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VOLUME 10 NUMBER 24 **NOVEMBER 19-25, 2009**

Road Closures

The following road will be closed Sunday, Nov. 22 to allow for the 63rd Annual Mother Goose Parade. Street closures will begin at 7 a.m.

Magnolia from Madison to Lexington.

Main Street from El Cajon Blvd. to Second St.

Second St. from Main to Oakdale.

Avocado/Ballantyne from Lexington to Park.

Mollison from Lexington to Madison.

Chambers from Main to Cypress.

Orlando and Shady closed at Main (also Madison except to residents)

Douglas from El Cajon Blvd. to Claydell

Madison from Mollison to Ann

All streets off Main Street will not be able to cross Main.

Streets will begin opening approximately 1 p.m.

See street closure map on page 2.

Mother Goose Village

A new feature, The Mother Goose Village has been added this year to the Mother Goose Parade fun. It will be located on the Prescott Promenade. The Village will have vendors such as Lego, John Robert Powers, the Dr. Fix It KCBQ radio show, A Taste of Italy, Savannah Grill, Kona Ice Echo water, face painting and much more. Stop by the Village before, during or after the parade.



Rendering of Lego at Mother Goose Village

Mother Goose fun this weekend



The Mother Goose Parade is this weekend, Sunday, Nov. 22. The pre-parade festivities will kick off at 9 a.m. on Main Street near the Prescott Promenade. Parade begins at 10 a.m. See full parade line-up on page 13. Photo by Debbie Norman

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Local News & Events

Bits and pieces around East County



"Welcome two new East County Ambassadors" — (Left to right): Miss East San Diego County 2010-Katie Martin, East San Diego County's Outstanding Teen 2010-Carissa Jean Pinnix. Both young women competed in the categories of talent, fitness and personnel interview. Katie and Carissa will go on to represent East County next year in the Miss California America pageant.

County set to break ground on new library

Shovels were poised for the groundbreaking of the newest branch of the San Diego County Library in the East County community of Ramona on Monday, Nov. 16 at 1349 Main Street.

When completed, the 20,894 square-foot building will be more than four times larger than the existing library on Montecito Road and is the cornerstone of a larger inter-

generational campus planned for the site.

Chairwoman Dianne Jacob, who represents Ramona on the Board of Supervisors, said construction would not have been possible without tremendous support from the people of Ramona.

"The Friends of the Ramona Library and all of Ramona are about to watch their library dreams rise before their eyes," Chairwoman Jacob said. "The library is blazing new trails because it will be the centerpiece

for the future intergenerational campus," Jacob said.

"This project shatters the myth that libraries are quiet places for books," said Library Director Jose Aponte. "It will be a true community gathering place, alive with people, ideas and multimedia," Aponte said.

The \$11.6 million library is being funded mostly by the County with more than \$1 million coming from the Friends of the Ramona Library for fixtures and furniture.

The building's architecture is Southwest Tuscan-style and includes a spacious community room, study rooms, a space for teens, a larger children's area with a homework center, public computers and a Friends of the Library bookstore.

The project will meet LEED Gold criteria and include water-efficient landscaping, water-conserving fixtures, photovoltaic panels and parking spaces for fuel-efficient vehicles.

The project's design-build team is C.W. Driver, Ferguson Pape Baldwin Architects and Manuel Oncina Architects.

The library is targeted to



Rendering of Ramona Library.

open December 2010. The larger, intergenerational campus will eventually include a senior center, childcare and teen facilities. The campus will connect to the Santa Maria Greenway Park.

Library services will continue in the current facility at 1406 Montecito Rd until the new branch opens.

Take the kids ice skating at Viejas

San Diego children are enjoying something rare in the San Diego area – ice skating. Last weekend the Viejas Outlet Center officially kicked-off the holiday season by opening Southern California's largest ice rink. Now in addition to the fantastic Legend of the Ice

Princess ice shows kids can lace up their skates and have a great time with friends and family.

The rink, measuring 70'x140', is now open to the public through January 3. For \$12, skaters will enjoy 90 minutes of skating, which includes skate rental (military discounts available). The rink will be open from 5 – 10 p.m., Mon. – Fri. (Nov. 16 – Dec. 18), noon to 10 p.m. Mon. – Fri. (Dec. 21 – Jan. 1) and from noon to 10 p.m. on Sat. and Sun. The rink will also be open at 4 p.m. on Thanksgiving and Christmas Day.

Holiday Car Show

The Cajon Classic Cruise annual "Parade of Lights" Holiday car show will take place Wednesday, Dec. 9,

from 5 to 8 p.m. on Main Street in Downtown El Cajon. Admission is free and this year's event will feature a Toy Drive in cooperation with The Salvation Army.

This annual holiday-themed car show features a visit from Santa Claus on the Prescott Promenade and a caravan of vehicles, decorated and lighted for the holidays, driving down Main Street in a spectacle of lights. The El Cajon CDC and Salvation Army will be hosting a toy drive during this event, so please bring a new, unwrapped toy to donate for needy children this holiday season.

For more contact the El Cajon CDC at (619) 401-8858.

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2009 MOTHER GOOSE PARADE MAP

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

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

City Thanksgiving schedule

On Nov. 26 and 27, City offices will be closed in observance of the Thanksgiving holidays.

Sunday is The Mother Goose Parade – 10 a.m.

Mother Goose Parade is Sunday, Nov. 22 starting at 10 a.m. on East Main Street at Magnolia Avenue. The parade will travel east on Main Street down to Second Street. See floats, local dignitaries and marching high school bands. The Grand Marshals for the parade will be the Chula Vista Park View Little League All Stars! You will also see members of the 1961 and 1957 All Star Teams. Visit www.mothergooseparade.org for more information or call (619) 444-8712.

Fire Poster Contest winners

After judging dozens of posters entered by area 3rd grade students for the 2009 El Cajon Fire Home Escape Plan Poster contest, the top three winners were announced and introduced at Tuesday's City of El Cajon Council Meeting. Congratulations to the following students:

1st Place Winner Jordan Wanser, of Flying Hills Elementary

2nd Place Winner Alan Renfrow, of Madison Elementary

3rd Place Winner Alexandra Arguliez of Our Lady Of Grace Academy

All three winners were presented with gift cards - provided by Walmart, passes to Sea World - donated by Sea World, passes to Boomers - donated by Boomers, passes to Regal movie theaters courtesy of Westfield Parkway and Ice Cream Sundaes from Cold Stone Creamery courtesy of Mission Federal Credit Union. All three winners are also invited to ride in the Mother Goose Parade on Sunday, Nov. 22 on board an El Cajon Fire Engine. The parade begins at 10 a.m. on East Main Street and Magnolia Avenue. Thank you to all the 3rd grade students that submitted posters for our contest. It was wonderful to see how many of our local students truly understood the importance of having a home escape plan and practicing fire safety every day! For more information on fire safety visit www.elcajonfire.com.

The Salvation Army's East County Toy & Food Drive

The East County Toy and Food Drive is off and running. November 7 was the first day that the Salvation Army in El Cajon began accepting applications from East County families requesting holiday assistance of food and toys.

According to Salvation Army Captain Darren Norton, "We had 682 families show up to apply on that one day! 500 of

these families were here to sign up by 9 a.m. Our next sign up day is this coming Saturday, November 21, and this could be even busier. So we have a lot of work to do between now and our first distribution day, which is December 17."

Last year, the Salvation Army served 1,303 east county families during the holidays, it's predicted more families will apply for help this year. Donations of food and toys can be taken to your local fire station. In El Cajon, please take your donations to the main fire station located at 100 East Lexington Avenue.

The annual holiday event will officially kick off their fundraising with a Celebrity Waiter Night at Hooleys restaurant, at Grossmont Center in La Mesa, on Tuesday, Nov. 24. The public is invited. All tips, donations and a percentage of the evening's income will support the East County Toy & Food Drive.

Note: If you are having an office holiday party or a holiday civic group meeting, please consider asking those attending to bring a new unwrapped toy to donate for this annual toy drive.

Here is the upcoming East County Toy & Food Drive Schedule:

Nov. 20 - Dec. 24 - Red Kettle fundraising campaign begins at store locations throughout the East County.

Nov. 24 - Celebrity Waiter Night at the new Hooley's location in Grossmont Center. From 5 to 10 p.m.

Dec. 9 - Stoney & Rob's Holiday Party and Auction at the Viejas Dreamcatcher Lounge in Alpine from 6:00 p.m. to 9:00 p.m.

Dec. 12 - From 9 a.m. to 12 p.m., the Firefighter Toy Parade

& Live KOGO Broadcast from the El Cajon Target parking lot at Graves & Broadway. A parade of fire engines will travel from Fire Station 6 at 100 E. Lexington Avenue to the Target location, carrying toys and food items donated in the weeks leading up to the 12th. KOGO radio will broadcast live and donations will be accepted at the event.

Dec. 17, 18, and 21 - Distribution of food and toys to needy East County families that have pre-registered with the Salvation Army.

Please call the Salvation Army if you would like to donate to help families in need during the holidays, at (619) 440-4683, ext 401.

El Cajon Police Storefront At Westfield Parkway

The El Cajon Police Storefront is back during the month of December! They'll be located between the food court and J.C. Penney. The storefront will be open weekdays, Dec. 7 - 31, except Christmas Day & New Years Day, with hours from 10 a.m. to 6 p.m., and some days until 10 p.m. Stop by and pick up some great safety tips for the holidays and see all the great displays. For more information call Officer Dan Hansen at (619) 441-1597.

Friends of East County Arts Holiday Tea

Friends of East County Arts, Inc., celebrating their 25th year of supporting the arts in East County, will present its Annual Holiday Tea at the Ronald Reagan Community Center, Thursday, Dec. 3, 2009, from 1 to 3 p.m. Enjoy an afternoon of delicious tea and sandwiches, entertainment, auction and raffle prizes. Entertainment will be provided by Caprice Strings of La Mesa whose musical arrangements is always a crowd pleaser. The guest speaker will be Dr. Cindy L. Miles, Chancellor of the Grossmont-

Cuyamaca Community College District. Dr. Miles focuses on the issues and needs facing community college students and has spearheaded efforts to improve both student retention and academic success. Friends of East County Arts, Inc., a philanthropic 501 c (3) organization of 100 members volunteering time and energy to further the growth and development of audiences for the visual and live performing arts and to support the fine arts and artists in the Greater East San Diego County, has contributed more than \$500,000.00 to arts-based programs in the community. Seating will be limited. Tickets for the Holiday Tea are \$30 per person. Contact Bonnie Fredensborg at (619) 442-6031 for tickets and additional information.

The Nutcracker At ECPAC

Just in time for the holidays The Nutcracker will be performed at the East County Performing Arts Center on Friday, Dec. 4 and on Saturday, December 5. On the 4th the performance is at 7:30 p.m. to 10:30 p.m., and on 5th, from 2:30 p.m. to 5:30 p.m. Ticket prices are from \$22 to \$52. To purchase tickets, you can go to the following websites: www.ecpacalive.com or www.tickets.cyt.org, or go to their box office at 1545 Pioneer Way in El Cajon. For more information call (619) 440-2277.

