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AUGUST 5-11, 2010

# Wall of Honor breaks ground



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## Jumping for joy



See page 23 for full story.

## What's new in theatres?

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funny in the theatre?

Read the reviews on  
'Cats & Dogs: The  
Revenge of Kitty Galore'  
by Diana Saenger  
and



"Dinner for Schmucks"  
by Michael Black  
on page 10

Get the real scoop on  
movies right here in the  
Gazette!



Dan Foster turns the first dirt at the groundbreaking spot for the Alpine Veterans Wall of Honor. See full story page 2. Photo credit: Kathy Foster

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# Local News & Events

## East County community comes together to honor Veterans



Colonel Phillip Morell and Floyd W. Nicholson share their war memories.

by Diana Saenger

Dan Foster and his Alpine Veterans Wall of Honor Committee have worked hard to implement a dream to build a Veterans Wall of Honor at the Alpine Community Center. This past Sunday Foster, past president of the Alpine Kiwanis who thought up the idea years ago, along with his fellow Alpine Kiwanians and Viejas partners, saw their efforts spring to life at an afternoon ground breaking ceremony.

Among tables loaded with food and patriotic décor, the

nual BBQ on September 18," Rizzo said.

Next up was the introduction of the Alpine and Lakeside Princesses who as part of their service to the community busied tables and made sure the guests were taken care of. Joel Anderson, California Assemblyman of the 77<sup>th</sup> District took the podium to present Dan and the committee a special recognition. "I couldn't be more honored to have a memorial to the men who gave us our freedom, and am proud to present this proclamation for this special honor," Anderson said.

Charlie Brown, Director of Viejas Community Relations, addressed the Tribe's financial investment in the wall. "We are pleased to be involved in the Wall of Honor and to do something special for those who gave us the freedom we have today," he said.

Herb Cawthorne, the M.C. for the event, and a member of the Wall Committee, introduced Foster. "He is kind, patient, and ready to go," Cawthorne said.

program started with a Knights of Columbus color guard, followed by a beautiful national anthem performed by Katelyn Schultz and the pledge of allegiance. Bob Jackson then introduced some of the local supporters of the Wall including the local VFW. Commander John Rizzo announced the group's contributions. "From our recent luau and other fundraisers we've donated \$2,220 to the Wall, and will donate all of the proceeds of our an-



Alpine and Lakeside Princesses in front of the Blackhawk Helicopters owned by Silvia and Ken Krauss and part of the Rattler/Firebird association that flew in Vietnam.



Alpine Wall of Honor Veterans Committee: L to R, Herb Cawthorne, Larry Curtis, Bob Jackson, Dave Kebert, Fernando Gonzalez, Dan Foster (bk), Pat Stalker, Al Martinez, Bill Burton, Photo credits: Kathy Foster

"He's the perfect person to carry this banner. He is us!"

Foster thanked everyone for attending and all the community businesses and people for taking the dream to the next level. He then put on his original uniform jacket from when he served in the Army in Vietnam. Pulling out his final paycheck stub still in a pocket and announcing it was for \$82.82, brought a warm laugh from the crowd.

"The reason for building this Wall varies," Foster said. "The WWII Veterans are leaving us at alarming rates. We wanted to say thank you to our veterans and also have something so that our youth can look at the wall years from now and say that was my father, grandfather or mother who fought for this country."

Among the youth attending the event, Junior Miss Alpine Alyia Bram read a commentary about why the Wall is important to her age group. People's

Choice of Alpine Gracie Jordan read a comment about her family's Veterans including one who fought in the Battle of Mogadishu.

Wall Committee member Larry Curtis introduced a special guest, 90-year old Colonel Phillip Morell, who showed up in his USMC blues. He was a local teacher for many years including the principal at Granite Hills High School in 1960. A letter was read from the Commandant of the Marine Corp about Morell. Oscar Knight of the Alpine Kiwanis and recently elected Kiwanis International Trustee, said, "This Wall is not only important to the freedom we enjoy everyday, but in ways we will never know."

Dan Parent of SDG&E spoke about his company's contribution to the Wall, and Rear Admiral Steele remarked how those whose names are on the wall will feel even better about serving their country.

The WWII Veterans attending the event were seated at

a special table in the room. Wall Committee member Bob Jackson introduced the men, told a little about their service and presented them with a special cap the Kiwanians ordered for them. I'm proud to say one of them was my 85-year-old father, USMC WWII Veteran Floyd W. Nicholson.

During the event guests enjoyed a great video created by Carol Lewis of local service members who served along with trivia about the wars. The crowd then moved outdoors where Foster invited every veteran there to overturn one scoop of dirt where the Wall will be constructed. Everyone then made their way to Alpine Community Park to listen to the inspiring Marine Corp Band.

Blocks for the Wall and bricks for a walk are on sale now. For more information send an email to [wallofhonor@alpinekiwanis.org](mailto:wallofhonor@alpinekiwanis.org) or call the Alpine Community Center (619) 445-7330.

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Veteran Jerry Hines of True Value turns dirt for the Wall.



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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights —

by Monica Zech  
City of El Cajon Public  
Information Officer

## Prescott Promenade ribbon cutting Aug. 13

Join us for the Grand Re-Opening of the Prescott Promenade set for 5:30 p.m. on Friday, August 13! The special ribbon cutting will be held prior to the Concerts On The Green that evening. Stop by and see how the Prescott Promenade has been enhanced with more space for community events, a new stage area with shade and energy-efficient lighting. Concerts On The Green will feature the rock and roll music of the Cat-illacs!

## A very successful DUI/Drivers checkpoint

The El Cajon Police Department held a DUI/Drivers License checkpoint on Friday, July 30, 7 p.m. to 2 a.m. Saturday, July 31. Statistics show 1,766 vehicles passed through the checkpoint, 1,059 vehicles were stopped. El Cajon Police arrested three drivers for driving under the influence, four other drivers were arrested on other charges, 39 vehicles were impounded. This and other checkpoints are held in an effort to reduce the number of persons killed and injured in alcohol involved crashes. DUI checkpoints are conducted to identify offenders and get them off the street, as well as educate the public on the dangers of impaired driving. The public is encouraged to help keep roadways safe by calling 911 if they see a suspected impaired driver. Funding for this operation is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

## It's Bike Night on August 11 at the car show!

Bring the family to the next Cajon Classic Cruise on August 11 when the theme will be Bike Night! Admission is free to the public for the Cajon Classic Cruise on East Main Street, just east of the Main and Magnolia intersection. Enjoy the cars, the restaurants, street vendors, food, and live entertainment. Car shows are presented by Sycuan Casino and the El Cajon Community Development Corporation. For more information on the Cajon Classic Cruise call the El Cajon CDC at (619) 401-8858, or visit them online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

## It's First Friday & Concerts On The Green August 6!

The 15<sup>th</sup> Annual Concerts on the Green continues this Friday, August 6, with the Stiletto's playing rockabilly music. Concerts are from 6 to 8 p.m. on Friday evenings, now through September 3. Don't forget, the temporary location for Concerts on the Green is the outdoor amphitheater at the East County Performing Arts Center pending completion of the renovation of the Prescott Promenade. You may want to bring a cushion for the amphitheater seating, or something to sit on outside the amphitheater area. You can bring a picnic or enjoy dinner at one of several fine restaurants on Main Street in Downtown El Cajon. These free concerts are presented by the El Cajon Community Development Corporation (CDC) and Sycuan Casino. For a full list of the concert schedule visit [www.downtownelcajon.com](http://www.downtownelcajon.com) or call the El Cajon CDC at (619) 401-8858.

## Antique Show at the Ronald Reagan Center

Don't miss the next San Diego Antique & Collectible Show on August 11, from 1 to 6 p.m. at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue in El Cajon. You'll find wonderful collectibles, including jewelry and art. There's free parking and general admission is just \$3. For more information on

this fun event please call (619) 445-8432.

## Lend An Arm for the next city blood drive

The City of El Cajon will be hosting the San Diego Blood Bank for another blood drive scheduled for Thursday, Sept. 30, from 7:30 a.m. to 1:30 p.m. Thursday, August 5, is the last day you can donate blood and still be eligible to participate in the City Blood Drive. Thank you for helping to save lives and for your past support of this tremendous service to the community.

## Sunshine's Dance A Thon

On August 14, stop by Sunshine Horton's Birthday Party and Dance A Thon at the Downtown Café, 182 E. Main Street, from 1 to 6 p.m. For more information visit [www.sunshine4healthykids.com](http://www.sunshine4healthykids.com) or call (619) 787-6903.

## St. Madeleine's Popular Fashion Show is Back

Get your tickets now for the St. Madeleine Sophie's Center annual Haute With Heart Fashion Show Luncheon scheduled for Saturday, August 21, at the Sheraton San Diego Hotel & Marina. This popular event features a Boutique Shopping area prior to the fashion show, an opportunity drawing, silent auction, lunch and a fashion show produced by TV personality Leonard Simpson of Fashion Forward. For more information

or show seating please call Nora Boswell at (619) 442-5129, extension 3117, or by email at [nboswell@stmsc.org](mailto:nboswell@stmsc.org).

## Sign up your team for the All Fore R.E.C. Golf Tournament

Spend a great day of golf and help your community by reserving your spot for the 12<sup>th</sup> Annual All Fore R.E.C. Golf Tournament Dinner & Auction scheduled for Friday, Sept. 17, at the Sycuan Resort. Check-in is 10 a.m., with Shotgun Start at 12 p.m., and dinner at 5:30 p.m. During the tournament Recreation staff will have special games to play and prizes to win along the course. If you don't play golf then join us for dinner at 5:30 p.m. and still support El Cajon's wonderful recreation programs. The registration deadline is September 3! You'll feel good enjoying a great day of golf and knowing you'll be helping the City of El Cajon Recreation Department programs all at the same time! The Tournament is presented by



(L to R) is Mike Cavender - Westfield Parkway Plaza Manager, Robyn Galichon-Webb - J.C. Penney Store Manager, and El Cajon City Councilmember Bill Wells celebrate the ribbon cutting at the new Sephora store inside JCPenney. Photo credit: Monica Zech

Grossmont Heartland Kiwanis, Crest Kiwanis and the City of El Cajon Recreation Department. All proceeds directly support activities that develop youth and provide positive choices through activity scholarships, youth sports, recreation classes and after school programs. For more information call (619) 441-1673.

If you have an event in the City of El Cajon that you would like to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci.el-cajon.ca.us](mailto: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.

