



VOLUME 12
NUMBER 14

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AUGUST 11-17, 2011



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Meet Luna and her friends
on page 18

INSIDE THIS ISSUE

Local 2-7
Business 8
Health 9
Inspiration 10
Entertainment 11-17
Legal Notices..... 20-23
Motorsports 24-25
Classifieds 26
Cruise winners..... 27

What's new in Theaters?

Ready to go to the
movie theatre but
not sure what to see?

Check out the review
on
'Rise of the Planet of
the Apes'
by Michael Black
on page 14



and
'the Help'
by Diana Saenger
on page 16

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

Thousands of Charger fans enjoy 'Fan Fest'



More than 10 thousand enthusiastic Charger fans turned out for the 2011 San Diego Chargers Fan Fest at Qualcomm stadium on Saturday, Aug. 6. The fans were treated to a full squad workout with veterans and rookies followed by the team scrimmage. After the scrimmage select fans were brought down the field to mingle with their favorite players. See more on pages 23 and 25. Photo credit: Tom Walko

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Local News & Events

Bits and pieces around East County

Heartland Fire & Rescue Website, Facebook & Twitter

Hearthland Fire & Rescue, serving the cities of El Cajon, La Mesa, and Lemon Grove Fire Departments, now has a new website: heartlandfire.org. The website incorporates information on emergency preparedness, fire prevention, photos, and current fire department news.

In addition, Heartland Fire & Rescue now has a Facebook Fan Page, Heartland

Fire & Rescue, and a Twitter account, [@Heartlandfire](https://twitter.com/Heartlandfire). Follow these sites for up to the date information regarding major incidents within the organization as well as information regarding recruiting, fire prevention, and community preparedness.

"LORE OF THE LAGUNAS ~ A Walk Back in Time"

The past comes alive in this re-enactment of life in the Laguna Mountains starting back in time and going forward to the early 1900s.

Learn how people lived on the mountain in the early 1900s and see it for yourself.

Take a guided tour for a brief visit in the lives of Native Americans, an early Surveyor, rugged cowboys and turn-of-the-(last) century mountain men. Relive the travels of a 1908 pioneer family from Imperial Valley and meet the first Cleveland National Forest Ranger. How did they survive back then without any modern devices or conveniences (including cell phones)? Don't miss the fun.

Continuous tours Saturday and Sunday, Sept. 3 & 4 beginning at 9:40 a.m. at the Red-Tailed Roost Volunteer Headquarters on Sunrise Hwy (just past 22.5 mile marker on left).

For more information contact Laguna Mountain Visitors Center (weekends) (619) 473-8547 or Living History Chair, J. Tubiolo (619) 443-1756, Cleveland National Forest, Alpine office (619) 445-6235 or visit the LMVA website at www.lmva.org

Admission is free, but donations are gratefully accepted.

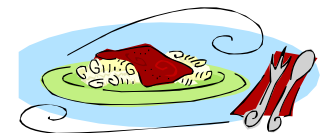
California Highway Patrol is looking for a few good seniors

The EL Cajon Area office is recruiting people age 55 and over to join our SENIOR VOLUNTEER PROGRAM. The program is designed especially for active senior citizens who want to give back to their community. Volunteers are asked to perform a variety of administrative and field assignments. Your assistance will make a positive impact on the efficiency and productivity of the Department. An informal

seminar detailing the Senior Volunteer Program will be held on Monday, Aug. 8 at 10 a.m. at the El Cajon CHP Office, 1722 E. Main St. in El Cajon.

- The requirements;
- Must be 55 or older (no age cap)
 - Must be in good physical health
 - Possess a valid CA driver's license
 - History of good conduct

See BITS AND PIECES page 6



**Enjoy a night out or enjoy a dinner-to-go
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —

El Cajon highlights —



The El Cajon Redevelopment Agency is assisting Westfield Parkway Plaza under the Façade Improvement Program for significant exterior improvements and renovations to the mall and the former Mervyn's building to accommodate two new major tenants: Dick's Sporting Goods and Crunch Fitness. Dick's Sporting Goods is expected to take occupancy in October 2011. Photo credit: Monica Zech

by Monica Zech,
City of El Cajon Public
Information Officer

City facilities to change operating hours effective Aug. 22

Most City of El Cajon government facilities will begin longer operating hours beginning Monday, August 22, 2011. The new schedule will allow the public to access City services before and after the traditional 8 a.m. to 5 p.m. work hours on most days. The following hours are part of a new 9/80 work schedule for many of the City's offices. These changes will not impact the San Diego County operations located at the Civic Center.

The new hours are as follows:

City Hall & Fire Administration:

Monday-Thursday: 7:30 a.m. - 5:30 p.m.

Friday: 8 a.m. - 5 p.m.
Closed alternate Fridays listed below.

Police Administration:

Monday-Thursday: 8 a.m. - 5 p.m.

Friday: 9 a.m. - 5 p.m.
Closed alternate Fridays listed below.

Public Works - (Vernon Way facilities):

Monday-Thursday: 6 a.m. - 3:30 p.m.

Fridays: 6 a.m. - 2:30 p.m.
Closed alternate Fridays listed below.

*City offices, except Recreation Centers, and the Animal Shelter, will be closed on the following Fridays in 2011:

September 2
September 16
September 30
October 14
October 28
November 11
November 25
December 9
December 23

A full calendar of operating hours and dates can be found on the City's website at www.cityofelcagon.us. If you conduct business with the City on a regular basis, please note the hour change.

Moving to the new Police Station

The El Cajon Police Department is moving to 100 Civic Center Way in El Cajon

effective August 24, 2011. Routine police and emergency response will continue as usual. Call 9-1-1 for emergencies and call (619) 579-3311 for non-emergency police requests.

Friday deadline for Reserve Firefighter Program

If you, or someone you know, are interested in becoming a firefighter, this program is for you! Heartland Fire & Rescue-El Cajon is accepting applications now through August 12, 2011, for the "reserve" portion of the Heartland Fire Academy. Apply Monday through Friday between the hours of 8 a.m. and 5 p.m. at 100 E. Lexington Avenue in El Cajon. A reserve firefighter is an auxiliary position with Heartland Fire & Rescue serving El Cajon. It is an opportunity for those interested in a fire service career to get valuable hands-on experience. Participation as a reserve neither implies nor guarantees an offer of employment with Heartland Fire & Rescue; however, it is a great resumé builder toward a firefighting career! Reserve Firefighter Duties: After successful completion of the reserve academy, the reserve firefighter is expected to continue personal growth through required monthly training classes, assignments and ride-along experience. During the ride-along shift, reserves will be assigned as part of an engine company or paramedic unit and experience firsthand firefighting, medical aids, rescue calls and other public service activities. Reserve firefighters also gain experience through participation in fire prevention and fire education programs. Minimum requirements: 18 years of age at time of application, high school graduate or equivalent (GED), and possession of a valid San Diego County EMT-1A. For additional information visit www.elcagonfire.com or www.heartlandfire.org. Applicants are strongly encouraged to refer to these websites frequently for updated information.

Country music Friday at the Prescott Promenade

This Friday, Aug. 12, enjoy Folk-Country music with "Sara Petite & The Sugar Daddies" at Concerts on the Green! Concerts are from 6 to 8 p.m. at the Prescott Promenade, located at 201 E. Main Street in downtown El Cajon. These

"free" concerts are presented by the El Cajon Community Development Corporation and the downtown business district, and sponsored by Sycuan Casino and Taylor Guitars. Bring your family and friends for an evening of music and dine at one of the many wonderful restaurants surrounding the Prescott Promenade; or pack a picnic and sit back, relax and enjoy the show! For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcagon.com.

4 x 4's at the Cajon Classic Cruise

The theme of the next Cajon Classic Cruise on Wednesday, Aug. 17, is "4 x 4 and More!" This free event runs from 5 to 8 p.m. in Downtown El Cajon, located at the Prescott Promenade at 201 East Main Street. Enjoy classic motorcycles and cars, a variety of great restaurants, street vendors, special raffles, live entertainment, and awards for the top cars! The El Cajon Community Development Corporation (CDC) has extended the Cajon Classic Cruise car show schedule this year through October 26. For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcagon.com.

Brunch & Fashion Show this weekend in El Cajon

The Christ Unity Church will be holding a Brunch and Fashion Show this Saturday, Aug. 13, at 311 Highland Avenue in El Cajon. This event will feature the wonderful fashions of Glamour Girlz Boutique in El Cajon and a delicious brunch from 11 a.m. to 2 p.m. The cost is \$45 at the door. For more information call (619) 733-3610.

Don't miss 'Haute With Heart Fashion Show'

Tickets are selling quickly for the 34th annual Haute With Heart Fashion Show benefiting St. Madeleine Sophie's Center in El Cajon. This special event is scheduled for Saturday, Aug. 20, from 10 a.m. to 2 p.m. at the Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive. This year's theme is "Big Dreams, Blue Skies!" In addition to the fashion show, this event will feature a boutique area, vendors, auctions, opportunity drawing prizes, and music and dance performances from St.

See HIGHLIGHTS page 5

NEW OFFICE HOURS

Effective Monday, August 22, 2011

City Hall

Monday through Thursday: 7:30 a.m. - 5:30 p.m.

Alternate Fridays: 8:00 a.m. - 5:00 p.m.

Public Works (Vernon Way location)

Monday through Thursday: 6:00 a.m. - 3:30 p.m.

Alternate Fridays: 6:00 a.m. - 2:30 p.m.

Fire Administration

Monday through Thursday: 7:30 a.m. - 5:30 p.m.

Alternate Fridays: 8:00 a.m. - 5:00 p.m.

(Closed daily from: 12:00 p.m. - 1:30 p.m.)

Offices will be closed on the following Fridays in 2011:

Friday, September 2
Friday, September 16
Friday, September 30
Friday, October 14
Friday, October 28
Friday, November 11
Friday, November 25
Friday, December 9
Friday, December 23

— LOCAL NEWS & EVENTS —

Highlights ...