Jingle Paws in December

Bring your dog to the ACES Foundation & Camp Bow Wow's "Jingle Paws Walk For Pets" event on Saturday, Dec. 5. It's from 8 a.m. to 1 p.m. at Wells Park, located at 1153 East Madison Avenue. Registration and check-in begins at 8 a.m. and the walk begins at 9 a.m. There will be a Santa's Village with Doggy goods vendors - pictures with Santa, a Santa's playground and agility course,

and a Santa's Adoption Village with local rescue organizations taking part. For more information call (619) 447-3535, or visit ACES online at www.acesfoundation.org.

Traditions Of Christmas Returns To El Cajon

The Christian Youth Theater presents Traditions of Christmas from Dec. 10 - 23 at the East County Performing Arts Center, 210 E. Main Street. The annual event offers wonderful family entertainment that showcases favorite holiday traditions from every century, every culture, and every generation. To purchase tickets, go to www.tickets.cyt.org, or visit their box office at 1545 Pioneer Way in El Cajon. For more information call (619) 440-2277.

Annual Holiday Show

Sophie's Gallery is holding their annual Holiday Show from Dec. 4 - 31. Rekindle the magic of the season as Sophie's Gallery Celebrates their 10th Annual Holiday Show featuring a collection of unique angels and winged mosaic pieces. The public is invited to a free reception on Friday, Dec. 4 from 5:30 to 8 p.m. Enjoy holiday food, refreshments and live music. Suggested donation is \$20. Sophie's is located at 109 Rea Avenue in Downtown El Cajon. For more information please call Sophie's Gallery for more information (619) 593-2205.

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.

Youth Basketball Begins this Winter Season!

Winter marks the return of youth basketball! Boys and girls in grades 2 - 8 are invited to enroll. This safe and affordable 10-week instructional league will help your child learn fundamental skills, basic rules, individual and team effort, and sportsmanship. Late registration began Nov. 16 and continues until the league is full. League dates are January 11 - March 19, 2010.

New for 2010: Youth basketball for boys and girls in grades K-2! This 7-week, basic skills program will meet once a week in a safe and fun environment. This exciting new program will be offered at Kennedy Recreation Center and Renette Recreation Center only.

Sign up at the neighborhood recreation center nearest your home or child's school in order to balance participation throughout the league. Proof of age and residency is required. Contact the City of El Cajon Recreation Department at (619) 441-1754 for more information or log onto www.elcajonrec.org.

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— LOCAL NEWS & EVENTS —



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Lakeside Round Up of events

by Patt Bixby

Lake

Dates to remember

Nov. 26: Farmers Market at Lindo Lake Park.

Nov. 19: Chamber Mixer/Café 67.

Dec. 3, 10, 17, 24, 31
- Farmers market at Lindo

Dec. 5 - Spirit of Christmas 1 to 6 p.m. Maine Ave. Tree Lighting at 5:30 p.m.

Dec. 5-21st Annual Holiday Home Tour 10 a.m. to 2 p.m. \$15 donation to tour four unique homes in the Lakeside area. 2:30 p.m. reception for ticket holders. Call 561-1886 for info.

Dec 7- Chamber Board Meeting

Dec. 2, 16- Lakeside Planning Group meeting 7 p.m. at Community Center

Dec. 11- Chamber Christmas Party

USS Boxer/ Lakeside Farms Elementary

The H1N1 virus has been a concern for school age children. A crew of 50 volunteers from the USS Boxer took a positive step to eliminate germs by cleaning Lakeside Farms Elementary from top to bottom this past Veterans Day. The volunteers cleaned everything from classrooms and drinking fountains to play equipment and hallways. Principal Goergens thanked Chaplin Martin and Executive Officer Michael for helping to bring the USS Boxer and Lakeside Farms Elementary together.

After cleaning the school, the crew of the Boxer was served a lunch of hot dogs and hamburgers courtesy of the Lakeside Optimist.

Spirit of Christmas

This years Spirit of Christmas Celebration will be held Saturday, Dec. 5. The Lakeside Chamber of Commerce is seeking volunteers to be on the Spirit of Christmas committee.

Contact the Chamber at 561-1031 if you are interested.

21st Annual Holiday Home Tour

Enjoy a self-guided tour of four unique homes in the Lakeside area on Dec. 5 from 10 a.m. to 2 p.m.. A reception will be held at 2:30 p.m., for ticket holders only, at the Olde Church 9906 Maine Ave., Lakeside. A \$15 donation is asked to preserve the Olde Church. Contact (619) 561-1886 for any questions.



USS Boxer arrived at Lakeside Farms Elementary school to do a full clean-up for germs and flu-virus precautions for the children. Photo by Patt Bixby

Computer sense saves cents: Chapter 6

PC buying guide

by Brice Pedrin

Purchasing a new computer can be stressful; especially to those unfamiliar with PC hardware. Between brand names such as Dell, Gateway, HP, Acer, Sony and retailers offering big sales items such as Bestbuy, Office Depot, Fry's Electronics and Walmart (to name a few), its difficult to pick the right PC and which location would have the best deals. After years of experience I have learned a few tips that should help relieve some of the headaches.

I would avoid buying a computer from stores that don't dedicate its own portion of the store to PC's and accessories. I've found the stores that do this have a more knowledgeable staff and offer excellent assistant that help make solid decisions.

Always buy a PC from a location that has its own warranty system. I've found Best Buy one of the best for quick service. If any problems arise on setup or while using the computer, the user can take the PC back to the purchasing location to get it diagnosed and fixed free of charge instead of sending the PC back to the manufacturer – which can take weeks if not months and cost the user shipping charges and possible damage fees. I recommend always going for the longer warranty. It doesn't cost that much more for an added six months up to two years of parts and service.

For anyone who uses a PC for standard features such as Internet browsing, word processing, or general office tasks, it's not necessary to spend \$700-\$1000 for a new PC. For less than \$400 it's easy to find a PC that has more than enough speed, space and features to fit users' computing habits. Just make sure that the PC has at least 1.5 gigabytes of ram and a dual-core CPU. For the more advanced users who want to do graphic editing, studio recording, play video games or use system heavy programs, I suggest a PC that has four to eight gigabytes of ram, a quad core CPU and a PCI-E video card. A PCI-E video card will reduce the load on the CPU and ram when graphic heavy applications are running (PC games, graphic studio software etc).

Computer users with questions, comments or concerns about an article or a PC problem that needs to be resolved, please email me at Brice@ecgazette.com

Next week I will begin to add user feedback and questions, along with my answers and solutions to any computer related item. Who doesn't like free technical support?

More HOT News from The GOLDEN ACORN CASINO

FREE Bingo - Tuesdays and Fridays. You know the routine, check in at Player's Gold

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Super Saturdays for a chance to win \$100,000.

Call Player's Gold 619-938-6012 for all the details.

Join us for THANKSGIVING DINNER on Thursday, November 26, 2009 from 11am to 10pm. Dinner for only \$14.99.

Have a luscious turkey dinner with NO DIRTY DISHES LEFT OVER!! Our Family Packaged Thanksgiving Dinner is \$99, which serves 8 -10 adults. Call 619-938-6035 for details.

And finally for November . . . MMA CAGE FIGHTING Saturday, November 28, 2009, 8pm to 10pm. Tickets are on sale now. To reserve your ticket, call 619-928-6012. Doors open at 7pm. Afterparty on the Casino floor and live music from 10pm to 1am. Lots of fun to be had at the Golden Acorn Casino for the rest of November.

All of us at the Golden Acorn Casino are grateful for the friendship of the Mountain Empire community and we wish all of our neighbors a very meaningful Thanksgiving.



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— LOCAL NEWS & EVENTS —



Alpine happenings ...

Thanksgiving at the Community Center

Thursday, Nov. 26, Thanksgiving Day, the Alpine Community Center will serve a hot meal, flowers, placement and holiday goodie bags to the Alpine seniors. If anyone knows a senior who is homebound or alone for the holiday, let the Alpine Community Center know at (619) 445-7330. Donations are needed.

Holiday party

Saturday, Dec. 5, The Mountain Health & Community Services, Inc. will have a Holiday Parties at the Jacumba Highland Senior Center, 9 a.m. - 12 noon and at the Mountain Empire Community Center, 5 - 8 p.m. For more information call Carol Lewis at (619) 445-6200 or <http://www.alpinechamber.com>. Donations are needed.

Breakfast with Santa

Saturday, Dec. 5, 8 - 11 a.m. Breakfast with Santa at the Alpine Community Center.

Breakfast, photos with Santa, door prizes, goodie bags and auction items. Children participate in a craft project and decorate their own cookie. For more information contact the Alpine Community Center at (619) 445-7330. Donations are needed.

Lions, Tigers & Bears

Saturday, Dec. 5, 1 - 5 p.m. Lions Tigers & Bears presents Holiday Party 2009. Help big cats while shopping, get friends and family together to make holiday shopping fun again. Vendor & networking tables still available. Call (619) 659-8078 for more information.

Alpine Parade of Lights

Friday, Dec. 11, 6:30 p.m. The 14th Annual Alpine Village Christmas Parade of Lights & Snow Festival. Santa is coming to Alpine. After the parade, The festival and Santa with his helpers will light the Community Christmas Tree at Alpine Creek Town Center.

Holiday Song Book

The Holiday Songbook/

Program Book will be distributed in local businesses and at the Alpine Village Parade of Lights & Snow Festival. If you are interested in placing

an ad and to help support this community event, contact Kelly@alpinechamber.sdcx-mail.com or see at <http://www.alpinechamber.com>.



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For Health's Sake

Counting (and eating) your blessings

by Christina Schmidt, MS

During the month of November, many families are eagerly awaiting what is perhaps the most anticipated meal of the year. If you're the parent of a toddler, your thoughts of Thanksgiving dinner might be very similar to how the Pilgrims and Indians felt as they shared their favorite foods with each other. Not only was the first Thanksgiving a lesson in friendship, it was a lesson in food preparation and new tastes. As these worlds merged together 'round the table, there were probably a few picky little Pilgrim or Indian dinner guests who had to taste something new that day. It was a learning opportunity on both sides, as will be serving up new foods to your little Pilgrim this Thanksgiving.

As a parent, of course you know there are so many things to be thankful for at Thanksgiving. One thing that parents—of picky eaters especially—should count as a blessing is the opportunity that this meal presents to festively share new foods with children. While Thanksgiving dinner is great for helping your child experience the foods of fall, remember that these foods

are meant to be experienced throughout the season and be thankful for that.

"As a nutritionist, I am thankful for the bounty of healthy foods the fall season brings and for the opportunity to share how they can be prepared and enjoyed with my family and others," says Christina Schmidt, M.S., Nutritionist and Author of *The Toddler Bistro: Child-Approved Recipes and Expert Nutrition Advice for the Toddler Years* (Bull Publishing Company, 2009, ISBN: 978-1-933503-19-6, \$16.95). "The traditional Thanksgiving meal is really quite nutritious, and the occasion offers a wonderful opportunity to introduce new foods to your toddler."