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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County

## Torch Awards workshop

The San Diego Better Business Bureau (BBB) will host one final one-hour workshop starting at noon on Tuesday, Aug. 10, for companies interested in entering the 2010 Torch Awards for Marketplace Ethics, which is the BBB's annual awards program that honors companies that demonstrate ethical business practices. The workshop, to assist companies in preparing their entry for the

2010 Torch Awards, will be held at the BBB offices, 5050 Murphy Canyon Road, San Diego. Admission is free and luncheon refreshments will be served. To RSVP, contact Andrea McNelis, BBB director of sponsorships and special events, at [amcnelis@sanidiego.bbb.org](mailto:amcnelis@sanidiego.bbb.org), or (858) 637-6199, ext. 320. McNelis will offer guidance and ideas on how to complete the entry form, review the judging criteria with entrants and present winning entries from years past. All local businesses, both

large and small firms, both BBB members and non-members, are invited to submit an entry to win a Torch award. Deadline for entries is 5 p.m., Wednesday, Sept. 1 p.m. Companies will be judged based on number of employees. The 2010 Torch Awards will be presented at a luncheon on Tuesday, Dec. 7, 2010, at the Town and Country Resort Hotel in Mission Valley. The event, now in its 13th year, is San Diego's signature celebration of ethics in the business community.

and pay for your food...and then enjoy knowing that 15 percent of your sale goes to *A Family For Every Child*. Valid for dine-in, take-out, and happy hour too. Located at 9804 Mission Gorge Rd. in the Trolley Sq Mall, (619) 258-5811.

To locate mandatory flyer, go to [sdcountyevents.webs.com](http://sdcountyevents.webs.com)

What is *A Family for Every Child* (AFEC) all about?

*A Family For Every Child* is a national non-profit organization created in 2006 by Christy Obie-Barrett and dozens of dedicated, passionate volunteers. AFEC focuses on finding permanent and loving adoptive homes for Oregon & Washington's waiting foster children. AFEC has been successful in helping many California families find their forever children and to-date has found permanent homes for over 500 kids across the country.

For more information, email [shellspr@yahoo.com](mailto:shellspr@yahoo.com)

## 'A Family For Every Child'

It will be a tasty good time at Chili's Restaurant in Santee on Wednesday, Aug. 18 as it is *A Family for Every Child Day*. On that day, from 11am to close, diners who present the event's flyer will have a portion of their sale donated to *A Family for Every Child*, a non-profit that finds forever homes for kids in U.S. Foster care.

It is easy to take part. Just show up with your flyer, order

# Lakeside round-up of events

## Lakeside Historical Society Yard Sale

The Lakeside Historical Society will hold a yard sale Friday, Aug. 5 and Saturday, Aug. 6 at 8 a.m. at the Olde Community Church, 9906 Maine Ave., Lakeside (corner of Maine and Parkside). Proceeds will benefit the Olde Community Church preservation fund.

## Eucalyptus Hills Chipping

Forty truck loads of brush were shredded at the July 31 chipping day at East County Learning Academy in Eucalyptus Hills. Lakeside Fire Protection District Division Chief Greg Scheiner said the Eucalyptus Hills Land Owners Assoc. and Eucalyptus Hills Fire Safe Council did a good job of helping to keep the community safe from fire. For information regarding Eucalyptus hills Lands Owners Assoc go to [EHLA@flash.net](mailto:EHLA@flash.net)



This dead tree, burnt during the 2003 Cedar Fires stands overlooking flames from a recent fire across the valley. This a reminder that fire season is upon us and that we all need to use caution. Photo by Chris Bixby

## Wildfires

There has been a series of recent wildfires in Lakeside, most recently on July 29, near I-8 and Los Coches Rd. It was quickly extinguished by fire crews. The vegetation fire caused no injuries or structure damage. "Thanks to an aggressive initial attack the vegetation fire was quickly under control," said Greg Schreiner, Division Chief Lakeside Fire Protection Department.

Fire investigators from Cal Fire, the Lakeside Fire Protection District and United States Fish and Wild Life Service along with law enforcement officers from the San Diego Sheriff's Department and California Highway Patrol worked together collecting evidence and conducting interviews which led to the arrest the following morning of a suspect. He was placed under arrest and booked in county jail.

Andy Parr, Fire Chief of the Lakeside Fire Protection District said, "This was truly a collaborative effort of Fire and Law Enforcement agencies that led to the arrest of this suspect, and I am very proud of all the personnel from these agencies and their cooperative work on this case."



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## Alpine Historical Society Luncheon

The Alpine Historical Society Pot Luck Luncheon is open to the community and a great place to learn about historic Alpine. It will be held on Sunday, Aug. 15 at 1 p.m. at the Alpine Woman's Club, 2156 Alpine Boulevard. Following the luncheon Joan Brady, an internationally recognized writer and lecturer will be their featured speaker.

She will discuss her most recent book, "The Ghost of Mt. Soledad." Brady's best-selling debut novel "God on a Harley" was translated into seventeen languages.

Luncheon and the speaker at 1 p.m. or arrive at around 2 p.m. for the speaker only. R.S.V.P. to Carol Morrison at 445-2544, or send an e-mail to: [info@alpinehistory.org](mailto:info@alpinehistory.org).



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## — LOCAL EVENTS —

# Roll out the 'Cash Cube' to raise money for local charities

**V**iejas Casino and Fox 5 San Diego rolled out the Viejas Cash Cube today to help raise money for San Diego area charities. Today's event kicked off the month-long Cool Cash promotion at Viejas Casino, where over \$1,000,000 is up for grabs in August.

Recently on the "Fox 5 Morning News" program, me-

teorologist Chrissy Russo and news anchors Shally Zomorodi and Paul Bloom each had an opportunity to enter the Viejas Cash Cube to raise money for their chosen charities – the San Diego chapter of the Juvenile Diabetes Research Foundation (JDRF), the local USO and the local Armed Forces YMCA. The Cash Cube was loaded with \$100 bills and each person had 30 seconds to grab as

many \$100 bills as possible as the money blew around the Cash Cube for 30 seconds.

Shally grabbed the most, \$5,000, so Viejas offered to match that same amount for each of the charities, bringing the grand total provided to all three charities to \$15,000.

Viejas Tribal Chairman Bobby L. Barrett said, "Today's

event on Fox 5 is a fun way to kick off a full month of excitement at Viejas Casino, while partnering with Fox 5 to support each of these important charities. JDRF's work is a good example. The rate of diabetes among Native Americans is more than double the national average, so we greatly appreciate the work that the local JDRF chapter has done and we thank Fox 5 San



FOX News team Shally Zomorodi, Paul Bloom and Chrissy Russo and present a check for \$5,000 to JDRF.

Diego for helping us support JDRF and other charities in our community."

Cash, visit [www.viejas.com](http://www.viejas.com).  
About Viejas Casino

During the month of August, guests at Viejas Casino can earn their own chance to enter the Viejas Cash Cube and grab as much cash as they can. From August 1 to August 31, guests can earn Cool Cash drawing tickets with slot, bingo and table games play. Cool Cash drawings will be held every Thursday, Saturday and Monday at 7 p.m. and 9 p.m. That's eight winners a night, 96 winners all month and over \$1,000,000 up for grabs in August. For more information on all of Viejas Casino's promotions in August, including Cool

Viejas Casino has been voted San Diego's "Best Casino" for ten years in a row.

Located directly off I-8 just 35 miles east of San Diego, Viejas Casino is "Easy to Get to, Hard to Leave" with thousands of slot machines; over 80 table games such as \$1 and \$2 Blackjack, no-commission EZ Baccarat and Pai Gow; a Poker Room; an off-track betting facility; bingo hall; and a wide variety of restaurants including the award-winning Grove Steakhouse and the Harvest Buffet. For more information, visit [www.viejas.com](http://www.viejas.com) or call 1-800-847-6537.

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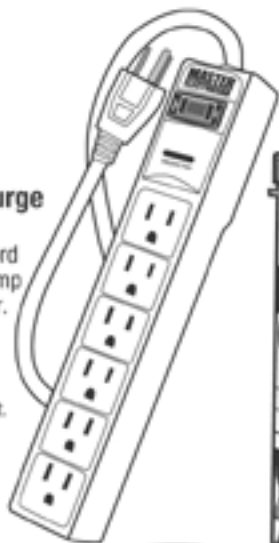
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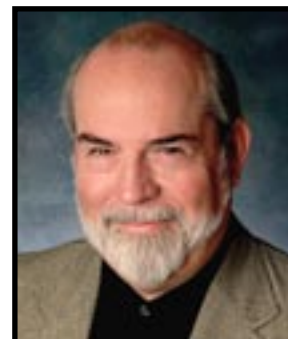
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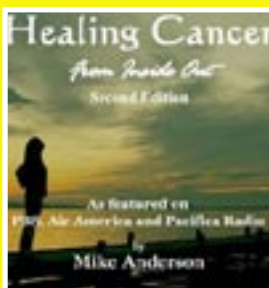


## — LOCAL EVENTS —

# Out and about in the County

## Head to Viejas Farmer's Market for fun, great food and a movie

With our perfect summer weather it's the perfect time to head to the Viejas Outlet Center on Tuesday afternoons. That's where visitors will discover great shopping and places to eat as well as a wonderful Farmer's Market. Discovering local growers with great selections of organic fruits and vegetables and other food vendors with breads, sauces, and other unique items is fun and better for the family dinner plate. There are also booths filled with talented artisans and items such as jewelry, crafts and home products. Live local musicians play until the movie starts, and at sundown (approx 7:45) shoppers can take a place in the cool grass to enjoy a free documentary. The film for August 10 is *Healing Cancer*.



*Healing Cancer* takes a look at the cancer industry with a critical eye given its failure to do what they claim to do - find a cure. The billion-dollar industry fueled by non-profit organizations, the American Medical Association and the pharmaceutical companies, just to name a few, have made it their mission to dismiss any and all alternative treatments that will risk the financial abundance this disease has produced. The documentary explains common misconceptions about cancer, shows how diets designed to fight cancer are more successful than conventional treatments, discusses startling cancer research findings with T. Colin Campbell (The China Study) and has interviews with people who have reversed cancers using diet. It also discusses supplementation and why attitude is important in reversing not only cancer, but any disease. This is an eye-opening and inspiring documentary.

The Farmer's Market takes place Tuesday's 3:30 -7:30 p.m. in the grassy area of Viejas Outlet Center; and the film starts about 7:45.

**Through August: Back to the 50's Car Show** is back celebrating its 17th year in La Mesa Village. "Jump'n Jack Flash Mobile Music" will be playing those Golden Oldies from the past and has been spinning those great tunes for 17 years at this car show. The show is every Thursday night from 5 to 8 p.m.

**Aug. 6: 1975 El Capitan High School 35<sup>th</sup> Class Reunion** Reservations Only. At All American Grill, 7510 Hazard Center Drive, San Diego, at 6:30 p.m. Tickets \$25 ea advance price or \$50 at the door. Cocktail attire. There will be a No Host Bar and hors d'oeuvres. Mail Payment to: ECHS 1975 Class Reunion, PO Box 2296 El Cajon, CA 92021. Hotel Reservations: Double Tree Hotel 1-800-222-8733. PLEASE RSVP.

