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What's new in theatres?



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coming
to Viejas

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Saddle Tramps raise funds for injured baby



Saddle Tramps Motorcycle Club Fundraiser/Poker Run raised over \$6000 for baby Izaiah, who was injured by a drunk driver in October of last year. Pictured above is the Poker Run at Lakeside's Lindo Lake Park. Read full story on page 6. Photo credit: Patt Bixby

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SHOP EAST COUNTY

Local News & Events

Sunny Side Gateway Project nears completion

The wait is nearly over, the State Route 52 (SR-52) Sunny Side Gateway Project is on its way to becoming reality after two decades of planning. It is scheduled to be completed this spring.

The new permanent north-bound State Route 67 (SR-67) off-ramp to Prospect Avenue opened last Friday morning. The new off-ramp is part of the SR-52 Sunny Side Gateway Project.

The California Department of Transportation (Caltrans) and the San Diego Association of Governments (SANDAG) started construction in early 2008 on this vital piece of the transportation plan for the region. When this new four-lane freeway from Santo Road, east past SR-125 and on to SR-67 is completed in early 2011, it will reduce traffic congestion and dramatically improve your travel times during those peak periods.

The SR-52 Sunny Side Gateway Project is broken down into three construction segments. The West Segment from SR-125 east to Cuyamaca Street started construction in early 2008, and was followed by construction of the East Segment at the SR-52/SR-67 Inter-

change beginning May 2008. The final Middle Segment from Cuyamaca Street east to SR-67 broke ground in 2009. An additional project completed last year, added lanes to the existing freeway from Santo Road to Mast Boulevard.

The total price tag for the SR-52 Sunny Side Gateway Project is set at \$520.5 million, which includes design, right of way capital and support and construction capital and support. It contains a variety of state, federal and local funding sources such as \$133 million from the California voter-approved Proposition 1B Transportation Bond Fund and \$35 million from the SANDAG half-cent sales tax measure known as TransNet. It's safe to say that without these latter two funding sources, this project and other transportation improvements in the county and across the state would still be on the design board.

To accommodate even further expected growth along SR-52, Caltrans and SANDAG are preparing for an additional project to widen the corridor after the year 2020. One general-purpose freeway lane and two reversible managed lanes will be added from Interstate 15 to SR-125 – similar to what motorists are seeing along I-15



The new SR-52 Sunny Side Gateway Project brings a number of construction features such as bridges, sound walls, ramp meters, and new on- and off-ramps at Fanita Drive, Cuyamaca Street and Magnolia Avenue. One of the most notable features is the new Cuyamaca Street Undercrossing and Intersection. Bike paths and pedestrian trails will run alongside Forester Creek, offering users a safe and scenic tour of the valley. Pictured above is a map of the SR-52, SR-125 and SR-67 Gateway Project.

New drop off center for computers to aid families in need

by Kathy Foster

Computers 2 SD Kids (C2SDK) officially opened the first East County computer and electronics drop off center on January 8 at the California Welcome Center located at the Viejas Outlets

C2SDK recycles and refurbishes used computers and delivers them to families in need across San Diego County. The nonprofit organization also arranges for the families to receive training and technical support necessary to achieve their goals.

"The Viejas Outlets is a perfect location for our new electronics and computer recycling center," said Cheri Pierre, Executive Director of C2SDK. "We work closely with local community and social service agencies to identify families in need. A growing number are located in East County so we felt it was important to bring our services directly to the areas most in need. The California Welcome Center at Viejas Outlets is a well-known, very visible and convenient location for East County residents."

C2SDK wants all children and their families in San Diego, regardless of their economic status, to be computer literate and have equal access to technology and the crucial educational, occupational, and financial resources that technology can provide. Economic barriers to technology hinder the growth and development of low-income families and perpetuate poverty. C2SDK responds to this digital disparity and the real-world demand for computer literacy through its Technology Assistance Program that recycles and refurbishes used computers and delivers them to families in need. C2SDK has partnered with local businesses such as Viejas and Barona Casinos, Sharp Hospital, Cox Communications and others, who agree to donate computers and peripherals that they no longer use.

For more information, visit www.C2SDK.org

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Volunteers Amber Curto and Craig Hernandez helped in collection of used computers on Saturday, January 8, at the Viejas Outlet Center for "Computers 2 SD Kids." Photo credit: Kathy Foster

— LOCAL NEWS & EVENTS —

El Cajon highlights —

By Monica Zech, City of El Cajon Public Information Officer

El Cajon Library checking car seats

The El Cajon Library will be holding two Safety Car Seat Check Ups, one in English and the other in Spanish. The first car seat check will be in Spanish on Wednesday, Jan. 26 from 12 to 2 p.m., and then in English on Thursday, Feb. 3 from 5 to 7 p.m. The library is at 201 East Douglas Avenue, in El Cajon. The car seat check up will be located in the east side parking lot between the library and the Fire Station. You may be eligible to receive a "free" car seat. For more information or to register please call (888) 846-4200, ext 110.

Antique Show returns to the Ronald Reagan Community Center

Always the second Wednesday of the month, the 2011 San Diego Antique & Collectible Show is back and scheduled for February 9, from 1 to 5 p.m. at the Ronald Reagan Community Center at 195 East Douglas Avenue in El Cajon. You'll find wonderful collectibles, including jewelry and art, textiles, dishes, pottery & glassware and photos, there's also a military collectible expert. Parking and admission is "free" and you can receive one free appraisal – additional appraisals will be \$5 each. For more information, or if you'd like to be a vendor, please call (619) 887-8762.

Miss El Cajon & Miss Rancho San Diego applications still being accepted

The Miss El Cajon Scholarship Association is looking

for contestants for the 2011 Miss El Cajon and Miss Teen Rancho San Diego Scholarship Pageant scheduled for Saturday, March 19. They will also be selecting the Miss El Cajon Teen and Miss Rancho San Diego Teen. If you would like to be more involved in your community, make new and lasting friendships, develop your public relations skills, and earn scholarship money for college, you are invited to attend an informative orientation on Saturday, Jan. 29 at 1 p.m. at Kennedy Recreation Center located at 1675 East Madison Avenue in El Cajon. Young women, ages 13-24, who reside in El Cajon are encouraged to attend. Please call (619) 938-3477, or email: misselcajon@yahoo.com to RSVP for the orientation.

Lend A Hand Clean-up planned for January 29

A great way to kick off 2011 by giving back to the community in a big way is by volunteering! Join the El Cajon Community Development Corporation for January's "New Year, New Neighbor" themed Saturday Morning Clean-up. The Lend A Hand location will be at the corner of South Sunshine Avenue and Chamberlain Avenue on Saturday, January 29, from 9 to 11 a.m. Along with the standard trash pick-up and graffiti identification, they will also host some fun activities to help you meet your neighbors. It promises to be a morning of good company, vibrant energy, and positive change in our neighborhoods. Don't forget, if you've recently cleared out the closet and you're looking for a place to pass on gently-used housewares, clothing, toys, or working electronics, the El Cajon CDC will also collect items for tax-deductible donations to the San Diego Rescue Mis-

sion. Simply drop them off at the Lend A Hand location. For more information or to register, please call (619) 401-8858.

Law Enforcement promotion & retirement ceremony

A time for new responsibility – or a time to relax – as the El Cajon Police Department will hold a Promotion and Retirement Ceremony on Wednesday, Jan. 26, from 4 to 5 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue in El Cajon. For more information please call (619) 579-3351.

Adding some color to the city

"UArt" - Downtown El Cajon's Utility Art Box Program continues to grow! If you would like to transform an ordinary utility box into a valued piece of public art, applications are available online and due to the El Cajon Community Development Corporation by Friday, Jan. 28. Artists chosen will receive a stipend of \$125 to cover project expenses. This program is inspired and supported by the City of El Cajon and coordinated by the El Cajon CDC. This season, project organizers are particularly interested in artwork promoting public transportation or environmental health. Of

course, artists and community members are also invited to contribute creative designs that celebrate the identity and character of El Cajon - its past happenings, signature community events, distinctive businesses, historic buildings, natural beauty, culture, and more. To learn more, please contact Rebecca Reyes, Community & Economic Development Associate, at (619) 401-8858.

Special events coming to The Knox House Museum

It's more than a museum! First Fridays will host a Salon Series in the parlor of Amaziah Knox. The first casual gathering will feature two Acoustic Guitarists on Friday, Feb. 4, from 6 to 7:30 p.m. February is Museum Month and the Knox house will be open each Saturday in February from 11 a.m. to 2 p.m. The Knox House Museum is all about life in El Cajon during the years of 1876 through 1912. It's located at 280 N. Magnolia Avenue in El Cajon. For more information visit www.elcajonhistory.org or call (619) 663-0228.

February Job Fair at Cuyamaca College

Mark your calendars for Friday, Feb. 25 for a job fair at Cuyamaca College Student Center in El Cajon, from 9

a.m. to 12 noon. The college is located at 900 Rancho San Diego Parkway in El Cajon. There is no fee to attend and parking is free. Nearly 50 local and regional businesses, including government agencies, are confirmed to attend. If you own a business and are interested in taking part in this event, or if you are looking for new job opportunities and have specific questions, please call (619) 448-5201.

"Hands Free is Ticket Free" in San Diego County

In a continued effort to reduce the number of traffic collisions caused by distracted drivers illegally using their cell phones, San Diego County law enforcement agencies are once again joining in a "Hands Free is Ticket Free" campaign against cell phone violators.

Starting Tuesday, Jan. 18 through Thursday, Jan. 20, officers will focus enforcement efforts on violations such as driving while using a hand-held wireless device and driving while writing, sending, or reading a text-based communication. The goal is to increase public awareness of the dangers of using hand held devices while driving. In November 2010, the California Highway Patrol (CHP) Offices throughout San Diego

County and numerous San Diego County law enforcement agencies joined together for a "zero-tolerance" campaign to strictly enforce drivers not utilizing a hands free device while at the same time educate drivers about the consequences of distracted driving behavior. As a result of that two-day campaign, over 1,000 citations were issued for violating the hands free and texting laws.

See all the GREAT things about El Cajon

See our new City video highlights! See all that El Cajon has to offer in education, recreation, shopping, housing, business opportunities and more. These exciting videos can now be found on our City website at www.ci.el-cajon.ca.us. You'll see why El Cajon is a great place to live, work and play!