The opportunities to share nutritional lessons with your child really are bountiful this time of year. Let her know that she can be a great helper in the food preparation process. She can help you pick a healthy recipe, shop for ingredients, and even play a role in cooking that winning dish. Helping your little chef identify with her own special role in the holiday meal preparation can really go a long way in your quest to

make her a healthy eater. This will increase her awareness and comfort level with new foods, and as an added bonus, she'll be more inclined to eat some of the meal that she helped prepare too!

As you're reveling in the festivities of fall, remember that this season is loaded with so many fantastic, tasty, and healthy foods that you can be introducing to your toddler. "These foods store a rich supply of vitamins, minerals, and phytonutrients that fortify and support our body health," adds Schmidt. "They will also help expand her list of favorite dishes—and hopefully move some of those food items that tend to be on heavy rotation (can you say chicken nuggets?) further down that list."

Sweet potatoes
Turnips
Carrots
Celery
Winter squash (butternut, acorn, spaghetti)
Pumpkin
Broccoli
Beets
Parsnips
Cauliflower
Green beans, Snow peas
Kale, Swiss chard, Spinach, Collards
Avocados
Pears
Pomegranates
Persimmons
Apples
Cranberries
Turkey
Beans
Whole grain breads, rolls, wild rice

Looking for a little more help in the kitchen this Thanksgiving? Here's a Turkey Day dining guide and a list of kitchen tasks to tempt your toddler into adopting some new food favorites. Many of these can be prepared ahead of time to avoid tiring out your little helper.

Appetizers (Serve these with some fun fall cocktail napkins. Even the table decorations encourage trying different foods.)

Sliced hard boiled eggs: Your toddler can help arrange them on the tray.

Raw veggie bites with hummus and yogurt dips: Let your toddler create a dip with yogurt, a little honey, or vanilla spice.

Cheese, olives, and whole grain cracker tray: Include

some black olives for some holiday finger food fun. (Not too many! These are high in sodium.)

Soup: Butternut, sweet potato, or pumpkin soups are winners! Use milk instead of cream and low sodium broth. Have your toddler help spoon soup into mugs and his own special cup. (Make sure it has cooled first.)

Sides

Cranberry relish: This dish is loaded with antioxidant power and was designed with toddlers in mind. They can measure cranberries and help grind and taste. Grind or mix in a food processor 2 cups fresh cranberries with 2 small oranges (rind and all) and ½ cup sugar or to taste.

Jell-O salad: Abandon the sugary-sweet ambrosia salad for a Jell-O mold with fresh fruits or avocado whipped with light cream cheese.

Gravy: Throw in some ice cubes to separate the fat from the juice and skim the fat off the top. Older children who are cautious around hot burners can stir the gravy while it thickens.

Sautéed veggies: Try carrot "coins" with ginger and honey, snow peas, sliced turnips with maple syrup and raisins, or green beans. Your toddler can design the veggies into fun shapes, such as trees, stars, and faces on the serving plate.

Whipped sweet potatoes: Whip steamed sweet potatoes with some plain yogurt.

Potato parsnip mash: Your toddler will love the "white carrot."

Main course

Turkey, Tofurky or your meat of choice. Your toddler can help out by telling you when the timer goes off for basting or baking.

Stuffing: Forgo the packaged breadcrumbs and have your toddler tear up small pieces of dry, whole grain bread into a big bowl for stuffing mix. This is a great activity while watching the floats and balloons in the Macy's Thanksgiving Day Parade. Sneak in some extra veggies and fruit by mixing in some chopped sautéed celery, onion, parsnips, apples, raisins, kale or chard before baking or stuffing.

Dessert (These choices are low in fat and contain natural sweetness, so not much sugar is needed. They are also loaded with vitamins!)

Pumpkin Pie: Use fresh pumpkin or canned, organic pumpkin, skim evaporated milk, and brown sugar. You can make a custard-style, crust-less pie too; just bake the filling in a nonstick or oiled pie pan. Have your toddler help you scoop a little frozen vanilla yogurt, ice cream, or soy dessert for some à la mode action!

Fruit crisps: Try a pear or apple crisp with some cranberries thrown in and have your toddler help sprinkle on the crumble topping. (Watch that they don't eat it all!)

Sliced pomegranate halves: Make sure to have plenty of napkins to pick out edible seeds from these fun, polyphenol-packed, finger-staining fruits.

"Whether or not your toddler gobbles down every bite of each lovingly composed

dish this Thanksgiving," concludes Schmidt, "by allowing her to take part in the preparation of your Thanksgiving dinner, you have nonetheless done your best as a parent by exposing her to new foods, cooking in the kitchen, and in sharing a family meal with her." Research shows that when children help out in the kitchen, try new foods, and get to experience meals with their families, they are likely to have healthy eating habits throughout life. Now that's something to be very thankful for.

Christina Schmidt, MS, is a nutritionist and a certified nutrition educator who has been featured on NBC's Today Show and has written nutrition articles for The Bump magazine. She is the author of *The Baby Bistro*, *The Baby Bistro Box*, and *The Toddler Bistro Box*. Christina is President of Baby Bistro Brands and lives in Santa Barbara, California.

For more information, please visit www.babybistrobrands.com.

Laughter is the Best Medicine

Two little old ladies

Two little old ladies were sitting on a park bench outside the local town hall where a flower show was in progress.

The thin one leaned over and said, 'Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid flower show!'

'You're on!' said the other old lady, holding up a \$10 bill.

The first little old lady slowly fumbled her way out of her clothes and, completely naked, streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling.

The smiling and naked old lady came through the exit door surrounded by a cheering crowd.


'What happened?' asked her waiting friend.

'I won 1st prize as Best Dried Arrangement.'


Have a funny joke or antidote to share with the readers of East County? E-mail them to: jokes@ecgazette.com or mail to: East County Gazette, P.O. Box 697, El Cajon, CA 92022.

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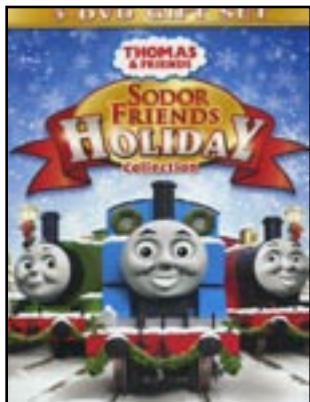
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Class Act Dining & Entertainment

More gift ideas from the Gazette

The weeks are racing by and the holidays are right around the corner. Our readers are finding our annual gift guide extremely handy. For the next five weeks our guides will offer suggestions for all ages from a diverse list of fun, unique and desirable products.

Gifts For Kids



Thomas & Friends DVDs Holiday Collections – now is the time to climb on board for the **Thomas & Friends: Holiday Express DVD**, available with an exclusive holiday train. Kids can find all of their favorite friends on the Island of Sodor and included in the DVD is a coupon for a Kids Ride Free Offer. Also it's all aboard for snowmen, Christmas trees and festive train rides in the 3-DVD **Sodor Friends Holiday Collection** where there's fun around every turn as Thomas and Friends prepare for the grand opening of the Toy Workshop. And hold on tight for some of Thomas most thrilling races; rescues and runaways in this heartwarming holiday collection. Available at DVD retailers.



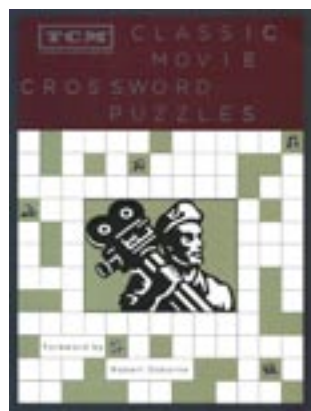
Mickey's Magical Christmas DVD – snowed in at the House of Mouse Join Mickey are the favorite Disney animated superstars-together for the first time ever-as they share a heartwarming holiday celebration and sing a special song, "The Best Christmas Of All," that captures this won-

drous occasion happens when a huge snowstorm leaves everyone stranded, Mickey and all of his guests at *The House of Mouse*, including Pooh, Piglet, Belle, Snow White, Ariel and many more of his old and new friends, break out the cookies and hot chocolate to help Donald mend his tattered Christmas spirit. Available at DVD retailers.



Books Make Me Happy – created by Judy Pelikan to instill a lifelong love of reading in children, is perfect for a beginning reader, an interactive journal that encourages reading. It begins where classroom reading logs end—title, author, illustrator—and offers prompts that knit the bond between story and reader more deeply, such as "My favorite part of the book was..." and "I will recommend this book to a friend because..." The book includes fill-ins for kids to list their favorite books, draw scenes from a story, and write their pleasures they get from reading. Along with full-color illustrations are five pages of stickered bookplates that kids can use to personalize their own books. Available at retail and online book stores or www.workman.com

Gifts For Him or Her



TCM Classic Movie Crossword Puzzle – classic

movie fans now have a new avenue for film history fun. Film-themed crossword puzzles from Turner Classic Movies are a wildly popular feature in its Now Playing viewer's guide, and are now here for the first time as 80 challenging and entertaining puzzles from the guide. Featuring clues that will test film fans' knowledge and prompt rediscovery or investigation of classic movie favorites, the book's foreword is by TCM host Robert Osborne. Pure fun crossword puzzle fans and film buffs alike. Available at bookstore and online retailers or www.chroniclebooks.com



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Gifts For Teens



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Gifts For Family



California Cheese Course from Paris Brothers – combines young and aged cheeses from a young, creamy Jack cheese to a tart, rich and full-flavored Serena cheese, gift course showcases some of the best cheeses that California has to offer. The Serena cheese, made with raw cow's milk has a nutty flavor that evokes a fine Parmesan or aged Gruyere. The Medium Gouda, based on the original recipe from Hol-

land, is balanced with salt and sweet milk flavor. The Original Jack Rumiano Cheese, still handmade, is a semi-firm cheese with a smooth texture and the sweet flavor of fresh milk. The Premium White Cheddar is an assertive raw milk farmstead cheddar with sharp and creamy undertones that becomes increasingly pungent with age. The California Cheese Course retails for \$17.75 and is only available online at www.artisancheesestore.com

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'The Blind Side' — is engaging and heartwarming

Review by Diana Saenger

Feel good movies are making their way into the theaters, and *The Blind Side* definitely fits the category. Based on the book *The Blind Side: Evolution of a Game* by Michael Lewis, the story of a homeless man taken in by an affluent family is the life changing event that turned Michael Oher into an All-American football star.

Leigh Ann Tuohy (Sandra Bullock) is a lively Memphis socialite who has her and her family member's lives under control. Leigh Ann is a successful interior decorator, and the family owns a fast-food restaurant chain run by her husband, Sean (Tim McGraw). Naturally, the Tuohy kids, Collins (Lily Collins) and S.J. (Jae Head), want for nothing, but they're studious kids who have learned some valuable lessons from their parents — mainly not to discriminate.

As the Tuohys are driving one evening in the pouring

rain, Leigh Ann tells Sean to stop the car when she notices a big African American man walking in the freezing rain without a coat. The kids tell her Michael (Quinton Aaron) goes to their school, but hardly talks. She insists on taking Michael home for the evening and letting him sleep on the couch. When Sean checks into how this uneducated boy got into a private school, he learns Coach Cotton (Ray McKinnon) saw Michael's skills with a basketball and hoped to use him on their ailing football team.