**Aug. 9: The East County Art Association General Meeting** will be held at the Rancho San Diego Library at 1 p.m. (11555 Via Rancho San Diego, El Cajon). Local artist, Robert "Bob" Kelsch will do a demonstration on painting landscapes in oils. Bob has held private workshops, taught Adult Ed classes and has done demonstrations on many artistic subjects. Bob is also a member of the ECAA and we are very pleased to have him do this demonstration for our organization. Guests and prospective members are always welcome.

**Aug. 14: Sunshine Horton's Birthday Party/ Dance A Thon Fashion Show & Entertainment** from 1 to 6 p.m. at Downtown Cafe at 182 E. Main St. El Cajon.. Funding directed to the Chadwich Family Center for Children and Families at Rady Childrens Hospital. For more info & to make a donation visit [www.sunshine4healthykids.com](http://www.sunshine4healthykids.com), or call (619) 787-6903.

**Aug. 15: The Alpine Historical Society Pot Luck Luncheon** is open to the community and a great place to learn about historic Alpine. It will be held on Sunday, August 15 at 1 p.m. at the Alpine Woman's Club, 2156 Alpine Boulevard. Following the luncheon Joan Brady, an internationally recognized writer and lecturer will be their featured speaker. She will discuss her most recent book, "The Ghost of Mt. Soledad." Brady's best-selling debut novel "God on a Harley" was translated into seventeen languages, and was endorsed by well-known self-help experts like John Gray (Men are from Mars, Women are from Venus). She has been a guest on many television and radio programs here in the United States, as well as in Barcelona, Spain and in Mexico City, Mexico. You may come for the luncheon and the speaker at 1 p.m. or arrive at around 2 p.m. for the speaker only. Please R.S.V.P. to Carol Morrison at 445-2544, or send an e-mail to: [info@alpinehistory.org](mailto:info@alpinehistory.org).

**Through Aug. 20: Movies by the Lake, Santee Lakes,** Fridays at 8 p.m. Come early and have a picnic. \$8 entrance fee at the gate--movie is free Gates open at 4 p.m. This summers schedule is: Aug. 6 - *Monsters vs. Aliens*; Aug. 20 - *UP*.

**Through Aug. 19: Santee Summer Concerts at Santee Trolley Square.** Special Events Hotline (619) 258-4100 Ext. 201. [www.ci.santee.ca.us](http://www.ci.santee.ca.us) **August 5:** Destroyers-Navy Band Today and yesterday's top 40 hits\*; **August 12:** Crucero-Navy Band High energy Latin ensemble\*; **August 19:** The Cat-illacs Rock & Roll hits from the 50's - 90's.

**Through Sept. 3: Concerts on the Green.** The Annual Concerts on the Green, the free weekly summer concert series featuring live music for all ages from 6 to 8 p.m. in Downtown El Cajon. Opening night of 2010 Concerts on the Green will feature a high-energy performance from the oldies show band, The Legends. Ed Waymire also returns as the original, entertaining, and highly popular Master of Ceremonies. Presented by the El Cajon Community Development Corp. and Sycuan Casino,

the family-oriented Prescott Promenade will be undergoing exciting renovations in early summer, so in the meantime, join the fun at El Cajon Plaza / Amphitheatre (between ECPAC and City Hall) at 200 Civic Center Way until the Promenade re-opens in late July. For more information and updates, call the El Cajon CDC at (619) 401-8858, or visit online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

**2010 Concerts on the Green Schedule:** Aug. 6- The Stilettos (Rockabilly), Aug. 13-The Cat-illacs (Rock & Roll), Aug. 20- The Coolrays (Beach Boys Tribute), Aug. 27-Diamond is Forever (Neil Diamond Tribute), Sept. 3-FX5 (Dance).

**Through Sept. 4: Movies in the Park.** Viejas Outlet Center and the East County Gazette will once again be presenting movies in the park at the Outlet Center on Wednesdays throughout the summer. The exciting line-up is: **August 4 - Cats and Dogs; August 11 - Twilight; August 18 - How to Train Your Dragon; September 4: Avatar**

**Through Sept. 29: The 2010 Cajon Classic Cruise,** Southern California's largest weekly classic car show, from 5 to 8 p.m. on Main Street in the heart of historic Downtown El Cajon. Admission is free to the Cajon Classic Cruise car show, featuring more than 500 classic, custom and hot rod cars and motorcycles valued at more than \$10 million in a street festival. setting every Wednesday evening through September 29. Two special post-season car shows will be held, including the Halloween Trunk or Treat show on Oct. 27, and the Parade of Lights Holiday show on Dec. 8. See schedule on page 16.

**Aug. 6: Carlos Mencia, 7 & 10 p.m. at the Dream Catcher Showroom at Viejas Casino** in Alpine. Ages 21 plus only. Tickets are available online at: [Frontgatetickets.com](http://Frontgatetickets.com)

**Oct. 2: Poncho Sanchez at the Dream Catcher Showroom at Viejas Casino.** Ages 21 plus only. General admission only. Tickets are available online at: [Frontgatetickets.com](http://Frontgatetickets.com)

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# For Health's Sake

## Whooping Cough epidemic grows

California's epidemic of pertussis (whooping cough) shows no signs of slowing, Dr. Mark Horton, director of the California Department of Public Health (CDPH), warned today. As of July 27, the number of illnesses from the disease this year had climbed to 2,174, a six-fold increase from the 349 illnesses reported for the same period last year. In addition, a San Diego County infant has become the seventh to die from pertussis this year.

"The pertussis epidemic is a sobering and tragic reminder

that diseases long thought controlled can return with a vengeance," Horton said. "We can protect ourselves and the most vulnerable in our community by getting vaccinated today."

California is on pace to have the most cases of pertussis reported in more than half a century. Infants are having the highest rates at 1.1 case for every 1,000 infants.

"Because immunity from pertussis vaccine or disease wears off, Californians—especially family members and

caregivers of infants—should make sure they get their shots," Horton said.

In addition to the typical series of five childhood pertussis immunizations, CDPH recommends an adolescent-adult pertussis booster vaccine (Tdap) for everyone 10 years or older who has not yet received it, especially:

- Women of childbearing age, before, during, or immediately after pregnancy, and
- Other people, including household contacts, caregivers, and health care workers, who have contact with pregnant women or infants.

Children 7-9 years of age who did not receive all of their routine childhood shots are recommended to receive a Tdap booster dose.

The pertussis vaccination series can begin when an infant is 6 weeks of age. Infants, however, are not adequately protected until they received

their first three shots by age 6 months. The series of shots that most children receive wears off by the time they reach middle school.

For new mothers and anyone with close contact with infants, CDPH is providing Tdap vaccine at birthing hospitals, community health centers, Native American health centers and local health departments.

A typical case of pertussis in children and adults starts with a cough and runny nose for one-to-two weeks, followed by weeks to months of rapid coughing fits that sometimes ends with a whooping sound. Fever is rare.

The diagnosis of pertussis is often delayed in young infants, whose are less likely to have a notable cough – caregivers and health care providers should consider the possibility of pertussis in infants with coughs or colds to help in prompt diagnosis and treatment.

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## Laughter is the Best Medicine

### Summer classes for women Adult Learning Center

**Note:** Due to the complexity and difficulty level of their contents, class sizes will be limited to eight participants maximum.

Class 1

#### Up in Winter, Down in Summer - How to Adjust a Thermostat

Step by Step, with Slide Presentation.

Meets 4 weeks, Monday and Wednesday for 2 hrs at 7 p.m..

Class 2

#### Which Takes More Energy - Putting the Toilet Seat Down, or Gripping About It for 3 Hours?

Round Table Discussion.

Meets 2 weeks, Saturday 12 for 2 hours.

Class 3

#### Is It Possible To Drive Past a Wal-Mart Without Stopping?-

Group Debate.

Meets 4 weeks, Saturday 10 p.m. for 2 hours.

Class 4

#### Fundamental Differences Between a Purse and a Suitcase--

Pictures and Explanatory Graphics.

Meets Saturdays at 2 p.m. for 3 weeks.

Class 5

#### Curling Irons--Can They Levitate and Fly Into The Bathroom Cabinet?

Examples on Video.

Meets 4 weeks, Tuesday and Thursday for 2 hours at 7 p.m.

Have something funny to share? Send to Jokes@ecgazette.com or mail to Jokes at EC Gazette, P.O. Box 697, El Cajon, CA 92022.

## Sharp Senior Resource Center

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

### Free blood pressure screening

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

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, August 20, 9:30 to 11 a.m.

### How do I do this?

#### Caregiving at home?

Learn & practice the basics of caring for a loved one at home from a Registered Nurse. This class includes practical information on how to transfer someone, perform personal care, protect yourself by using proper body mechanics & more! Sharp Grossmont Hospital Brier Patch Campus, 9000 Wakarusa, Work Fit Room, La Mesa. Saturday, August 7 from 9 a.m.-1 p.m. Cost \$10. Registration required. Call 1-800-827-4277 or register online at [www.sharp.com](http://www.sharp.com).

### Healthy Aging podcasts

The Sharp Senior Resource Centers announce our new online Healthy Aging series. These audio and video presentations provide important information on senior resources, fall prevention, exercise, medications, maintaining brain health, and much more – to help seniors live a healthy and independent life. Visit [www.sharp.com/seniors](http://www.sharp.com/seniors) today. The Healthy Aging Series is sponsored by a generous grant from the PacificCare/United Healthcare Charitable Commitment Program.

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### Project C.A.R.E. Community Action to Reach the Elderly

Do you live alone? Concerned about someone living alone? Project C.A.R.E. can provide a daily computerized telephone call, Vial of Life, friendly visitor and more. Call the Sharp Grossmont Hospital Senior Resource Center at 619-740-4214 for details.

### Discussion on Part D Medicare

The Grossmont Healthcare District's Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St., La Mesa, will host a free senior discussion group on the Part D Medicare and the Medicare Improvements for Patients and Providers Act (MIPPA), featuring a presentation by Jean Soderberg, community education outreach specialist with the Health Insurance Counseling and Advocacy Program (HICAP), from 10 to 11 a.m. on Wednesday, Aug. 25. The public is invited to attend. HICAP is a statewide program administered by the California Department of Aging and supported by California Health Advocates, a non-profit Medicare advocacy and education organization. HICAP is a volunteer-supported program that offers free Medicare counseling on such topics as how to appeal denials of coverage, Medigap policies, Medicare Advantage plans, employee and retiree coverage and long-term care insurance. Handouts will be provided and healthy refreshments will be served, according to Kathy Quinn, library director. The Herrick Library, which opened in 2002, is a public library specializing in health research information. It is operated by the Grossmont Healthcare District, a public agency that supports health-related community programs and services in San Diego's East County. For more information or to RSVP, phone the library at (619) 825-5010 or visit [www.herricklibrary.org](http://www.herricklibrary.org).