Continued from page 4
Madeleine Sophie's Center's students. All net proceeds from the event will make a difference in the lives of nearly 400 developmentally disabled adults within the San Diego region. For more information or tickets, call (619) 442-5129, ext. 115.

A big birthday celebration for Stoney's Kids

Stoney's Kids is celebrating the 20th Anniversary of a "Birthday Celebration and Fundraiser Like No Other!" Join us to support East County youth on Thursday, Aug. 25, at 5:30 p.m. on the lawn at Sycuan Resort. Founder Stoney Stone created Stoney's Kids as a "culture of generosity, where it's all about the kids!" This all-volunteer, non-profit organization has raised over \$650,000 since 1991 to fund programs such as after school youth sports, scholarships for 6th grade camp, recreation, dance, gymnastics, arts, swim classes, toy drives, juvenile diversion, health and wellness, music and more! Over 98 percent of donated funds go directly to these youth programs which help build important life skills and allow kids the opportunity to accomplish their dreams. The nominal \$25 entry fee for the party and fundraiser includes a fantastic dinner. There will also be great raffle prizes and auction items. Cash, checks or credit cards are all gladly accepted. For more information

go to www.stoneyskids.org, or call (619) 204-8245.

Charity motorcycle ride in September

The Kiwanis Club of El Cajon Valley will hold its annual Charity Motorcycle Show and Poker Run on Saturday, September 17, 2011. El Cajon Harley Davidson will host the start of the Poker Run which will tour East San Diego County for 115 miles. The holder of the best poker hand will not only win a special prize, but will also be eligible to enter a drawing for a 2010 Ford F-150 pickup truck compliments of El Cajon Ford. The Boys and Girls Club of Santee will host the Motorcycle Show and post-run activities. Beneficiaries will be the Boys and Girls Clubs of East County and children's programs sponsored by Kiwanis. Additional information may be found on the club's web site at www.elcajonvalleykiwanis.com or by calling committee chair, Bob Callen at (619) 244-9730. For additional information call (619) 670-9390.

Fun events are planned for our centennial in 2012!

The excitement is growing as plans continue for the City of El Cajon's Centennial Celebration in 2012. The exact date of the City's 100th Birthday is Monday, Nov. 12, 2012, but fun events are in the planning stages for the months leading

up to that date! The Centennial Celebration Committee, led by Councilmember Jillian Hanson-Cox, has been meeting monthly to discuss ideas to make this the event of the century. We are still looking for old photos of El Cajon. If you know of someone who will be turning the age of "100" in 2012 - we would love to hear from you! Join our monthly discussions, submit ideas, or be a part of the celebration as a contributing sponsor. Please contact us through our website at www.elcajon100.com.

Kittens, cats & dogs available for adoption

If you are looking for a new pet, the El Cajon Animal Shelter is the perfect place to start your search! The shelter currently has a large population of cats, kittens, and dogs available for adoption. In addition to adoptions, the shelter provides many services for the Cities of El Cajon and La Mesa. Be sure to check with shelter staff if you are searching for a lost pet in the event it has been recovered. Most important, consider having your dog micro-chipped to make it easier to find them should they ever become lost. Shelter hours for viewing the animals are Tuesday through Saturday 10 a.m. to 5 p.m.; closed from 1 to 2 p.m. The front office is open until 5:30 p.m. for licenses; and they are closed Sundays,

Mondays and holidays. Stop by and adopt a new, loving pet for your family. Adoptions are \$80 for cats & dogs; and if you adopt a senior pet (over 8 years old), the adoption fee is \$30. Dog and cat adoptions include a spayed or neutered pet, registered micro-chip, and up-to-date vaccinations. The shelter is located at 1275 N. Marshall in El Cajon, just two blocks north of Fletcher Parkway. For more information, call (619) 441-1580.

A reminder about shopping carts

Did you know it is illegal to remove shopping carts from the store or parking lot of a business? Not only are they an eyesore, but they can also even be dangerous if they happen to roll into the street. Abandoned shopping carts can be a hazard, but it's simple to report. If you see one, please call the California Shopping Cart Retrieval Company at (800) 252-4613.

Note: Please 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@cityofelcajon.us, or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

Rock your world: Citrine

by Sharon Denny
Angel/Tarot Reader and Yoga Instructor

Citrine is a semi-precious stone, valued for its yellow to brownish color. It closely resembles topaz. Brazil is the main source of citrine. Natural citrine is very rare and it is true that amethyst and smoky quartz are sometimes heated to turn their natural color into citrine. The word citrine comes from the French word citron which means lemon. It is the birthstone for November and the traditional stone for the 17th anniversary of marriage.



Citrine can be easily damaged; that is, scratched or if left in the sun too long, the color changes permanently. It is because of its yellow color that it is associated with the sun and the solar plexus chakra, the energy center right above the navel. It carries the healing properties of the sun and so it tends to expand the auric field and fill it with light, clearing away negative toxins. Citrine is a wonderful manifesting stone because it spurs you to take action, often lifting depression. I like that idea! It sounds like your rainy day stone!

Citrine never requires cleansing and so it's a stone that dissipates negativity, but doesn't absorb it. It attracts abundance and is known as a "merchant's stone" (hint: keep one in your cash register!) Because citrine promotes positive energy, it enhances self-esteem, promotes focus and endurance.

Citrine is certainly a wonderful healing stone. It works with your digestive system, helps your kidneys and heart, and helps fight diabetes. It also removes toxins from your body.

Obviously, citrine is a wonderful stone for jewelry or for display in your home or office. Stop by Home & Soul to check out the beautiful pieces there. Oh and here's a little extra tidbit if you have started your stone collection. There's a full moon on August 13 and that's a great time to put your crystals out to charge them. I think you will notice a difference! Also remember to stop by Home & Soul, 229 Main Street, El Cajon for a psychic reading, a Reiki treatment, massage, or acupuncture. Appointments are easily made by calling (619) 440-4504.

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— LOCAL NEWS & EVENTS —

Anderson honored as Legislator of the Year

Senator Joel Anderson (R-Alpine) was named a recipient of the American Legislative Exchange Council's (ALEC) "Legislator of the Year" Award at the organization's annual meeting in New Orleans, LA on August 4, 2011.

"I am pleased to recognize Senator Joel Anderson as a Legislator of the Year, and would like to thank him for his outstanding dedication to our organization," said ALEC National Chairman Noble Ellington (LA). "Joel Anderson is to be commended for his leadership, and I feel fortunate to have had the opportunity to work with such committed individuals like Joel over the past year."

The "Legislator of the Year" is a national award given to state legislators who have distinguished themselves by taking a leadership role in advancing, introducing and/or enacting policies based on the fundamental Jeffersonian principles of free markets,

limited government, federalism and individual liberty.

Anderson has compiled a strong pro-business, pro-jobs and pro-freedom voting record during his four years in the Assembly and first year in the Senate. He has authored landmark legislation including measures requiring that if the state issues IOU's to pay

vendors then the state must conversely accept those IOU's as payments from taxpayers.

"ALEC is an outstanding organization that brings state legislators together to work for advancement of their states," said Senator Anderson. "I am proud of the work we have done and look forward to continued involvement with ALEC."

The American Legislative Exchange Council is the nation's leading nonprofit, nonpartisan organization. While ALEC members gather around the principles of limited government, free market and federalism, it is the diversity of the members and their different perspectives that really further the discussions.

Bits and pieces ...

Continued from page 2

- Willingness to learn new skills
- Attend monthly meetings
- Attend a two week training academy
- Receive initial ongoing training
- Retired with a history of professionalism
- Work a minimum of one shift per week
- Work with minimal supervision
- No felony convictions

For more information contact: Officer Paula Todd or Bob Weishan at (619) 401-2000

Sunshine Miracle Maker Birthday Celebration

Sunshine Horton is proud to announce the 17th annual Miracle Maker event. Kick off Aug. 12 at 1 p.m. at Joe & Ernie's Pizzeria at 730 Broadway, Chula Vista, and ending Aug. 13 at 11 a.m. Come celebrate Sunshine Horton's 66th birthday, family fun, good food, face painting, balloons

and Rady Children's Hospital information and law enforcement safety information and 20 percent of all proceeds during this time will go directly to Rady Children's Hospital!

Sunshine will be dancing for 21 hours (legal drinking age to remind everyone not to drink and drive). Sixteen years ago Sunshine stopped to help a man in a bad car accident only to find he was drinking and driving and he died in her arms. He was only 24 years old.

The theme of the party is Route 66. She says that at 66 years young and on route 66, she can push people not to drink and drive. Attending the kickoff will be dignitaries and law enforcement officials, Miss South Bay, Miss East Lake and clowns.

Sunshine wants to make the Peoples ARK (Acts of Random Kindness) bigger.

Sunshine will be placing yellow ribbons around El Cajon City Hall and the Court house at 9 a.m. on Saturday, Aug. 6.

For more information contact Sunshine Horton at (619) 787-6903

Lakeside Roundup

by Patt Bixby

Lakeside Christian Helps Center

On Aug. 16 Lakeside Christian Helps Center, 9931 Channel Rd., will offer school supplies to Lakeside children whose parents need help getting supplies as the school year nears. Anyone interested in donating to this worthwhile cause can drop off backpacks, notebooks, pencils, pens and other school supplies at the Channel Rd. location between 9 a.m. and 12 p.m. Monday through Friday.

The Lakeside Christian Helps Center served 306 children last year said Ralph Goodrich from harvest Christian Fellowship. For further information call 561-3488.

Assemblyman Jones meets with Lakeside residents

Assemblyman Brian Jones met with Lakeside residents at his mobile office located at Cups and Cones on Maine Ave in Lakeside, on July 30. Assemblyman Jones along with his representatives were there to answer questions, take case work information and direct residents to the proper Federal and State agencies to address their specific issues. Jones will be taking his mobile office to cities and towns with his district over the next several months.