Michael is soon accepted with open arms as one the Tuohy family members, even getting his own bed which he has never had. Each Tuohy has his own amazing hand in Michael's new life. Leigh Ann tries to find out about his real situation; Collins sticking up for him at school when others make fun of him, and Sean making sure he remains current with school requirements. The biggest outreach, and one of the funnier scenes in the movie is when S. J., about one fourth

of Michael's size, becomes his football coach helping him to workout, timing his play speeds and pushing him to excel. Leigh Ann hires Mrs. Boswell (Kathy Bates) to tutor Michael so they can get him into a college on a football scholarship.

John Lee Hancock (*The Rookie*), directs and wrote the heart-warming screenplay. Michael Oher's real life story is amazing, but it still takes skill to turn it into a compelling movie that's not too sappy. Hancock delivers on that point with no problem and is aided by a great cast.

Quinton Aaron carries his first lead role well. Even though he has little dialogue, his character is very emotional, and Aaron has no problem making us believe Michael's ups and downs. Bullock is in full form as the dominate but likeable Leigh Ann. We cringed at Bullock's role in *All About Steve*, and sighed at *The Proposal*. With *The Blind Side* Bullock is back and better than we've seen her in a long time. When she



The Tuohy family poses for their holiday picture in *The Blind Side*. Photo credit: Ralph Nelson / Warner Bros. Pictures

repeatedly goes to the football field and tells Coach Cotton how to play Michael, she's like a clove of garlic in an onion bag. "It was terrifying to think of playing her, but it was a challenge I couldn't say no to," Bullock said. "She's such an amazing person."

McGraw, Bates, and Collins fully portray their characters but it's Jae Head (*Hancock*) who puts smiles on faces and brings heart to the story. He's terrific as the half pint who becomes a soul mate to a gentle giant. Sports fans will enjoy that real-life college coaches including Lou Holtz, Phil Fulmer, Tom Lemming, Ed Orgeron, Franklin "Pepper" Rodgers, Nick Saban, Tommy Tuberville and Houston Nutt have scenes in the movie.

Not only does the movie take a positive look at discrimination but it also offers a remarkable view of what a true helping hand can do, like making the difference between a homeless bum and a sports' icon. *The Blind Side* is a great uplifting family film.

'Planet 51' — a good story with great animation



Lem (voiced by Justin Long) checks out his planet's new visitor astronaut Chuck Baker (voiced by Dwayne Johnson). Photo credit: ©2009 Columbia TriStar

Review by Haley Price

Planet 51 is a funny, alien-filled movie about a planet set in the 1950s. The movie opens with a mother pulling her alien son Eckle (voiced by Freddie Benedict) out of the movie *Humaniacs II*, which shows different aliens (Earthlings) coming to invade their planet. The mother thinks the movie is inappropriate for kids.

we get a good look at this town which features a 50's diner, 50's classic cars, white picket-fenced houses and — something I'm not familiar with but that my mom remembers — a milk truck delivering milk in bottles door to door. One unique thing about this planet that I liked is it rains rocks and not water like our planet. But that's okay because they have a rain cleaner, too! Everyone who lives here is a green color.

Chuck Baker (voiced by Dwayne Johnson) lands on Planet 51, everyone is afraid of him — they think he's come to make war with them. Lem (voiced by Justin Long), is a bright 16-year-old high school junior who likes to gaze at stars, and he dislikes anything out of the ordinary. He wants to date his pretty next door neighbor Neera (voiced by Jessica Biel) but is too shy to ask her out.

Neera likes him too, but she has a strong personality and

unlike Lem, does not always do the right thing. So when the guitar-playing hippie Glar (voiced by Alan Marriott) asks her to go with him to protest a cause, she joins him.

This is when Chuck's flying saucer lands. The government is out to capture him, and Skiff (Seann William Scott), Lem's best friend, already hates humans. He's sure the government is hiding humans on Planet 51. Still, he's not so keen on General Grawl's (voiced by Gary Oldman) actions as top military commander to destroy Chuck and Rover, a dog like robot that likes to play with the rocks after it rains. Skiff changes his mind when Lem learns Chuck is not a monster or out to hurt their planet. Adventure begins when Rover leads Lem, Neera and Skiff to Base 9 where the Planet 51 military is holding Chuck.

This is a great story and the animation is excellent. Everything from little puffs of smoke coming out of the cars, to the unique facial expressions of the characters is incredible. The kids in the story also learn some valuable lessons about standing up for the right things. *Planet 51* is a great movie that kids and adults will like.

REEL FACTS

The Blind Side
Studio: Warner Bros. Pictures

Gazette Grade: B
MPAA: "PG-13" for one scene involving brief violence, drug and sexual references
Who Should Go: Sandra Bullock fans

Planet 51
Studio: Columbia Tri Star Pictures
Gazette Grade: A -
MPAA: Rated "PG" for mild sci-fi action and some suggestive humor
Who Should Go: Families and adults who were around in the 50s

Outside of the movie theater

When Earth's astronaut

Mother Goose Parade line-up

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Chapter 3 Sponsor El Cajon Plumbing & Heating

1. Tijuana River Valley Equestrian Association
2. Chula Vista Mayor
3. South County Queens & Court
4. **Grand Marshalls The Chula Vista Little League**
5. Baseball Helium Balloons
6. Granger Jr. High School Marching Band
7. Kaleo O Nalani Polynesian Dancer
8. Elizabeth Sanchez (KPBS)
9. Associated Students of Grossmont College, Inc.
10. San Diego All Star Clown Club

Chapter 4 Sponsor La Posta Casino

1. San Diego Mystical Friesians and Friends
2. Mother Goose Parade Queens Float
3. Granite Hills High School Marching "Eagles Band"
4. Congressman Duncan Hunter
5. Humpty Dumpty Helium Balloon
6. Old King Cole
7. Winchester Widows
8. The Honorable John Witt
9. Le Troupe Renaissance

Chapter 5 Sponsor Sycuan Band of Kumeyaay Indians

1. Scripps Miramar Saddlebreds
2. Sycuan Kumeyaay Anita Norton
3. Sycuan Fire Truck
4. Great Spartan Band
5. The American Legion El Cajon Post 303
6. Boy Scouts Troop 362 & Flags over America
7. Miss El Cajon Amanda Olson and Miss Teen Erika Brenner
8. El Cajon Valley Lions Club
9. Our Lady of Perpetual Help School

Chapter 6 Sponsor Viejas Band of Kumeyaay Indians

1. San Diego County Team Penning Association

2. United Italian American Assoc. Columbus Float
3. Viejas Firetruck
4. Kymeeyah Queen and Court
5. Assemblyman Joel Anderson
6. Miss Santee Sierra Billock and Miss Santee Teen Nicole Ehike, Miss La Mesa Stephanie Packard, Miss La Mesa Teen Catalina Schwoitzer
7. Little Miss San Diego Queen and Court
8. Flying Hills School Kids
9. E Clampus Vitus, John P. Squibob Chapter

Chapter 7 Sponsor Barona Band of Mission Indians

1. Miss Rodeo Lakeside Mackenzie Cayford & Princesses Jillian Zavagel
2. Noah's Ark Float
3. The Gaskill Brothers Gunfighters & Re-enactors
4. Grossmont High School Royal Blue Regiment
5. Super Dentists
6. Senator Dennis Hollingsworth
7. Miss Rancho San Diego Angela Dalman and Teen Chelsea Cruz
8. Sons of Union Veterans Color Guard
9. Apollo Helium Balloon

Chapter 8 Sponsor Baby Frenzy

1. Miss Bulls Only Rodeo Queen 2009 Alycia Tayler
2. The Pirate Princess featuring Miss America Prelim. Titleholders
3. Pirate Cold Air Balloon
4. Holy Trinity School Float "The Black Pearl & Pirates of the Caribbean"
5. Spring Valley Middle School Marching Band
6. Elks Club Chapter 1812
7. Girls Scout Troop #6696
8. Rubios Dance Studio presents "Jr. Crew" and "Arms Wide Open"
9. California Tropics Princesses & Queen

Chapter 9 Sponsor Carl Burger Dodge

1. Romona Rodeo Poway Young Miss Junior Queen Kayla Douglas
2. Just Want To Make You Smile
3. Pink Army
4. Helix Highlander Band
5. 1961 Fletcher Hills Little League - Honorary Marshal
6. Sea World
7. 1957 Little Leaguers - Honorary Marshal
8. San Diego Clown Conspiracy

Chapter 10 Sponsor Mor

1. Escondido Mounted Police
2. Mount Miguel Alumni Marching Band
3. Al Bahr Shriners
4. Jumpin Jack Flash Mobile Music

Chapter 11 Sponsor Elks 1812

1. California National National Guard
2. Safari Aviation Grace McGuire
Riding with Grace is East County Gazette's Entertainment Editor Diana Saenger
3. San Diego Military Vehicle Collectors Club
4. Knight of Columbus

Chapter 12 Sponsor Pacific Trust

1. Carlsbad Lions Club
2. Rancho San Diego State Champions
Honorary Marshals
3. El Cajon Valley Marching Braves
4. Ballet Dance Group Ballet Folk Lorico
5. Cart Mart Green Cars
6. Itsy Bitsy Spider by Boo Parade & Blessed Sacramento School
7. Classic Towing caring the Scorpion Team
8. Pacific Trust Bank Float with Santa Claus
9. World Flags

SDG&E Annual LED light exchange illuminates start of the holiday season

'Tis the season for energy efficiency! San Diego Gas & Electric (SDG&E) is once again offering complimentary light-emitting diode bulbs (LEDs) to customers throughout San Diego County during this year's annual LED Holiday Light Exchanges. Along with new holiday lights, customers will receive a no-cost Home Energy & Water Savings Kit in an eco-friendly reusable shopping bag! The kit includes a low-flow showerhead and three faucet aerators.


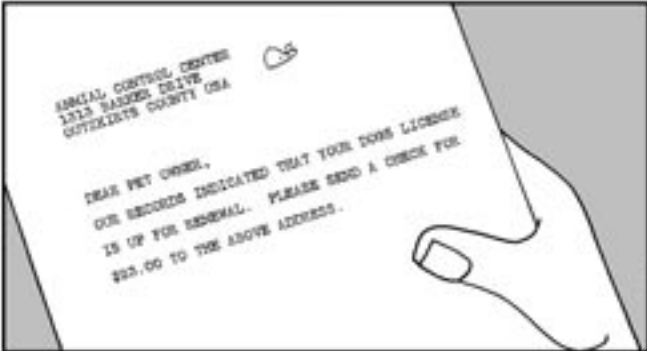
SDG&E and its community partners are hosting eight light exchanges throughout San Diego County, ringing in energy savings and increased safety for the holiday season. The exchange events will span from Oceanside to Chula Vista. SDG&E customers will be able to exchange up to three incandescent holiday light strands for multi-colored LED holiday light strands by simply presenting a copy of their current SDG&E bill or bringing their California ID.