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# Summer Savings Sidewalk Sale

Friday–Saturday, August 6–7  
11am–7pm

Sunday, August 8  
11am–5pm

- Sale, clearance and raffle items from some of your favorite stores
- Fashion show on Saturday, August 7 to highlight the latest back to school looks
- Restaurant sampling
- Entertainment for kids including an appearance from Mother Goose



## Win a \$500 Shopping Spree

Donate school supplies to benefit Cajon Valley Union School District children in need and enter to win a \$500 Back to School Shopping Spree. (See Westfield Concierge for list of needed supplies).

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# BUSINESS / FINANCE & REAL ESTATE

## Westfield has lots to offer shoppers and families



Westfield Parkway Marketing Director Karyn Houde. Photo credit: Diana Saenger

by Diana Saenger

**M**ost San Diego County shoppers are well aware of

the Westfield Shopping Centers throughout the county. Once known as Parkway Plaza, Westfield acquired the El Cajon shopping center years ago

and is now known as Westfield Parkway Shopping Mall.

The mall has many familiar stores such as JCPenney, Macys,

Sears, Wal-Mart but lots of other unique stores throughout its massive size and some new additions as well. New stores include: Bob's Big Boy, Cotton On, Judy's Shoes, Royal Fairytale, Sephora (inside JCPenney), and Yogurt Jubilee.

Cotton On carries shoes and women's, men's, children and teen's fashions and accessories. "They are just coming into the U.S. market and opened here in June," said Westfield Parkway Marketing Director Karyn Houde. "They have trendy, cool, casual styles at affordable prices."

The Royal Fairytale moved from Santee where it was known as Bears, Buddies and Toys. They feature a stuffing station to build and dress stuffed animals among many other things. "They are in a perfect location across from JCPenney and our Play Town," Houde said. "They have a makeup station for girls, a big Castle, do birthday parties and great monthly events." The upcoming events include: Crazy Hair Pajama Jam, My New Stuffie-N-Me Tea, My Dolly and Me Tea, and the Cinderella Tea.

Sephora is a cutting edge beauty wonderland featuring make-up, skincare and fragrances. "We're happy to have Sephora," Houde said. "It's a beauty paradise with everything you could possibly want for men and women; and not just make up. We think this is a great addition to the center."

The Westfield Group operates a global portfolio of 119

high quality regional shopping centers in Australia, New Zealand, the United States and United Kingdom with approximately 23,700 retailers. The company's eye on success includes striving for great customer service. This is extended with special events of which Westfield Parkway has many lined up.

The Summer Savings Sidewalk Sale runs Friday, Aug. 6, 11 a.m. – 5 p.m., – Aug. 8, 11 a.m. – 7 p.m. Participating stores will have their best sales, clearance and promotional items in front of their stores. "Jewelry stores will offer raffles or free cleaning," Houde explained. "There will be a discount coupon sheet from our food retailers. For entertainment on Saturday and Sunday there will be a face painter here, as well as Mother Goose from the Mother Goose Parade Association, and a DJ. Macy's is having a back to school fall fashion show twice on Saturday. The radio station 933 will be here on Sunday to give away prizes. This will be a great weekend for families to find some bargains for back to school and where the kids can have some entertainment too."

Coming up September 25 & 26 is the Parkway Off-Road Expo. Main sponsors Motor World and MIT Drive Train Specialists will bring tricked out vehicles and accessories. There will be appearances and specials.

Westfield realizes times are tough for families so they created the fabfinds program for

customers to plan their shopping trips. The handout for bargains comes out four times a year and is available four different places in the mall or on the website.

The W Family is a free family program that offers family events and promotions and lets shoppers know what's going on every month. This includes some exclusive offers for W Family members. Shoppers can sign up at the Concierge booth next to the carousel to get a member card.

"We have a lot to offer families," Houde said. "Play Town for the younger kids, a family lounge by the food court where families with young children can go and relax, a family restroom, nursing stalls, we play cartoons for the kids and there are toys."

Houde said their website is continually updated and suggest shoppers check out the website before they come to see specials some of the stores are offering. Shoppers can also enter to win a \$500 Westfield Parkway shopping spree and other great prizes.

"We're very customer service oriented," Houde said. "Our service motto is WOW -Way Beyond the Expected, Own It Personally and Win Over Their Hearts. We strive for customers and employees to have a great experience at our center."

For more information contact Westfield Parkway at (619) 579-9974 or visit <http://westfield.com/parkway>

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El Cajon City Councilmember Bill Wells does the honor of cutting the ribbon at Sephora's Grand Opening ceremony Friday, July 30. To the right is JCPenney Store Manager Robyn Galichon-Webb. Sephora is located inside JCPenney at Westfield Parkway in El Cajon. JCPenney will have a Grand Re-Opening Aug. 20 after a six-month remodel. Photo credit: Debbie Norman



# COMMUNITY AT LARGE

## Summer Cultural Program at Viejas brings children closer to their roots



Hunter enjoys learning at this program.

by Diana Saenger

Gentle winds blow down from Viejas mountain stirring papers the children are working on in the cultural park to scatter like a bird leaving feathers in a trail to discoveries. Today is nearing the end of Viejas' two-week annual Summer Cultural Program. A 15 year tradition at Viejas, this year the program is run by Ral Christman, son of Viejas Tribal Councilmember, Virginia Christman.

The program focuses on two aspects of cultural learning – hunting and fishing and cooking for older kids, and for them and the younger children, learning the Kumeyaay language. Ral, a ninth and tenth grade history and geography teacher at Granite Hills, begins the program everyday with a blessing. Then the lesson of the day includes the topics of respect, history, language, purification and cooking. The 45 – 50 students who attend are divided into three groups.

"I created a curriculum of words that's different for the

three age groups," Ral said. "We have a pre-school and we help them learn 25 words of our language. These kids (present in the Cultural Park) have learned 45 words and the older ones learn more language."

The program has a definite focus on language because it's been disappearing over the years. "There was an era when our language was left in the hands of the elders, and as they continue to get older or deceased, our language has suffered," Ral said. "So we're in the midst of bringing it back."



Isabella is having fun while she learns.

Kids surround the tables covered with worksheets and each child works on learning the language in a different way. Isabella is an adorable child with short pig tails sprouting from the top of her head. She has a pair of scissors in hand, ready to cut out pictures labeled in Kumeyaay language. Wide-eyed and happy-faced Hunter takes extra care in coloring the picture of a Kumeyaay family. "I like to come here; it's fun."

There's also a story created by Virginia that the kids can read with words from their native language in it, or a word search. A short distance away the teacher loudly asks, "Who knows how to say bathroom?" Who knows how to say water?" If one child is too busy with his handiwork, another answers.

"Our focus for the program is to have a traditional platform," Ral said. "It's our goal that our kids will be brought back to understating our language and even be conversational with it during the program."

The helpers, counselors and teachers working with the children are their mothers or other relatives who took training classes in order to teach the children. Danessa Hastings volunteers because her children Isabella and Hunter are attending the class. "I'm happy that my kids can learn our culture," Hastings said. "I think it's important for the kids to learn our language, and they are already using some of the words at home. And it's also something we are learning together."

Over in the recreation hall Stan and Martha Rodriguez work with the kids from seven or eight through high school in learning the language. Originally from the Santa Ysabel reservation, Virginia said it was important to have someone from the tribe but in a different area that spoke the native language. Kids of all ages bounce around the room, some following Stan's directions and others gliding over to a board with words where Martha awaits them.

"The best way to teach a language is by immersion in small groups," Stan said. "We take them out of their comfort zone, but find something they're interested in and make it fun. Soon it becomes instinctive. We encourage them to use the language all the time instead of English."

The last teaching area is just across the entrance to the Recreation hall in the kitchen. Rebecca Cuero and helper Mackenzie Espinoza are surrounded by massive bags of flour and pots big enough to, well – feed a small contingent of tribal students. A large pot of beans cooks on the back burner. Warm enticing smells begin to waft through the air.

"My job today is teach the girls how to make fry bread,"



Parents, students, teachers and leaders of Viejas Summer Cultural Program. Photo credits: Kathy Foster

Cuero said. "I married into the tribe and learned from other elders how to prepare this recipe. Fry bread is not really a traditional food of the Kumeyaay but at one point in their history when they were taken over by the Spaniards, they were given flour, lard and salt and out of that came fry bread. Traditionally they would have eaten things like squirrel, deer, yucca and the acorn. Today the students in the program are going to enjoy a lunch of beans, hamburger and fry bread."

Ral certainly proves the apple doesn't fall far from the tree. His mother is a keeper of tribal traditions and a spiritual and prayer leader. She, her husband, Ron, and family continue to practice purifications, fasts and sweats and follow their traditional heritage. Ral has taken the teachings of his



Stan Rodriguez enjoys teaching others the Kumeyaay native language

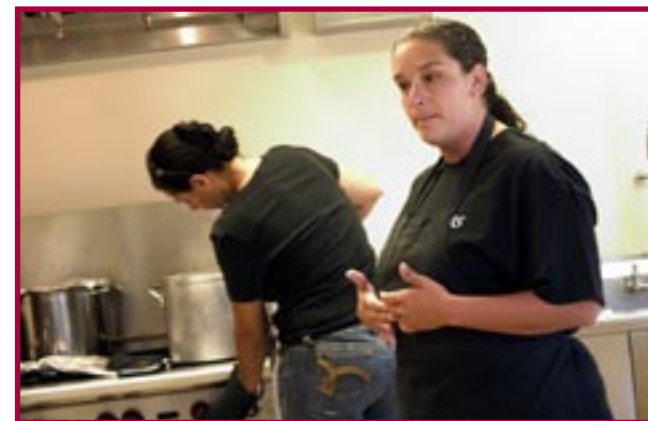
mother and elders to heart in his passion to educate the Viejas children about their culture. He has five children of his own and knows the importance of his efforts. To further prepare for this program, he earned a masters degree in education and made friends with language educators to help take on that responsibility.

His mother is not only proud of her son, but happy with the results of the program. "We have a one day a month

cultural day, but this program is important to continue every year," Virginia said. "I'd like to bring teachers from other tribes here to introduce their cultures as well. It's been wonderful to see the kids singing and

dancing and having fun while learning our culture."

"I'm fortunate that being raised culturally by my mother so I can blend that culture with my education and help the



Mackenzie Espinoza lights the stove while Rebecca Cuero prepares to teach young girls a favorite recipe.

children remain part of our community," Ral said. "It's important to know our old ways but to also embrace the new. We're in the midst of getting some of our cultural songs on iPod. Our songs are ones of celebrations, and we should have them to enjoy."

Happy faces from the children in these groups clearly indicate they are indeed learning about their culture and enjoy spending time with such passionate and learned elders.



Ral with his mother and mentor Virginia Christman.



