in 20 years! Everyone is in a hurry to get where they are going. When drivers see us riding horses on the street many people will honk for us to get off the road, speed up, yell profanities and even ethnic slander to myself being that I am an American Mexican.

Trash truck drivers have no idea that they need to slow down for horses (or bikers and joggers). Trash companies should train their drivers on etiquette and safety of driving on country roads where many different types of pedestrians are present. Trash trucks have even run into my horse pens by using my property to turn around.

I just want people to be aware of where we live. East County, as far as I'm concerned, is a great place to live and raise a family. Please appreciate our way of life; we are basically out of the rat race here. Let's keep it that way as long as possible. I've been here for 20 years and plan to be for at least another 20 years.

For those of you who live on private roads, I've just found out that we are not backed by Law Enforcement for a lot of issues. A newspaper woman from the Tribune ran over my dog last year and Sherriff's Department told me they could not do anything for me. I had to file a civil suit in court and go after her insurance, which I did and only received very minimal for my friend and pet.

This past month (September 2009), being President of our private road, I have received numerous calls from fellow neighbors about speeding out of control drivers, etc. Highway Patrol and Sherriff have told me they have no jurisdiction!! I don't understand, whether county roads or private roads, there are either laws or there are not. I may be wrong... Let's all be good neighbors.

Respectfully,
Rupert Pedrin

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El Cajon Fire Safety & Career Expo will be held on Saturday, Oct. 10, from 10 a.m. to 2 p.m. at El Cajon Fire Station 6, located at 100 E. Lexington Avenue.

Children will enjoy the Kid's Fun-Safety Zone that includes our inflatable fire safety house and kid's safety helmets will be given away while supplies last. Child I.D.'s will be available, as well as car seat safety information from the CHP.

Meet El Cajon firefighters and law enforcement personnel, see their emergency vehicles and displays, and gather important career information. Numerous safety organizations will be represented with the latest in safety and health information.

dedicated to helping families learn and live. Get expert health information from doctors on early detection and the latest treatment options. Also learn more about Sharp Grossmont's Cancer Center, Breast Health Navigator Program and imaging services. This event is free and includes food, giveaways and a raffle. Registration is required, seating is limited.

Visit www.elcajonfire.com for more information or call (619) 441-1737.

Breast Cancer Awareness seminar

Breast cancer doesn't only affect the patient, it affects the family. Sharp Grossmont Hospital invites you to a breast cancer awareness seminar,

This event takes place on Wednesday, Sept. 30 from 6 to 8 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa Street, La Mesa. Register at 1-800-82 SHARP (1-800-827-4277), or visit www.sharp.com/grossmont.



Health... Just Common
Horse Sense
by Dr. Donald Adema

Well, we survived. The OPSC conference in Monterey was a first. To speak to peers who have been known to eat their young gives one pause.

The subject was on blended pain management. Looking to combine natural and inflammatory molecules with traditional choices required presenting the latest cellular level research and the prostaglandin pathway. Great research as provided by Metagenics, Xymogen or USANA was accessed. The opportunity to present magnetics as an adjunctive in pain control was also taken.

It worked. Having the last slot of the two and a half days of presentations belongs to the new kid on the block and usually ends up in preaching to a small choir. Not so, physicians returned to the ball room. There is hope that more and more want something in addition to a pharmaceutical; not instead of but in combination. The questions after the conference were overwhelming. We are not alone. Stay tuned.

Laughter is the Best Medicine

Women drivers

This morning on the freeway, I looked over to my left and there was a woman in a brand new red Corvette doing 95 miles per hour with her face up next to her rear view mirror putting on her eyeliner.

of East County? E-mail them to: jokes@ecgazette.com or mail to: East County Gazette, P.O. Box 697, El Cajon, CA 92022.

I looked away for a couple seconds and when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily, but she scared me so much; I dropped my electric shaver, which knocked the meat pie out of my other hand. In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my Mobile phone away from my ear, which fell into the coffee between my legs, splashed, and burned big Jim and the Twins, ruined the darn phone, soaked my trousers, and disconnected an important call.