LED holiday lights can save customers energy and money, when compared to traditional incandescent holiday lights. They cost up to 90 percent less to run, are cool to the touch, reduce fire risk, and are safer for use both inside and outside the home. LED lights also shine brighter and last up to 100 times longer than incandescent holiday lights.

El Cajon LED Holiday Light Exchange will be held Sat., Nov. 21, 2009 – 11 a.m. to 3 p.m. at the Water Conservation Garden, 12122 Cuyamaca College Dr., El Cajon.

— COMIC CORNER —

OUTZKIRTS By: David & Doreen Dotson



MOTOR AND SPORTS

2010 Kia Forte Koup EX



2010 Kia Forte Koup EX. Photos by Dave Stall

by Dave Stall

The Kia automotive manufacturers may be on a winning streak. First, the Kia Soul, now the Kia Forte Koup, is my test vehicle this week. Being a big fan of two door coupes I was pleased to see Kia looking to the past to forge to the future. Yes getting into the backseat of a coupe can be a pain, but the styling is everything. Just look at the Kia Forte 4-door sedan sitting next to the Koup. I know most folks prefer the four door which is more practical, but the Koup is outstanding.

The second thing I notice when I slipped behind the steering wheel was the audio and cruise control right at the driver's finger tips. That's a nice touch for a car that costs less than \$20,000. The seats are sporty and very comfortable with manual controls for the seat. The instrumentation has a sports feel to it, and is very

informative without a lot of confusion. The center console has two storage compartments, satellite radio, a CD player and plug-in for all the new techno gear that is out there. The back seat was surprisingly comfortable even though it took this old coot awhile to get back.

Performance was the third thing I noticed when I stepped on the gas pedal thanks to the peppy little 2.0-liter 4-cylinder, 16-valve dual overhead camshafts. The constant variable valve timing engine backed by a four speed automatic transmission gives plenty of power with 25 miles per gallon in the city and 34 on the open road with a potential of getting into the 40s. They do offer a 6-speed manual transmission which readers know would be my choice.

This is a great first car for the kids; it's safe, stylish, has good fuel mileage and a warranty that can't be beat - 10 year 100,000

mile power train warranty and a five year 60,000 mile bumper to bumper warranty. Opt for the Kia Extended warranty and the car is completely covered bumper to bumper for 100,000 miles all for under \$20,000. Hard to beat that deal.

This car is built for fun with sport suspension and great outside styling with black accented grill, body colored door handles, rear diffuser (so it cuts through the air for maximum fuel mileage and stability at high speeds). The chrome dual exhaust instead of the 2.5 mile per hour bumpers has increased that impact number up five miles per hour. As far as safety, as of this printing the NHTSA

has not posted the frontal and side impact numbers but it is for sale so it has met the basic standards of safety.

Safety is a main concern of Kia, and this car comes standard with the following safety items, anti lock brakes at all four corners, brake assist, electronic brake force distribution, electronic stability control, and traction control. Inside safety comes with front airbags, front seat mounted side airbags, full length side curtain airbags, front active headrests, tire pressure monitoring system.

Being a Koup, the back seat folds down at a 60/40 split to add to the storage needed from



Interior of the 2010 Kia Forte Koup EX.

the truck or inside the Koup. Looking for a car for the kids, a commuter or just second

second car for the family? Then consider the Kia and take one out for a spin.

Chargers roar ... Eagles soar

by Chuck Karazsia

Playing solid defense, displaying a few surprises on offense (wild-frog formation) and good special teams play, the Bolts outscored and limited the high-flying Donovan McNabb led Eagle offense not on the stat sheet, but on the scoreboard in the end when it counted.

Chargers quarterback Philip Rivers started the scoring first, finding fullback Mike Tolbert over the middle for a touchdown (his first of the season) giving San Diego a 7-0 lead.

The Chargers scored again this time in the second quarter. This 82-yard drive culminated with LaDainian Tomlinson scoring his first touchdown of the day, setup by a Rivers to Malcolm Floyd pass to the 3-yard line, giving the Chargers a 14-0 lead.

The Eagles were held to two Aker field goals (18, 25) before the half. Both teams went to the locker room with the Chargers on top 14-6.

Picking up where they left off, San Diego's L.T. scored his second touchdown of the day, this on an explosive 20-yard run midway through the third quarter. Sandwiched in between another Chargers touchdown was an Aker field goal (25-yards). Following that field goal Philip Rivers connected with Legedu Naanee on a 20-yard touchdown pass, (also his first of the season.)

Going into the fourth quar-

ter with a commanding 28-9 lead, it appeared the Chargers would coast to victory. That was not to be.

Philadelphia quarterback Donovan McNabb was not finished. Going into the final stanza McNabb already with 329-yards passing, threw two touchdown passes in the fourth quarter to get the Eagles to within five points at 28-23 San Diego.

Putting together an important 12-play, 66-yard time consuming drive. Chargers kicker Nate Kaeding converted on a 29-yard field goal to make the score 31-23, with just 30 ticks remaining on the game clock.

McNabb drove his Eagles to the San Diego 34-yard line with the game ending with an Antonio Cromartie interception (his team leading third INT of the season).

Living legend and future Hall-of-Fame running back LaDainian Tomlinson finished the day just shy of 100-yards rushing (96) moving him into 12th place in the NFL's all-time rushing list (12,145) past Thurman Thomas and Franco Harris. L.T. is now only 98-yards behind the great local Lincoln High alumnus Marcus Allen (12,243).

LaDainian also took sole possession of third place in the NFL's all-time touchdown list with 146.

"He breaks off the run in the red-zone. It's a 20-yard run. He looked explosive. He

hit a crease. He was patient. He did the things he does. I think he's getting into a good rhythm, and we're getting into a better rhythm blocking for him, commented the Chargers Head Coach.

After the game at the Chargers podium LaDainian Tomlinson happily revealed to the media the recent pregnancy of his wife. He was quoted saying, "God works in mysterious ways. It's a special thing about having a child."

Norv Turner has this to say about the Tomlinson's pregnancy, "I don't know who was aware. I was aware. L.T. was emotional when he found out. I went over about 15 or 20 minutes later and told him. This is going to be a special day."

Quarterback Philip Rivers once again at the top of his game completed 20-of-25 passes in the game for a career high 80% completion ratio, and no interceptions. He also finished the day with a season high passer rating of 131.8.

Antonio Gates was his favorite receiver in the game catching a team-leading 7 passes, 4 of them in the first quarter.

This win also should be credited to the Chargers defense. With two sacks in the game by Brandon Siler and Paul Oliver, the Bolts 'D' held the Eagles to three field goals after Philly had first and goal on each possession. Although giving up 450-yards passing to McNabb, the Chargers kept the Eagles out of the end-zone on

those three critical drives.

Also credit the Chargers coaching staff. Chargers skipper Norv Turner out coached the Eagles Andy Reid.

"I think this is the most complete game we played as a team," summarized Head Coach Norv Turner.

"Offensively we got done what we needed to get done. We protected Philip. He was sharp."

"Defensively, I was very pleased with what we did. They were able to get a lot of yards, but their style of offense is based on getting the ball up the field. I thought we contained that pretty well."

Regarding the Chargers running game he said, "I like the mix. I think we were 50/50 run-pass. I liked getting the explosive plays. I thought we gave L.T. a chance to get going. I thought Philip did a good job getting us in and out of the best plays."

"In a game like that when you get 27 rushes and end up with 120-yards I thought that was good."

This coming Sunday, the season is on the line for both teams. This is a must win game for both franchises. The winner will sit alone on top of the AFC West. The Chargers are looking to exact revenge for their earlier home loss to Denver. This could get ugly, but a win is a win. A loss would be devastating. Kickoff time is slated for 1:15 p.m.

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We can't wait for the pumpkin pie...

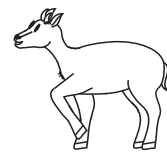


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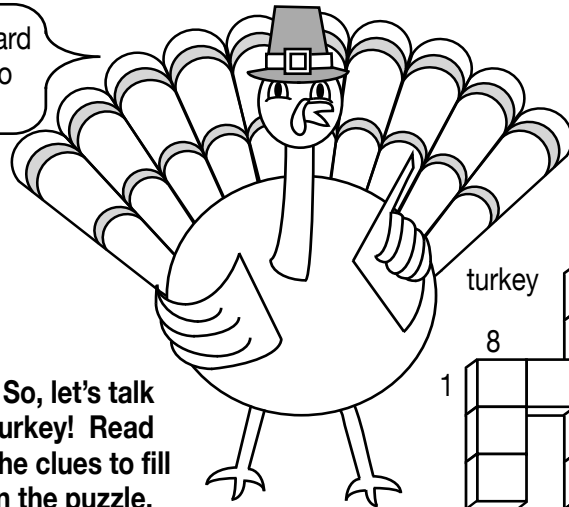
Animills LLC © 2009 V6-N47

...and the family football game.



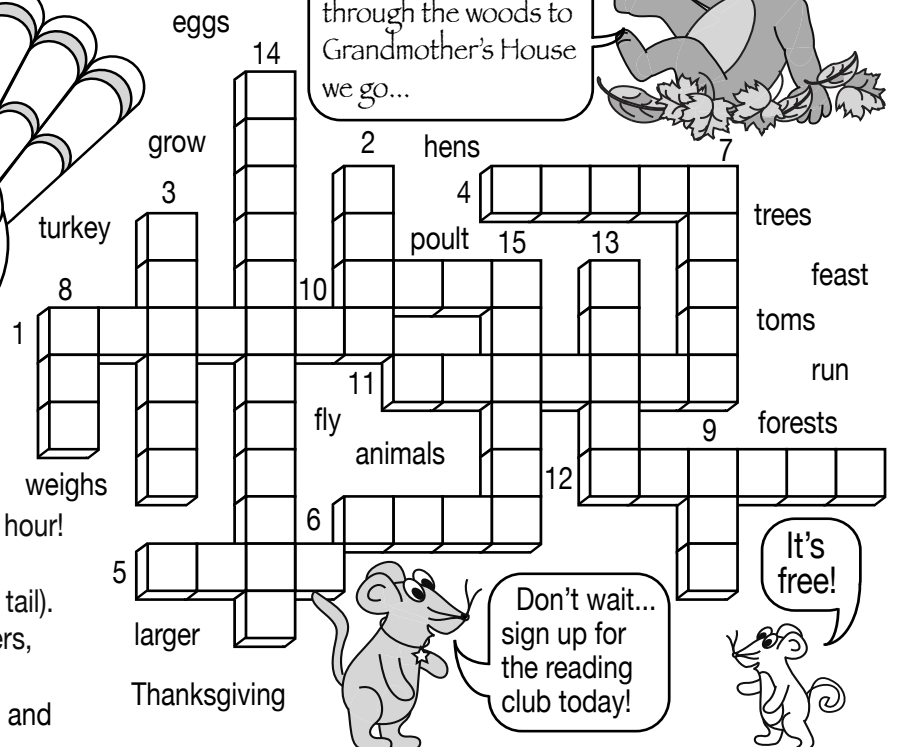
Happy Thanksgiving, Everyone! ♪ ♪

Let's Talk Turkey! Have you ever heard people say that? They mean that they want to talk in a plain way or get down to business.