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## — AT THE MOVIES —

# ‘Cats and Dogs: Revenge of Kitty Galore’ — summer fun for the entire family

Review by Haley Price

**C**ats and Dogs: Revenge of Kitty Galore is a funny, family 3D movie with laughs for the whole family all the way through. This sequel of the 2001 *Cats and Dogs* is about Kitty Galore (voice of Bette Midler), an elite agent of the feline agency, MEOWS. When Kitty was an agent she had a tragic accident with some hair removal cream. Since then she has been planning her revenge on humans. She plans to destroy the dogs by means of releasing the call of the wild. In order to stop this crazy cat, cats and dogs team together to save the dogs and the humans of the world.

The 3D special effects in *Cats and Dogs: Revenge of Kitty Galore* is incredible and is a blend of live action, state-of-the-art puppetry and computer animation. The computer anima-

tion matching the actors with the animal's mouths is great. At the very beginning, the intro of the film is almost identical to a James Bond movie, only with dogs – and the fur flies.

The characters in this movie are terrific. Diggs and Butch are partners in DOG Headquarters (HQ). Diggs (voice of James Marsden), a German Shepherd former S.F.P.D. K-9 police dog, is an agent who rarely listened to anyone or followed orders; so he was put in the kennel multiple times. Chris O'Donnell plays Shane, Diggs' human partner on the police force. Butch (voice of Nick Nolte) is one of the top agents from the dog spy agency. Lou, a very funny Beagle (voice of Neil Patrick Harris), is the head of DOG HQ.

Catherine (voice of Christina Applegate), is a nice cat agent from MEOWS. She helps Diggs



The dogs at DOG Headquarters work to stop a world crisis. Photo credit: Village Roadshow Pictures / Warner Bros. Pictures

and Butch in their quest to bring down Kitty Galore. On her team is Seamus (voice of Katt Williams), a little pigeon

that has a small brain and a big mouth.

*Cats and Dogs: Revenge of*

*Kitty Galore* is excellent for families. Be sure to stay through the end credits to watch adorable clips of cats and dogs.

## ‘Dinner for Schmucks’ — more bizarre than funny



Steve Carell and Jemaine Clement star in *Dinner for Schmucks*. Photo credit: Merie Weismiller Wallace / Paramount Pictures

Review by Michael Black

**D**inner for Schmucks, a remake of the 1998 French film *Le Diner de Cons*, is almost identical to that film only updated for American audiences. The main schmuck of the movie is Barry (Steve Carell), an IRS agent who has a slightly disturbing yet unique hobby. Director Jay Roach, who also directed all

the of Austin Power movies, brings the same style of offbeat sometimes bizarre comedy to *Dinner for Schmucks*.

Tim (Paul Rudd) is trying to get a promotion at his financial firm to impress his already successful art dealer girlfriend Julie (Stephanie Szostak). He pitches a long shot investment idea to convince Switzerland millionaire Mueller (David

Walliams) to invest his money with the firm. The firm's CEO Lance Fender (Bruce Greenwood) is impressed with Tim's idea, but in order for him to get his promotion, he needs to bring a first place schmuck to an annual dinner party the executives hold in order to make fun of them.

A subplot of the movie involves Tim's girlfriend Julie

and her narcissistic art client Kieran Vollard (Jemaine Clement). Kieran is an eccentric artist who only paints pictures of himself in strange related settings. Kieran is there to fill in the laughs where Berry can't and to me, it wasn't really all that funny. Darla (Lucy Punch) is a crazy one-night stand Tim had before meeting Julie, and was one of the few characters that got a small number of chuckles out of me. Zach Galifianakis (*The Hangover*) as Therman does not add much to the humor as Berry's boss who has proclaimed ability of mind control.

The title of the movie is a little misleading since the dinner scene is only present in the

last quarter of the movie. The movie should be called, "The Two Days That Lead up to the Dinner for Schmucks," but that would not look very good on posters.

Embarrassing situation comedy has been done to death and *Dinner for Schmucks* has nothing new to offer. Last year's best comedy, *The Hangover*, had something that *Dinner for Schmucks* completely misses, characters that the audience can relate to. *Schmucks'* only hope for success is resting on the potential hilarity of the dinner, which was disappointing to me in the end. The movie is a bunch of overpaid actors doing old fashioned and rather tiring sight gags.



**Cats and Dogs: Revenge of Kitty Galore**

Studio: Warner Bros. Pictures

Gazette Grade: B

MPAA: "PG-13" for animal action and humor

Who Should Go: families and animal lovers

**Dinner for Schmucks**

Studio: Paramount Pictures

Gazette Grade: D+

MPAA: "PG-13" for sequences of crude and sexual content, some partial nudity and language.

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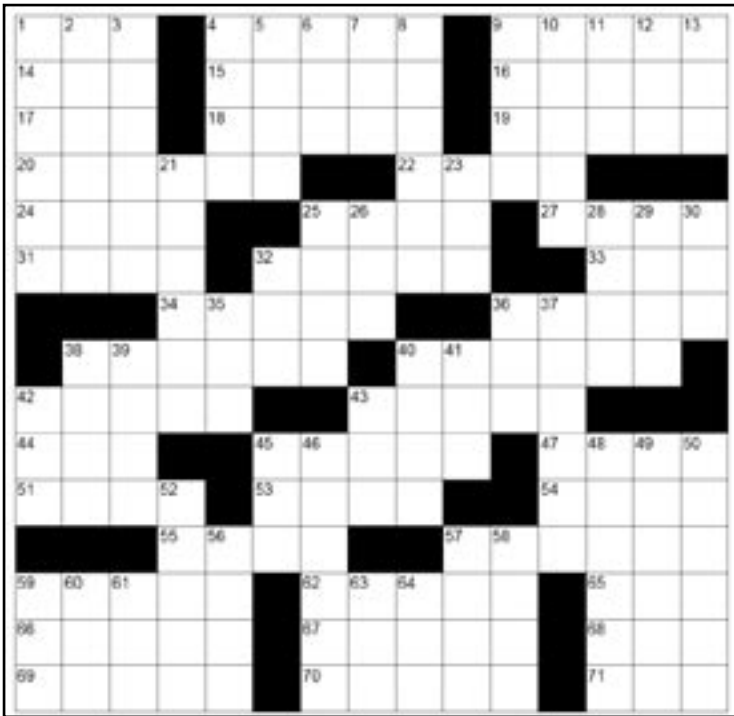
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9 Small fresh water fish

14 Cry softly

15 Raccoon-like animal

16 Fertile desert area

17 California (abbr.)

18 Time being

19 She makes you an aunt

20 Egg dish

22 Kick

24 Make over

25 Leaky faucet noise

27 Midwestern state

31 Let fall

32 Pay phone need

33 Awful

34 Indian horse

36 Water between cliffs

38 Granite-like rock

40 Napping

42 \_\_\_ Arabia

43 Scrub

44 Question

45 Snazzy

47 Heroic tale

51 What a cow does to cud

53 Wet

54 Extremely long time periods

55 Jewish scribe

57 What a poem does

59 Tv chanel enhancer

62 Calf

65 Brew

66 Knobs

67 Eat away

68 Rumpus

69 Meeting

70 Celebrate noisily

71 Enact

Down

1 Honda car

2 Rover

3 City in Kansas

4 Teen skin ailment

5 Chimney dirt

6 \_\_\_ Francisco

7 And so forth

8 Men's jewelry

9 Connecticut (abbr.)

10 Island

11 Wield

12 Pen brand

13 Compass point

21 Chopped off

23 Delivery service

25 Points

26 Rio de Janeiro

28 Double-reed instrument

29 Distort

30 Count

32 Nervous system

35 Three

36 Winder malady

37 Milk cow

38 Cut

39 Bomb

40 Sore

41 Chinese sauce

42 Pouch

43 South southwest

45 Former president of U.S.

46 Person in charge

48 Fleet

49 Celtic

50 Concur

52 Ancient sinks

56 Tang

57 Sit in a car

58 Bottom

59 Central daylight time

60 Sky

61 Small gulf

63 Miner's goal

64 Governor

'Twilight' – plays at Viejas  
Movies in the Park Aug. 11

Hardly one hasn't heard about the Twilight series; the movies and books about young love and the romantic triangle involving a vampire and werewolf fighting over the affection of a young girl.



In this first film of the series Bella Swan is a quiet teenager living with her father; the town's sheriff. At school her interest is more drawn to Edward Cullen than her school work. Edward is an intelligent, good looking vampire who wants to guard his family secret and fit in at school. He's also drawn to Bella, but has trouble trying to contain his desire to taste her blood. Can he really change his natural instincts to make her his soul mate?

Twilight, a Summit Entertainment release, is rated "PG-13" for some violence and a scene of sensuality, and some scenes may frighten young children. The movie runs 122 minutes.

Photo Credit: Summit Entertainment

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# Our Best Friends

## Avoid common kitten catastrophes and puppy pitfalls

New puppies and kittens have endless amounts of energy and curiosity. With all that playing, running, jumping and sniffing around, these furry additions to the family may need some protection against serious accidents.

Robert Coe and his wife Sandra of Santee, Calif., know this all too well. The couple thought they had seen the last of the bees buzzing around their home after exterminators sprayed a hive in their yard. That is, until later that night, when Sandra noticed that the

family's 1-year-old Labrador retriever wasn't acting like herself.

"My wife saw Ellie throw up several times," said Robert. "There were hundreds of dead bees in each pile."

Unbeknownst to the Coes, Ellie had discovered and eaten the beehive after the exterminators had left. Frightened by the volume of dead bees that Ellie was vomiting, Sandra decided the dog needed to go to the veterinary hospital.

The emergency veterinarian

on duty examined Ellie and determined she had most likely only ingested dead bees and hadn't been stung. Additionally, Poison Control indicated the pesticide did not pose a significant risk of toxicity. After a dose of anti-nausea medication and a few hours of observation, Ellie was on her way back home.

While most young dogs probably won't get hold of an entire beehive, there's nothing unusual about puppies or kittens eating things they shouldn't or running into potentially harmful insects.

Veterinary Pet Insurance Co. (VPI), the nation's oldest and largest provider of pet health insurance, recently looked at its database of more than 480,000 insured pets to find the top 10 accidental injuries suffered by dogs and cats during the first two years of their lives.

"Pet owners falsely assume that they don't need pet insurance because their pet is young and healthy," said Dr. Carol McConnell, vice president and chief veterinary medical officer for VPI. "While younger pets are less susceptible to serious illnesses such as cancer, our data shows that pets of all ages can suffer costly accidental injuries. Pet insurance is designed to defray unexpected treatment costs--whenever they may oc-

cur. It's important for owners of puppies and kittens to keep in mind that just because their pets may be young, they're not indestructible."

In addition to the physical toll the above accidents can take on young dogs and cats, the financial costs can be draining. The top 10 puppy and kitten accidents cost VPI policyholders a combined \$1.5 million and \$91,371, respectively, in the past year.

There are several steps that owners can take to "baby-proof" their homes. Examples include clearing obstacles inside and out that an uncoordinated younger pet might collide with during playtime, removing items that can be



mistaken for food from the floor and countertops, and keeping all medications tightly sealed and securely stored in drawers or medicine cabinets.