Darn women drivers!!

Submitted by Terry Thomas of Lakeside.

Have a funny joke or antidote to share with the readers



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— CLASS ACT ENTERTAINMENT —

'The Informant!' — lacks entertainment value



Matt Damon stars in *The Informant!*. Photo credit: Claudette Barius / Claudette Barius

Review by Michael Black

The long dry spell of bad movies that claim to be funny continues with *The Informant!* Thanks to shady, one-sided commercials that mostly quote one reporter's lopsided review as calling it "one of this year's best," the film lures unsuspecting victims into the theater to discover what I believe is a dull movie that generates almost no laughs.

In the early 1990s, Marc

Whitacre (Matt Damon) has a six figure salary working at ADM (Archer Daniels Midland), a company that specializes in cereal grains and oilseeds used in food products worldwide. Life couldn't be any better until he suspects that his company is involved in a blackmail scandal involving sabotaging their lysine production. FBI agent Brian Shepard (Scott Bakula) is called in to work on the case. Whitacre tells Shepard that ADM is also involved in inside price-fixing and volunteers to be an

informant for the FBI against his own company. Things soon get out of control when the FBI raids the company for evidence and discovers a few surprises they didn't expect.

in the mid to late 90s. That didn't make sense to me, and I kept wondering what director Steven Soderbergh is trying to portray here?

The film is based on a true story, but watching *The Informant!* I kept waiting and waiting for the commercials claims of being "hilarious" to finally show up. Sadly, they never do. Throughout the entire movie, the era and location signs all have a 70s look, but the movie takes place

The script's complete lack of entertainment value is the ultimate downfall to the film. This story should have stayed in the history book or been a documentary. Anyone who is interested in the story of Marc Whitacre and the ADM scandal of the late 90s might find *The Informant!* worth sitting through, but I did not.

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The Informant!
Studio: Warner Brothers
Gazette Grade: D-
MPAA: "R" for language.
Who Should Go: Corporate history fans

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— CLASS ACT ENTERTAINMENT —

Award-winning dining everyday at Viejas Casino

by Diana Saenger

Casinos know that to attract loyal patrons they must offer more than just gaming. Taking time out to eat and recharge works for those who like to play casino games or ones who just want a nice getaway with good quality food. Viejas Casino and Viejas Outlet Center has many options for eating.

Voted on by industry colleagues, The Grove Steakhouse's two Gold Medallion awards for distinguished service hang at the entrance to the restaurant. Immediately inside the door the ambiance of the Grove whispers classic style Hollywood. Artistic lighting blends both white and yellow lights that invite patrons to choose between an intimate booth or a well dressed table. Artistic wooden trees stretch their arms to indicate the color lights swirling like a flower bouquet on the ceiling above them.

Every table is attractively set. The alternating black linen napkins against the white linen tablecloths strike a chic balance and beckon guests to sit and savor a pleasurable experience. "We have a



very diverse clientele," said Michael Fierstein, one of The Grove's managers. "We have tribal members, in-house casino players and patrons

menu was a little more difficult than we imagined. There were many tempting dishes such as blue crab bisque and the seared ahi salad. The fish selections offer many choices including lobster tail, king crab legs and coconut crusted shrimp. The Chilean sea bass was one of our picks, which came with creamy mashed potatoes and asparagus. The sea bass was tender and flaky with a mere hint of sweetness.

Other meat choices included several steak options, prime rib, pork chops, lamb, chicken, duck and ribs. Several pasta dishes are also available. The filet mignon in peppercorn sauce was our other selection and was wonderful. The filet was cooked perfectly and the sauce very tasty. The baked potato came with an assortment of extras. We passed on dessert but were tempted by the pecan pie and crème brûlée.

Executive chefs Dominic Denha and Gary Thompson work hard to ensure the food is excellently prepared, wonderfully tasting and nicely presented. "They are part of the collaborative team who choose our menu that includes me, our other manager Glenn

who come here just to dine because they enjoy our first class menu and service."