Assemblyman Jones said from Dec. 6, 2010 to Jan. 2, 2011 not once did he get the chance to push his vote button in the assembly. The first time Jones had the chance to vote as a California assemblyman was January 22 and that was a resolution for Martin Luther King Jr Day, which was on January 17. Jones said meanwhile another state passed a resolution regarding California businesses coming to their state. He was frustrated. Businesses leaving California is a great concern to Jones who said in 70 days, 70 businesses left California and there are businesses that made it known they were leaving. Jones said it's easier to get a U-Haul coming to California than it is to get ones leaving. It used to be the other way around commented Assemblyman Jones.

Since Jones has been in Sacramento he has come to understand Northern California attitude about water. Northern California thinks of water like Southern California thinks of sunshine. They have plenty of water and we have plenty of sunshine. For the most part Northern California doesn't have water meters the way Southern California does. In some areas of Northern California water meters are being installed which will help them understand Southern California's position. We need to come to an understanding to Southern California's water needs and is willing to pay for it.

Assemblyman Brian Jones will have an open house Aug. 18 from 4 to 7 p.m. at his Santee office at 10152 Mission Gorge Rd. (the old post office) in Santee. Office phone number for Assemblyman Brian Jones is (619) 441-2322.

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Budgeting for back to school

It's time once again to buy new school supplies, clothes and other necessities your kids need for the school year. This can be a big financial undertaking for many families, making back-to-school shopping a great opportunity to talk to your kids about important money management topics like budgeting and saving.

"This year our annual back-to-school survey found that only 15 percent of parents have created a back-to-school shopping budget with their child," says Shelley Solheim, Director of Financial Educa-

tion at Capital One. "Back-to-school shopping season is often overlooked as a financial education opportunity, but it's an optimal time for parents to teach teens about budgets and smart spending in a real-world situation."

Here are some tips to help you and your teen budget for back-to-school supplies:

- Make it a family affair: Sit down and compile a list of supplies your child needs. Then see if you have any leftover supplies from last year, such as binders that can be re-used or glue sticks and crayons.

- Do reconnaissance: In addition to contacting the school and visiting their website to find out what supplies your kids will need, consider talking to teachers and parents of older kids to find out what students actually need for each grade level.

- Create a budget: Ask your teens how much they think is reasonable to spend on supplies. Then draft a list and price each item using the Internet or a mobile app. If you or your teen exceeds the projected estimate, work to divide the list into needs and wants, explaining why it's important to prioritize.

- Be flexible: If your teens really want those big-ticket items, work with them to find the money. They can find ways to cut costs by clipping coupons, looking for sales or buying used books. Any extra earnings can be put into a savings account, which lets families work towards savings goals together.

Parents can also help kids develop financial planning skills throughout the year, using methods and tools that resonate with them, such as online and video games. In fact, 76 percent of teens say educational video and online games are a good way to learn, according to the study from Capital One. One such tool is a new kid-friendly website, JA Finance Park Virtual, which tasks kids with meeting real-life needs, such as developing a budget, maintaining a household, supporting a family and pursuing a career

through virtual simulation. To learn more, visit www.financepark.ja.org.

After all, 55 percent of teens said they want to learn

more about money management skills, according to the study. So take advantage of this opportunity to begin talking to your kids about money today.

Tips to save at the pump

It's easy to panic at the gas pump when you watch those numbers fly by as you fill up.

Much of the increased seasonal cost of gas can be offset by adjusting driving habits and implementing a preventative maintenance plan, says Rich White, Executive Director of the Car Care Council, which is offering these tips:

- Properly tuning your car improves gas mileage by an average of four percent.
- Keep tires properly inflated for another 3 percent.
- Replacing dirty spark plugs can reduce mileage by two miles per gallon.
- Change oil regularly and gain another mile per gallon.

Driving behavior also impacts fuel efficiency, so observe the speed limit and avoid excessive idling, along with quick starts and stops.

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For Health's Sake

Backpack safety tips for kids



Growing children shouldn't carry more than 20 percent of their weight.

School may be a figurative pain in the neck for many children, but what about a literal pain in the neck -- and back?

These days, the answer is yes, and backpacks are to blame. Or more specifically, the improper use of backpacks.

"The average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman," says Dr. Rick McMichael, president of the American Chiropractic Association (ACA). "Growing

children should only be carrying 10 to 20 percent of their body weight."

Heavy backpacks can negatively affect your child's health by pulling on ligaments and muscles that cause neck and back pain and can possibly cause deformity of the spine, according to the ACA.

Parents who want to protect their children from these painful injuries can follow these tips:

- Choose a backpack with wide, padded shoulder straps and a padded back. They should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

- Encourage your child to use both straps. Lugging the backpack around by one strap can cause a disproportionate shift of weight to one side, leading to neck and back spasms.

- Pack light or at least smart. A backpack with individualized compartments helps in positioning the contents most effectively, keeping pointy objects away from the back.

- Check to see if your children's textbooks are available on e-readers -- it'll save their backs, as well as paper. Or consider buying a second set of textbooks for your student to keep at home, perhaps used ones.

- Learn some back-strengthening exercises to build up muscles. Sit-ups are great since strong abdominal muscles can share the load and take the strain off back muscles.

- Encourage your child or teenager to tell you about any pain or discomfort he or she may experience. Do not ignore any back pain in children or teenagers simply because they seem too young.

If you or your child experi-

ences any pain or discomfort resulting from backpack use, call your doctor of chiropractic, who is licensed and trained to diagnose and treat patients of all ages. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

You can find more backpack safety tips and learn about treatment for back pain at www.acatoday.org/patients.

And lastly, examine your own backpacks, handbags and diaper bags. Parents are as likely to suffer back pain from excess weight or improper carrying as are their children.

Sharp Senior Resource Center

Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For other programs, call 1-800-827-4277.

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, Aug. 19, 9:30 to 11 a.m.

FINDING THE BALANCE IN CAREGIVING

Are you caring for a family member or friend? Attend this free conference sponsored by the San Diego Caregiver Coalition and learn about care options, legal issues, how to cope, find community resources & much more. Free lunch provided. Free respite care. Thursday, August 18, 9 a.m. to 2 p.m. Registration at 8:30. La Mesa Community Center, 4975 Memorial Dr., La Mesa. Registration required. Call 1-800-827-4277 or register online at www.sharp.com

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

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



Dealing with difficult people

by Judy Callihan Warfield



Throughout the day we are all dealing with a lack of customer service, misunderstandings, road rage, meager communication skills due to language barriers, and just plain rude people. Whenever this arises throughout the day everyone needs to recognize that there truly is a choice that can be made.

One choice is to allow a person who exhibits one of these behaviors to affect us and cause us anxiety and perhaps ruin our day. Another choice is to take just a moment to think perhaps that person may have received bad news; could have difficult financial problems; an illness in the family or might be reacting to someone earlier who was abrasive to them. Every person can choose not to allow the actions or behaviors of others to upset or ruin his or her day.

The next time one of these situations arises try another approach. Ask in a caring manner if that person is having a bad day. A surprise might occur when that person softens or maybe indicates why their behavior was bad-mannered. It could be an opportunity to actually make a positive difference in that person's day and life.

Next time someone cuts you off on the freeway, choose to just smile and not allow a stranger to upset you. In making a difference in a reaction, a positive change can affect all people involved. What will it hurt to try this idea for the next 30 days?

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. 4730 Palm Ave. #205, La Mesa. Call for free consultation 619-303-851 or visit www.successhypnotherapy.com or email judy@successhypnotherapy.com.

Laughter is the Best Medicine

Dad at the Mall

I took my dad to the mall the other day to buy some new shoes (he is 92).

We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him.

The teenager had spiked hair in all different colors: green, red, orange, and blue.

My dad kept staring at him. The teenager would look and find dad staring at him every time. ;

When the teenager had had enough, he sarcastically asked, "What's the matter old man, never done anything wild in your life?"

Knowing my Dad, I quickly swallowed my food so that I would not choke on his response, knowing he would have a good one, and in classic style he did not bat an eye in his response.

"Got drunk once, and had sex with a peacock. I was just wondering if you were my son."

Have a funny joke, story or anecdote you would like to share? Write to Jokes: East County Gazette, P.O. Box 697, El Cajon, CA 92022 or write to www.jokes@ecgazette.com



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Inspiration

The secret to a great marriage

Rev. James L. Snyder

This week the Gracious Mistress of the Parsonage and Yours Truly, celebrate our 40th wedding anniversary. This week as I pondered our life together it occurred to me, I might be taking some things for granted. Doing this, especially when it involves another person, is dangerous. I decided to take a little stock of myself and my relationship with the Mistress of the parsonage. What makes our marriage so great?

The first thing I had to do was check with her to make sure our marriage was indeed great. Much to my relief, she too agreed with my conclusion. This borders on the miraculous. Whenever we agree 100 percent on anything, watch out!

A recent Hollywood wedding got me thinking. According to the reports I have seen, that wedding cost more than one million dollars! Only in Hollywood! Given the way such things go in the west coast marital Mecca, it amounts to about \$100,000 a month of married life.

Our wedding, 40 years ago,

cost \$97.73. It took us all summer to scrape and save for our nuptial extravaganza.

So far, our marriage has cost us 20 cents per month. The best 20 cents we ever invested. The amazing thing about this is, each month the cost goes down but the value goes up.

The question I wanted to answer, at least in my own mind was what made our marriage so great? What is the secret of our marriage?

As far as I can assess, there are four things about our marriage that has made it the great success it is today.

The first is FORGIVE AND FORGET. She forgives me my mistakes and I never forget to thank her for it.

Some couples carry grudges for years. Thanks to my memory-challenged mind, I cannot remember what I had for lunch yesterday much less a disagreement several years old. It takes an enormous amount of energy to REMEMBER things that happened years ago. I prefer spending that energy creating new memories.