Fortunately, the Coes' pet insurance policy for Ellie reimbursed \$176 for their pup's \$262 veterinary visit. For more information about pet insurance, visit [www.petinsurance.com](http://www.petinsurance.com).

### ADOPT-A-PET



Meet happy-go-lucky Freida! At 7 months old, this 42-pound German Shorthair Pointer / Pit Bull mix is everything a puppy should be. She's energetic & playful, loves to snuggle, and is quickly learning basic commands. Puppy obedience classes will help her start on the right paw with her new family, and this smart girl is sure to pick up her lessons in a snap! Can't resist this adorable face? Come meet Freida today at the County Animal Shelter at 5821 Sweetwater Rd., or for more information call 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip, and spay.

Jefferson is a Domestic Medium Hair black 2-year-old male. He is a loving and precious kitty with adoption dreams of a family to call his own! This special guy loves to spend quality time with his people friends! He is a social and mellow cuddle bug. With an eclectic spirit, Jefferson enjoys playing with feather toys, sunbathing and watching birds outside his window. Jefferson will do well in a variety of homes, but a home without dogs and children 12 and older is recommended. His adoption fee is \$75 and his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! He is available for adoption at the North Campus of the San Diego Humane Society: SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS, 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.



Sweet 2-year-old Ginger came into the shelter, fur a matted mess. Now this sweet 20-pound poodle mix is clean and ready for her close-up! Ginger can be a bit shy in a new environment or meeting new people, but after a little time to warm up, she's a fabulous canine friend to have around! Ginger appears friendly with dogs, and would love a calm home and family for her own. Meet her at the County Animal Shelter at 5821 Sweetwater Rd., or for more information call 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip, and spay.

Madison is a 10-year-old domestic shorthair. Madison is a mellow kitty hoping to find a special family and home to cherish. With bright eyes and a young-hearted spirit, she enjoys watching birds flutter outside her window. While Madison likes spending time with her people friends, she is also content to spend time on her own. Easy-going and adorable, Madison can't wait to become part of a family. She will do well in a variety of homes, including a home with children. Madison is available for adoption at the North Campus of the San Diego Humane Society: 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.



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**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019872**

FICTITIOUS BUSINESS NAME(S): a.) Hallco Construction b.) Hallco Electric  
Located at: 14357 Vista Hills Dr., Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The first day of business was: January 1, 1976  
This business is hereby registered by the following: 1. David Andrew Hall 14357 Vista Hills Dr., Lakeside, CA 92040; 2. Ann K. Hall 14357 Vista Hills Dr., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on July 22, 2010.  
East County Gazette- GIE030790  
7/29, 8/05, 8/12, 8/19, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018154**

FICTITIOUS BUSINESS NAME(S): Legacy Insurance & Retirement  
Located at: 425 E. Bradley Ave. #131, El Cajon, CA 92021  
This business is conducted by: Husband and Wife  
The first day of business was: May 20, 2005  
This business is hereby registered by the following: 1. Saul Bejarano Jr. 425 E. Bradley Ave. #131, El Cajon, CA 92021.  
2. Ebony N. Bejarano 425 E. Bradley Ave. #131, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on July 02, 2010.  
East County Gazette- GIE030790  
7/29, 8/05, 8/12, 8/19, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018271**

FICTITIOUS BUSINESS NAME(S): a.) Grandpa's Tractors b.) Granny's Tractors  
Located at: 11668 Oak Creek Dr., Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The first day of business was: January 1, 2010  
This business is hereby registered by the following: 1. Anthony Ciolfe 11668 Oak Creek Dr., Lakeside, CA 92040; 2. Debra Ciolfe 11668 Oak Creek Dr., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on July 06, 2010.  
East County Gazette- GIE030790  
7/15, 7/22, 7/29, 8/05, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020402**

FICTITIOUS BUSINESS NAME(S): Wholesale Guns Inc.  
Located at: 10769 Woodside Ave. Ste. 206, Santee, CA 92071  
This business is conducted by: A Corporation  
The first day of business was: July 1, 2010  
This business is hereby registered by the following: 1. Wholesale Guns Inc. 10769 Woodside Ave. Ste. 206, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on July 28, 2010.  
East County Gazette- GIE030790  
7/29, 8/05, 8/12, 8/19, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-017875**

FICTITIOUS BUSINESS NAME(S): Rudin Hauling and Property Clean-Up Services  
Located at: 1625 Bird Song Pl., El Cajon, CA 92021  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Mark Rudin 1625 Bird Song Pl., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on June 30, 2010.  
East County Gazette- GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018252**

FICTITIOUS BUSINESS NAME(S): Fixing America 2012  
Located at: 332 Graves Ct., El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: July 4, 2010  
This business is hereby registered by the following: 1. Howard Bagley 332 Graves Ct., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on July 06, 2010.  
East County Gazette- GIE030790  
7/15, 7/22, 7/29, 8/05, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018918**

FICTITIOUS BUSINESS NAME(S): a.) Money Does Grow On Trees! B.) M.D.G.O.T.!  
Located at: 15559 Olde Hwy 80, El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: May 8, 2008  
This business is hereby registered by the following: 1. Matthew D. Earnhart 15559 Olde Hwy 80, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on July 13, 2010.  
East County Gazette- GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**CITATION FOR ADOPTION  
CASE NUMBER A56522 THE PEOPLE OF THE STATE OF CALIFORNIA  
TO (name): URSULA REYNA**

You are advised that you are required to appear in the Superior Court of California, County of San Diego, in Department One, at the court location at Central Division, Juvenile Court, 2851 Meadow Lark, San Diego, CA 92123 on August 27, 2010 at 9:00 a.m., to show cause, why the court should not adjudge the adoption of the minor child, DAVID RAY MCMILLAN by the petitioner, GERALD AND SANDRA MCMILLAN. It is alleged that the other birth parent has been awarded custody of the child by judicial order or has by agreement of both parents. It is further alleged that you have, for a period of one year, willfully failed to communicate with and to pay for the care, support, and education of the child when able to do so. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your pleading, if any, may be filed on time.  
Date: June 28, 2010, by Clerk of the Superior Court, Anna Garza, Deputy.  
EAST COUNTY GAZETTE –GIE030790  
July 22, 29, Aug. 5, 12, 2010

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
CASE NO.37-2010-00069125-CU-PT-EC**

IN THE MATTER OF THE APPLICATION OF: ALEXANDER NICHOLAS HAYES-KYNE FOR CHANGE OF NAME PETITIONER: ALEXANDER NICHOLAS HAYES-KYNE HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
ALEXANDER NICHOLAS HAYES-KYNE TO:  
ALEXANDER NICHOLAS KYNE  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 East Main St., El Cajon, CA 92020. Department 14, on SEPTEMBER 1, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JULY 07, 2010.  
East County Gazette – GIE030790  
7/15, 7/22, 7/29, 8/05, 2010

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
CASE NO.37-2010-00069170-CU-PT-EC**

IN THE MATTER OF THE APPLICATION OF: JOYCE LYNE BEZER CABNET FOR CHANGE OF NAME PETITIONER: JOYCE LYNE BEZER CABNET HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
JOYCE LYNE BEZER CABNET TO:  
JOYCE LYNE CABNET  
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 SEPTEMBER 1, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JULY 09, 2010.  
East County Gazette – GIE030790  
7/15, 7/22, 7/29, 8/05, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018545**

FICTITIOUS BUSINESS NAME(S): Aguayos Floor Covering  
Located at: 18001 Andy's Place, Jamul, CA 91935  
This business is conducted by: An Individual  
The first day of business was: September 1, 1990  
This business is hereby registered by the following: 1. Carlos Aguayo 18001 Andy's Place, Jamul, CA 91935  
This statement was filed with Recorder/ County Clerk of San Diego County on July 08, 2010.  
East County Gazette- GIE030790  
7/15, 7/22, 7/29, 8/05, 2010

**SUMMONS (Family Law)  
NOTICE TO RESPONDENT (Name):  
Aviso al Demandado (Nombre):  
VICTOR E. MURQUIA ORTIZ**

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)) or by contacting your local county bar association. Tiene 30 dias corridos después de haber recibido la entrega legal de esta citación y petición, para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al solicitante. Una carta o una llamada telefónica no basta para protegerlo. Si no presenta su Repuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte tambien le puede ordenar que pague manutencion, y honorarios y costos legales. Si no puede pagar la cuota de presentacion, pida al secretario un formulario de exencion de cuotas. Si desea obtener asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener informacion para encontrar a un abogado en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)), en el sitio Web de los Servicios Legales de California ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)) o poniendose en contacto con el colegio de abogados de su condado. NOTICE The restraining orders on the back are effective against both spouses or domestic partners until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las ordenes de restricción que figuran en la pagina 2 valenpara ambos conyuges o pareja de hecho hasta que se despida la petición, se emita un fallo o la corte de otr5as ordenes. Cualquier autoridad de la ley que haya recibido o vista una copia de estas ordenes puede hacerias acatar en cualquier lugar de California. The name and address of the court is: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 250 E. MAIN ST., EL CAJON, CA 92020 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, son): SUSAN MURQUIA PO BOX 211 CAMPO, CA 91906 (619) 966-5270 DATE: FEBRUARY 19, 2010 Clerk, by (Secretario, por) C. WITTHAUS Deputy (Asistente) NOTICE TO THE PERSON SERVED: You are served AVISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realice As an individual. (a usted como individuo.) Pub. AUG. 5, 12, 19, 26, 2010

TO PLACE YOUR  
LEGAL AD CALL  
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**CREST/DEHESA/GRANITE HILLS/  
HARBISON CANYON  
SUBREGIONAL PLANNING GROUP  
P. O. Box 21489, El Cajon, CA 92021-1489  
www.crestplanning.org**

**PLANNING GROUP MEETING  
PRELIMINARY AGENDA/PUBLIC NOTICE**

**DATE:** 7 pm, August 9, 2010

**PLACE:** Dehesa Volunteer Fire Station, 5425 Dehesa Road, El Cajon

1. Call to order/Pledge of Allegiance/Roll call/Approval of July 12, 2010 meetings minutes, Expense Reimbursement requests.

2. Announcements.

3. Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.

4. Committee Reports:  
  
(a) None

5. Private project proposal:  
  
(a) TPM 21133RPL1 Four lot plus remainder lot at 1863 Harbison Canyon Road in Dehesa (Carnavale project)

6. Public Project Proposal  
  
(a) Discussion and Planning Group input reference Conflict of Interest Code.

7. Unfinished Business  
  
(a) Recreation Programs priority list recommendation for the Department of Parks and Recreation

8. New Business:  
  
(a) Recommendation of placement of speed control sign in Crest.

9. Adjournment

**Planning Group Members:**

Crest:	1. Vacant	2. Pat Ulm	3. Ralph Slagill	4. Judy Bowen
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Vacant	15. Mark Gabler	

Final agenda will be posted at the Dehesa Fire Station 72 hours prior to meeting.