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



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— CORRECTION —

In last week's story 'Alpine Kiwanis celebrates 60 years of service to the community' it stated that John Tracy was posthumously honored as a Distinguished Kiwanian. It should have read John Calabrese was posthumously honored as a Distinguished Kiwanian. The Gazette regrets the error.

— LOCAL NEWS & EVENTS —

Saddle Tramps fund raiser benefits baby Izaiah



Saddle Tramps welcoming the community to their fund raising event. Photo credit: Patt Bixby

by Patt Bixby

Nearly 300 motorcycle clubs and individual riders from all over San Diego attended the recent fundraiser and Poker run put on by the Saddle Tramps Motorcycle Club. The fundraiser was held for baby Izaiah who was severely injured on October 18, 2010 when an under-age drunk driver hit Izaiah and his grandfather as they were out for a stroll.

The ride began at the VFW Hall in Lakeside and riders headed out with stops at El Cajon Harley Davidson, South Bay Harley Davidson, Kennedy motorcycle Shop, Biggs Harley Davidson, and ending

at San Diego Harley Davidson where lunch was served. The Saddletramp run generated \$6,055. The winner of the Poker run donated the money back to the Baby Izaiah fund and the 50/50 drawing winner donated part of the money back as well.

On January 11 the money was presented by the club to Jacob and Lucy, Izaiah's parents, at Children's Hospital where they have been staying with their child. Saddle Tramps President Carl Smith said he really commends the family for the way they have handled such a difficult situation.

The Saddle Tramps are no strangers to tragedy. In 2010 while heading to Yuma, AZ to celebrate their 10 year anniversary the club was involved in a deadly crash on Route 98. Twenty one riders on a dozen bikes which stretched several car lengths and passed by a

gold Honda civic heading East in the oncoming lane. That forced a white Dodge Avenger carrying a couple from Mexicali to swerve into the Eastbound lane right into the middle of the motorcycles. The driver of the gold Honda Civic remains at large. The accident is still under investigation.

Of those injured in that accident Wilson Trayer went home in December and will be in a wheelchair for some time. William Barnes was released from the hospital January 14 and Melanie Barnes has come out of her coma and is recovering at a nursing home. The four club members who perished in the crash were Amy Heath, Lance Heath, George Miller and Tonya Trayer. The Saddle Tramps will hold a Celebration of Life for George "Big foot" Miller on January 22, 11 a.m. to 4 p.m. at the VFW Lakeside. All bikers are welcome.

Alpine Elementary School olympics



Fans and competitors turned out at Alpine Elementary School's annual Youth Olympics, which took place Saturday at the school grounds. Sponsored by the Alpine Kiwanis Club more than 50 youths participated in 12 different athletic events. Competitions centered on how many sit-ups, pull-ups or other challenges a participant could do in one minute. More than 100 bronze, silver and gold medals were given out at the event. Pictured above is a group shot of all the participants. Photo credit: Kathy Foster

EAST COUNTY Gazette

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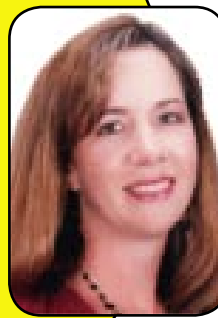
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— LOCAL EVENTS —

Out and about in the County

Through January 30 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Best of Nature View inventive and daring nature-based imagery by amateur and professional photographers. From an elk silhouetted in the morning mist with reflections that mimic wildfire, to the underside of brilliant red cardinal wings against a snowy sky, the images in Best of Nature are not to be missed. Three rounds of judging took place to choose the winning photographs, which range from landscape and wildlife images to abstract/impressionistic nature-based images. Traditional and digital photographic works are represented in the show. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through February 28 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. BioScapes See the winners of the 2010 Olympus BioScapes Photo Competition on display. Now in its eighth year, the Olympus BioScapes competition is the world's premier platform for honoring images and movies of human, plant and animal subjects as captured through light microscopes. The images illustrate how photography has become an essential part of scientific investigation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3, 2011 3D Film Premiere Turtle Reef— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Turtle Reef is a new emotionally inspiring story that explores the intimacies of the relationships between creatures on a coral reef in Hawaii over a 24-hour period. Explore the dynamic relationships and partnerships formed on coral reefs featuring the Hawaiian Green Turtle (*Chelonia mydas*). Endangered by over fishing, these turtles were brought to the brink of extinction before legislation in 1978 protected them. Today, the Hawaiian population is recovering, but in many other places elsewhere in the world, turtles face a grim future. Turtle Reef is a new film from the award-winning team that produced the giant-screen Ocean Oasis. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232-3821.

Through April 3, 2011 3D Film Experience—Waking the T. rex: San Diego Natural History Museum, 1788 El Prado in Balboa Park. The Story of SUE In May 2000, the world was introduced to Sue, the most complete T. rex specimen ever discovered. Her skeleton has fascinated millions. Now this famous Tyrannosaurus rex, the most renowned predator of the dinosaurs, will awaken. Join scientists as they decipher fossil clues to piece together the lifelong struggles, from nest to death, of this famous Tyrannosaurus rex. Witness her life events unfold, including an epic battle with a Triceratops, in a world where the only rule is eat or be eaten. Recommended for children age 9 and up. Waking the T. rex 3D: The Story of SUE is presented by D3D Cinema and [The Field Museum](#). Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3 Traveling exhibition— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Lizards & Snakes: Alive! Small and shy, or big and fierce? Bright as a jewel, or hardly visible? Four legs? Two legs? No legs at all? When you're talking about lizards and snakes—the squamates—the answer is usually . . . Yes! This ancient group, whose scientific name is Latin for "scaled," is more diverse than mammals, as old as dinosaurs.

And they're almost everywhere: harsh desert to lush rainforest, high in the treetops, beneath the ground. We share the planet, but we often overlook these quiet neighbors. So welcome to the world of squamates, and get ready to be surprised! Created in collaboration with the American Museum of Natural History and Fernbank Museum of Natural History, this fascinating exhibition features a mix of live animals and interactive displays that reveal the secret lives of a group more diverse than mammals and as old as dinosaurs. Lizards and Snakes: Alive is funded by the San Diego County Board of Supervisors at the recommendations of Chairwoman Pam Slater-Price, Supervisor Ron Roberts, and Supervisor Greg Cox. Additional financial support provided by the City of San Diego Commission for Arts and Culture. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232-3821.

Through early April; 9:30 a.m. and 1:30 p.m. Whale-watching Cruises Don't miss your chance to watch whales migrate past San Diego! The Museum offers several types of whale-watching and nature cruises this winter. Museum members receive great discounts on whale-watching cruises! Also, nonmembers may purchase museum/cruise combo packages at a reduced price. Call the Museum's Visitor Services Desk for more information at 877.946.7797.

Sundays, Jan. 23 and 30; 12:15 p.m. and 2:15 p.m. Free family performance—Wacky Science Sundays with Ms. Frizzle™ and The Magic School Bus© Wahoo! Join us for live performances EVERY Sunday at the Museum. Get ready to explore the wild and wacky worlds of mysterious creatures, fascinating habitats, and phenomenal hands-on science! FREE with Museum admission. For more information or to register, visit www.sdnhm.org or call (619) 255-0210 (M–F).

Jan. 22-23: The Biggest Cat show West of the Mississippi. Come see 41 breeds compete or enter your household pet in show by January 17, 2011. We promise to have wonderful education talks both days and Agility both days for your enjoyment. The Meow Mall will have all kinds of Cat items. Go to our website for information www.SanDiegoCat.org or for a \$1 off coupon. San Diego Cat Fancier's Annual Cat Show Food & Water Bowl XIX. Del Mar Fairgrounds - Exhibit Hallm 2260 Jimmy Durante Blvd., Del Mar, Ca 92014. Saturday 10 a.m. - 5: p.m., Sunday 9 a.m.- 5 p.m. Admission: Cash at the door \$8adults, \$6 seniors, military and children under 12.

Jan. 25: 6 p.m. Prevent identity theft. As many as 9 million Americans have their identities stolen each year, according to the Federal Trade Commission. The El Cajon Library, 201 E Douglas Ave, is doing its part to help customers prevent identity theft by offering a free workshop on Tuesday, Jan. 25, at 6 p.m. Identity theft occurs when one person uses another's Social Security number, credit card information or simply their name to engage in fraudulent activities or criminal behavior. This workshop will teach attendees the best ways to assure that personal information is kept safe, as well as the steps to take if identity theft does occur. The discussion will be led by Antonio Savarese, an independent financial advisor who has been helping the community make informed decisions for more than thirty years. For more information on this free identity theft prevention workshop, contact branch staff at (619) 588-3718.

Jan. 29: The Neighborhood House Association's Housing Counseling program, 841 South 41st St. San Diego, is hosting a First Time Homebuyer Education Class on Saturday, Jan. 29 from 9 a.m. to 5 p.m. to provide first time homebuyers with the knowledge and confidence needed when purchasing their first home. This class fulfills the requirement for potential buyers to utilize government assistance programs such as the down payment, closing costs and shared equity programs. The class will provide education and counseling on budgeting for a home purchase, finding a home, shopping for a loan and caring for a home. Guests must pre-register by calling (619) 263-7761 x122 or emailing ccollins@neighborhoodhouse.org to obtain a seat. There is a \$35 registration fee per household. Neighborhood House Association (NHA) Housing Counseling Program is a U.S. Department of Housing and Urban Development (HUD) approved counseling agency and is dedicated to providing families with the knowledge, awareness and resources related to all housing issues.

Feb. 5: E-Waste Recycling Event 10 a.m. to 4 p.m. at River Valley Charter School 9707 ½ Marilla Dr., Lakeside. Recycle Computers-Monitors-Laptops-TV's-Printers-Cell Phones-FAX-VCR-DVD, Stereos-Cameras-Scanners etc. NO APPLIANCES OR BATTERIES

Feb. 7: Hooley's 2 Year Anniversary Celebration La Mesa Chamber and East County Chamber Mixer at Hooley's Irish Pub from 5:30 to 7 p.m. Hooleys located at 5500 Grossmont Blvd. #277, La Mesa, CA 91942. Event Cost is \$10 to Members of both chambers, potential members \$15 per person. Door price \$20 per person. All prices include 1 Free Drink Ticket which can be redeemed for any beer, house wine, or well drink. Hooleys will be serving Irish Skins, Veggie Tray, Chicken Tenders, Chicken Pasta, and Shepard's Pie.