Approached immediately by our waiter we were given a wine list and told of the other beverages available. A mellow glass of wine and popular beer was soon brought to out table. Checking out the



The Grove Steakhouse and dessert samples. Photo credit: Kathy Foster

Smith, and some of our executive directors," Fierstein said, "and who also choose our \$15.95 monthly special, which this month is a top sirloin steak."

The Grove also has an extensive wine list that is updated routinely and special emphasis is placed on service. "We want our diners to enjoy a relaxed atmosphere with some nice

music, and we make sure our servers are attentive and have positive attitudes," Fierstein said. "We go all out to ensure The Grove is a superb place to dine."

Lunch is served Mon. - Fri. 11:30 a.m. - 4 p.m. Dinner is served Mon. - Fri. 4:30 a.m. - 10 p.m., Sat. 1 - 10 p.m. and Sun. 1 - 9 p.m. For reservations call (619) 445-5400.

The Casino's other dining options are the V Lounge serving mixed cocktails and dazzling appetizers; the all-you-can-eat Harvest Buffet open for lunch, dinner and weekend brunch; Daisy's Café offering breakfast, lunch, and dinner deals all day long; China Camp created by legendary Chef Tom Fat; Peet's Coffee & Tea and the Mezz deli with a full array of sandwiches, appetizers and salads.

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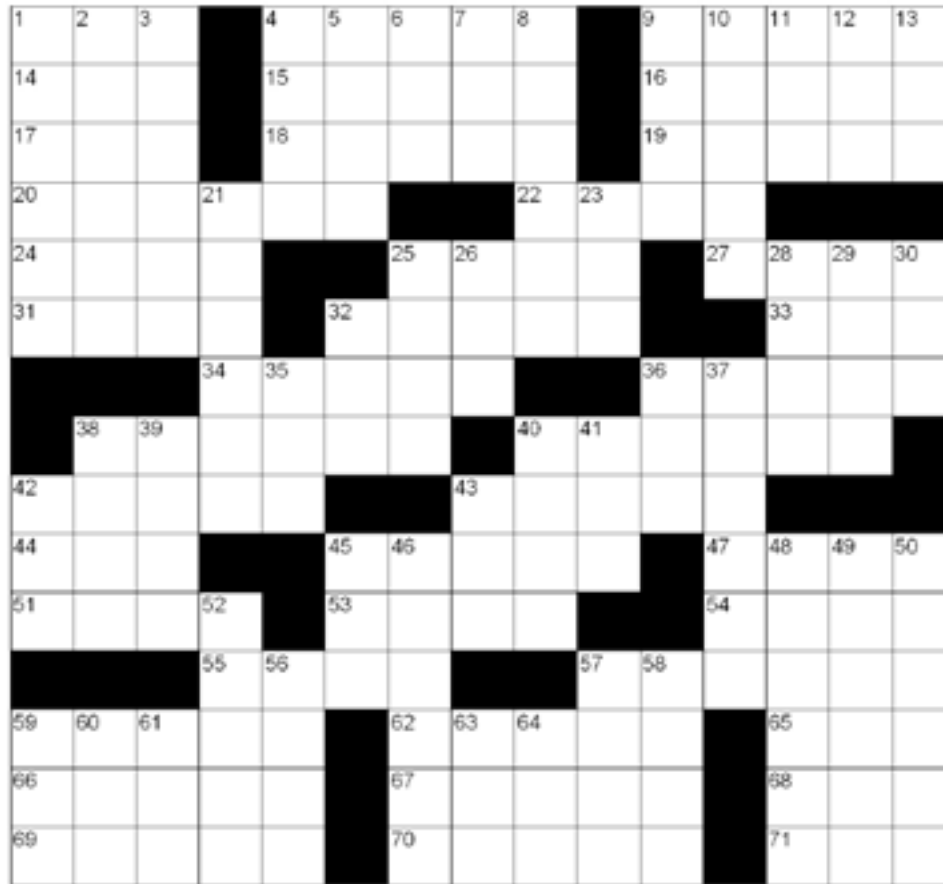