Chairman  
Wally Riggs  
(619) 442-4612  
[wrplanning@aol.com](mailto:wrplanning@aol.com)

Vice-chairman  
Jason Harris  
(619) 659-9675  
[harris@nautilus.com](mailto:harris@nautilus.com)



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**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019353**

FICTITIOUS BUSINESS NAME(S): Painter Fresco  
Located at: 5841 Mission Gorge Rd., Suite G, San Diego, CA 92120  
This business is conducted by: An Individual  
The first day of business was: July 14, 2010  
This business is hereby registered by the following: 1. Solmaz Assri Tabrizi 2008 Subida terrace, Carlsbad, CA 92009  
This statement was filed with Recorder/ County Clerk of San Diego County on July 16, 2010.

East County Gazette- GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-018025**

FICTITIOUS BUSINESS NAME(S): McRae Motorsports  
Located at: 9259 High Rise Way, Santee, CA 92071  
This business is conducted by: Husband and Wife  
The first day of business was: June 1, 2010  
This business is hereby registered by the following: 1. Chris McRae 9259 High Rise Way, Santee, CA 92071; 2. Shannon McRae 9259 High Rise Way, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on July 01, 2010.

East County Gazette- GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019231**

FICTITIOUS BUSINESS NAME(S): Glitz & Glam Beauty Parlor  
Located at: 9560 Cuyamaca St. #102, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Lauren Ballow 1228 Flamingo Ave., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on July 15, 2010.

East County Gazette- GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020628**

FICTITIOUS BUSINESS NAME(S): PASS Writer Enterprises  
Located at: 13402 E. Lakeview Rd., Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Therese Ruffner 13402 E. Lakeview Rd., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on July 30, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020503**

FICTITIOUS BUSINESS NAME(S): Dragon Machine Shop  
Located at: 9435 Wheatlands Ct. #G, Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: July 29, 2010  
This business is hereby registered by the following:  
James Testa 8567 Fanita Dr., Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on July 29, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020298**

FICTITIOUS BUSINESS NAME(S): E.G. Communications  
Located at: 6338 East Lake Dr., San Diego, CA 92119  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following:  
Ernest E. Guillen 6338 East Lake Dr., San Diego, CA 92119  
This statement was filed with Recorder/ County Clerk of San Diego County on July 27, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019608**

FICTITIOUS BUSINESS NAME(S): World Beverage & Food  
Located at: 13789 Highway 8 Business, El Cajon, CA 92021  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following:  
Alpine Investment Group Inc. 1580 Garnet, San Diego, CA 92109  
This statement was filed with Recorder/ County Clerk of San Diego County on July 20, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**

**CASE NO.37-2010-00069339-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: JO ANN JACOBSEN FOR CHANGE OF NAME PETITIONER: JO ANN JACOBSEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JO ANN JACOBSEN  
TO:  
JAN GRAY

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 East Main St., El Cajon, CA 92020, Department E-15, 4<sup>TH</sup> FLOOR, on SEPTEMBER 20, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JULY 20, 2010.

East County Gazette – GIE030790  
7/22, 7/29, 8/05, 8/12, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019795**

FICTITIOUS BUSINESS NAME(S): Shaun's Telecom  
Located at: 12460 Buena Vida Rd., Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: June 28, 2010  
This business is hereby registered by the following: 1. Shaun Frude 12460 Buena Vida Rd., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on July 22, 2010.

East County Gazette- GIE030790  
7/29, 8/05, 8/12, 8/19, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020303**

FICTITIOUS BUSINESS NAME(S): Macho Dogs  
Located at: 6296 De Camp Dr., La Mesa, CA 91942  
This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: 1. Ben Camacho 6296 De Camp Dr., La Mesa, CA 91942; 2. Ryan Batza 2062 Via Dieguenos, Alpine, CA 91901  
This statement was filed with Recorder/ County Clerk of San Diego County on July 27, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**NOTICE OF TRUSTEES SALE: TS  
No. CA-2010-109H  
APN No.236-172-06-00.**

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED DECEMBER 25, 2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or a savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, payable to INTERNATIONAL INVESTMENT FUNDING CORP., will be held by the duly appointed Trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust with interest and late charges thereon, as provided in the note(s), advances under the terms of the Deed of Trust, interest thereon, fees, charges, and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. If the Trustee is unable to convey title for any reason, or the sale is set aside for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. Trustor: Golden Dreams Development, Inc. under Deed of Trust recorded as Instrument Number 2008-0642349 in Book 2008, Page 0642349 of official Records in the office of the recorder of San Diego County, California. Duly appointed (successor) Trustee: Harry L. Haubert, an individual, recorded as Instrument Number 2010-0116253 in Book 2010, Page 0116253 of official Records in the office of the recorder of San Diego County, California. Date of Sale: August 30, 2010 at 12:10 PM. Place of Sale: At the southeastern entrance to the North District San Diego County Courthouse, located at 325 South Melrose Drive, Vista, CA. Amount of unpaid balance and other charges: \$221,830.00. Property being sold "as is – where is". Purported property address: 1303 South Escondido Boulevard, Escondido, CA 92025. Assessor's Parcel Number: 236-172-06-00. The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary or Trustee within 10 days of the date of first publication of this Notice of Sale. We are attempting to collect a debt, and any information that is obtained may be used for that purpose. As required by law, you are hereby notified that a negative report reflecting on your credit may be submitted to a credit reporting agency if you fail to fulfill the terms of your credit obligations. Harry L. Haubert, Esq., Trustee & Sale Officer 2576 Green Hills Way, Vista, CA 92084 Ph: 760-758-2672; E-mail: hhaubert@sbcglobal.net

East County Gazette- GIE030790  
Aug. 5, 12, 19, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-020090**

FICTITIOUS BUSINESS NAME(S): Pretty in Parasols  
Located at: 4748 Kansas St. #3, San Diego, CA 91950  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following:  
Carol White 4748 Kansas St. #3, San Diego, CA 91950  
This statement was filed with Recorder/ County Clerk of San Diego County on July 26, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-019419**

FICTITIOUS BUSINESS NAME(S): Vanguard Management Corp  
Located at: 402 W. Broadway #2800, San Diego, CA 92101  
This business is conducted by: A Corporation  
The first day of business was: June 1, 2010  
This business is hereby registered by the following: Vanguard Mineral Corp 402 W. Broadway #2800, San Diego, CA 92101  
This statement was filed with Recorder/ County Clerk of San Diego County on July 19, 2010.

East County Gazette- GIE030790  
8/05, 8/12, 8/19, 8/26, 2010

## Dear Dr. Luauna



*I hesitated to write; I am a successful business man who is nearing retirement age; yet I will need to work as long as I can. I have many financial obligations and am the only bread winner in my family. Even though I am a Christian, the load is weighing heavy upon me, I have no one I can talk to about this, sometimes I want to give up. I know suicide is not acceptable and I think about my wife, kids, and grandchildren. Please just pray for me!*

*Signed, Heavy Burdened*

### Dear Heavy Burdened,

*Thank you for the courage to reach out for help. There are many successful business men and women who are experiencing the same pressures you are, they need to know they are not alone.*

*Jesus loves you so much, He will help you and carry you through. You are correct, suicide is not the Biblical answer; it is murder and also has devastating impact upon loved ones. While the media portrays suicide as glamorous and a dramatic solution, the truth is, suicide is a very selfish act.*

*Also, when you are feeling overwhelmed and overburdened; get alone and spend time in prayer and worship to God. Talk to him as your best friend; He is always listening! You are more than welcome to come to our Prayer Mountain in Ramona, where you can spend time crying out to the Lord on your own, in a private prayer setting or join us for services. The service times are listed below! I am interceding for you! Please carry this scripture with you:*

*Matthew 11:28-30, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.*

### Connect with Dr. Luauna Facebook & Twitter: DrLuaunaStines

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

### A Touch From Above Int'l Christian Church

San Diego Concourse / Civic Center  
202 C Street, San Diego, CA 92101  
Sundays at 10:30 a.m.

### A Touch From Above Prayer Mountain

16145 Hwy 67, Ramona, CA 92065  
Wednesday - 7:00 p.m.

### Dr. Luauna's Television Program San Diego Co

Cox Cable Channel 18 & 23 Every Tuesday at 9 p.m.  
Time Warner Cable 19 Every Wednesday at 5 p.m.

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# DEALS

**www.eastcountygazette.com**





Sycuan' Best of Show Winner: Scott & Laurie Norton and their 1967 Corvette



East County Gazette's Winner: Cassie Eastgate and her 1967 Camaro



San Diego Jump Co.' Winner: Marc Salter and his 1951 Chevrolet



El Cajon CDC's Motorcycle Winner: Bill Flynn and his Harley Road King

# I Believe in Downtown ELCAJON!

## Cajon Classic Cruise Trophy Win July 28, 2010



S&S Trophies' Winner: Norm and Phyllis Burke and their 1941 Ford Convertible



El Cajon CDC's Winner: Wes Mangum and his 1964 Comet

### 2010 Season Schedule:

Aug. 11 - Bike Night  
Aug. 18 - Cajon Speed Week  
Aug. 25 - Horseless Carriage  
Sept. 1 - Charger Steve's Starz Carz,  
Sept. 8 - Shake, Rattle, & Roll Car Show Presented by Sycuan  
Sept.15 - Thunder on Main/Cacklefest (street closure),  
Sept. 22 - British Invasion,  
Sept. 29 - Closing Night (street closure),  
Oct. 27 - Halloween Trunk or Treat,  
Dec. 8 - Holiday Parade of Lights.  
For more information call the Downtown El Cajon office at (619) 401-8858 or visit [www.downtownelcajon.com](http://www.downtownelcajon.com)



Sycuan Casino's Winner: Bob Lambert and his 1959 Chevy Wagon



Discount Pest Control's Winner: Jay Orband and his 1958 Chevy Corvette

## SEPTIC TANKS Pumping Service

Call 7 Days 6 am - 9 pm

**FAQ's**  
"How often should I pump my tank?"  
"What if some of my family members are children?"  
"What if we both work?"  
"Who should I call?"  
Septic Tank Service Intervals  
The amount of time between septic pumping varies with tank size and occupancy of your home. Typically a 1000 gallon tank should be serviced every 10 person years, a 1200 gallon every 12 person years, a 1500 gallon, every 15 person years. For example a 1200 gallon tank with 3 people in the home should be serviced every 4 years and with 6 people every 2 years. If you have children, they count as persons (look at your grocery bill). If you both work, we count that as "normal people". If the formula loses you just pump your tank every 3 years or call us.