Feb. 11: Harrah's Rincon Casino presents: "Dia de Los Enamorados" – in the Pavilion Super Bailazo –This evening of sizzling Latin entertainment features Los Caminantes, Industria del Amor, Los Pastele Verdes & Los Moonlights. Showtime is 9 p.m. Tickets are \$35 per person in advance and \$50 per person on the day of the show and can be purchased through Ticketmaster by phone (800-745-3000) or through their website (www.ticketmaster.com). All guests must be 21 years of age or older to attend the show.

March 4: La Mesa Scholarship Pageant at Sunrise Community Church in Santee, 8805 N. Magnolia Ave., Santee. To become a contestant or for more info contact Alexandra Kutty 619-698-4163.

ONGOING

Wednesdays: Santee Farmer's Market from 3 to 7 p.m. on Mission Gorge, 10445 Mission Gorge

Fridays: La Mesa Farmers Market 3 to 6 p.m. in Allison Ave. parking lot, East of Spring Street.

Julian Doves & Desperados every Sunday (weather permitting) 1 p.m., 2 p.m., 3 p.m.: Historic comedy skits located at the stage area between Cabbages & Kings and the Julian Market & Deli. For more information contact Krisie at (760) 765-1857.

Triangle Club's Old Time Melodrama every Friday, Saturday & Sunday Friday at 7:15 p.m., Saturday at 1:15 p.m. and 7:15 p.m., Sunday at 1:15 p.m. Town Hall. visit: www.julianmelodrama.com

Wednesdays in February- Karaoke at Harrah's Rincon. Don't just sit at home and watch those talent contest TV shows – come on out to Harrah's Rincon and check out Karaoke Wednesdays at Harrah's Rincon. Every Wednesday night from 8 p.m.-midnight in the Oasis Lounge, guests can take the mike and thrill the audience with their hidden talent.

Permanent exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Fossil Mysteries From dinosaurs to mammoths, discover the rich fossil history of our region. In this major exhibition created by the Museum visitors can play the role of paleontologist: ponder a mystery, examine the strong fossil evidence from the Museum's collection, and use scientific tools to discover answers. Traveling through a 75-million-year timeline, from the age of dinosaurs to the Ice Ages, experience an unfolding of the prehistory of southern California and the peninsula of Baja California, Mexico. Major funding provided by the California Cultural and Historic Endowment; National Science Foundation; Stephen and Mary Birch Foundation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Ongoing Giant-screen film—Ocean Oasis Take a fascinating journey into Mexico's beautiful Sea of Cortés and the Baja California desert. San Diego Natural History Museum, 1788 El Prado in Balboa Park. Ocean Oasis is the winner of the Jackson Hole Wildlife Film Festival and the International Wildscreen Film Festival. For more information visit www.sdnhm.org. Produced by the San Diego Natural History Museum, Summerhays Films and PRONATURA A.C. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

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ALC provides help with resolutions

According to one of the creators of *The Secret*, John Assaraf states, "97 percent of people do NOT have written goals. three percent do. The three percent also control 97 percent of the money in the world."

Without goals you are like a boat in the ocean that doesn't have its sails up or its rudder in the water. You are adrift with the current. Set sail from San Diego without sails and rudder bound for Hawaii. You will flounder in the harbor, drifting without direction. Setting goals and writing them down is like raising your sails, putting your rudder in the water and steer-

ing steadily towards Hawaii. Which boat do you want to be in, the one with or without sails and a rudder?

The more I travel around the country training executives, athletes, and CEO's the more I hear, "Sam I already have goals. Can't we do a different training?" When I ask to see them, I find they're not written down or if written, often more than a year old. Ironically, many of these people have worked with a personal coach or consultant in the past. That coach or consultant may have told them the importance of writing down their goals, but he failed to impress upon them

that it is not a one-time exercise. If you want to be part of the 35 you should re-set goals for the rest of your life!

Occasionally, I find the clients have accomplished all the goals they have written on their Goals Sheet. You may think, "Isn't that fantastic?" The answer is yes and no. Yes, they wrote down their goals and they achieved

them, but they failed to keep setting new goals. What too many coaches fail to teach is the importance of setting new goals when old goals are achieved or as situations change. Successful people re-set goals constantly throughout their life. They constantly strive to achieve more.

When incorrectly used, Goal

Setting can be the most abused technique in the self-improvement industry.

ALC provides sales professionals, corporate groups, athletes and every day individuals the real mental tools needed to unlock their potential. ALC runs a gamut of programs to improve aspects of an individual's life, or a corporate environment. Success Training with ALC

truly focuses on the goals and aspirations of the participant(s) at hand. Programs range from performance enhancement in sales and athletics, effective communication, conflict resolution, increasing sales, interpersonal management, teambuilding, and growing businesses. The possibilities with ALC can be custom tailored to the participant's direct needs and desires.

Feeling the pinch? Try these belt-tightening tips

by Jason Alderman

Between holiday shopping bills now coming due, increased winter heating bills and the upcoming income tax season, many people are feeling the pinch. Your best bet for getting back on track is probably to trim expenses.

Here are several ideas – big and small – that might do the trick:

- Lower your thermostat. Each degree you lower it saves up to 3 percent on your heating bill. Turning down your thermostat 10 to 15 degrees for eight hours at night can save about 5 to 15 percent. For a \$300 monthly heating bill, that's up to \$45 in savings.

- Up to 30 percent of heated or cooled air can be lost through leaks, so add insulation, apply weather stripping around windows and doors and caulk around ducts, plumbing bypasses and other openings.

- Water heating is the third-largest home energy expense, so try lowering your water heater temperature to 120°F or lower to see if it's still comfortable.

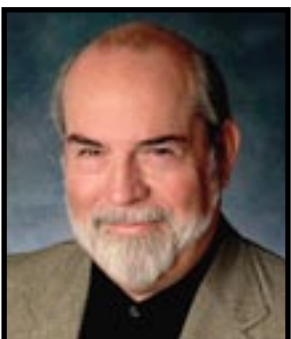
- Energy Star products consume up to 50 percent less energy and water than standard models (visit www.energystar.gov).

See TIGHTENING BELT page 17

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AND THE LEGAL AID SOCIETY OF SAN DIEGO,
PRO BONO PROGRAM, INVITE YOU TO ATTEND A
HOME CLINIC

Date: Saturday, January 22, 2011

Time: 10:00 am to 2:00 pm

Location: San Diego County Library
El Cajon Branch
201 E Douglas Avenue
El Cajon, CA 92020

Cost: FREE

Walk-in & Family Members Welcome!

Registration Recommended: Please
send email with name, address, and
telephone number to,
HOMECLinic@housingcollaborative.org,

or call (619)283-2200 or 800-HOC-0503
to be registered.

To find out more about HOC,
please visit
www.housingcollaborative.org

"Housing For All"

The HOME Clinic is a community service program of the Housing Opportunities Collaborative (HOC), a coalition of nonprofit organizations and housing agencies in the San Diego region, to assist and educate homeowners and homebuyers in their housing needs. HOC is a HUD approved housing counseling agency.

WHY ATTEND THE HOME CLINIC?

- One location to give you a **one-stop** shop of counseling resources;
- **Save \$550** through free one-on-one counseling with a HUD approved housing counseling agency;
- **Save \$300** an hour in **attorneys fees** through one-on-one session with pro bono attorneys for the day to learn about your legal options;
- Access to other **compatible resources**;
- **Free loan modification assistance** from a HUD approved housing counseling agency after your case has been reviewed;
- **Referral** to local law enforcement or to local professional associations who may give resolution to your problems;
- **Educational sessions** on credit management, loan modification, bankruptcy and consumer protection will also be provided; and
- Consider all your legal and financial options to make an **educated decision**.



For Health's Sake

Health classes, screenings, classes and events

CPR Class January 22

Would you know how to respond if your child stopped breathing or someone you love had a heart attack? If you said, "No," then you should join this class. It will be held at the Alpine Fitness Club, 1620 Alpine Blvd. on Sat. Jan 22 from 9 to 11 a.m.. You will receive a two year certification; learn the New CPR skills and how to perform CPR on an adult, child and infant. You will also learn the Heimlich maneuver, how to use an AED machine and what to do for a drowning victim. If you have a pool this class is a must. Adults are \$45 per person and children 8 years to 17 years old only \$30 per child. Space is limited. To reserve your place please call Save-A-Heart at (619) 445-4569.

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, Jan. 21, 9:30 to 11 a.m.

Managing caregiver emotions

Caregivers often become emotional casualties while providing care for their loved ones. Learn to recognize the unique factors that contribute to caregiver stress, understand various methods of dealing with anger and other stressful emotions and learn to articulate tips that will help in reducing stress. Presented by Diane Darby-Beach from the Alzheimer's Association on Monday, Jan. 24, 10 a.m. to 12 noon at the Grossmont HealthCare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

Shape up in the New Year

Want to lose weight? Think you need more fiber? Want to have more energy and just feel better overall? Think you should exercise, yet don't have "the get up and go" to do it? Learn simple tricks

to make your diet healthier (for example: eat a rainbow.). Find out from Registered Dietitian Candy Cmming what makes being healthy challenging and make a plan to make it easier! Monday, Jan. 31, 1 to 2:30 p.m. Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa Reservation required. Call 1-800-827-4277

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

This free program helps people who live alone by offering a phone call each day. If there's no answer, someone is called to check on you. Other Project C.A.R.E. services include Vial of Life, friendly visitor from the Retired Senior Volunteer Patrol and more. East county residents may call the Sharp Grossmont Hospital Senior Resource Center at 619-740-4214. Seniors in other zip codes may call 1-800-510-2020 for locations throughout San Diego County.

Laughter is the Best Medicine

From the mouths of babes

What's really important? One warm summer evening a mother was driving with her three young children. A woman in the convertible in front of them stood up and waved. She was STARK NAKED. As the mother was reeling from shock, the five year old said, "Mom, that lady isn't wearing a seat belt!"

Ketchup: A mother was struggling to get the ketchup out of the bottle when the phone rang. She asked her four year old daughter to answer it. She heard her daughter say, "Mommy can't come to the phone. She's hitting the bottle."

I Pledge Allegiance: Not quite getting it, the little first grader said, "I led the pigeons to the flag."