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- 10 Direct
- 11 Compass point
- 12 Day of the wk.
- 13 Japanese money
- 21 Beside (2 wds.)
- 23 Compass point
- 25 Particle
- 26 Aurora
- 28 Section
- 29 Fine
- 30 Ram's mate
- 32 Gorilla
- 35 Yea
- 36 Negative
- 37 Athens' goddess
- 38 Paradise
- 39 Window part
- 40 Beano
- 41 Negative
- 42 Hoopla
- 43 Neither's partner
- 45 Freudian term
- 46 Keep off
- 48 Jaunty
- 49 Ave
- 50 Australian city
- 52 Fancy boat
- 56 Not that
- 57 Stair
- 58 Loch __ monster
- 59 Clock time
- 60 French "yes"
- 61 American sign language
- 63 House pet
- 64 Flying saucer

Across

- 1 Terminal abbr.
- 4 Unresponsive
- 9 Dirty
- 14 Heat giver
- 15 Inroad
- 16 Supply
- 17 Jimmy
- 18 French money
- 19 Luster
- 20 Alias
- 22 Fairy tale opener
- 24 Before ten
- 25 Long time
- 27 Norm
- 31 Acme
- 32 Do penitence
- 33 Pristine

- 34 Typing mistakes
- 36 Simple-minded
- 38 Equate
- 40 Complicated
- 42 Auf Wiedersehen
- 43 Under, poetically
- 44 Delaware
- 45 Type of wood
- 47 Long time periods
- 51 Simply
- 53 Rotating mechanism
- 54 Military unit
- 55 A spinning toy (2 wds.)
- 57 Wound around
- 59 Hunt illegally
- 62 Opp. of chronic
- 65 Lodge
- 66 Japanese dish

- 67 Fireproof storage areas
- 68 Take to court
- 69 Angles
- 70 Ceases
- 71 __ you! (attention getter)

Down

- 1 Spain
- 2 White and purple vegetable
- 3 Anybody
- 4 Unpredictable
- 5 Reference point
- 6 Epoch
- 7 Fled
- 8 Baron
- 9 Saucer

SOLUTION



OCT. 7 - 11



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By: David & Doreen Dotson

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— LEGAL NOTICES —



ORDINANCE NO. 4935

AN ORDINANCE TO EXTEND AN INTERIM ORDINANCE ADOPTED AS AN URGENCY MEASURE PURSUANT TO CALIFORNIA GOVERNMENT CODE SECTION 65858 TO TEMPORARILY PROHIBIT THE MANDATORY PAVING OF ALL PARKING AREAS AND DRIVEWAYS WITH A MINIMUM OF TWO INCHES OF ASPHALTIC CONCRETE IN THE CITY OF EL CAJON

THE CITY COUNCIL OF THE CITY OF EL CAJON DOES HEREBY ORDAIN AS FOLLOWS:

SECTION 1: Findings and Declaration of Intent.

That the City of El Cajon has an overriding interest in planning and regulating the use of property within the City. Implicit in any plan or regulation is the City's interest in maintaining the quality of urban life and the protection of the environment in each of the City's land use zones. Without stable, well-planned and designed land use zones, sections of the City can quickly deteriorate, with tragic consequences to social, environmental, and economic values.

The recent adoptions of the City's Standard Urban Storm Water Mitigation Plan Ordinance (Chapter 16.60 of the El Cajon Municipal Code) and Storm Water Management and Discharge Control Ordinance (Chapter 13.10 of the El Cajon Municipal Code) are intended to provide regulations for the development and redevelopment of properties in the City of El Cajon in compliance with the municipal storm water National Pollutant Discharge Elimination System (NPDES) permit (Order No. R9-2007-0001, NPDES No. CAS0108758, hereinafter referred to as "Municipal Permit") issued to San Diego County, San Diego County Regional Airport Authority, the Port of San Diego, and eighteen cities by the San Diego Regional Water Quality Control Board on January 24, 2007. The purposes of Chapters 16.60 and 13.10 are to protect the health, safety and general welfare of City of El Cajon residents; to protect water resources and to improve water quality; to cause the use of management practices by the City and its citizens that will reduce the adverse effects of polluted runoff discharges on waters of the state; to secure benefits from the use of storm water as a resource; and to ensure that the City is compliant with the Municipal Permit.