Another key to our marital bliss is TOSS AND TURN. She tosses everything out and I turn the house upside down trying to find it. This has been the most difficult for me.

I would not admit being a pack-rat, but each year they invite me to be their keynote speaker at their convention. I would go but each year my good wife tosses the letter out before I can respond.

My wife believes that tossing away yesterday's baggage and turning over a new leaf each day is crucial. As my wife is fond of saying, "Today it the first day of the rest of your life." Sometimes she says it with a twinkle of menace in her left eye.

There is also, GIVE AND TAKE. This has proven beneficial over the years. She gives me a piece of her mind and I usually take it. My concern is, of all the pieces of her mind she has given me throughout the years, how can she have anything left?

Decision-making is not a one-way street in a marriage relationship. Thank God it isn't. In every dilemma at least two sides need considering. When you find yourself in a dilemma, do what my wife does, go for de lemonade.

When only one person makes the decision in the marriage, the whole relationship takes on a lopsided demeanor. There is nothing meaner than a one-sided decision.

One last thing that makes our marriage great is PROFIT AND LOSS. This has taken a little more time to take root in my mind. Taking root in a

vacuum is hard for anything.

I have discovered that a marriage runs in decades. For instance, the first 10-year period focuses on establishing the relationship. This is discovering who you are as a couple, but by the time this happens, tiny footsteps are heard in the hallway at night coming toward your bedroom.

The second decade centers on trying to raise those children and keep from going insane in the process. If I have any insanity, it is because I have inherited it from my children.

The third decade is the most important. Not many couples get this far. The third decade is devoted to rediscovering who you are as a couple.

No longer are we Rachael's mom or Jason's dad or Sarah's parents. We are discovering our own identity as a couple. And let me say, it sure is the best part of the wedding cake and we are eating it up.

The fourth decade, where we are right now, is relishing all those memories made in the first three decades.

In this PROFIT AND LOSS stage, I have discovered that I profit greatly if I cause my significant other no loss of face. It is amazing how many single people are married and even live in the same house but go in separate directions and lead separate lives. Becoming a couple is a marvelous process taking years to mature.

My wife and I have found the key to all of this. It is simply SUBMISSION. The Bible plainly states, "Submitting yourselves one to another in the fear of God" (Ephesians 5:21 KJV).

We can do this because we independently anchor our lives to that "rock that is higher than I" (Psalms 61:2 KJV). As a couple, we build our lives upon a common foundation — Jesus Christ.

To my wife: A happy anniversary to the best Mistress to adorn my parsonage.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

Dear Dr. Luauna



I am so irritated because everything seems to bug me. I come home and my house is a mess. My car uses too much gas. I'm bored with my job. My wife is gaining weight, and I can't please my kids. Lately, I just hate everything around me.

Signed, Everything is Bad

Dear Everything is Bad,

Let's talk about the way you think. Although things may not always be pleasing around you, that is not the real issue. There is a portion of scripture in *Proverbs 23:7*, "For as he thinks in his heart, so is he." Your perspective has been distorted by focusing only on negative thoughts, which rob your peace. *Isaiah 26:3* "You will keep him in perfect peace, whose mind is stayed on You because he trusts in You." You can change your mind through the Word of God, *Romans 12:2*, "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

God has so much for you, so many good things, if you will surrender to Christ and exchange your thoughts for His thoughts. When you ask Jesus to become Lord of your life, He helps you renew your mind. Then you are able to look at things differently and to appreciate your blessings rather than see only negative. *1 Peter 1:13*, "Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ."

You need Jesus. *2 Corinthians 5:17*, "Therefore if any man is in Christ, he is a new creature the old things pass away, behold new things have come." When we come into the kingdom of God our lives can be totally different. God has a great plan for your life. He is the Creator of all things. He wants you to walk in victory, joy, peace and His perfect will. He wants you to have dominion over your circumstances, but the enemy of your soul wants you to only think bad, to overwhelm you with negative thoughts. *Isaiah 55:9*, "For as the Heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts." Come to Jesus, be born again and allow Him to change your outlook. Watch your point of view change to appreciate what you have. I want to invite you to our church, A Touch From Above on Sundays at 10 a.m., 16145 Hwy 67, in Ramona.

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

Religious humor bits

The ham sandwich

A Jewish rabbi and a Catholic priest were good friends. At a picnic one day, the priest was eating a ham sandwich. "You know," he said to his friend, "this ham sandwich is delicious. I know you're not supposed to eat ham, but I don't understand why such a good thing would be forbidden. When will you break down and try it?"

To which the rabbi replied, "At your wedding."

Late For Class

A little girl, dresses in her "Sunday best" was late and running to her Sunday school class. As she ran, she prayed, "Dear God, please don't let me be late. Dear God, please don't let me be late." Then she fell.

She got up, dusted her self off and saw that her dress was now dirty and had a little tear. She started running again, still praying, "Dear God, please don't let me be late." But this time she added, "But please don't push me, either!"

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— COMMUNITY EVENTS CALENDAR —

Out and about in the County

Through Sept. 30: Concerts on the Green will be held Fridays, through Sept. 30, from 6 to 8 p.m. on the Prescott Promenade in El Cajon on Main Street.
Concert lineup:

August 12 Sara Petite & The Sugar Daddies - americana / country
August 19 Sonos - indie / acappella
August 26 Aunt Kizzy's Boy's - blues
September 2 Old Town Road - bluegrass
September 9 Akayaa & Bolga Zohdooah - world music / African
September 16 Scott Martin Latin Soul - Latin jazz
September 23 The Stoney B Blues Band - blues
September 30 Sue Palmer & Her Motel Swing Band - boogie woogie / swing
For more information visit www.downtownelcajon.com, or by calling the El Cajon CDC at (619) 401-8858.

Through August 12: The Mission Trails Regional Park will present an art display, "Midsummer Medley." The exhibition features seven award-winning artists: Stephanie Black, Larry Coleman, Pat Dispenziere, Jenny Ferrone, Carolyn Kenny, Terry Kvitky, and Kurt Lightfoot. "Midsummer Medley" will be on display in the Mission Trails Regional Park Visitor Center Art Gallery from through August 12. For information on the artists and to view examples of their work.

Through Aug. 19: Movies at the Lake. Fridays at Santee Lakes, \$8 per car entrance fee, 6 p.m., come lay out your blanket, bring dinner and enjoy some music and games for the kids. Movie starts at 8 p.m.
August 19- Toy Story 3

Through Dec. 3: The Ramona Mainstage has upcoming events through Dec. 3. Currently scheduled are:

Comedy: Bobcat Golthwaite - Aug. 27; Gallagher - Sept. 16; Steve O - Oct. 1; Rob Schneider - Nov. 5 and Christopher Titus - Dec. 3
Music: New Wave of British Heavy Metal - Featuring Diamond Head, Girlschool, Hydrogen and Al Atkins - Aug. 20; Pat Travers - Aug. 26; Montrose - Sept. 10 smf Abbamania - Nov. 11.
The Ramona Mainstage has free parking, air conditioned and has food drinks and alcoholic drinks. Under 21 admitted with parent or guardian. The Mainstage is located at 626 Main Street, Ramona. (760) 789-7008.

Through Aug. 18: Santee Summer Concert Series, 6:30 p.m. - 8:30 p.m. at the new location — Town Center Community Park East, 550 Park Center Drive in Santee. The new venue has an outdoor amphitheater, raised stage, picnic style event, play ground, concession stand)

Concert lineup:
Aug. 11 - Clay Colton Band
Aug. 18 - The Cat-illacs

Through Aug. 23: Back to the 50's Car Show. Every Thursday night from 5-8 p.m. on La Mesa Boulevard in the Village through Aug. 23. Participants arrive no earlier than 3:30 p.m. Fill out the participation form and display on vehicle. By 7:30 p.m. winners will have a certificate placed on their vehicle. Winners proceed with vehicle to the DJ to return the certificate and receive a trophy. Photos are taken, to be displayed on the website.

Through Oct. 19: Cajon Classic Cruise Wednesdays through Oct. 26, and Dec. 7, 5 to 8 p.m. on Main Street and Magnolia Avenue in downtown El Cajon. Tune to Downtown El Cajon Radio FM 104.1 during the show.

Cajon Classic Cruise 2011 Season Schedule

Aug. 17 - 4 x 4s and More!
Aug. 24 - Dragsters! Dragsters! Dragsters!
Aug. 31 - Starz Carz Are Out Tonight!
Sept. 7 - Mustang Evolution
Sept. 14 - Autumn Cajon Speed Fest
Sept. 21 - Panels on Promenade
Sept. 28 - Monster Truck Madness
Oct. 5 - Tractor Trendz
Oct. 12 - Auto Graphix
Oct. 19 - Horsepower Hour: Extreme Blowers
Oct. 26 - Halloween Trunk or Treat
Dec. 7 - Holiday Parade of Lights
** Schedule subject to change without notice **
(East and West Main Streets will remain fully open to traffic during all car shows - NO Main Street Closures)
For more information visit www.downtownelcajon.com, or by calling the El Cajon CDC at (619) 401-8858.

August 14: Winchester Widows Pancake Breakfast 8 a.m. to 12:30 p.m. at Lakeside Elks Lodge, 11633 Woodside Ave., Lakeside. Adult \$8, child (4-10) \$4, under 4 free. Silent auction and raffle - all to benefit The Challenge Ranch. Call Lorrie for tickets or more info. (619) 792-9760 or 619-713-2469 Or visit www.winchesterwidows.org

Sept. 17: Delightful Dolls of Southern California, Doll Show and Sale will take place at the Al Bahr Temple, 5440 Kearny Mesa Road on Saturday 10 a.m. to 3 p.m. For more information contact Linda Payne Smith at (619) 265-0443 or lpaynesmith@cox.net.