Health... Just Common Horse Sense

by Dr. Donald Adema

This past holiday season has been more than usually challenging. You would think it would have been from the various virus and flu encounters but our patients did well with preventative and augmented therapy with supplementation and rest. No, the biggest challenge of the season was not patients or shopping, but the new electronic medical record system installed at the requirement of the government to fully receive medicare benefits and communicate with other government and insurance services. A system that communicates with the government must not move too fast. Unless, of course, it is investigating something of a very secretive nature. Enough!

This new year has already started with new contacts and services. The most exciting, so far, is an association with a neurosurgeon who has written a book on praying with patients as a physician. Wow, he is brave and committed and has the patience and the detail to allow standing by your or table passing a wire in your brain only one inch in two hours. Keep an eye at the book stores as it is soon to be released. I will let you browse as the title will be clever and subtle.

After review of last year, three diagnosis will receive more attention and study. Chronic fibromyalgia, irritable bowel syndrome and bipolar disorder are fastly becoming the major "trash can" diagnosis of our billable medical world. By that I mean, if it is not that or testing does not prove that and I cannot figure it out, we will just plop you in there. All three diagnosis do not fully explore as to why but rather are labeled if you meet certain criteria. All three have therapeutic choices that turn off the warning signals but do not address the causes. We will separate them out as the year progresses.

It is the wish of the staff of Adema Family Medicine that your year is healthy and prosperous and well guided. May God bless you.

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

Dear Dr. Luauna



Many people have asked me, "Why does life seem to be so hard? Why does it feel like I go into one trial after another?" After hearing this from several, I thought Lord, "How do I answer this?" Last week I decided, I was going to climb the mountain across the street from the Prayer Mountain called, Mount Woodson. It is a pretty steep incline and almost straight up.

As I was climbing each step seemed to get heavier and heavier as well as harder. Half way up the mountain, I stopped to take a breath and a drink of water. I looked up to see the next curve going up and as I stood there the Holy Spirit spoke to my heart. *Life is like climbing this mountain!* It seemed like nine months ago, I would have never made it to the top, having had a bout with sickness and being overweight, I thought, "I could barely get around the block, how in the world am I going to get up that mountain?" I told myself, you are just going to do it!

I didn't take anyone with me the first time, least I be embarrassed, climbing as slow as a turtle. I put one step in front of the other. When I got to the first switchback I ran into the next, then the next and then the next. I almost turned back, but I did not let my mind go there. I told myself, if it took me

all day long, I was going to climb up that mountain. Needless to say it almost did.

I made it to the top, the reward was far beyond what my words could express. Even though the other hikers went up and down that mountain with no problems, I'm sure they all started in the same place. The reward of coming back down that mountain was amazing, I MADE IT! I didn't die, I didn't have to call 911 and I surely didn't need a helicopter pick up.

Nine months later, I can scale that mountain in less than an hour, up and down. When life throws you one switchback after another, just know that Jesus is your strength, Nahum 1:7, "...He is a stronghold in the day of trouble..." You will make it through every trial and on the other side of that trial, you will have victory. I have always said, "When you are hardest hit, is when you mustn't quit!" Nehemiah 8:10, "...Do not sorrow for the joy of the Lord is your strength." I would like to invite you to church sometime, when you learn God's Word and apply it to your life, you can place one foot in front of the other and you will make it through, no matter what you go through. I love you in Jesus!

Connect with Dr. Luauna
questions@drluauna.com
www.drluauna.com
www.atouchfromabove.org



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— IN CONCERT AND ON STAGE —

Viejas brings top talent to the DreamCatcher

by Diana Saenger

California is easy living and there's plenty of fun at Viejas to prove that theory. Whether catching a nightly act in the alluring V-Lounge or rushing to get tickets for a hot show in the DreamCatcher at Viejas showroom, it's win-win situation in our own backyard.

Viejas Casino is located at 5005 Willows Rd: Alpine (8-East to Willows Road Exit in Alpine). There is paid valet or free self-parking available. Tickets are on sale now.

DreamCatcher at Viejas & Concert in the Park concert schedule:

January 28: 8 p.m., Dennis DeYoung: The Music Of Styx – showcases the Greatest Hits spanning the 70's, 80's, and 90's performed live with Dennis and his six member band. The set includes all eight top Top 10 hits including "Lady," "Babe," "Come Sail Away," plus Classic Rock Anthems "Grand Illusion," "Renegade," "Blue Collar Man," and many more. All the hits and memories in one unforgettable evening. Dennis is a founding member of

Styx. He wrote and sang lead on seven of the band's eight Top 10 hits. He is a legendary singer, songwriter, keyboardist, composer and record producer with a career spanning over 40 years. His voice is one of the most recognizable in the music world today and continues to inspire new generations of fans.

January 29: 8 p.m., Jay Mohr – the multi-talented Jay Mohr's career has spanned over two decades. He first walked on stage to do stand-up comedy at the young age of sixteen and quickly received audience notice with his dead-on impressions of Christopher Walken, Tracy Morgan, Al Pacino, Robert DeNiro, Norm MacDonald and Ina Gartner from The Food Network. Now, the star of the hit CBS television series *Gary Unmarried*, Mohr has solidified his talent on the silver screen. The show recently wrapped its second season. He also created, executive-produced and hosted *Last Comic Standing*, which aired for six seasons. Other credits include his role as Professor Rick Payne on the CBS series *Ghost Whisperer* and Mohr recently appeared in Clint Eastwood's *Hereafter*.

February 11: 8 p.m., En Vogue – the female vocal quartet En Vogue was conceived and put together by the production team of Denzil Foster and Thomas McElroy, both former members of Club Nouveau. Foster and McElroy wanted a vocal group that could exude sultriness and intelligence in addition to vocal proficiency, and as producers, they wanted material that would fuse R&B and girl group traditions with hip-hop and new jack swing rhythms. En Vogue's 1990 debut album, *Born to Sing*, launched the pop crossover smash "Hold On." When En Vogue returned in 1992 with *Funky Divas*, critical and commercial response was overwhelming.

February 26: 8 p.m., Steve Byrne – is one of the hottest comedians touring today. He was born to a Korean mother and an Irish father, which provides him with a wealth of material. He tours with the popular all Asian comedy group, "The Kims of Comedy." Byrne has been a featured comic in The Just For Laughs Festival in Montreal, The HBO US Comedy Arts Festival in Las Vegas and The CanWest Comedy Fest in Vancouver. He has featured



Dennis DeYoung: The Music of Styx.

for Colin Quinn on a USO tour in Iraq as well as for Drew Carrey in Afghanistan. Steve headlined his own USO tour of Afghanistan in 2008 and is planning another one for the summer of 2009. He has been part of several national comedy tours. He was voted one of the best of all time in the Comedy Central Standup Showdown.

Byrne has many film credits including *Four Christmases* and appeared on TV in sitcoms and many specials.

Check out Viejas' full entertainment schedule at: <http://www.viejasentertainment.com/> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

Pulitzer Prize winning drama 'Next To Normal' in San Diego



Alice Ripley and Curt Hansen star in *Next to Normal*. Photo credit: Craig Schwartz

Preview by Diana Saenger

Next to Normal, winner of the 2010 Pulitzer Prize for Drama and three 2009 Tony Awards arrives on tour this week in San Diego. Starring Alice Ripley, who received the 2009 Tony Award for Best Actress in a Musical, is reprising her acclaimed performance in the musical's 36-week multi-city. *Next to Normal* runs at the Balboa Theatre, as a Broadway/San Diego ~ A Nederlander Presentation, January 18-23.

With a thrilling contemporary score, *Next to Normal* is an emotional powerhouse of a musical about a family trying to take care of themselves and each other. "As our New York production continues its acclaimed run on Broadway, we are very excited to gear up for the national tour of *Next to Normal*," said David Stone, the show's producer.

The cast of *Next to Normal* also features Asa Somers (Dan), Curt Hansen (Gabe), Emma Hunton (Natalie), Jer-

emy Kushnier (Dr. Madden/Dr. Fine) and Preston Sadleir (Henry). The music is by Tom Kitt, book and lyrics by Brian Yorkey, musical staging by Sergio Trujillo, and direction by Michael Greif. The creative team also includes Mark Wendland (set design), Jeff Mahshie (costume design), Kevin Adams (lighting design), and Brian Ronan (sound design). Musical direction is by Bryan Perri, orchestrations are by Michael Starobin and Tom Kitt, and vocal arrangements by AnnMarie Milazzo.

Next to Normal has had a surprising and highly un-

likely route to Broadway. The musical originally opened at Off-Broadway's Second Stage Theatre on February 13, 2008. The producer, David Stone, who had been guiding the musical since 2005, took the unexpected step of bringing the show to Washington D.C.'s Arena Stage where it was significantly reworked, and then back to New York and to Broadway, where it opened to rave reviews on April 15, 2009. This unusual trajectory from a New York Off-Broadway premiere to an out-of-town regional theatre engagement and then back to New York is unprecedented.

THEATER - TO GO

What: *Next to Normal*

When: January 18-23

Where: Balboa Theatre, 868 Fourth Avenue, downtown San Diego

Tickets: Ticketmaster (800) 982-2787

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— AT THE MOVIES —

'The Green Hornet' — another 3D bust

Review by Michael Black

The Green Hornet had its first radio broadcast in Chicago in 1936. The green-masked vigilante would fight crime with his partner, Kato, who drives their technologically sophisticated car nicknamed, "Black Beauty." *The Green Hornet* has been adapted into television, comic books, and film. Now, in the twenty-first century the new version of *The Green Hornet* could have finally utilized all the powers that technology has progressed over the years to be an action-packed block-

buster. Except, they cast Seth Rogen in the lead role. Big mistake!

Britt Reid (Seth Rogen) is a 28-year-old sloth who's been spoiled by his successful father, James Reid (Tom Wilkinson), owner of the Los Angeles newspaper *The Daily Sentinel*. When Dad prematurely dies and leaves Britt as successor, Britt has no idea what to do next. He becomes friends with his dad's auto mechanic and expert coffee maker, Kato (Jay Chou). Britt decides to take advantage of Kato's expertise in engineering and chemistry so the two of them can fight crime. They

use the newspaper to their advantage to get the public acquainted with deeds of The Green Hornet. Britt hires Lenore Case (Cameron Diaz) as his personal secretary and unbeknownst to her, uses her criminalist background to help plan out the Green Hornet's next move.