So, let's talk turkey! Read the clues to fill in the puzzle.

- The turkey comes from the _____ of North America.
- In a year, a female turkey can lay between 80-100 _____ - about 1,000 per lifetime.
- Turkey eggs are brown and speckled. They are _____ than chicken eggs.
- A baby turkey is called a _____.
- Female turkeys are called _____.
- Male turkeys are called _____.
- Turkeys sometimes sleep in _____.
- Only wild turkeys can _____. They travel short distances, up to 55 miles per hour!
- If you scare a turkey, it can _____ up to 20 miles per hour.
- Male turkeys can _____ to 4 feet long, and females to 3 feet long (including tail).
- Wild turkeys eat plants and _____: nuts, seeds, flowers, ants, grasshoppers, small frogs and lizards.
- In diaries describing the Pilgrims' "Thanksgiving," it doesn't say that the Pilgrims and Indians ate _____, but only "wild fowl."
- Since the Wampanoag People - the Native Americans who ate the harvest _____ with the Pilgrims - ate wild turkey, it is thought that they introduced it to the Pilgrims.
- Today, it is thought that at least 90% of families enjoy turkey for their _____ dinner.
- The average wild turkey _____ about 12 pounds while a turkey sold in the supermarket averages about 15 pounds.

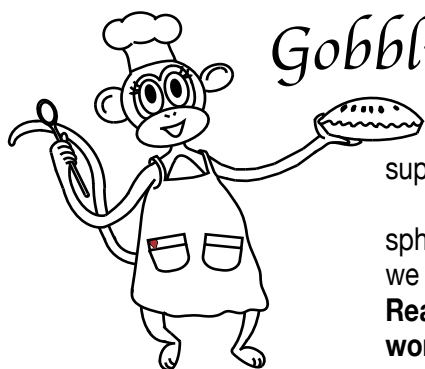


Over the river and through the woods to Grandmother's House we go...

It's free!

Don't wait... sign up for the reading club today!

Our **Free Fall Wordsearch Printable Puzzles** are ready for your family on our website www.readingclubfun.com. Join our **free international reading club** to help your kids keep reading. Enjoy our seasonal newsletters, and lists of the new kids' books and movies coming out.



Gobbling Pi(e)!

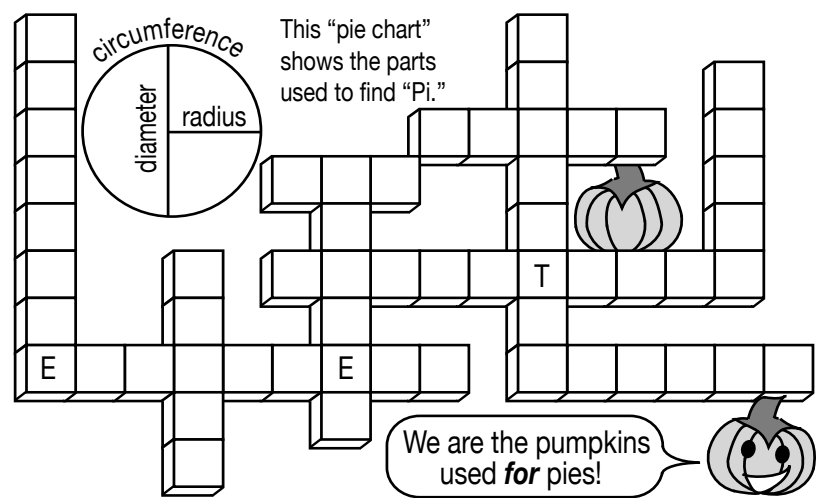
Have you ever heard of Pi? I don't mean the apple or pumpkin kind! I'm talking about the Pi used in math. Pi is a number. It's the number you get when you divide the "line around" the outside of a circle by the "line going across" the middle point of the circle. Pi is the same for every circle!

Pi is the number 3.14159...the numbers to the right side of the decimal point never end - they go on and on forever. Even supercomputers have not found the last number in Pi.

Why do people care about Pi? It can tell you the area of a circle or the volume of a sphere (basketballs and soccer balls are spheres.) Why should you have to learn about Pi? Because Pi is used in the math people use to design or build everyday things we need such as machines.

Read these statements to learn how Pi helps us figure out how parts of our world work! Then fill in the puzzle with the words in bold print:

- Architects use Pi to design patterns like curves and **arches** in houses and buildings.
- Scientists** use Pi to learn how molecules work in our body, which helps them design new medicines.
- To make the arcs and curves in the **print** you are reading right now on this page.
- Engineers** use it to design every part of a bridge: arches, beams, wires.
- Parts of a **car** - steering wheel, engine belts, tires and gears - are all designed using Pi.
- When an **airplane** travels around the earth it is on the path of an arc. The path must be figured out in order to know how much fuel the plane will need.
- The program an artist uses on his **computer** to draw 3-D drawings and artwork will use Pi.
- TVs and **radios** are designed using Pi to let them receive programs over the air.
- Sports stadiums and the **domes** built over them were figured out by using math with Pi!
- Your bicycle tires and **gears** were designed using math that has Pi in it.



LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030066
FICTITIOUS BUSINESS NAME(S): Pool Beautiful
Located at: 15117 Creek Hills Rd., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: January 1, 1995
This business is hereby registered by the following: Jerome Bulinski 15117 Creek Hills Rd., El Cajon, CA 92021; Penny Bulinski 15117 Creek Hills Rd., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009.
East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029928
FICTITIOUS BUSINESS NAME(S): a.) Kevin Perkins Enterprises b.) Advanced Cleaning Systems
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 October 19, 2009
East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

PUBLIC NOTICE
MISSING PERSON- Attempting to locate Lawrence Mujais in the matter of an estate. Last seen in La Mesa 20 years ago. Call (619) 593-6848.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030074
FICTITIOUS BUSINESS NAME(S): Mike's E-Z Foods
Located at: 3012 Jamacha View Dr., El Cajon, CA 92019
This business is conducted by: A Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Michael A. Melius 3012 Jamacha View Dr., El Cajon, CA 92019; 2. Deborah C. Melias 3012 Jamacha View Dr., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009
East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029961
FICTITIOUS BUSINESS NAME(S): Ecological Biohazard Cleaning dba EBC
Located at: 1235 E. Lexington Ave., El Cajon, CA 92019
This business is conducted by: Co-Partners
The business has not yet started.
This business is hereby registered by the following: 1. Theodore G. Aufort 8662 Wintergardens Blvd., Lakeside, CA 92040
2. Susan Leaman 1235 E. Lexington Ave., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009
East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031146
FICTITIOUS BUSINESS NAME(S): Abby Cab
Located at: 475 Jamacha Rd., Apt. 22, 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: Waleed S. Meyou 475 Jamacha Rd., Apt. 22, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on November 02, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031832
FICTITIOUS BUSINESS NAME(S): Credit Cure 101
Located at: 3910 Chapman St., Ste. A, San Diego, CA 92110
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Todd Bernard 3910 Chapman St., Ste. A, San Diego, CA 92110
This statement was filed with Recorder/ County Clerk of San Diego County on November 09, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029348
FICTITIOUS BUSINESS NAME(S): The Godfather Smoke Shop
Located at: 1138 Garnet Ave., San Diego, CA 92109
This business is conducted by: An Individual
The first day of business was: September 20, 2003
This business is hereby registered by the following: Devon Gappy 1875 Hacienda Dr., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on October 13, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 2009


CITY OF EL CAJON
NOTICE INVITING SEALED BIDS
PUBLIC PROJECT: FABRICATION AND INSTALLATION OF WAYFINDING SIGNS AT VARIOUS LOCATIONS
ENGINEERING JOB NO. 3248
BID NO. 017-10
BIDS MUST BE RECEIVED BEFORE: 2:00 p.m. on December 29, 2009
BIDS TO BE OPENED AT: 2:00 p.m. on December 29, 2009
PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Guest Relations Desk
200 Civic Center Way
El Cajon, CA 92020

NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$5.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

The Contractor and its subcontractors shall pay minimum labor wage rates as follows:

a) California General Prevailing Wage Rates

In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascertained the general prevailing rate of wages as determined by the Director of the Department of Industrial Relations applicable to the work to be done as listed in the California Department of Transportation publication entitled general Prevailing Wage Rates which is on file in the office of the City Clerk.

Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. Current determinations are available online at www.dir.ca.gov/DLSR/PWD/index.htm.

Any contractor who is awarded the contract and intends to use a craft or classification not shown on the general prevailing wage determinations, may be required to pay the wage rate of that craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

or

b) Federal Minimum Wages

Federal minimum wage rates for this project as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions. Current determinations are available online at <http://www.gpo.gov/davisbacon/ca.html>.

If there is a difference between the Federal minimum wage rates predetermined by the U.S. Secretary of Labor and the prevailing wage rates determined by the City of El Cajon for similar classifications of labor, the Contractor and its subcontractors shall pay not less than the higher wage rate.

This is a Federally funded project with many Federally mandated requirements, such as for Non-discrimination, Equal Employment Opportunity, Non-Segregated Facilities. Please refer to the Bidder's Submittal Package and the full Specifications for complete details and instructions for meeting all the Federal requirements.

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of

the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

A Performance Bond and Labor and Material Bond, each in an amount equal to 100% of the contract, shall be executed by the successful bidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public Contract Code.

The Contractor shall, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor or subcontractors.

Bids shall be delivered to the Purchasing Agent at the 1st floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, they will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been delinquent or unfaithful in any former contract with the City.

In all contracts subject to this part where federal funds are involved, no bid submitted shall be invalidated by the failure of the bidder to be licensed in accordance with the laws of this state.

However, at the time the contract is awarded, the contractor shall be properly licensed in accordance with the laws of this state. The first payment for work or material under any contract shall not be made unless and until the Registrar of Contractors verifies to the agency that the records of the Contractors' State License Board indicate that the contractor was properly licensed at the time the contract was awarded. Any bidder or contractor not so licensed shall be subject to all legal penalties imposed by law, including, but not limited to, any appropriate disciplinary action by the Contractors' State License Board. The agency shall include a statement to that effect in the standard form pre-qualification questionnaire and financial statement. Failure of the bidder to obtain proper and adequate licensing for an award of a contract shall constitute a failure to execute the contract and shall result in the forfeiture of the security of the bidder.