Sept. 17: Alpine Show and Shine Car Show and Chili Cook-Off. Car show open to pre 1973 cars and trucks. Entry fee \$30. Trophies for Best in Show. Each entrant receives two free lunch tickets. The car show and chili cook-off will be held at the Alpine Community Park, 1830 Alpine Blvd. in Alpine. 7 a.m. Pancake Breakfast, 8 a.m. - 3 p.m. car show, 11 a.m. - 3 p.m. chili cook-off. For more information call Doug Benson (619) 445-3328 or Jerry Price (619) 709-4411.

Sept. 18: 'Monarch Mania.' Are you a vendor looking for a "wild" venue? "Monarch Mani," set for Sunday, Sept. 18 at Viejas Outlet Center in Alpine, is for you. A limited number of vendor spaces are available in and around the Show Court of the award-winning Viejas Outlet Center site, and will be assigned on a first-come basis. Products most suited for this venue are garden and/or nature-related, although all applicants will be considered. In addition to the Monarch butterfly release, "Monarch Mania" will include caterpillar races, a plant sale (of specialty butterfly host and nectar plants), caterpillar sale to grow your own butterflies, and a chrysalis tree where onlookers will watch butterflies emerge before their very eyes! Ongoing educational programs will be held throughout the day, with special guests to include live owls, hawks, hummingbirds, snakes, lizards, spiders and more. Event hours are 10 am to 6 pm. Admission to the event will be free. "Monarch Mania" is hosted by CHIRP for Garden Wildlife, Inc., a not-for-profit habitat education corporation. Proceeds benefit habitat education programs for our schoolyards and backyards. For additional information, visit www.chirp.org or phone CHIRP for Garden Wildlife, Inc., at (619) 445-8352.

Oct. 1 -2: Oktoberfest in El Cajon! The German American Societies of San Diego, Inc., hosts its traditional Oktoberfest on the first two weekends of October. Stop by and enjoy authentic German food, such as bratwurst, ox-on-the-spit, potato salad, potato pancakes, sauerkraut, red cabbage and a variety of German pastries. They offer a large selection of German beers and liquors, and soft drinks and water, to enjoy with your friends and family. The Oktoberfest is held at the German/American Society at 1017 S. Mollison Ave. in El Cajon. For more information, visit www.germanclubsandiego.org or call (619) 390-9793.

Oct. 8: Santee Car Show & Festival. Enjoy live music, classic cars vendor and food booths. 9 a.m. to 5 p.m. at 101 Riverview Parkway in Santee. Win a 1967 Mustang, only 2000 tickets will be entered. Tickets are available at all Chamber events or you can pick them up at the Chamber office. Call (619) 449-6572 for details.



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1130 Broadway, El Cajon, CA 92021

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Advertising: Briana Thomas, Patt Bixby, Kathy Foster

The Gazette is Published each Thursday as a commercial, free-enterprise newspaper. The opinions and views published herein are those of the writers and not the publishers or advertisers. Advertisements designed by the Gazette are property of the Gazette and are not to be used in other publications without written consent of publisher. Deadlines for advertising and press releases are Friday at two.

Send in your letters and opinions to: Editor, East County Gazette, P.O. Box 697, El Cajon, CA 92022

or e-mail us at: editor@ecgazette.com

The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District.

The East County Gazette adjudication number: GIE030790. March 10, 2006.
www.eastcountygazette.com

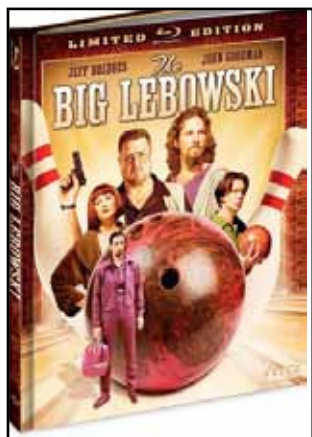
— HOME ENTERTAINMENT —

Summer plans winding down — relax with a new DVD

Reviews by Diana Saenger

Vacations are nearing an end and school shopping is exhausting so what better way to relax than to sit back and catch a new movie on DVD. These days the choices are endless. So check out these possibilities; there might be a real surprise here.

Featured DVD



'The Big Lebowski' – Limited Edition Blu-Ray

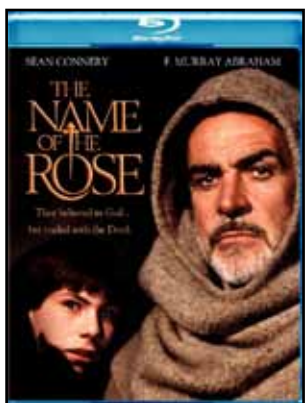
Bowling, nihilists, a stolen rug and the occasional acid flashback have never been funnier than in one of the most popular cult classics in history starring Academy Award-winner Jeff Bridges.

This acclaimed comedy has been newly re-mastered in high definition to provide longtime fans and first-time viewers alike with the ultimate Lebowski experience. Available for a limited time with an all-new 28-page companion book featuring an exclusive interview with Jeff Dowd – the real-life inspiration for The Dude – Jeff Bridges's personal, on-set photography, a film timeline, trivia and much more. Rated "R" – Universal Studio Home Entertainment.



'Hotel Rwanda' – Blu-Ray

This 2004 film was the recipient of three Oscar nominations for a reason. Starring Don Cheadle and Sophie Okonedo, this profound film exposed the extreme horrors of war through great storytelling. Paul Rusesabagina, a real life hotel clerk saved his family from the 1994 genocide going on in Rwanda, Africa, and saved more than 1200 people besides. This is an important moment in our history and this DVD/Blu-Ray (which has great bonus features) needs to be part of everyone's collection. Rated "PG" – MGM Home Entertainment.



'The Name of the Rose' – Blu-Ray

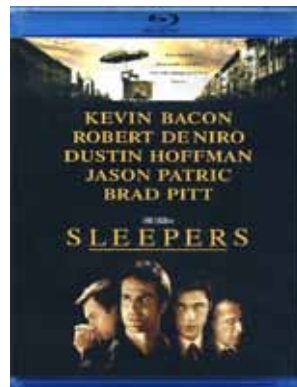
Some say it's the work of the devil when a series of deaths

strikes a 14th-century monastery. William of Baskerville (Sean Connery) disagrees. Rather than a link between the deaths and the book of Revelation, he's counting on discoveries from a little elbow grease to turn up the murderer. When he and his novice (Christian Slater) travel to northern Italy for a theological meeting, the abbey there has even more murders. The DVD includes some interesting bonus features, and it's fun to see Sean and Christian acting 25 years ago. Rated "R" – Warner Bros. Home Video.



'Paul' – Blu-Ray

One tiny alien makes for big, big trouble in the comedy adventure starring Seth Rogen and Jason Bateman and written by great comedy writers Simon Pegg and Nick Frost. Paul is an extraterrestrial alien from another planet who crash-landed on Earth in 1947 and has been a prisoner in Area 51 ever since. A secret government agency has routinely interrogated him about the special alien abilities he possesses and tried to exploit them. The agency holding him hostage is tired of talking and ready to dissect his brain. What will happen? You can't even guess. Check out this adult-only DVD for lots of laughs. Rated "R" – Universal Studio Home Entertainment.



'Sleepers' – Blu-Ray

When four boys from Manhattan are sent to a state juvenile detention facility they endure harsh punishment including physical and sexual abuse. Years later when they're out, they seek revenge. With an amazing cast of Robert DeNiro as the boys' street smart priest, Kevin Bacon as the ringleader of the abusers, and Jason Patric and Brad Pitt as two of the grown boys, the drama is non-stop in this story. There are no bonus features other than a trailer, but the high-def of the Blu-Ray builds the intensity to a fever pitch. Rated "R" – Warner Bros. Home Video.



'Hoodwinked Too! Hood Vs. Evil' – Blu-Ray & DVD

This all-new animated family comedy is based on the beloved classic children's fairy tale *Red Riding Hood*. The sequel features the voices of an all-star ensemble cast including Hayden Panettiere, Glenn Close, Joan Cusack, Martin Short and many more. Fracturing fairy tales and pop culture with good-natured glee, this adventure takes viewers on a rollicking rollercoaster ride combining edge-of-the-seat adventure with classic, zany cartoon antics. Available August 13. Rated "PG" – Anchor Bay Entertainment and The Weinstein Company.

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— AT THE MOVIES —

'Rise of the Planet of the Apes' is a good reboot



James Franco as Will Rodman counsels his chimp, Caesar, played through performance capture by Andy Serkis. Photo Credit: Joe Lederer / Weta / 20th Century Fox Film Corporation

Review by Michael Black

There are some movies that should never be remade and some that should. *The Planet of the Apes* is one series that deserves a

reboot if the story is done right. In 2001, Tim Burton attempted a reboot and was successful in some respects but a sequel never materialized. Now 10 years later, 20th Century Fox is

ready to go at it again with new director, Rupert Wyatt, and 21st century computer graphics to give *Rise of the Planet of the Apes* the visual edge the original couldn't do in 1972.

Chemist Will Rodman (James Franco) is working on a cure for Alzheimer's disease at a high-tech facility that uses chimpanzees for testing and is run by corporate tycoon Steven Jacobs (David Oyelowo). Will gives the experimental formula to a female chimp who then becomes smarter. She has a baby who inherits the intelligent trait. Will adopts

the baby, names him Caesar and takes him home. Caesar is trained to live a normal life, which while young, is not difficult and he provides comic relief to Will's father, Charles (John Lithgow) who is suffering from Alzheimer's.

But as Caesar grows and realizes there is a life outside the house, he becomes anxious to get out. The day he does he wreaks havoc on Will's heartless neighbor and is taken away and housed in a primate facility. Using his cognitive skills, Caesar begins to plot the escape of his fellow apes.

Franco does a plausible job in the lead role. It's always good to see John Lithgow working. Tom Felton, Draco Malfoy in the Harry Potter series, is Dodge Landon, the cruel keeper in the primate facility. Also starring is Frieda Pinto as Caroline Aranha, Will's love interest, and Brian Cox as John Landon, the primate facility owner.