This film has been in pre-production limbo since 1992, struggling to find the right actors for the lead roles and a suitable director. In 2007, Seth Rogen was picked as a co-writer and the lead actor. Up until now, Rogen has played in bit parts as a comedic relief with very few lead roles. I've always thought Britt Reid as the strong silent type with a little too much ego for his own good. Rogen just doesn't fit the role and actually as a whole, hurts the film. It's his gruff voice and flippant attitude that ruins his image as a hero.

Jay Chou is great as Kato. I actually found myself wanting to see Chou more than Seth. He is no Bruce Lee but he does a respectable job in his role. Cameron Diaz is just the love interest of Britt's and Kato and adds nothing noteworthy to the movie. The main villain is Benjamin Chudnofsky (Christoph Waltz), a paranoid and ruthless Russian gangster who wants to take over the entire city. Chudnofsky is a horrible villain and another



Seth Rogen and Jay Chou star in *The Green Hornet*. Photo credit: Jaimie Trueblood / Columbia Pictures

bad flaw of the movie. His demeanor comes across bland and boring due to a shoddy script.

The film is another 3D disappointment that never really takes advantage of the special effect — some of the scenes weren't even in 3D. The fight sequences are wacky, appearing to give Kato the ability to

slow time using magic, but it turns out to be his body using adrenaline to speed up his muscles. The overuse of special effects during the fight scenes is supposed to enhance the 3D effect, but I wasn't impressed. The Car is definitely the centerpiece of the film but it's not enough to save this film from being this year's first bomb.

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REEL FACTS

The Green Hornet
Studio: Columbia Pictures

Gazette Grade: D+
MPAA: "PG-13" for sequences of violent action, language, sensuality and drug content

Who Should Go: Seth Rogen and Jay Chou fans

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I hope that the groundhog sees the sun...

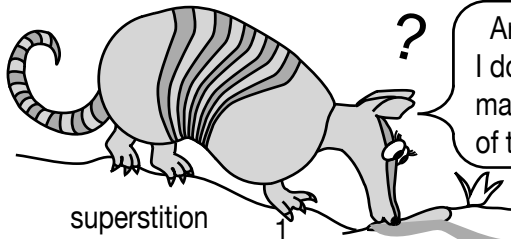
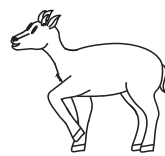


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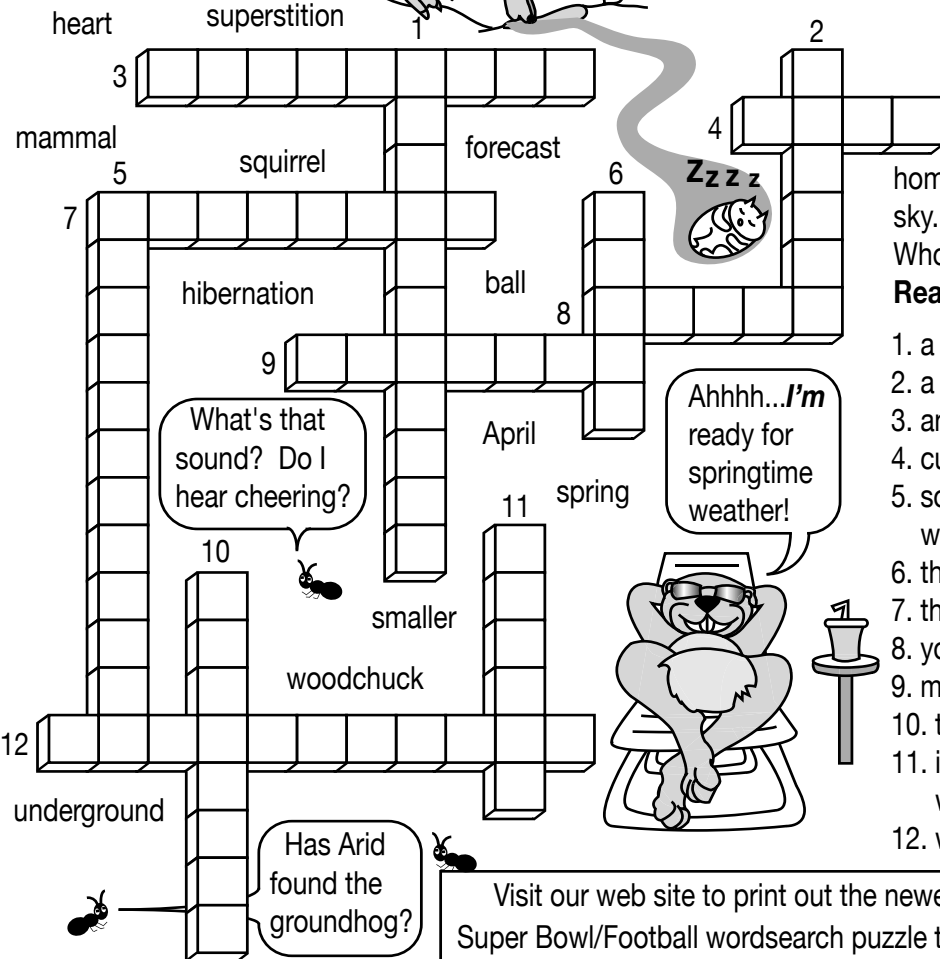
...so we can keep having winter fun.



Are you awake, Mr. Groundhog? I don't mean to hound him, but maybe he can predict the winner of the Super Bowl too.

Groundhog Weather Forecaster?

Hey, let me shine!



Do you think that a groundhog can predict the weather? On February 2, some people will get up very early to watch the groundhog come out of its home. They will stand around the groundhog's hole in the ground and study the sky. As soon as they see the groundhog poke out of its hole they will snap pictures. Who do you think will see the funnier sight...the people or the groundhog?

Read the clues below and use the word list to help you fill in the puzzle:

1. a long winter's nap
2. a warm-blooded creature
3. another name for the groundhog
4. curls into this to sleep
5. something people believe in or think will happen without facts or proof
6. the groundhog's _____ slows down when it hibernates
7. the groundhog is part of this family
8. young are born in this month
9. males are about two feet long and weigh about twelve pounds; females are _____
10. to tell about an event before it happens
11. it is said that when the groundhog pokes out of his hole and sees the sun there will be six more weeks of winter, but when he sees clouds, _____ is near
12. where the groundhog lives

My whole family doesn't weigh a pound!



Can you find and circle 4 words that rhyme with "ground?"

Visit our web site to print out the newest puzzle about the South Pole and Antarctica! For extra fun we have a super Super Bowl/Football wordsearch puzzle that families can do together: www.readingclubfun.com

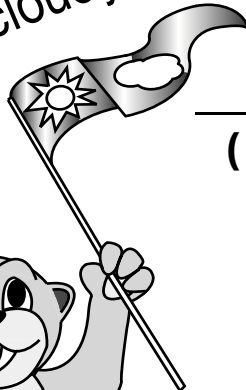
Is Winter Almost Over?

Why did the groundhogs cheer when they came out of their burrows and saw only clouds? Use the alphabet code to fill in the blanks and find out:

A	B	C	D	E	F	G	H	I
+	!	@	*~	#	◇	&	○	?
J	K	L	M	N	O	P	Q	R
\$	□	<	◇	{	●		~	}
S	T	U	V	W	X	Y	Z	
(^	*	*	*	>)	%	



Yay! It's cloudy.



AFC Team

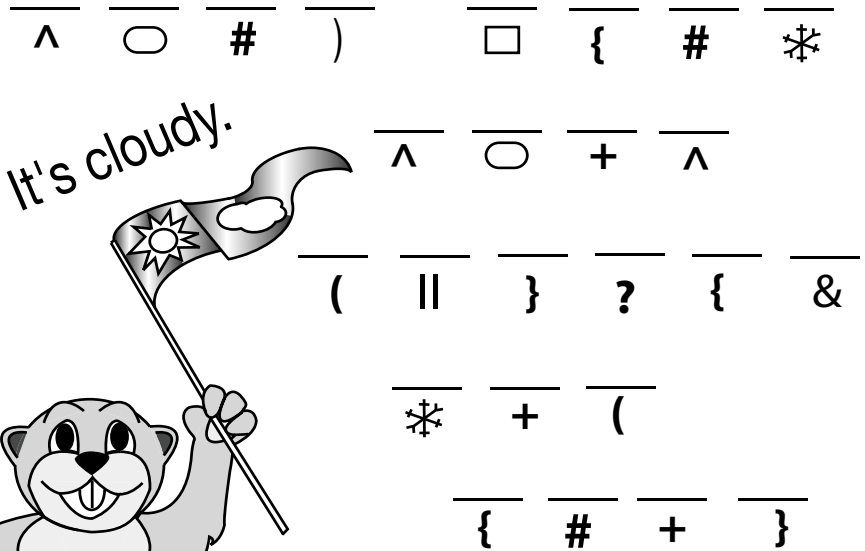
NFC Team

Look at him bound off to watch the game!



Off to watch the Super Bowl... chicken wings, potato chips, veggies and dips...yay!

Look at the mound of dirt!