"I am very grateful and touched by your contribution to the Sheriff's Department and our deputies..." **Sheriff Bill Kolender**

## SLUDGEBUSTERS 619-442-TANK (8265)

Contractors #850747

# Come and Play for Your Chance to WIN a WaveRunner in our Summer Splash Giveaway

## August

Live ticketed drawings  
Wednesday's 5pm - 8pm • Sunday's 3pm - 6pm

Monthly winners qualify for the end of the month drawing. End of the month winners qualify for the final drawing on Sunday, August 29th. 50 points equals 1 entry.

Provided by **MOTOWORLD of El Cajon**

Join us for exciting promotions, great food and great prices!

**MARIE'S**  
BREAKFAST-LUNCH-DINNER

**LA POSTA CASINO**

San Diego Pine Valley Alpine Crestwood Rd Boulevard

I-8 EAST to the Crestwood Rd. exit, turn LEFT.  
LA POSTA: (619) 824-4100

**Early Bird Hot Seats**  
August 2nd - 31st  
Monday - Friday  
10am - 3pm

**Karaoke Night**  
Thursday's  
Starting at 6pm

**Karaoke Contest**  
Thursday, August 12th & 26th  
7pm - 9pm

Must be a Club La Posta member to participate. Must be 21 years of age to gamble in the casino. La Posta Dollars can not be exchanged for cash. If you or someone you know has a gambling problem, call 1-800-Gambler (426-3537).



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3121 Willow Glen Drive, El Cajon, 92019 • 619.442.9891

<b>WEDNESDAY SUNDAY</b> <b>Fire &amp; Law Enforcement Day</b> <b>WED. \$25 SUN. \$35</b>	Book your golf tournament now and we will give you 4 FREE FEES for yourself	Range Games <b>SATURDAYS</b> Come test your skills with prizes from 90 min. video instruction to 4 rounds of golf! 4pm - 7pm
<b>\$29</b> w/cart <b>Seniors Special</b> <b>Mon - Fri</b> <b>Before 7:00 am</b>	 <b>(619)442-9891</b>	<b>Barbecue Scramble</b> <b>9 Hole Scramble</b> <b>5 pm Shotgun</b> <b>\$35/person</b> <b>Dinner, Door Prizes,</b> <b>Fun</b> <b>* 8/9* 8/23</b>
<b>Now Forming</b> <b>9 Hole</b> <b>Summer</b> <b>Leagues</b>	<b>KARAOKE</b> <b>FRIDAYS</b> <b>\$CASH\$</b> <b>PRIZES</b> <b>\$2.00 OFF YOUR</b> <b>FIRST ROUND</b> <b>W/ THIS COUPON</b>	<b>\$749</b> <b>Unlimited Golf</b> <b>w/ cart</b> <b>Jul/Aug/Sep</b> <b>All 3 Months</b>
<b>\$499</b> <b>Unlimited Golf</b> <b>52 Wednesdays</b>	<b>JUNIOR CAMPS</b> <b>M - Th 9am - 12pm</b>  <b>8/2-5</b> <b>8/9-12</b> <b>\$100</b>	<b>BRUNCH IN THE</b> <b>GARDEN</b> <b>Sunday 9am -</b> <b>2pm</b> <b>Adults \$14.99</b> <b>Seniors and</b> <b>Juniors \$9.99</b>

MOTOR AND SPORTS

Ryan Mathews inks a  
‘Blue and Gold’ contract



Chargers rookie Running Back Ryan Mathews. Photo credit: Chuck Karazsia

by **Chuck Karazsia**

The San Diego Chargers got better and faster Sunday when their first round draft pick running back Ryan Mathews signed a five-year contract that could be worth an estimated \$25.65 million.

“We are excited to have Ryan here and ready to go,” said Chargers President Dean Spanos. Aside from his outstanding talents on the field, he’s a class young man and the kind of player we’re proud to add to our team.”

Known for his power and downhill running, the 6-0, 218 pound speedy Mathews in his junior year led the NCAA with 1,808 yards and 19 touchdowns (a school record). Against some of the nations best defenses Mathews gained 20 yards or more 17 times, and against Boise State had a field day with a 234-yard, three touchdown effort, averaging a huge 12.3 yards per carry.

In three seasons with the Bulldogs Mathews rushed for 3,280 yards averaging 6.1 yards per carry, while scoring 39 touchdowns (another school record). He was the only

player in 2009 to have 100-yard rushing games against Top 25 teams (Cincinnati No. 5, Boise State No. 6, and Wisconsin No. 14).

Chargers Head Coach Norv Turner happy to see his number one running back in training camp said. “You’re going to see more and more of Ryan. He has great speed, great vision and obviously the physical skills.”

The 12’t overall pick in this years NFL draft, Ryan Mathews is expected to fill the departed shoes of future Hall-of-Fame running back LaDainian Tomlinson, a favorite among San Diego Charger fans.

“I think my agent and the organization did a good job to get everything settled,” said the rookie running back. “I’m just really glad to be here.”

“Home is just right up the road,” said Mathews. “It’s great. I have a lot of support in California, in Bakersfield and Fresno. It’s really a dream come true.”

Mathews first practiced with the Chargers Sunday afternoon much to the delight of the fans in attendance at Chargers Park.

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## — MOTORANDSPORTS —

# Rancho San Diego State Champions!

by Tracy Poe

**T**he Rancho San Diego 10-11 year olds took the title of State Champions this past weekend. They defeated LaVerne little league for the title. There were over 400 teams in this tournament.

The boys were undaunted and determined in every game all through their all-star season — which is a big reason why they were undefeated. This team is extremely well-coached, hit really well, played great defense, ran the bases intelligently and aggressively, took advantage of errors by their opponents, wore down opposing pitchers, and in turn, had the best pitching in Southern California. So, it's not surprising that every player and coach on this team contributed to this great win, and they can all be proud of their accomplishment as Division 3 State Champs! Congratulations to Connor Chamberlain, Liam Clingan, Ethan Contreras, Lewis Dirkes, Brandon Fuller, Josh Hernandez, Tyler Luban, Brock Mosier, Casey O'Sullivan, Jacob Paape, Lucas Plein, Justin Poe, Matt Staker, Manager: Paul O'Sullivan, Coaches: Dan Poe, Chris Staker, & Ryan O'Sullivan.

In addition the RSD 9-10 team finished runner-up in their division.

## Basketball Camp

**T**he Grossmont College Athletics Dept. and Grossmont College men's basketball coach Doug Weber is inviting all boys and girls entering the 3rd through 8th grades to Grossmont College's annual youth summer basketball camp, from 8 a.m. to noon, Monday through Thursday, Aug. 9-12. The camp will feature instruction on fundamental skills, group and individual contests and three-on-three tournaments, along with life lessons about sportsmanship, communication and goal setting. Cost is \$75 per camper, which includes t-shirt, contest prizes and giveaways. For more information, visit [www.grossmont.edu/athletics](http://www.grossmont.edu/athletics), or phone (619) 644-7878.



Rancho San Diego 10-11 Year Old California State Champions..Photo credit: Tom Walko

# 2010 Hyundai Blue Elantra has come a long way



2010 Hyundai Blue Elantra. Photo credit: Dave Stall

by Dave Stall

**B**oy has Hyundai come a long way. Today they are one of the best compact vehicles on the road and other manufacturers use Hyundai as their yard stick. Back in 1986 this would have never been the case, but Hyundai listened to their dealers and gave them a car they could be proud of to drive. Today's tester is a 2010 Elantra with a manual transmission and an upgraded sound system.

a commuter car, first car or a car for college.

JD Powers ranked the Hyundai Elantra "Highest Ranked Compact Car in Initial Quality" in 2009. That is quite an achievement, so let's look at the Elantra. My tester came in a Carbon Gray Mist color, gray interior and not a lot of frills. This car is made for work, but it comes very well equipped, starting with a 2.0-liter 138 horsepower 16-valve Dual Overhead Camshaft 4-cylinder engine with CVT (Constant Variable Valve Timing) that runs on regular and

gets 26 miles per gallon in the city and 35 on the open road.

Here is what Hyundai is famous for, 5-year 60,000 mile New Car Warranty, 10-year 100,000 mile Powertrain Warranty, 7-year Unlimited-mile Anti-Perforation Warranty, and a 5-year unlimited Roadside Assistance Program. Compare that to the competition before you buy!

My tester came with a very efficient 5-speed manual transmission with EcoShift indicator that tells you when to shift to get the maximum fuel efficiency, pretty cool, but I just ignored it since I wasn't looking for fuel economy! The Elantra also came with power rack and pinion steering, 15-inch steel wheels with full hub caps, front independent suspension with McPherson struts. In the rear you have independent suspension with Multi-Link suspension which gives you a great ride and cornering.

Moving inside you will find comfort features like a good

sound system with 4 speakers, but this car was up graded to the AM/FM/XM/CD/MP3 audio system with 6 speakers, 2 more than the base system iPod/USB and MP3 auxiliary ports at the bottom of the dash within reach of the driver and passenger. You also get power windows and door locks, tilt steering wheel, remote keyless entry with an alarm, heated outside mirrors, digital clock, front cup and bottle holders, 6-way adjustable driver seat done manually, center console with storage and an armrest, front seat back pockets, 60/40 split rear seat backs for added storage, and map lights. When you buy a new Hyundai they will give you a full tank of gas.

Safety in a Hyundai has always been the most important feature. Hyundai has to offer as standard equipment, Dual Front Air Bags, Dual Front Seat Mounted Side Air Bags, Roof Mounted Side Air Bags, ABS Braking, Four Wheel Disc Brakes, Tire Pressure Monitoring System, Active Front Headrests and front seat belt pretensioners, plus



An inside look at the 2010 Hyundai Blue Elantra. Photo credit: Dave Stall

crumple zones surrounding the occupants.

Would I put this Elantra in my garage? Yes I would, if I commuted every day this would be a perfect vehicle or if I had a kid going to college this car is

perfect. Everything is covered under warranty for at least 5-year 60,000 miles and if your kid can't graduate in 5 years then her or she should pick up the maintenance costs! Stop by your local Hyundai dealer and check out the Elantra!



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# COOL CASH

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August 1-30

We've loaded the Cash Cube with **150 \$100 bills**. Nothin' but Benjamins! **\$15,000 Cool Cash** up for grabs every time you step into the Cash Cube!

### How to Play:

- **August 1-30:** Earn Cool Cash drawing tickets with your slot, bingo and table games play. One ticket for every 50 points earned.
- **Earn Double Tickets:** Every Sunday, Wednesday & Friday August 1-29.
- **Beginning Thursday, August 5:** Cool Cash drawings every Thursday, Saturday and Monday at 7pm and 9pm.
- **One winner from each tier of the V Club:** 8 winners a night, 96 winners all month, over \$1,000,000 up for grabs in August!
- **Grab as many \$100 bills as you can:** Each winner gets 30 seconds in the Cash Cube!

Print your drawing tickets early & often!

Drawing drums are removed nightly and brought out at 10am each drawing day.

### How Many \$100 Bills Can You Grab?

Guest must be a valid V Club member to play. Must be present to win. See V Club booth for more details.

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