The best part of *Rise of the Planet of the Apes* is the detailed and believable graphics accomplished by digital visual effects company Weta Digital who also did Gollum in *The Lord of the Rings* trilogy. That role, as well as that of Caesar, is performed by Andy Serkis, the world's foremost performance capture actor, who creates human-like elements in Caesar like a real soul, knowledge and heart.

The chimpanzees, orangutans, and gorilla all looked real. The detailed graphics never distracted from the storyline. Thankfully, the scriptwriters stayed away from time travel plots and more on the dangers of genetic tampering which seemed a good idea.

The obvious plot holes I saw were about the horrific security system at the science lab. Will was able to escape with several canisters of chemicals that could affect life on earth, especially in the wrong hands. It was a little bothersome that a company that had its success

riding on these dangerous chemicals were so blind that they could be stolen without notice. The other problem was the existence of a primate facility that held 60 or so primates in horrible conditions and mistreated by their handlers.

Overall, *Rise of the Planet of the Apes* is a good reboot of the original series. It will be interesting to see if Fox will attempt to produce sequels that explore the future of mankind and if there will be a war between the humans and the apes.

Summer fun recipe ideas



More Sundae Fun

- **Share the love.** Know someone who loves sundaes? Give them a sundae gift basket filled with everything they'll need to indulge their cravings: a sturdy ice cream scoop, a pair of sundae glasses and long spoons, and a selection of syrups and toppings.
- **DIY sundaes.** Set up a sundae bar so guests can create their own sweet masterpieces. To help things move along smoothly, pre-scoop the ice cream. Put individual scoops of various ice cream flavors in paper cupcake liners. Set them up on a tray, then freeze until it's time to serve.
- **Think outside the traditional bowl.** Use waffle bowls to hold your ice cream sundae, or start with an ice cream sandwich as your base and complement with tasty toppings.



Rise of the Planet of the Apes

Studio: 20th Century Fox

Gazette Grade: C+

MPAA: "PG-13" for violence, terror, some sexuality and brief strong language

Who Should Go: Planet of the Apes fans

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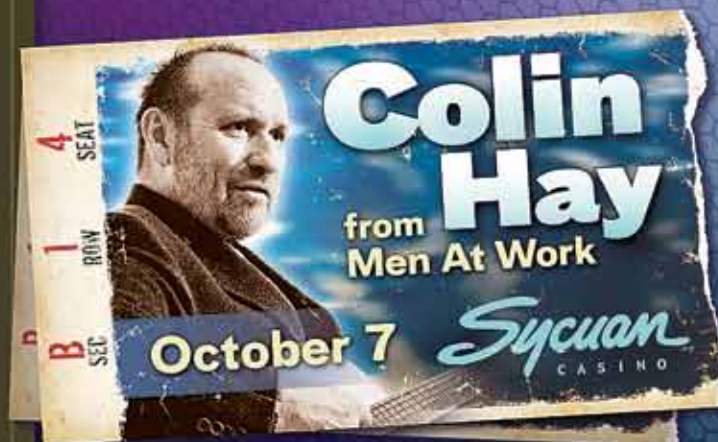
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— AT THE MOVIES —

'The Help' — controversial, heartfelt, entertaining

by Diana Saenger

The *Help*, about a few black maids convinced into telling all about their white employers, eases its way into a larger story that some find controversial and others — mostly the ones who read the thick bestselling novel — believe is powerful. An opening scene sets the stage with humor as Editor Blackly (Leslie Jordan) questions Skeeter (Emma Stone) about writing a column for the Jackson, Mississippi, newspaper. Jordan comes across as quite amusing in his bewildered character, so the audience is immediately in stitches.

Because Skeeter gets excited about having her first real break as a writer, she says yes before realizing it's a column about cleaning. Like her friends, Skeeter is a typical southern gal who has grown up in a home where the maids do the cleaning. Clearly, she knows nothing about her assigned topic. So she asks her friend Hilly Holbrook's (Bryce

Dallas Howard) maid, Aibileen (Viola Davis), if she can help her out. Thinking what can it hurt, Aibileen agrees.

As the two women begin to spend a little time together, Skeeter realizes her white friend is not very nice, and the black maids who care for the white families are often treated harshly. Searching for a way into a bigger writing position, Skeeter connects with Elaine Stein (Mary Steenburgen), a New York editor intrigued by Skeeter's plan to write a scandalous true-confessions tale as told by the local maids.

I read *The Help* and thoroughly enjoyed it. Author Kathryn Sockett takes readers into a past era of 1963 where life was like a grade 6 rafting ride, a thrill a minute for some, a turbulent nightmare for others. The adaptation by Tate Taylor seems mostly faithful to the book, so the characters are well developed. Casting Viola Davis, Octavia Spencer (Minnie), Anjanue Ellis (Yule Mae Davis) and Cicely Tyson

(Constantine) as the maids was a potential Oscar-winning decision. Davis and Spencer portray their characters as if they were cloned.

"Viola is just power. She brings such truthfulness to the role of Aibileen (which) with the wrong actress could turn into a cliché, but Viola brings a bravery to this role that will break your heart," said Director Tate Taylor.

Every day when Aibileen goes to work at Elizabeth Leefolt's (Ahna O'Reilly) home, she must do household chores as well as take care of baby Mae Mobley (Eleanor & Emma Henry). It's a job she adores. She teaches the baby girl to repeat things about her values like, "I am kind, I am smart, I am important." But it breaks Aibileen's heart when Mae Mobley says, "You my real mama, Aibileen."

The maids must carry their own issues beneath their burdens involving lack of respect at work. For Aibileen, it's the recent death of her son, and for Minny, the constant physical abuse by her husband. Juxtaposing these burdens with the dilemmas of the white housewives who literally shriek seeing dust on a table or not having the right pie for a lunch party — and the theme of this film quickly resonates.

Terrific casting of the housewives also adds to the film's



Octavia Spencer and Viola Davis star in *The Help*. Photo credits: Dale Robinette / ©DreamWorks II Distribution Co., LLC

quality. Dallas Howard makes the perfect Queen Bee as "Hilly," a woman we love to hate. O'Reilly easily conjures up sympathy for Elizabeth, who must kowtow to Hilly while balancing a baby on her hips and dealing with Mae Mobley. Spacek nails the nattering but not-dead-yet mother of Hilly, and Allison Janney hits every high and low note of Skeeter's amusing but dying mother. In a film that can make one wince from disgrace, it's nice to have lighter moments. Jessica Chastain provides many with her performance as Celia, who can't cook and hires Minny to be her maid without letting her husband know it's

the maid who makes those great meals.

There are few men (Chris Lowell, Mike Vogel) in this movie, but it's a quick jump to imagine them all as Stepford husbands — each more worried about the name of the brandy in their liquor cabinet than who is really ironing their shirts.

Beautifully filmed in Mississippi by Stephen Goldblatt (*Julie & Julia*) the production (Mark Ricker) and set design are brilliant — easily transporting viewers into Hilly's backyard pool or Aibileen's kitchen where the forlorn share their stories.

The film's music provides an excellent backdrop to the era depicted here. Academy award-nominated (10 times) Thomas Newman's score is exceptional. And do not leave before the credits, because that's when Davis sings Mary J. Blige's "The Living Proof," a beautiful song written to honor the women in the movie.

The Help has so much heart it's easy to feel both sorrow and enjoyment while watching such an emotional film. One of the men in Aibileen's church conveys that best when he says, "Courage isn't about just overcoming fear, but doing what's right for your fellow man."



The Help

Studio: DreamWorks Studios

Gazette Grade: A-

MPAA: "PG-13" for thematic material.

Who Should Go: Anyone who likes a good story and great performances.

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The early bird can win the prize at Barona

If caffeine doesn't get you moving in the mornings, the new Early Bird Power Giveaway program at Barona Resort & Casino will. On Monday and Tuesday mornings throughout the month of August, Club Barona members have a chance to win a share of \$50,000 in myFREEPLAY prizes during the Early Bird Power Giveaway starting at 6 a.m.

"If you're an early riser, Barona is the place to be in August," said Rick Salinas, general manager of Barona Resort & Casino. "The Early

Bird Power Giveaway rewards our valued guests who like to get an early start on the fun."

Every 30 minutes from 6 to 8 a.m. on Monday and Tuesday mornings in August, one hundred slot or video poker players will randomly be drawn to win a myFREEPLAY prize. Using a prize wheel to determine the amounts to be distributed during each Power Giveaway, a Barona host will announce the prize amount and ask players to check their myVIEW screen to see if they are a winner.

All Club Barona members actively playing on the casino floor with their Club Barona card are eligible to win an Early Bird Power Giveaway prize. Individual prize amounts range from \$5 to \$50, with a projected total of \$50,000 in giveaways throughout the promotional period.

Known as San Diego's loosest casino, Barona has 2,000 slots and video poker machines. Additionally, the casino features over 80 table games including Blackjack, Pai Gow Poker, Caribbean Stud, Barona Craps, Three-Card Poker, Four-Card Poker, Mississippi Stud, Let It Ride, Baccarat and Barona Roulette, as well as the latest innovations in chipless gaming including Chipless Roulette™, Chipless Baccarat™, Chipless Three-Card Poker and Chipless Blackjack™.