The El Cajon Zoning Ordinance, at section 17.64.200 (C)(1), establishes a standard for the development of parking areas and driveways in the City of El Cajon, which standard includes a minimum paving of such improvements with two inches (2") of asphaltic concrete on a prepared base. Such a standard creates impervious surfaces in and around the City of El Cajon, which allows for the discharge of storm water and non-storm water runoff into the City's storm water system and, ultimately, into the receiving waters of the State of California. Such runoff typically contains pollutants, including, but not limited to, petroleum byproducts, metals, organic compounds, and chemicals, all of which are harmful to the environment. Improvements in technology and materials have made it possible for cities to reduce the pollution associated with storm water and non-storm water runoff while at the same time provide a suitable surface to support the parking and driving of motor vehicles in the city.

SECTION 2: Purpose.

That the purpose of this ordinance is to temporarily prohibit the approval of development or redevelopment of properties in the City with a minimum standard of asphaltic concrete pavement for the entire area designed for parking and driveways in each of the land use zones in the City of El Cajon, unless design standards include alternative methods for the collection and conveyance of storm water and non-storm water runoff from the impervious surfaces of the areas approved by the Director

of Public Works, until such reasonable time as a detailed study may be made to determine whether it is appropriate to adopt standards for development that include permitting pervious surfaces for parking areas and driveways. It is anticipated that such a determination will be made with a comprehensive reorganization of the City's Zoning Ordinance (Title 17 of the El Cajon Municipal Code).

SECTION 3: Urgency.

That this ordinance is to extend the interim ordinance adopted on October 7, 2008 for a period of 45 days, and extended on November 18, 2008 for a period of 10 months and 15 days, as an urgency measure pursuant to Government Code Section 65858 for the immediate preservation of the public peace, health and welfare. The facts constituting the urgency are these: The City is responsible for the implementation of the Municipal Permit in order to protect the receiving waters of the State of California from pollution contained in storm water and non-storm water runoff. A development standard establishing a mandatory impervious surface on parking areas and driveways may violate the Municipal Permit and Chapters 16.60 and 13.10 of the El Cajon Municipal Code if development and redevelopment in the city is mandated to design and construct parking areas and driveways in a manner to increase the amount of impervious surfaces in the city. The continued enforcement of a development standard that fails to provide alternatives designed to protect the environment may harm the public peace, health and welfare.

SECTION 4: Amendment of Development Standard.

That the mandate that all parking areas and driveways constructed in the City of El Cajon shall be paved with a minimum of two inches of asphaltic concrete on a prepared base is hereby suspended. The construction of parking areas and driveways with a minimum of two inches of asphaltic concrete on a prepared base is hereby prohibited unless design standards include alternative methods for the collection and conveyance of storm water and non-storm water runoff from the impervious surfaces of the areas, approved by the Director of Public Works, taking into consideration the public and private health, safety and welfare in the use of the alternative designs, and further taking into consideration the amount of the proposed paving and cost in relation to the property being improved by the paving. Such a prohibition shall apply to all building and development permits issued by the City of El Cajon, in all land use zones, until such reasonable time as a detailed study may be made and the zoning amendment and public hearings process pertaining to these matters is completed or until October 7, 2010, whichever occurs sooner, as provided by Government Code Section 65858.

SECTION 5: Taking Effect.