Dated: November 19, 2009
/s/ Dede Porter
Purchasing Agent
East County Gazette- GIE030790 11/19, 11/26/0

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030613
FICTITIOUS BUSINESS NAME(S): Family Discipleship Ministries
Located at: 561 N. Magnolia Ave., El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: May 19, 1999
This business is hereby registered by the following: Family Support Foundation 561 N. Magnolia Ave., El Cajon, CA 92020
Family Support Foundation California
This statement was filed with Recorder/ County Clerk of San Diego County on October 27, 2009.
East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027699
FICTITIOUS BUSINESS NAME(S): a.) Schreiner Financial Solutions b.) SFS
Located at: 7777 Alvarado Rd. Suite 261, La Mesa, CA 91941
This business is conducted by: An Individual
The first day of business was: January 20, 2004
This business is hereby registered by the following: 1. Susan A. Schreiner 1721 Lisbon Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 28, 2009.
East County Gazette- GIE030790 11/05, 11/12, 11/19, 11/26, 2009


CITY OF EL CAJON
PUBLIC NOTICE
FY 2010-11 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

Under Title I of the Housing and Community Development Act of 1974, as amended, cities such as El Cajon are provided with an opportunity to implement community improvement programs and/or projects not otherwise possible under the constraints of the regular City budget. In order to receive the funding, the City must submit a proposal of projects to the U.S. Department of Housing and Urban Development for FY 2010-11 (July 1, 2010 – June 30, 2011) by May 3, 2010.

To determine which activities will best meet the needs of the El Cajon community, City officials believe it is important to obtain input from residents, non-profit organizations and others on how the Community Development Block Grant (CDBG) funds should be spent. The City of El Cajon therefore extends an invitation to the community to submit project proposals for the thirty-sixth year of this program, to the Department of Redevelopment and Housing by 4:30 p.m. on December 4, 2009. The City welcomes and encourages citizen participation in the establishment and implementation of our thirty-sixth year of the CDBG Program.

The City of El Cajon estimates it will receive approximately **\$1,250,000** in federal CDBG funds for program year 2010-11. In order to receive the funding, the City must submit a list of proposed projects/programs, which are operated by non-profit organizations and designed to meet one or more of the following national objectives:

- 1) Benefit a majority of low/moderate income residents; and/or
- 2) Alleviate an immediate and serious threat to the health and/or welfare of the community when no other source of funding is available; and/or
- 3) Serve to prevent or eliminate conditions of slum and blight.

The emphasis of the City's CDBG program will be on activities, which will improve the living conditions/environment for low and moderate income families in El Cajon. Residents/organizations should keep the goals of the City and the national objectives in mind when preparing their proposals.

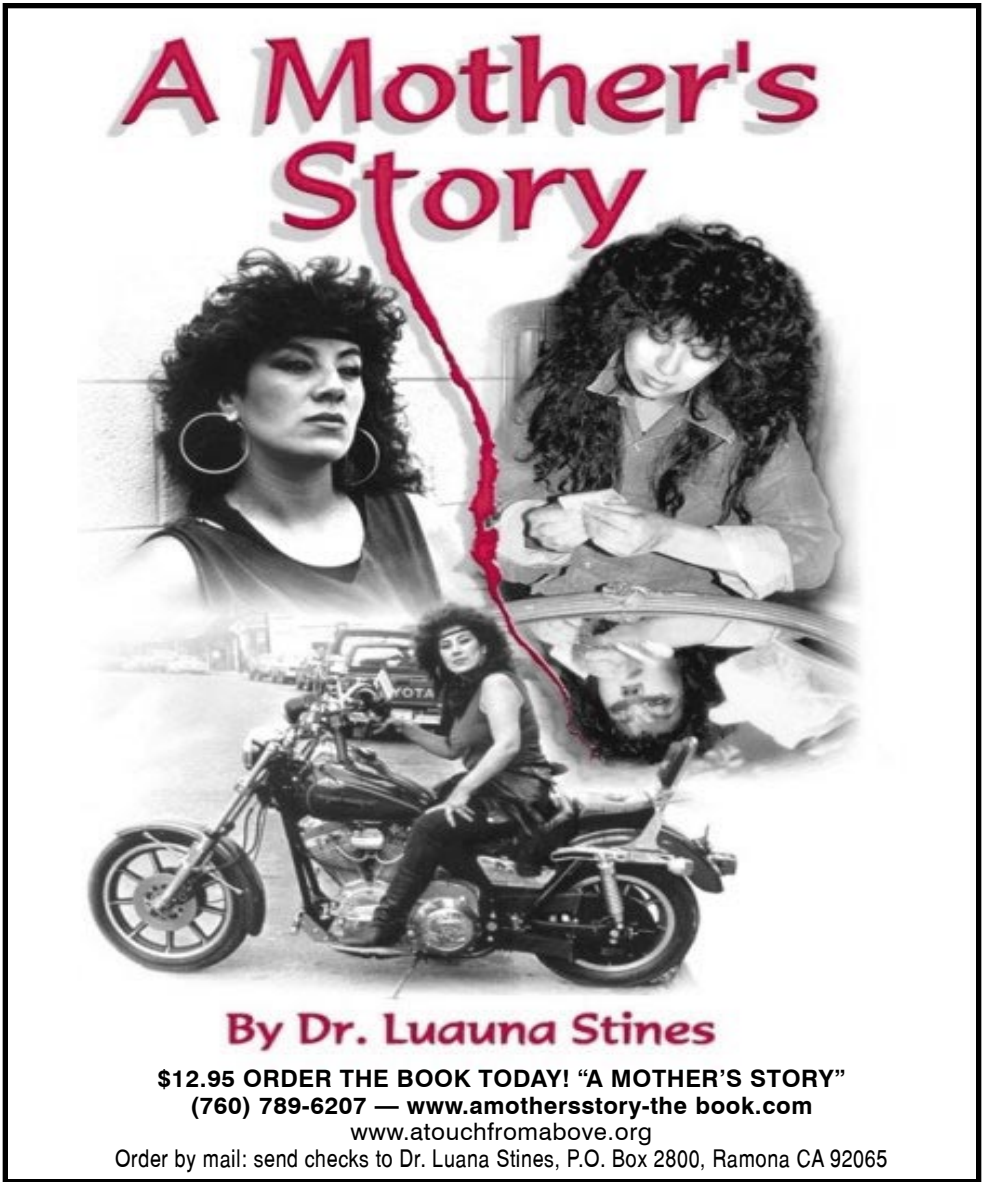
Any non-profit organization wishing to submit a proposal for funding consideration may do so by obtaining an application from the Department of Redevelopment and Housing. All completed applications must be submitted no later than 4:30 p.m. on Friday, December 4, 2009.

The City Council will hold a public hearing on the proposed CDBG projects on Tuesday, February 9, 2010 at 7 p.m. to allocate FY 2010-11 CDBG funds. A second public hearing will be held on Tuesday, March 23, 2010 at 3:00 p.m. Final adoption of funding allocations is expected to occur at the second public hearing. All meetings will be held in the Council Chambers located at 200 Civic Center Way in El Cajon. Please look in this newspaper two weeks prior to the meeting dates for the specific times of the meetings.

For additional information on the City's CDBG program, please contact Xavier Velasco in the Redevelopment and Housing Department at (619) 441-1786.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen, are speech and/or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

East County Gazette- GIE030790 11/19, 11/26/2009



A Mother's Story

By Dr. Luana Stines

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FANITA 48 – SANTEE
Emmerson Construction, Inc.
General Contractor, License# 77577,
Address 5993 Avenida Encinas,
Suite 101
Carlsbad, CA 92008
Phone # 760-456-6020

Is hereby soliciting construction bids from DVBE, MBE, WBE and section 3 subcontractors. The project, Fanita 48 Family Apartments is located at 8616-8630 Fanita Drive, Santee, CA 92710.

We are requesting alternate bids to include prevailing wage rates for State and Federal (submit separate prices for each). Estimated start date December 2009; completion date July 2010. Bid due date is November 24, 2009. Interested bidders may email Adria Vidaurri at avidaurri@emmersonconstruction.com.

East County Gazette- GIE030790
11/19/2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030288
FICTITIOUS BUSINESS NAME(S): Sanoes Furry Kidz Pet Grooming
Located at: 723 E. Bradley Ave., El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following:
Selma M. Watt 450 S. Sunshine Ave., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on October 22, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-032283
FICTITIOUS BUSINESS NAME(S): The Applecrate
Located at: 8458 Briar Glen, El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: May 13, 1985
This business is hereby registered by the following: Judith S. Kirk 8458 Briar Glen, El Cajon, CA 92021
Raymond Kirk 8458 Briar Glen, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on November 16, 2009.

East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-029618
FICTITIOUS BUSINESS NAME(S): Mag. Magnet Inc.
Located at: 9324 San Carlos St., Spring Valley, CA 91977
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Mag. Magnet Inc. 9324 San Carlos St., Spring Valley, CA 91977
This statement was filed with Recorder/County Clerk of San Diego County on October 15, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-031053
FICTITIOUS BUSINESS NAME(S): Mercado Del Pueblo
Located at: 6503 Imperial Avenue, San Diego, CA 92114
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: LMBO, Inc. 6503 Imperial Avenue, San Diego, CA 92114
This statement was filed with Recorder/County Clerk of San Diego County on October 30, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030757
FICTITIOUS BUSINESS NAME(S): Student Venture
Located at: 12355 World Trade Drive #11A, San Diego, CA 92128
This business is conducted by: A Corporation
The first day of business was: January 17, 1984
This business is hereby registered by the following: 1. Campus Crusade for Christ, Inc. 100 Lake Hart Drive, Orlando, FL 32832
This statement was filed with Recorder/County Clerk of San Diego County on October 28, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030959
FICTITIOUS BUSINESS NAME(S): Young Threads
Located at: 10981 San Diego Mission Rd., Suite 220, San Diego, CA 92108
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Alex J. Pitkin 9301 Lake Murray Blvd., Unit B, San Diego, CA 92119; 2. Chris Pitkin 4777 Del Monte Ave., San Diego, CA 92107; 3. Martin Cachero 9361 Hillery Dr., Apt. 20308, San Diego, CA 92126
This statement was filed with Recorder/County Clerk of San Diego County on October 29, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030815
FICTITIOUS BUSINESS NAME(S): a.) Ivan Stewart's Electric Bicycle Center b.) Ivan Stewart's Electric Bike Center
Located at: 14402 Bond Court, El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: October 27, 2009
This business is hereby registered by the following: 1. Linda Stewart 14402 Bond Court, El Cajon, CA 92021; 2. Ivan Stewart 14402 Bond Court, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on October 28, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-031029
FICTITIOUS BUSINESS NAME(S): Bill's Truck and Tractor Repairs
Located at: 8622 Valley View Trail, Pine Valley, CA 91962
This business is conducted by: An Individual
The first day of business was: May 1, 1996
This business is hereby registered by the following: Bill Hoskins Sr. 8622 Valley View Trail, Pine Valley, CA 91962
This statement was filed with Recorder/County Clerk of San Diego County on October 30, 2009.

East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030917
FICTITIOUS BUSINESS NAME(S): Dave's Furniture
Located at: 131 E. Main St., El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: August 11, 1984
This business is hereby registered by the following: 1. Daoud Malikyar 1233 Pillsbury Lane, El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on October 29, 2009.

East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2009-00069747-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: JULIA MARIE MOORE FOR CHANGE OF NAME PETITIONER: JULIA MARIE MOORE
HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JULIA MARIE MOORE
TO: JULIA MARIE MILLS

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, FOURTH FLOOR, on December 21, 2009 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 29, 2009.