Puzzles and Fun

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19					20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46				47				
48					49		50			51		52		
				53		54			55		56			
		57	58	59					60			61	62	
63						64	65			66				67
68						69				70				
71						72				73				

THEME: ASTROLOGY

ACROSS

- 1. 2nd or 6th President
- 6. Priestly vestment
- 9. Kill, as in a dragon
- 13. Shot at the dentist's office
- 14. *Capricorn, the ___ goat
- 15. A simulated semblance

- 16. Make free from sin or guilt
- 17. Opposite of pro
- 18. Cock-a-leekie soup ingredient, pl.
- 19. *Castor and Pollux
- 21. *April/May zodiac
- 23. *___ of Aquarius
- 24. Diamonds or hearts, e.g.
- 25. ___ of Sam

- 28. Greek goddess of youth and spring
- 30. Sends money in payment
- 35. Tehran is its capital
- 37. Pub arrow
- 39. Distinct segment of a market
- 40. Adhesive substance
- 41. Indifference gesture
- 43. Capital of Ukraine
- 44. Where is Rudolph's home pole?
- 46. Another spelling for "taboo"
- 47. Or ___, threatening
- 48. Expectorated matter
- 50. Tamping tool
- 52. Japanese monetary unit
- 53. Moderate or restrain
- 55. Trash container, e.g.
- 57. *Celestial crab
- 60. Artwork of many pieces
- 63. Roman Catholic Church's central administration
- 64. Roth ___

- 66. Pressed beverage
 - 68. Chubby
 - 69. Neither here ___ there
 - 70. Deteriorate
 - 71. Contributions to the poor
 - 72. 1/6th inch in printing, pl.
 - 73. Infamous for witch hunt
- DOWN

- 1. One of a range in Europe
- 2. Douglas to his buddies?
- 3. Often sold by the 40
- 4. Molten rock inside earth's crust
- 5. Oh what fun to ride in it!
- 6. American Society for Clinical Investigation
- 7. *Hercules' victim
- 8. African language
- 9. Wooer
- 10. "In ___ of"
- 11. Inquires
- 12. Word that expresses a nod
- 15. It gives cohesiveness to dough
- 20. As opposed to wants
- 22. Broadcasting medium
- 24. Make saw-toothed
- 25. *Capricorn and Sagittarius, e.g.
- 26. The fourth or lowest deck
- 27. Small island in central Pacific
- 29. Unit of money in Thailand
- 31. Michael to his friends?
- 32. In a cold manner
- 33. Not those
- 34. *Number of classical astrological planets
- 36. What's left after deductions
- 38. Lowest brass wind instrument
- 42. Southern soup
- 45. Wheel cover
- 49. Legendary West
- 51. *One born under the sign of fishes
- 54. Trinity or triad
- 56. Nigerian monetary unit
- 57. Look for and gather
- 58. Starch from cuckoo-pint root
- 59. Archaic word for steals or pilfers
- 60. *Named after Roman god of war
- 61. "White Wedding" singer
- 62. Surrender
- 63. Financial person
- 65. Read-only storage
- 67. Dreaming stage of sleep

PRESENTED BY



SUDOKU

		2		1		5		
	8	7						
							2	4
6					4			1
				2	6			
7				5		9		
			2	4				
2		1			9		7	3
				8	3			


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County of San Diego Alpine Community Planning Group

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NOTICE OF REGULAR MEETING

Thursday, January 27, 2011 • 6:00 P.M.**Alpine Community Center, 1830 Alpine Boulevard, Alpine, CA 91901****I. Call to Order****II. Invocation / Pledge of Allegiance****III. Roll Call of Members**

Brad Bailey	Roger Garay	Jennifer Martinez
George Barnett	John Hood	Richard Saldano
Jim Easterling	Cory Kill	Kippy Thomas
Robbie Faulkner	William Lepetri	Scott Tuchman
Greg Fox	Travis Lyon	Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

- Minutes: December 1, 2010 - Regular Meeting

1. APG Statement:

The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.

V. Open Discussion

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

VI. Prioritization of this Meetings Agenda Items**VII. Group Business**

- Oath of Office given to Seats #2, #4, #6, #8 as newly Appointed members of the Alpine Community Planning Group.
- Discussion and a vote regarding possible re appointments to seats #10, #12, #14. Prior to there being any vacancies, the Board of Supervisors will look to the Planning Group for their recommendation(s) on possible re appointments or not pertaining to these seats.
- Election of Officers for the 2011 Year. We will be electing a Chairperson, Vice Chairperson and Secretary. The Chairperson will be seated immediately while the Vice Chairperson and Secretary will move into their positions at the next scheduled meeting in February per the Standing Rules.
- Select the annual Coordinating Sub Committee to review the current Standing Rules and I-1 Policy to see if any recommended changes should be brought back to the Planning Group members to vote upon at the scheduled February meeting. Recommendations have been presented regarding specific changes made to the Standing Rules to help clarify any confusion as to who stays seated after an election should one not be appointed or elected for their seat, plus, address who decides what should or should not be on an Agenda.
- Nominate and vote upon new Chairpersons for vacated Sub Committees.

Organized / Special Presentations:

- Major Use Permit P10-040:** The applicant, AT&T Mobility requests a Major Use Permit for the construction, operation and maintenance of unmanned wireless telecommunication facility. The project consists of 12 panel antennas mounted to a 50-foot tall faux mono-pine. Associated equipment would be located within a concrete block equipment building of unknown height. The enclosed shelter would have an asphalt shingle roof and a hardie board finish and be compliant with FP-2. Two condenser units would be located adjacent to the shelter on a concrete pad. **The project site is located at 21659 Japatul Road in the Alpine Community Plan area, within unincorporated San Diego County.** The site is subject to the General Plan Regional Category Rural Development Are (RDA), Land Use Designation (18) Multiple Rural Use. Zoning for the site is A70 (Limited Agricultural). The site is developed with an existing single family residence and shed that would be retained. One existing water tank is proposed for removal to accommodate the faux mono-pine. Access would be provided by a driveway connecting to Japatul Valley Road, a County-maintained road. An extension of power and telco lines would be required by the project. **This will require a discussion and vote.**
- Victoria Village Plaza (STP-10-022):** The owner of the property Brian Garmo and a

representative from Contel Project Development Inc. will make a presentation of the proposed project named above at the northeasterly corner of West Victoria and Alpine Blvd. The County needs the Alpine Community Planning Group to weigh in on any affects this project may have regarding on street parking with the proposed driveway(s). **This will require a discussion and meeting minutes of support or changes.**

Consent Calendar

- Circulation**
 - Discussion and Vote: None
- Design & Review:**
 - Discussion and Vote: None
- Communications**
 - Discussion and Vote: None
- Private Actions**
 - Discussion and Vote: None
 - Discussion and Vote: None
 - Discussion and Vote: None
- Public Facilities, Services & Major Public Policy**
 - Discussion and Recommendations (Vote): None
- Trails & Conservation**
 - Discussion and Vote: None

- Parks & Recreation**
 - Discussion & Vote: None

- ADHOC Sub-Committees**
 - Discussion & Vote: None

VIII. Subcommittee Reports (Including Alpine Design Review Board)

- | | |
|---|-------------------|
| 1. Private Actions | Richard Saldano |
| 2. Trails & Conservation | Travis Lyon |
| 3. Parks & Recreation | Brad Bailey |
| 4. Public Facilities & Services & Major Public Policy | John Hood |
| 5. Circulation | Richard Saldano |
| 6. Communication | Scott Tuchman |
| 7. Alpine Design Review Board | Kippy Thomas |
| 8. Alpine Safety ADHOC | Jennifer Martinez |
| 9. Albertson Park ADHOC | Brad Bailey |
| 11. Alpine High School ADHOC | Greg Fox |
| 12. Sunrise Power Link ADHOC | George Barnett |

IX. Officers Reports

- | | |
|-------------------------|-------------------|
| 1. Chairman | Greg Fox |
| 2. Vice Chairman | Brad Bailey |
| 3. Secretary | Jennifer Martinez |
| 4. Immediate Past Chair | Dana Zeno |

X. Open Discussion 2 (Only if Necessary)

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue(s) so presented until such time as proper public notice is given prior to such discussion and vote.

XI. Request for Agenda Items for Upcoming Agendas

- All requested Agenda Items MUST be to the Alpine Community Planning Group Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.

XII. Approval of Expenses / Expenditures

- None.

XIII. Announcement of Sub-Committee Meetings

- To Be Determined (TBD)

XIV. Announcement of Next Meeting

- Thursday, February 24, 2011 @ 6:00 P.M.