This ordinance shall take effect immediately upon passage by a 4/5ths vote of the City Council, and in accordance with Government Code Section 65858 and El Cajon Municipal Code Section 17.06.100, is of no further force or effect on the date that the above-mentioned zoning ordinance becomes operative, or until October 7, 2010, whichever is sooner, as provided by said sections.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 22nd day of September, 2009, by the following vote to wit:

- AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells
- NOES: None
- ABSENT: None
- DISQUALIFY: None

MARK LEWIS
Mayor of the City of El Cajon

ATTEST:
KATHIE RUTLEDGE, CMC
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4935 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at

the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 22nd day of September 2009.

/s/ Kathie Rutledge, CMC, City Clerk
East County Gazette- GIE030790
09/24/09

CASE NUMBER 37-2008-00102334-CU-BC-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): JOSEPH WILLIAM HUTCHISON; and DOES 1 TO 5. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): MUSTANG CORP, a Delaware corporation. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services. (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California. (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, East County Division, 250 East Main St., El Cajon, CA, 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): PATRICK L. MCCRARY, CSBN 86379 ATTORNEY AT LAW, (619) 589-8533, 9340 FUERTE DRIVE, SUITE 203, LA MESA, CA 91901. Date: (Fecha) February 24, 2008 Clerk (Secretario) By: K. Thompson, Deputy (Adjunto)

East County Gazette GIE030790
September 3, 10, 17, 24, 2009

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-025579
FICTITIOUS BUSINESS NAME(S): Total Health Oasis
Located at: 8517 La Mesa Blvd., La Mesa, CA 91942
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Theresa Williams 61 Via Sovana, Santee, CA 92071; 2. Billy Williams 61 Via Sovana, Santee, CA 92071; 3. Linda Hayes 61 Via Sovana, Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 03, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022010
FICTITIOUS BUSINESS NAME(S): Alrahma Islamic Center
Located at: 7520 El Cajon Blvd., Suite 108, La Mesa, CA 91941
This business is conducted by: A Corporation
The first day of business was: July 01, 2009
This business is hereby registered by the following: 1. Alrahma Islamic Center 9966 Dolores St. Suite 201, Spring valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 30, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-025568
FICTITIOUS BUSINESS NAME(S): a.) Town & Country Mobile Lodge b.) Alpine Village MHP
Located at: 6334 La Pintura Dr., La Jolla, CA 92037
This business is conducted by: A Corporation
The first day of business was: January 1, 1986
This business is hereby registered by the following: Bryne-Doughty Mgmt Corp. 6334 La Pintura Dr., La Jolla, CA 92037
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 03, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023578
FICTITIOUS BUSINESS NAME(S): Neurophysiology Inc.
Located at: 5395 Ruffin Road, Suite 102, San Diego, CA 92123
This business is conducted by: A Corporation
The first day of business was: January 21, 1999
This business is hereby registered by the following: 1. Neurophysiology Inc. 5395 Ruffin Road, Suite 102, San Diego, CA 92123
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 14, 2009.
East County Gazette- GIE030790
9/03, 9/10, 9/17, 9/24, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022932
FICTITIOUS BUSINESS NAME(S): Super Brows
Located at: 5500 Grossmont Center Drive, Suite D28B, La Mesa, CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Brow Salon LLC 333 Wisconsin Ave., #5, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 07, 2009.
East County Gazette- GIE030790
9/03, 9/10, 9/17, 9/24, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023690
FICTITIOUS BUSINESS NAME(S): a.) skincarediscounts.com b.) acneproductdiscounts.com c.) skincareproductdiscounts.com d.) chemicalpeelpros.com
Located at: 2604-B El Camino Real Ste. 355, Carlsbad, CA 92008
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Elana K. McHale-Wagner 2604-B El Camino Real Ste. 355, Carlsbad, CA 92008
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 14, 2009.
East County Gazette- GIE030790
9/03, 9/10, 9/17, 9/24, 2009

Our Best Friends

Differing perspectives on the same observations... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Readers,
The author of the new book, "Speaking for Spot" is truly an advocate of our pet dogs. Dr. Nancy Kay, DVM was recently interviewed on the Show Fresh Air with Terry Gross and it churned up many feelings amongst the listeners. The following is used by permission as Dr. Kay thoughtfully answered one of the emails she received after doing the radio show:

I've received many wonderful emails in response to my interviews on Fresh Air with Terry Gross. The stories I've heard about peoples' pets run the gamut from delightful to heart wrenching. Many listeners described crying while driving- I certainly hope Terry and I were not responsible for creating any

collisions!