East County Gazette – GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-031221
FICTITIOUS BUSINESS NAME(S): Nordahl Liquor
Located at: 740 Nordahl Rd., Suite 112, San Marcos, CA 92069
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Rabee Rahim Polis 1660 Arnheim Court, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on November 03, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-028763
FICTITIOUS BUSINESS NAME(S): Madina Market, Inc.
Located at: 6957 University Ave., La Mesa, CA 91941
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. Madina Market Inc. 6957 University Ave., La Mesa, CA 91941
This statement was filed with Recorder/County Clerk of San Diego County on October 07, 2009.

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-028966
FICTITIOUS BUSINESS NAME(S): Carpet & Flood Patrol
Located at: 8445 Snow White Dr., El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: June 13, 1995
This business is hereby registered by the following: Rigoberto Figueroa 8445 Snow White Dr., El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on October 08, 2009.

East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009

TO PLACE YOUR
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(619) 444-5774

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2009-00070512-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: BRIAN RUSSELL FOR CHANGE OF NAME PETITIONER: BRIAN RUSSELL
HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

BRIAN KEITH RUSSELL
TO: BRIAN MATTHEW BRANDT

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on December 09, 2009 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 NOVEMBER 02, 2009.

East County Gazette – GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030485
FICTITIOUS BUSINESS NAME(S): Doomed Industries
Located at: 294 Chambers St. #14, El Cajon, CA 92020
This business is conducted by: Husband and Wife
The first day of business was: October 26, 2004
This business is hereby registered by the following: Jason Vaughn 294 Chambers St. #14, El Cajon, CA 92020
Kristi Runge-Vaughn 294 Chambers St. #14, El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on October 23, 2009.

East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030951
FICTITIOUS BUSINESS NAME(S): a.) ICE Diamond b.) ICE Diamond Jewelry
Located at: 186 Decker Ct., El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: October 29, 2009
This business is hereby registered by the following: Ziad M. Azari 186 Decker Ct., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on October 29, 2009.

East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-029844
FICTITIOUS BUSINESS NAME(S): Zeba Jan Enterprises LLC Smooth Cab
Located at: 11374 Creek Stone, San Diego, CA 92128
This business is conducted by: A Limited Liability Company
The first day of business was: March 20, 2004
This business is hereby registered by the following: Zeba Jan Enterprises LLC 11374 Creek Stone, San Diego, CA 92128
This statement was filed with Recorder/County Clerk of San Diego County on October 19, 2009.

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

Dear Luauna



Dear Marijuana Smoker,

Well, God did create the plant and many others, poison oak for example, would you like to roll around in that? I am sure there are thousands of things that help people feel more comfortable, like drinking and yet drinking only leads to cirrhosis of the liver, alcoholism and many painful events. It is amazing how at first, it seems to be so enticing, but in the end the bottle drinks out of that person and only brings destruction.

Unfortunately, alcohol is legal, but marijuana is an illegal drug. There is a scripture in the Bible that says, "There is a way that seems right to a man but the end of it is death." Marijuana is a crutch and you are using illegal drugs, you are breaking the law, violating God's principle and bringing destruction to your own body. Like the alcoholic, you have become addicted and you need help.

You are a terrible example of a Christian, you need a good Christian rehab center and surround yourself with true friends that will tell you the truth. Stop making excuses to get loaded because your flesh, your carnal nature enjoys getting high. Also, you are purchasing marijuana and could end up in prison, stop and look at the whole picture; you are deceived and have convinced yourself that your actions are "ok". If you don't get help immediately, I am afraid of what will happen to you in the future, it will not be pleasant. Jesus is your answer and He loves you. He can set you free, if you give it to Him. Read these verses: Proverbs 12:15, Proverbs 14:12, Proverbs 13:20.

Visit our church services: A Touch From Above, 16145 Hwy 67, Ramona, CA 92065, Sundays at 8:30 a.m. & 10:30 a.m.; Wednesdays at 7 p.m.

Submit questions to: questions@drluana.com

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 www.drluana.com

www.atouchfromabove.org www.amothersstory-thebook.com

Dr. Luauna is an Evangelist. Following is a list of her ministry activities:

- Television: A weekly public access program airing from San Diego across to the east in Atlanta, GA.
- Radio: A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)
- Mission America: Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.
- Mission Africa: We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.
- Christian University & Seminary: In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.



Peter Zindler

- Prayer Mountain & Local Church Services: Sunday 8:30 a.m. and 10:30 a.m., 16145 Highway 67, Ramona, CA 92065

Men Only Struggling with pornography and other addictions? Peter Zindler Every Tuesday at 7 p.m.

Our Best Friends

Bicycle rider wants dog safety tips... ask a trainer

Dear Trainer,

I'm a bike rider and have had some close encounters with loose dogs and was wondering how to handle these scary surprises? Luckily, the owners of the dogs have been around and were able to get their dogs before the dogs got me, but I'm afraid that might not be the case in the future. Do you have any ideas or suggestions about what to do if I come across dogs that want to chase me? I would rather not do anything that provokes or injures a dog since it seems to me that might things worse.

Signed,
Wheeling for Ideas

Dear Wheeling,

Thank you for the great question and I'm so happy that you are looking for ways to solve this problem without violence. You are correct that confronting a dog might make matters worse, since a dog that is chasing something is a pretty aroused animal and capable of much more damage to a human in that heightened state.

What you can do
Always carry a cell phone

with your local Animal Control's number stored. A cell phone is also important if you need emergency help. Loose dogs, no matter what the intention of people allowing their dogs to roam, are illegal unless the dog is in a designated off-leash area. It's important to report loose dogs, since dogs on the run are not only a danger to the likes of people, but are also in danger of being hit by cars, teased by kids, or attacked by coyotes in those areas where wild canines thrive. Try to get a photo or video if you have time (of course be safe) so you have a record of the dog in case Animal Control is unable to get to the area right away.

Next try to avoid any loose dog, whether you think he/she is friendly or not. Change directions, take a wide birth, and don't make eye contact. Try not to move too quickly as this can cause the dog to chase and build up more adrenaline.

Carry protection, but do so with caution. Using products such as "Direct Stop" can buy you a short time to get away from a roaming dog, but you will need to be within the range

of about 10-feet to spray the product at the dog's face. If the dog is not in a completely aroused state of mind, these products can work well, but they can also backfire if the dog is not "thinking" clearly and can often make matters worse.

A can of club soda also can work. Shake it and throw it as a way to startle the dog. When you shake the can, the carbonation should get the contents flowing hard enough to spray out, thereby causing the dog to take his/her attention from you and allowing you to move away. This won't buy you a lot of time, but sometimes just a little can be helpful.

There is another product called Pet Corrector that "hisses" and shoots out a strong spray of compressed air. In their advertising, they show a person on a bicycle using the spray on a chasing dog. This product is sold at many outlets. Please note however, that we don't recommend this product for many of the suggested things like aggression, place avoidance or barking.

Another idea is to carry a collapsible umbrella with you. Most Southern California dogs are not used to seeing open umbrellas, so if a dog approaches you, you can pop open the umbrella in the direction of the dog. Not only can this startle the dog, but also gives you something to use to protect yourself if needed. It's far better to have a stray dog take the umbrella in his/her mouth rather than your body parts. One trainer I know painted a really scary face on her open umbrella, so if she has to pop it open, there are big eyes, and a full set of teeth showing, which might be enough to cause the dog to hesitate.

Carry food treats with you. You can always throw food at the on-coming dog to get

his/her attention, but you will need to throw a lot to keep the dog searching rather than following you as a good food resource. I have tossed my treat bag full of treats toward a dog that was moving too fast for my comfort. I lost a treat bag, but the dog forgot about me when he got a whiff of the cut up turkey in my bag. The downfall is that you might reinforce the dog for chasing people on bikes, but if you report the dog and then avoid the area, your local Animal Control should take action if you are able to identify the dog and the dog isn't likely to put two and two together—people on bikes throw treats when I chase them.

The other risk with loose dogs is falling from your bike and becoming injured, so do

always wear your safety equipment to minimize this risk.

Finally, your bicycle can be a form or protection if a dog gets really close to you—get off of your bike and use it to block the dog from getting to you.

Overall, loose dogs are a problem and not only are bike riders at risk, but children, and others that might be accosted by them. Most dogs are friendly, but that should never be assumed, and aside from the above suggestions, reporting the offenders is the best way to avoid what might result in a tragedy for you or others.

Good luck and happy riding!

Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

ADOPT-A-PET

Meet Sassy! Sassy is a teenage strawberry roan Appaloosa mare. Sassy is kind, trustworthy, completely sound, consistent and very "forward" in nature. Sassy is not arena horse, she longs for the open trail, and the more challenging, the better! Sassy can scale any trail or hill with sure footed confidence and determination. Sassy ties, trailers, and can be turned out with any other horse. Sassy is very calm and easy going in the corral, but once you saddle her up, or hop on bareback she does not want to be held back for long! Sassy is never dangerous, stops easily on command, but this fiery miss wants to move out! Sassy needs a calm, confident, experienced rider who has the patience to make this special lady their true companion and partner in adventure. If you are interested in adopting Sassy, call Karen, (619) 221-9191. Tijuana River Valley Animal Rescue A 501 (c) 3 Non-Profit Organization. Adoption fee \$ 750.



Meet Melvin... A joyful little guy (13 lbs) with lots of kisses to give. Everyone immediately becomes Melvin's best friend, but some of his four legged pals find him a bit pushy. Melvin is looking for a fun family with children over 8 years old and with time to show him what a great walking partner is all about. His unique looks will get him some serious attention at the dog park and the his grooming will be minimal. Melvin's adoption fee is \$150 which includes his neuter, vaccinations, deworming treatment, training DVD, 1 free months of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m.-5 p.m. For details call (760) 757-4357 or visit www.nchumane.org. ID 48075



Gracie is a happy, tail-wagging 5-year old Boxer/Pit Bull mix. She is 72 pounds of energy. Gracie already knows "sit" and will benefit from some additional obedience training. She'll do best in a home with no small children, because of her strength and size. Gracie loves to play fetch and is very social. She is a spotlight dog in the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. Her \$69 adoption fee includes vaccinations, license, microchip and spay. For more information, please call (858) 205-9974.

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November 9-30



Win Viejas promotional gift cards loaded with cash – just in time for the holidays! Here's how it works:

- PLAY:** Start earning tickets with your slot play* November 9 at 8am.
- WIN:** Win great prizes with your tickets:
- 500 tickets = Long Sleeve Viejas T-shirt
 - 1,500 tickets = \$25 Viejas promotional gift card
 - 5,000 tickets = \$100 Viejas promotional gift card
 - 20,000 tickets = \$500 Viejas promotional gift card

*Select Video Poker games are excluded from this promotion. Viejas promotional gift cards cannot be used for live Poker play or alcohol purchases.



If You're Not Playing at Viejas,
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Get \$25 Free Play Cash when you sign up for the FREE V Club and earn 15 base V points with your play that day.

Offer expires November 30. Available for new V Club members only. Visit any V Club booth for details.

SIGN UP TODAY!



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Visit any V Club booth for official rules. Viejas reserves all rights. Please play responsibly. For help with problem gambling, call 1-800-426-2537. © 2009 Viejas Casino, Alpine CA.

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