XV. Adjournment of Meeting

LEGAL NOTICES

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00106373-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF FREYSI GUERRERO OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON FOR CHANGE OF NAMEPETITIONER: FREYSI GUERRERO OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON HAS FILED FOR AN ORDER TO CHANGE NAME FROM: FREYSI GUERRERO OLIVERO TO: FREYSI G. BHATTI AND FROM ALYAHNA JAY HAIRSTON TI: ALYAHNA GUERRERO HAIRSTON THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101, Department D-25 on FEBRUARY 03, 2011 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 DECEMBER 20, 2010.
East County Gazette – GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-031763
FICTITIOUS BUSINESS NAME(S): Alpine Motor Vehicle Registration Service Located at: 2128 Arnold Way Ste. 8, Alpine, CA 91901 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Rodney N. Galloway Jr., 2414 Pimlico Place, Alpine, CA 91901 This statement was filed with Recorder/ County Clerk of San Diego County on November 29, 2010.
East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033744
FICTITIOUS BUSINESS NAME(S): Alliance Dwellings, LP Located at: 657 Live Oak Drive, El Cajon, CA 92020 This business is conducted by: A Corporation The first day of business was: December 17, 2010 This business is hereby registered by the following: Alliance Dwellings, Inc 657 Live Oak Drive, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 20, 2010.
East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034110
FICTITIOUS BUSINESS NAME(S): Performance Mobile Detailing Located at: 1476 Greenfield Drive, 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. Joseph Bertasso 1476 Greenfield Drive, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00072845-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF RASHID RASHID ON BEHALF OF MINOR AVEEN RASHID FOR CHANGE OF NAME PETITIONER: RASHID RASHID ON BEHALF OF MINOR AVEEN RASHID HAS FILED FOR AN ORDER TO CHANGE NAME FROM: AVEEN RASHID TO: AVEEN RASHID SALEH THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, FOURTH FLOOR on FEBRUARY 14, 2011 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 DECEMBER 29, 2010.
East County Gazette – GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000453
FICTITIOUS BUSINESS NAME(S): Jimbo's Liquor Located at: 9388 Mira Mesa Blvd., San Diego, CA 92126 This business is conducted by: A Corporation The first day of business was: January 1, 2011 This business is hereby registered by the following: 1. S.N.K. Inc. 9388 Mira Mesa Blvd., San Diego, CA 92126 This statement was filed with Recorder/ County Clerk of San Diego County on January 5, 2011.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000447
FICTITIOUS BUSINESS NAME(S): a.) Rlenerz Designs b.) Kindred Media Design Located at: 1274 Dawson Drive, Chula Vista, CA 91911 This business is conducted by: Husband and Wife The business has not yet started. This business is hereby registered by the following: 1. Arlene Guevarra Carcabuso 1274 Dawson Drive, Chula Vista, CA 91911 2. Richard Rogador Carcabuso 1274 Dawson Drive, Chula Vista, CA 91911 This statement was filed with Recorder/ County Clerk of San Diego County on January 5, 2011.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000132
FICTITIOUS BUSINESS NAME(S): Pure Lifestyle Wellness Located at: 526 Burnham Street, El Cajon, CA 92019 This business is conducted by: A General Partnership The first day of business was: January 3, 2011 This business is hereby registered by the following: 1. Stephanie Morgon 526 Burnham Street, El Cajon, CA 92019; 2. Lauren Morgon 2251 Bolinas Street, San Diego, CA 92107 This statement was filed with Recorder/ County Clerk of San Diego County on January 3, 2011.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00071844-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: COWANA JOANANNE-MARIE WHITE FOR CHANGE OF NAME PETITIONER: COWANA JOANANNE-MARIE WHITE HAS FILED FOR AN ORDER TO CHANGE NAME FROM: COWANA JOANANNE-MARIE WHITE TO: FALLON COWANA STONE THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, on FEBRUARY 28, 2011 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON NOVEMBER 04, 2010.
East County Gazette – GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001173
FICTITIOUS BUSINESS NAME(S): TMC General Located at: 17120 Skyline Truck Trail #9, Jamul, CA 91935 This business is conducted by: An Individual The first day of business was; November 29, 2005 This business is hereby registered by the following: 1. Thomas M. Carlisle 17120 Skyline Truck Trail #9, Jamul, CA 91935 This statement was filed with Recorder/ County Clerk of San Diego County on January 12, 2011.
East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034292
FICTITIOUS BUSINESS NAME(S): GM Door & Trim Inc. Located at: 751 E. Bradley Sp-30, El Cajon, CA 92021 This business is conducted by: An Individual The first day of business was: July 21, 2006 This business is hereby registered by the following: 1. Gustavo Morales 751 E. Bradley Sp-30, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001042
FICTITIOUS BUSINESS NAME(S): Sweet Cali Cakes Located at: 1140 N. Anza #13, 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. Joanne M. Colmenero 1140 N. Anza #13, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.
East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000785
FICTITIOUS BUSINESS NAME(S): Surf Shack Located at: 915 Beryl Street, #2, San Diego, CA 92109 This business is conducted by: A Limited Liability Company The business has not yet started. This business is hereby registered by the following: 1. Surf Shack LLC 915 Beryl Street, #2, San Diego, CA 92109 This statement was filed with Recorder/ County Clerk of San Diego County on January 10, 2011.
East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001083
FICTITIOUS BUSINESS NAME(S): V&S Dentistry Located at: 2526 Fletcher Parkway, El Cajon, CA 92020 This business is conducted by: Husband and Wife The first day of business was: March 3, 1988 This business is hereby registered by the following: 1. Vlatko Varagic 1985 Hacienda Dr., El Cajon, CA 92020; 2. Stella Z. Varagic 1985 Hacienda Dr., El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.
East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001294
FICTITIOUS BUSINESS NAME(S): a.)wimy b.) wimy Services Located at: 3985 Kansas St. #7, San Diego, CA 92104 This business is conducted by: A Limited Liability Company The first day of business was: January 1, 2011 This business is hereby registered by the following: 1. Wimy LLC 3985 Kansas St. #7, San Diego, CA 92104 Wyoming This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011.
East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000504
FICTITIOUS BUSINESS NAME(S): Shae Technologies Located at: 4455 Rosebud Lane #D, La Mesa, CA 91941 This business is conducted by: An Individual The first day of business was: January 1, 2011 This business is hereby registered by the following: 1. Brian Kelly 4455 Rosebud Lane #D, La Mesa, CA 91941 This statement was filed with Recorder/ County Clerk of San Diego County on January 6, 2011.
East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

Tightening belt ...

Continued from page 9

- Compact fluorescent lamps use up to 75 percent less energy than incandescent bulbs and last three to 10 times longer. Although initially more expensive, they last six to 15 times longer.

- A faucet leaking one drop per second wastes about 2,000 gallons a year.

- If you have low-deductible home, renter's or auto insurance (say \$250), ask your insurer how much your premiums would drop by raising the deductible to \$500 or \$1,000. Many save 15 to 30 percent or more.

- Balance your checkbook to avoid fees for overdrawn accounts and returned checks. Ask your bank about phone or email alerts when your balance drops below a certain level or payments are due.

- Switch to free checking. You can shop rates for banks at www.bankrate.com and find credit unions for which you're eligible at the Credit Union National Association (www.cuna.org).

- Consider generic vs. brand-name drugs; copayments are usually much lower.

- Ask whether your insurance offers quantity discounts for mail-order prescriptions. Often, the copayment for a 60- or 90-day supply will equal a 30-day supply at a regular pharmacy.

- Ask your doctor or pharmacist about pharmaceutical companies' drug assistance programs for uninsured or low-income people. There's a lot of paperwork involved, but you could save thousands of dollars if you qualify.

- Examine your phone bill for services you're not using like call waiting, call forwarding or caller ID. Dropping them could save \$100 a year or more, depending on your plan.

- Slow down. Fuel efficiency drops about 5 mpg for each 10-mile speed increase over 55 mph.

And finally, this may be my favorite off-the-wall tip: By switching from Ariel, the most common type font, to Century Gothic, someone printing 25 pages a week on their home

printer could save \$20 a year in ink costs.

For more cost-saving ideas:

- AARP has great tips on the "Budgeting & Saving" site (www.aarp.org).

- America Saves is full of savings strategies and links to other resources (www.americasaves.org).

- Visa Inc.'s free personal financial management program Practical Money Skills for Life (www.practicalmoneyskills.com) offers numerous savings and budgeting tools.

UNEMPLOYED? WE WANT TO HELP! The Gazette is offering “FREE HELP WANTED” and “LOOKING FOR EMPLOYMENT” classified ads! send to: ads@ecgazette.com or mail to: Gazette, P.O. Box 697, El Cajon, CA 92022 The East County Gazette

LEGAL NOTICES



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

Public Project: Street Striping and Removal Services
Various Locations in the City of El Cajon

Bid No. 019-11
Engineering Job No. 3374

BIDS MUST BE RECEIVED BEFORE:
2:00 PM on February 10, 2011

BIDS TO BE OPENED AT:
2:00 PM on February 10, 2011

PLACE OF RECEIPT OF BIDS:

City Hall
1st Floor, Lobby Counter
200 Civic Center Way
(formerly 200 E. Main Street)
El Cajon, CA 92020

City Hall Map @ www.ci.el-cajon.ca.us

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded from the City's website at www.ci.el-cajon.ca.us or may be obtained at the office of the Purchasing Agent for a non-refundable fee of \$5.00 (plus \$2.00 postage if mailing is requested).

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at www.dir.ca.gov/DLSR/PWD/index.htm. Any successful bidder who intends to use a craft of classifications not shown on the general prevailing wage determinations may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

The Contractor shall provide the City with an executed non-collusion affidavit.

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

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

NOTE: No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

/s/ Dede Porter
Purchasing Agent
East County Gazette- GIE030790
01/13, 01/20/11



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
Traffic Signal Modification at East Main St./Ballard St.

Engineering Job No. 3346
Drawing No. 13647
Bid No. 025-11

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on Thursday, February 17, 2011

BIDS TO BE OPENED AT:
2:00 p.m. on Thursday, February 17, 2011

PLACE OF RECEIPT OF BIDS:

City Hall
1st Floor, Lobby Counter
200 Civic Center Way
El Cajon, CA 92020

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$9.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will not be required for this project.

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at www.dir.ca.gov/DLSR/PWD/index.htm. Any successful bidder who intends to use a craft of classifications not shown on the general prevailing wage determinations may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

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

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

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

NOTE: No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

/s/ Dede Porter
Purchasing Agent
January 13, 2011
East County Gazette- GIE030790
01/13, 01/20/11

NOTICE OF TRUSTEE'S SALE T.S. No. GM-223982-C Investor No. 1702597313 Loan No. 0601712386 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/25/2006. 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 federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, 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 satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR:MORGAN M. HURLEY, A SINGLE WOMAN Recorded 10/2/2006 as Instrument No. 2006-0698708 in Book , page of Official Records in the office of the Recorder of San Diego County, California, Date of Sale:2/10/2011 at 10:00 AM Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, California Property Address is purported to be: 805 VAN HORN ROAD EL CAJON, California 92019 APN #: 514-340-31 The total amount secured by said instrument as of the time of initial publication of this notice is \$334,594.00, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses, and advances at the time of initial publication of this notice. Pursuant to California Civil Code 2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52 or 2923.55. Date: 1/13/2011 ETS Services, LLC 2255 North Ontario Street, Suite 400 Burbank, California 91504-3120 Sale Line: 714-730-2727 Omar Solorzano, TRUSTEE SALE OFFICER ASAP# FNMA3869719 01/20/2011, 01/27/2011, 02/03/2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2011-00072989-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: THONG MINH NGUYEN FOR CHANGE OF NAME PETITIONER: THONG MINH NGUYEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

THONG MINH NGUYEN

TO: RIKI NGUYEN

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, on MARCH 07, 2011 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 JANUARY 10, 2011.

East County Gazette – GIE030790
1/20, 1/27, 2/03, 2/10, 2011

NOTICE OF TRUSTEE'S SALE T.S. No.: 2010-04951, Loan No.: 70502141 - YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/23/2007. 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 federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. 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. Trustor: SERGIO M GARIBAY AND ELVA L. GARIBAY, HUSBAND AND WIFE. Duly Appointed Trustee: Western Progressive, LLC. Recorded 4/2/2007 as Instrument No. 2007-0216265 in Book ---, page --- and re-recorded on --- as --- of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 1/26/2011 at 10:00 AM. Place of Sale: Daily at the side entrance to the County Courthouse, 220 West Broadway, San Diego, California. Amount of unpaid balance and other charges: \$435,413.38. Street Address or other common designation of real property: 444 Maria Avenue, Spring Valley, CA 91977, A.P.N.: 584-500-41. 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 other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: The beneficiary or servicing agent declares that it has obtained from the Commissioner of Corporation a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 that is current and valid on the date the Notice of Sale is filed and/or the timeframe for giving Notice of Sale Specified in subdivision (s) of California Civil Code Section 2923.52 applies and has been provided or the loan is exempt from the requirements. Date: 12/22/2010 Western Progressive, LLC, as Trustee c/o 18377 Beach Blvd., Suite 210 , Huntington Beach, California 92648 . For Non-Automated Sale Information, call: (866) 960-8299 Robin Pape, Trustee Sale Assistant 01/06/2011, 01/13/2011, 01/20/2011

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2011-001506

FICTITIOUS BUSINESS NAME(S): Star Improvements & Landscaping
Located at: 10650 Vista Camino, Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: June 8, 1991
This business is hereby registered by the following:
Shawn Mullineaux 10650 Vista Camino, Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2011.
East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000816

FICTITIOUS BUSINESS NAME(S): Cherished Companions
Located at: 1228 Sumner Ave. #46, 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. Jo Ann Mueller 1228 Sumner Ave. #46, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on January 10, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00072860-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: SARA ELIZABETH ANN HIPWELL ON BEHALF OF AUDREY ELIZABETH ANN SUMPTON AND ENZO ALLEN SUMPTON FOR CHANGE OF NAME PETITIONER: SARA ELIZABETH ANN HIPWELL ON BEHALF OF AUDREY ELIZABETH ANN SUMPTON AND ENZO ALLEN SUMPTON HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

AUDREY ELIZABETH ANN SUMPTON TO: AUDREY ELIZABETH ANN HIPWELL AND FROM: ENZO ALLEN SUMPTON TO: ENZO MATHEW ALLEN HIPWELL
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 FEBRUARY 23, 2011 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 DECEMBER 30, 2010.