I've also received emails from a handful of folks who were put off by the Fresh Air interviews. The content of Anne's comments (printed below with her permission) is representative of what these disgruntled listeners had to say:

I'm annoyed at how dogs have become sooooo important over the past 10 years or so. They're just pets! Just animals. Clearly all this elevation of dogs is a by-product of a society in trouble. Never would I have imagined that dogs would be referred to as family members or surrogate children. NEVER!! Back in the day, the dog was just the family dog, not the dog family member. It was like, Yeah, there's the dog, so what? No thought was given to brushing its teeth, worrying about dog cancer, or feeling

guilty if we went on vacation and left the dog at home with a neighbor to look after it. I recently read a book about an African village, and the hard life they have, and the poverty. I found it so shameful that they live like that, while America's dogs are often dressed in designer clothes, waited on hand and foot, given the best medical care, the best food, cooed over, etc. What the hell has happened to Americans? We've gone nutty! Dogs are just dogs, driven by selfish instinct to look after its own interests.

As easy as it would be to ignore such fan mail, I truly believe that Anne's comments are worthy of consideration. Given what I do for a living, I have certainly grappled with what I believe Anne is questioning. Is it reasonable to invest so much, emotionally and financially, in our pets when there is so much

human suffering in the world? After all, the amount of money spent on one of our four-legged family members during the course of a year would represent a fortune to someone who is impoverished. Wouldn't shut in senior citizens relish the affection and attention we lavish upon our pets?

While I agree with Anne's observations- yes, many people consider their pets to be family members and yes, there is a great deal of human suffering in the world- I disagree with her notion that doting on our pets detracts from our willingness and ability to give of ourselves to others. I contend that the opposite is true. Many studies have documented that the human-animal bond positively impacts peoples' psychological well-being. People whose emotional bellies are full rather than empty are more inspired and capable of giving their time, energy, and financial resources to others in need. One need not be a scientist to know that pets bestow a unique brand of sweetness and joy upon our lives; they keep us grounded even when insanity abounds. As I state in the introduction of Speaking for Spot, Today the human-animal bond is stronger than ever. Perhaps, the more tumultuous the world around us, the tighter we cling to our beloved pets. They soothe us with their predictability and unconditional love, and they consistently give in excess of what they receive.

Loving our pets does not make them more important than humans, nor does it replace our ability to tend to the needy. Rather, opening our homes and our hearts to animals makes our own humanity more accessible. Temple Grandin got it just right when she titled her newest book, Animals Make Us Human. Our love of animals doesn't fill up our hearts- it makes our hearts grow bigger.

Best wishes,
Nancy Kay, DVM
Diplomate, American College of Veterinary Internal Medicine — Recipient, American Animal Hospital Association 2009 Animal Welfare and Humane Ethics Award
Author of: Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life
Website: <http://www.speak-ingforspot.com>

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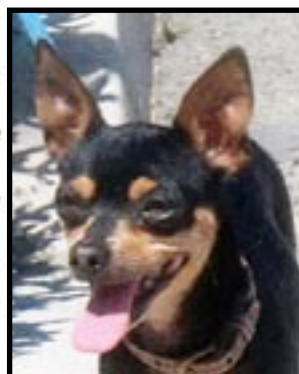
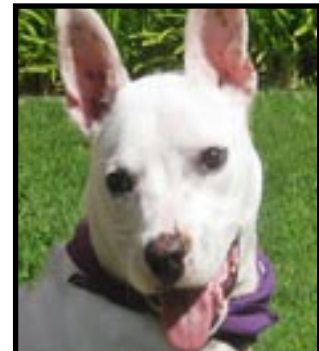
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