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VC Sesquicentennial*

Unique Cake Recipe

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Keep It Local

Keep It Local With Path to Wellness Massage and Weight Loss Centers

Path to Wellness has expanded to 28547 Sunset Road in Valley Center.

Debbie Boston is still offering her high quality therapeutic massage and Holistic therapies, such as deep tissue massage, sports massage, geriatric and pregnancy massage. Included in her massages is the Cold Laser Therapy, which helps reduce inflammation and muscle soreness.

Her Center now offers, Infra red sauna therapy. Benefits of this deep detoxification include Pain relief from arthritis, joint and muscular injuries, fibromyalgia and chronic pain. In a relaxing 30 minute session, experience relief from stress while burning as many as 500 calories.

Also offering ionic foot detox which helps to reduce feelings of fatigue and muscle aches while promoting healthy skin and toxin removal.

Path to Wellness offers the efficient and healthy IDEAL PROTEIN WEIGHT LOSS PROGRAM. Clients lose 3-7 pounds of fat per week on average while maintaining muscle mass. Give your pancreas a well deserved break and talk to Debbie about this very effective program.

For a limited time, Debbie is offering a full 60 minute massage for only \$49.00.

Visit www.Yourptw.com to view all the services Path to wellness has to offer.

Debbie is pleased to announce that Renee Meyst from Valley Fitness Studio will be offering customized fitness classes. Join her for an exhilarating 1 hour workout, 2 times a week. Visit Renee at www.valleyfitnessstudio.com

Linda Sundstrom Yeager will be having Pilates classes every Sunday morning. Linda is on the "faculty of UCSD, Miramar College and Director of Fitness Programs for the Salk Institute in La Jolla. Coming soon: Qi Gong and Yoga classes.

Valley Center Location:
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Valley Center, CA 92082
760-419-3550

San Marcos Location:
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San Marcos, CA 92078
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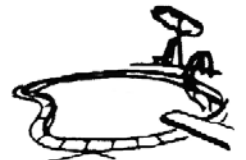
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Pala Vista Gas

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Valley Center Foods

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and some others . . .

COMMUNITY NEWS

Christmas 2011 Birth of a New Tradition

As the holidays approach, the giant Asian factories are kicking into high gear to provide Americans with monstrous piles of cheaply produced goods, merchandise that has been produced at the expense of American labor.

This year will be different. This year Americans will give the gift of genuine concern for other Americans. There is no longer an excuse that, at gift giving time, nothing can be found that is produced by American hands. Yes there is!

Everyone gets their hair cut. How about gift certificates from your local hair salon or barber?

Fitness classes are appropriate for all ages who are thinking about some health improvement.

Who wouldn't appreciate getting their car detailed? Small American owned detail shops would love to sell you a gift certificate.

How about pet grooming for the pet lover on your list?

Gift certificates from your local deli or restaurant, lawn mowing, driveway sealing, or games at the golf course. The ideas are endless.

How many people couldn't use an oil change for their car, truck or motorcycle, done at a shop run by the American working guy?

There are so many local crafts people who make jewelry, personal care products and art of all kinds.

How about a computer tune-up or the services of a local cleaning lady?

Plan your holiday outings at local, owner-operated restaurants.

Christmas is no longer about draining American pockets so that China can build another glittering city. Christmas is now about caring about US, encouraging American small business to keep plugging away and follow their dreams.

We care about our community, and the benefits come back to us in ways we couldn't imagine.

Check out the advertisers in this publication, I'm sure you will be inspired to keep it local.

Professional Referral Organization

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Meetings are every Tuesday
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www.vcpro.org

Valley Center
PRO

Special Events Planned for VC Sesquicentennial

- On April 28 we will be having a Sesquicentennial Fashion Show/Tea Show at Bates Nut Farm. There will be an opportunity to sponsor a "tea table", and be served special tea. There will be fashions of 15 decades.

The Fashion Show Committee is looking for clothes from the 1960's to 2012; men, women, and children's clothes, and especially house dresses. If anyone is interested in sponsoring a "tea table" at the Fashion Show, please let Sandra Farmer know (760) 638-0311.

- A group is planning a "Movie Night" (date unknown) at Bates Nut Farm. One of the many movies that was made in Valley Center will be shown, along with a community picnic under the stars.
- A "Poster Contest" for grades K-6 will start sometime at the end of November. There will be a 1st and 2nd place prize. Posters will be displayed at businesses around town and put on the Western Days float.

The Committee is keeping a "Master" calendar of these events in order to avoid overlapping dates. Please let Paula Haskell know when you have firmed up a date for your event.

Thank you for taking an interest in our town's history!

Paula Haskell, Chairperson, VC Sesquicentennial
760-427-1081 • PaulaHaskell@aol.com

Pork 'n Beans Cake

You will love this unusual recipe!

8 oz. can crushed pineapple and juice
16 oz. can Pork 'n Beans with juice
1 tsp. baking powder 2 tsp. cinnamon
2 tsp. baking soda 1/2 tsp. salt
2/3 cup oil 2 cups sugar
2 cups flour 4 eggs

Mash beans and add pineapple.
Add remaining ingredients and mix well.
Put in greased 9x13 pan.
Bake at 350 degrees for 30 minutes. Let cool.
Frost with cream cheese frosting.

Cream Cheese Frosting

8 oz. cream cheese softened
1 stick butter
1 tsp. vanilla
2 cups powdered sugar
Whip cream cheese and butter, add vanilla,
slowly add powdered sugar.

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*The deadline for advertising in the
February 2012 issue is January 15th.*

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FRONT PAGE ARTICLE: \$100.00

Includes "Special Offer" on home page of website.

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Banner ad can be linked to your own website.

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