East County Gazette – GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034300

FICTITIOUS BUSINESS NAME(S): California Clean Carpet
Located at: 1028 S. Magnolia Ave. #1, El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Ghassan Noaman 1028 S. Magnolia Ave. #1, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001233

FICTITIOUS BUSINESS NAME(S): Favro Inc., DBA Home and Soul
Located at: 229 E. Main St., El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: September 22, 2001
This business is hereby registered by the following: 1. Favro Inc. 229 E. Main St., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001340

FICTITIOUS BUSINESS NAME(S): Got Massage?
Located at: 792 Maplewood Dr., 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. April M. Whitman 792 Maplewood Dr., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001517

FICTITIOUS BUSINESS NAME(S): a.) DASH b.) Nightlife Bartending c.) Hurry For Sale d.) Lawn Heaven
Located at: 8561 Calle Norte, Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Andrew Stutz 8561 Calle Norte, Lemon Grove, CA 91945
This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034107

FICTITIOUS BUSINESS NAME(S): Jewlitz's Notary Service
Located at: 7664 El Cajon Blvd., La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: December 27, 2010
This business is hereby registered by the following: 1. Julie Prince 7664 El Cajon Blvd., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000768

FICTITIOUS BUSINESS NAME(S): a.) San Diego Photo Restoration b.) La Mesa Photo Restoration
Located at: 4464 Panorama Dr., La Mesa, CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Paul D. Kamp 4464 Panorama Dr., La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on January 07, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001082

FICTITIOUS BUSINESS NAME(S): Santee Pet Hospital
Located at: 8936 Carlton Hills Blvd., Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: January 1, 1981
This business is hereby registered by the following: 1. Stella Z. Varagic 1985 Hacienda Dr., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000933

FICTITIOUS BUSINESS NAME(S): SOCAL Development
Located at: 10965 Hartley Rd. #N, Santee, CA 92071
This business is conducted by: A Corporation
The first day of business was: January 11, 2011
This business is hereby registered by the following: 1. SOCAL Electric 10965 Hartley Rd. #N, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000215

FICTITIOUS BUSINESS NAME(S): Strickler Services
Located at: 13764 Wyeth Rd., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Jeffery B. Strickler 13764 Wyeth Rd., El Cajon, CA 92021; 2. Carol A. Strickler 13764 Wyeth Rd., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on January 04, 2011.

East County Gazette- GIE030790
1/20, 1/27, 2/03, 2/10, 2011

Our Best Friends

Paying for pet surgery without cutting your budget

There's good news for people and their pets, according to veterinarian Dr. Carol McConnell: "Veterinary medicine has made considerable advancements in recent years, providing pet owners surgical options that weren't available to them even five years ago."

The problem

"While this is certainly good news," she added, "pet owners are often unaware of the cost of these surgeries. It's not only important for pet owners to realize the surgical choices open to them, but to take steps to be financially prepared should their pet require surgery."

One dog's story

Consider the case of George Millben, who first took his

10-year-old dog, Snowie, to the veterinarian thinking the bichon frise simply needed treatment for an upset stomach. Unfortunately, X-rays revealed that Snowie had a large cancerous mass on his spleen. Millben wasted no time seeking treatment. The surgery was costly—a little more than \$2,000—but was successful and Snowie's mass was completely removed.

Snowie's story isn't out of the ordinary for pet owners, report the experts at the nation's oldest and largest provider of pet health insurance, Veterinary Pet Insurance Company (VPI).

Top 10 conditions requiring surgery

To help pet owners understand the situation, the company recently analyzed its claim

data to find the top 10 conditions that require surgery. One in 20 VPI-insured pets required surgical treatment for one of the following common conditions last year:

1. Benign skin mass
2. Skin abscess, inflammation or pressure ulcer
3. Tooth extraction
4. Torn ACL or cartilage
5. Malignant skin mass
6. Cancer of the spleen
7. Cancer of the eyelid
8. Bladder stones
9. Cancer of the liver
10. Auricular hematoma (swollen, fluid-filled ear).

"The last thing I expected

was that Snowie would get cancer," said Millben, "but here we are."

What insurance can do

Pet owners with health insurance are free to visit any licensed veterinarian worldwide. After receiving treatment, they submit a claim to the insurance company and receive reimbursement for eligible expenses in about two weeks. Most companies offer plans for accidents and illnesses as well as routine and preventive care.

Learn more

For more information about pet insurance, visit www.petinsurance.com or call (888) 899-4VPI.



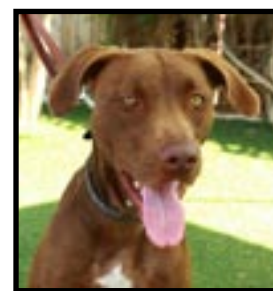
Snowie, a bichon frise, recently beat cancer of the spleen. Photo: Courtesy NapsNet

ADOPT-A-PET



Wanted: A fun loving active companion, for an energetic 78-pound Shepherd blend. Angel is a sweet, lovable eight-year-old girl who enjoys playing and playing, whether it's with other dogs, with toys or while taking long walks. She is active and fit and would make a wonderful walking or hiking partner. All that is missing is her forever family. Come meet Angel today at the County Animal Shelter in Bonita at 5821 Sweetwater Rd., or for more information call 619-788-7880 or 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip and spay.

Hollie is a one-year-old Chocolate Labrador Retriever (mix) female. Identification number: 51254. Hollie is an energetic dog who can't wait for a second chance start at life and family to love! Adventuresome and engaged in life, Hollie is one entertaining pup. She likes to receive lots of mental stimulation and physical exercise. With a fun-loving spirit, she adores splaying! She would be thrilled to accompany her people friends on their athletic pursuits and outdoor activities. It will be important that Hollie's new pet-parents demonstrate consistent leadership and training with her, so that she can learn how to be the best pup she can be. She will do well in a variety of homes but would prefer to be the only pet in the home. Sweet, very lovable and endearing, Hollie loves to make her people friend's smile. Until February 14, 2011, her adoption fee is just \$14 and includes her spay, current vaccinations, certificate for a free veterinary exam, and more! Hollie 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. Adoption Hours: Open daily 10 a.m. - 5 p.m.



Meet Brisa! A fun-loving, 63-pound German Shepherd/Australian Shepherd blend, Brisa is looking for her forever home. At eight years old, she certainly has a spring in her step and would love to brighten up your home with her adorable face and loving personality. This smart girl walks well on a leash and is treat-motivated, so we know she can learn even more. Come meet Brisa today at the County Animal Shelter in Bonita at 5821 Sweetwater Rd., or for more information call 619-788-7880 or 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip and spay.



Lola has a very sweet-temperament which makes her very easy to love. Lola loves being outdoors and exploring while on walks, and she does great on the leash. She is very well mannered and loves to socialize, but she can be a little shy in new surroundings. She absolutely loves to play and gets very excited and energetic while doing so! Her petite stature and perky ears are adorable. Lola is a fun-loving and well-behaved dog who would love to go home with you today! If you think Lola could be the perfect companion for you, please contact our Customer Service department at (760) 757-4357 or ask an adoption counselor about her today!



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MOTOR AND SPORTS

The 2011 Toyota Sienna XLE 3.5 — a people mover

by Dsve Stall

The Toyota Sienna is another minivan competitor that has held its own in the battle of people movers. Starting at \$24,960 it will make owners take another look and maybe even a test drive.

The Sienna comes with two engines, the thrifty 2.7-liter dual overhead camshafts, 16-valve four cylinder engine producing 187 horsepower and 186 pound-foot of torque. Backed by only one transmission a six speed electronically controlled automatic transmis-

sion with intelligence. What does that mean intelligence? That the Sienna can sense how fast a driver is going and then shifts for the maximum fuel efficiency which is 19-city and 24 freeway. The other engine available is the peppy 3.5-liter dual overhead

camshafts, V6 producing 266 horsepower and 245 pound-foot of torque and the fuel mileage is 16 MPG city and 22 freeway.

But Sienna is really in the people moving business. Never thought about owning a



2011 Toyota Sienna XLE 3.5

minivan? Get behind the wheel and make a few trips to the big box store or an outing with the family and be ready to sing another tune.

Standard features on the Sienna include a leather 8-way power adjustable driver captain seat and 4-way adjustment for the passenger. There's a removable second row seating that slides, and the third row is a 60/40 split flip and can fold into the floor. No more dragging out seats. The Tri-Zone Climate control system will cool every corner of the Sienna and heat it up if necessary. The sound system is spectacular, and yes there are flip screens for the kids in the second row seating.

The power windows come with pinch protection – I tried it and it works. I stuck my hand into the window opening, flipped the switch and when the glass touched my hand it stopped, nice safety touch. The Sienna has all the safety equipment one could ever dream about. Toyota calls their safety system the Star Safety System, which includes enhanced Vehicle Stability Control (VSC), Traction Control, Anti-Lock Brakes, Electronic Brake Distribution, and Brake Assist. Active headrests, advanced airbag system, front driver and passenger seat side airbags, three row curtain airbags, driver knee airbag, collapsible steering column, and the list goes on.

There are only a few minivans available so picking the right van shouldn't be that tough.

I really liked the way this car drove and handled on the open road, mountains and city streets. What I really liked were the flip and fold rear seats. It made a trip to the big box store a snap.

Go to www.toyota.com and build your own Sienna van with five ways to configure it. Have fun!



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