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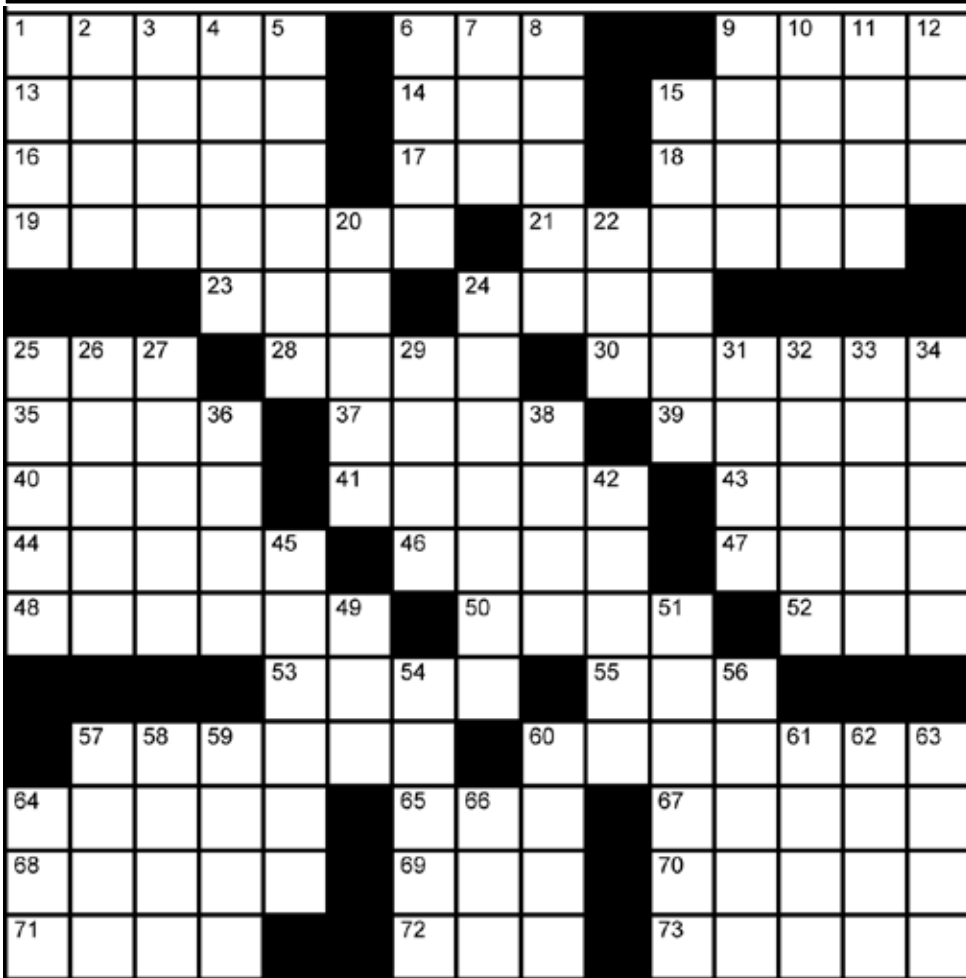
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6. Tide's backward flow
9. "The ____ of Dracula," Marvel Comics
13. Greek bazaar

14. Romanian money
15. Old photograph color
16. 4 x 4 race
17. Stock regulator
18. Twisted, as in clothes
19. * _____ suit
21. *Famous abductee
23. Id's partner

24. *Sonny & Cher, e.g.
25. Rubber substitute
28. Insurance type
30. A winged babe
35. Type of rich soil
37. *Sitcom " ____ Times"
39. Jagged
40. Republic of Ireland
41. White heron
43. Adjoin
44. " ____ came the spider..."
46. Wet nurse
47. Assigned spot
48. Modest or shy
50. Grad
52. *Rocky actor
53. Give off
55. Often precedes name of
month or year
57. Besmear
60. *Popular transmitter

64. He traveled with Clark
65. Electric swimmer
67. Lack of muscular tension
68. Martin or Carell, e.g.
69. Park ____ in NYC
70. Hollow rock
71. Instead of truth?
72. Feline sound
73. Mistake

DOWN

1. Jung or Linnaeus, e.g.
2. S-shaped molding
3. More than one solo
4. Remove from existence
5. Iroquoian language
6. Besides
7. Spelling contest
8. Medicinal herb
9. Territory, abbr.
10. Musical piece
11. Money maker
12. Paper or plastic?
15. Swaddle
20. Red in France
22. European union
24. Submissive one
25. Declare, as in court
26. Bridal veil fabric
27. Ricochet
29. *Popular party garb
31. Geological time periods
32. Spa covers
33. "Business as _____"
34. *A first lady
36. Carte du jour
38. "No big _____"
42. Famously opposable
45. *Musical film hit
49. Flightless bird
51. Desert trick
54. Girder with "I" cross section
56. One who dates
57. 2nd letter of Greek alphabet
58. Pitcher
59. Dumpy establishment
60. Ball of yarn
61. Don't let it hit you on your way out
62. _____-European language
63. _____ and terminer
64. Psychedelic drug
66. The day before

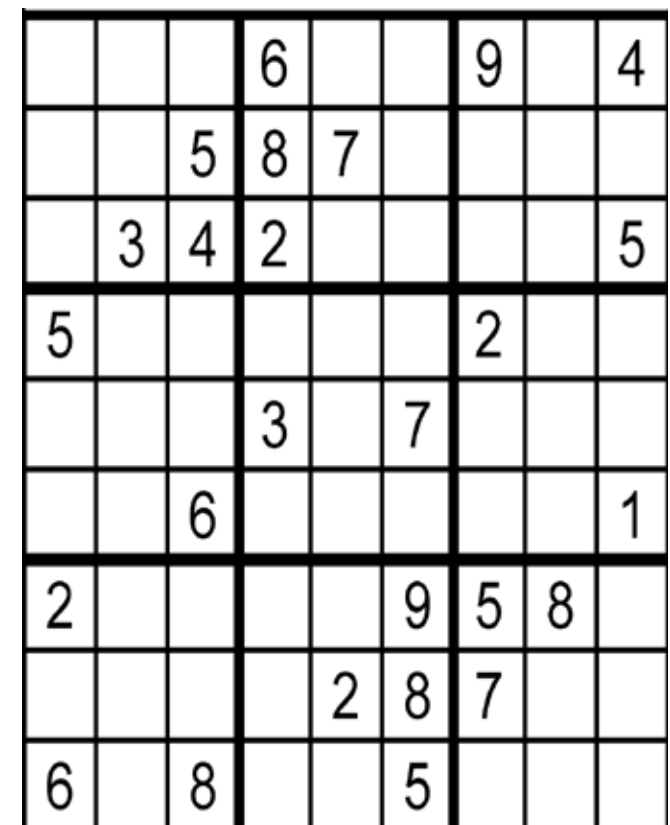
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Keep your kitty safe, get an ID tag

With the warm weather in full swing everyone wants to go outside and play, including pets. With windows and doors now open to let in the fresh air, it's important to remember that your cat can easily slip out, even if it's an indoor cat. Therefore, it's imperative for all cats to wear identification tags in case they get lost.

While some lost cats may find their way back home safely, less than two percent of lost cats make it home, and 2.5 to 3.5 million cats end up in shelters each year, according to the National Council on Pet Population Study and Policy. A visible ID tag with a cat's name and owner's phone number vastly increases the chances

of a lost cat being found and returned home safely.

"My cat, Wayne Sanchez, is a curious guy and although he's an indoor cat, I know there's a chance he could slip outdoors at any moment," said cat owner and former host of the lifestyle network for pet lovers, PetStyle.com, Jill Cordes. "To ease my mind I make him wear a comfortable collar with an ID tag to increase his chances of returning home safely if he were to get lost. I encourage all cat owners to do the same."

Identification for your cat

Tagging your cat is easier than you might think. Start by purchasing a specially

designed elastic or breakaway cat collar that will adjust to your cat's neck and not get caught on any objects in and around the house. Cat collars are safe for them to wear and will not irritate or bother them.

As for ID tags, cat owners can receive a free customized identification tag with a purchase of any two ARM & HAMMER litters including its latest Double Duty Clumping Litter. You can find more information on this offer, along with cat training tips, at www.PetTagOffer.com.

If your cat goes missing

- Stay calm and form an action plan:
- Ask as many people as you

can to help with the search and spread the word quickly about your lost cat.

- Focus your search on a five to seven house radius. Most indoor cats that bolt don't wander further than that.
- Ask neighbors to check in small spaces around their homes and yards in which a confused cat would hide.

If you find your cat but it won't come out, don't fret. Indoor cats in particular tend to go into a self-preservation mode in which they perceive everything as a threat – including you. Rent or borrow a humane animal trap from a local shelter and set it in the area you suspect your cat is hiding. Put some food in a dish at the far end of the trap. Then go home and be patient.

If you're unable to locate your cat within 24 to 48 hours, call your local animal shelter to alert them of your missing pet.

The makers of ARM & HAMMER are also making a dona-



Photo courtesy of Getty Images

tion to ten local animal shelters across the country to support the critical care they provide lost pets.

ADOPT-A-PET

This adorable girl is Luna, a one-year-old, eight-pound DSH with tons of love to give. Luna would love to be one of a few well-loved kitties. Visit <http://www.focas-sandiego.org/adopt/luna.htm> to learn more or meet Luna at our Petsmart Point Loma adoption center at 3610 Rosecrans 92110. Adoption hours are Mon: 5 to 7pm, Tues & Fri: 5 to 8pm, Wed & Thurs: 6 to 8pm, Sat: 12 to 3pm, 6 to 8pm & Sun: 1 to 4pm. Luna's \$100 adoption fee includes spay, microchip, vaccinations and she is negative for FIV/FELV.



Wayne is a 2-month-old blue and white Domestic Short Hair male. His adoption fee is \$105 and his ID number is 79133. Wayne is a loving and precious kitten with adoption dreams of a family to call his own! This special guy loves to spend quality time with his people friends! He is a social and curious cuddle bug. With bright eyes and an eclectic spirit, Wayne enjoys playing with feather toys, sunbathing and watching birds outside his window. Wayne will do well in a variety of homes, and would greatly appreciate a home where he can get lots of treats! His adoption fee is \$105 and his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! Wayne is available for adoption at the North Campus of the San Diego Humane Society, 572 Airport Rd., Oceanside, CA 92058. (760) 757-4357

Chelsea is a 5-year-old white female Harlequin/California mix. Her adoption fee is \$55, as of 8-5-11 adoption fee will be reduced to \$20 to celebrate our "Take a Furry Vacation with Some Bunny" promotion. ID: 69565. Chelsea is a playful and loving small animal companion looking for a home. With a big heart, adorable ears and a fun-loving personality, she can't wait to find a new family to call her own. Energetic and entertaining, Chelsea is happy to spend quality time with her people friends. She enjoys munching on green veggies and delicious fruit! Chelsea also loves getting her exercise in "bunny-proof" areas of the home. Sometimes, she will playfully leap, skip and jump into the air! She will do well in a variety of homes, including a home with children. If you are ready to welcome a fantastic small animal companion into your heart and home, then come visit Chelsea at the North Campus of the San Diego Humane Society, 572 Airport Rd., Oceanside, CA 92058 (760) 757-4357. www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.



Open 7 Days
A Week

Delivery
Available



GOT LEATHER

Need a repair on a favorite headstall, purse, belt, etc.?

Or just want something new?

Don't forget Fido, maybe he needs a new leash or custom collar.


Come in and visit. Bring your project or idea. Whether it's a custom carving or something you want replicated or repaired, we can help!


**Custom Leather Work
by Marty Barnard**

Open Mon.-Fri.
8:30am-6:00pm
Sat. 8:30am-5pm
Sun. 10am-4pm

619.562.2208
10845 Woodside Ave. • Santee, CA 92071



I love ice cream sandwiches!





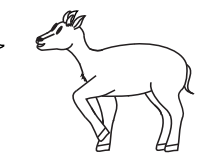
Newspaper Fun!

www.readingclubfun.com



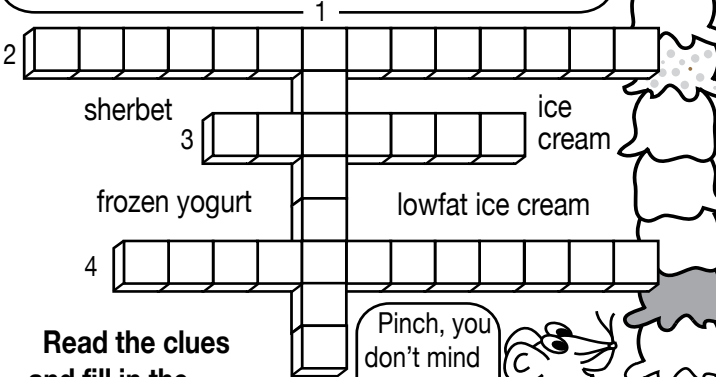
Animills LLC © 2011 V8-N32

I like to make root beer floats!

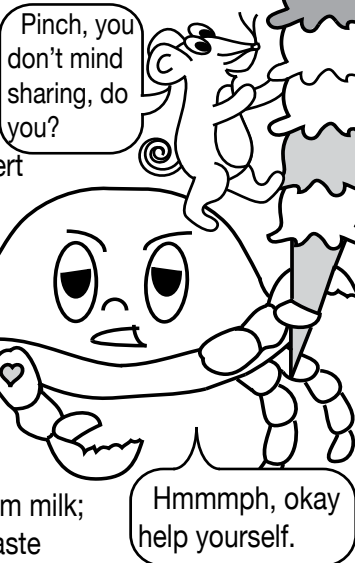


What's the Scoop?

What's your favorite frozen dessert? Frozen yogurt? Ice cream? Sherbet? Lowfat ice cream? Frozen desserts are great any time, but they are especially refreshing on hot summer days. Do you know your scoops?



- Read the clues and fill in the puzzle:**
- 1. smooth, sweet frozen dessert made of cream, sugar, eggs and flavorings
 - 2. sweetened, frozen, less than 10% milk fat
 - 3. mostly made of water, sugar, flavoring and a small amount of milk
 - 4. like a custard, it is made from milk; it has a slight sour-sweet taste



We seem to like ice cream dished out any way we can get it! It is said to be the favorite dessert in our country.

Can you find and circle these favorite ice cream treats, flavors and toppings?

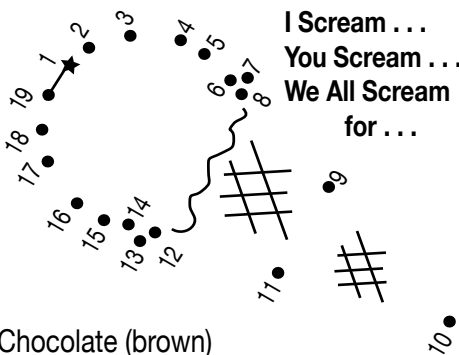
- cherries
- caramel
- hot fudge
- chopped nuts
- marshmallow
- mint chocolate chip
- cookies and cream
- coffee
- vanilla
- chocolate
- strawberry
- peaches
- cookies
- candy
- sprinkles
- cone
- float
- soda
- frappe
- dish
- sundae
- bar
- milkshake
- banana split
- sandwich

How Do We Like It?

R C H O P P E D N U T S O E D C J O K I U H V
P E R F G V U H J Y I A W S E D C R G T Y H A
Y W E R C G H U M A R S H M A L L O W L O U N
V M I W E X F T Y H O P L K U J M N H U A S I
M I N T C H O C O L A T E C H I P I E D F T L
G L O E F R T G H U L P O O O J R D E A S H L
O K M E F V Y U I J H A S O H F K O P L G D A
I S J B Y D F Y U H B F G K L I F R A P P E T
S H L J N I H F R B L P I I J G R E G F E U T
R A B L J S U N D A E K J E K O U P E G A J P
Y K H U G H K O U N K H F S X C T U I J C E Q
C E A Z G Y J I K A M H T A O L F J B F H O Y
Z F R E A J I Y U N K L M N J F Y R E D E C T
N K C A N D Y K L A V S O D A O P K L J S A Y
V F O D E Y I O K S X U H C A S O U E K H U R
F E O C Y R E D J P I O J R J H G B M O T U R
H J K E D A U B H L B J G E L I J O A B H U E
B U I S V B R H C I W D N A S Y U T R L O K B
B H E O U T G H J T G V D M L O K J A J B R W
M H S K O I U F R S E A C E S C T K C K O L A
V U T H E K O J U S P R I N K L E S L P I U R
L M Y G N K S E W D X A C T G Y H U I J O K T
C H O C O L A T E I E R I U F C H E R R I E S
I R E S C O L E S E G D U F T O H O S A O U I

Cool Treats!

During summer vacation we are keeping a lookout for cool treats. We ride our bikes or walk together to the stores with the sign:



S = Strawberry (pink) C = Chocolate (brown)

C	C	C	C	S	S	S	C	S	S	S	C	S	S	S	C	C	C	C	C	C
C	C	C	C	C	S	C	C	S	C	C	C	S	C	C	C	C	C	C	C	C
C	C	C	C	C	S	C	C	S	C	C	C	S	C	C	C	C	C	C	C	C
C	C	C	C	C	S	C	C	S	C	C	C	S	C	C	C	C	C	C	C	C
C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C
S	S	S	C	S	S	S	C	S	S	S	C	S	S	S	C	S	C	S	S	C
S	C	C	C	S	C	S	C	S	C	C	C	S	C	S	C	S	C	S	C	S
S	C	C	C	S	S	S	C	S	S	C	C	S	S	S	C	S	C	S	C	S
S	C	C	C	S	S	S	C	C	S	C	C	S	C	S	C	S	C	S	C	S
S	S	S	C	S	S	S	C	S	S	S	C	S	C	S	C	S	C	S	C	S

Enter the Reading Club Fun Book Giveaway

This summer we will give away dozens of books and lots of stickers to encourage kids to read. Just send in this signed form to be entered in the giveaway. No purchase needed. One entry per person per week. (Void where prohibited by law.) Visit **ReadingClubFun.com** for more details.

Cut out & mail this form to:

Reading Club Fun
P.O. Box 646
Canton, CT 06019

★ you may send up to 3 entries for 3 children in one envelope!

Name _____
Age _____ Grade _____ Boy ☐ Girl ☐
Street/Apt. _____
City/Town _____ State _____ Zip _____
Which newspaper is this? _____
Grownup's Last Name _____ First _____
Grownup's signature (over 18) _____
Email address: _____

LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021354
FICTITIOUS BUSINESS NAME(S): Advanced Exteriors Inc.
Located at: 8203 University Ave., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was; November 1, 2006
This business is hereby registered by the following: Advanced Exteriors Inc. 8203 University Ave., La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on July 27, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020421
FICTITIOUS BUSINESS NAME(S): Island Dancers of San Diego
Located at: 12191 Cuyamaca College Dr. East, Unit 409, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Amber Nicole Anderson 12191 Cuyamaca College Dr. East, Unit 409, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on July 18, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020218
FICTITIOUS BUSINESS NAME(S): a.) Walker Distribution b.) West Coast Magazine c.) San Diego Subscribers
Located at: 4512 Corte Pastel, Oceanside, CA 92056
This business is conducted by: An Individual
The first day of business was; June 16, 2006
This business is hereby registered by the following:
Rian L. Walker 4512 Corte Pastel, Oceanside, CA 92056
This statement was filed with Recorder/County Clerk of San Diego County on July 15, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-018732
FICTITIOUS BUSINESS NAME(S): a.) Tru Green Turf b.) Lee Wright Auto Broker
Located at: 2856 Harper Ranch Rd., Jamul, CA 91935
This business is conducted by: A Corporation
The first day of business was: April 18, 2011
This business is hereby registered by the following: Lee Wright Construction Inc. 2856 Harper Ranch Rd., Jamul, CA 91935
This statement was filed with Recorder/County Clerk of San Diego County on June 29, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00068375-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF JADE MARIE LOVELESS FOR CHANGE OF NAME PETITIONER: JADE MARIE LOVELESS HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: JADE MARIE LOVELESS
TO: JADE MARIE HOWARD
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, 4TH FLOOR on AUGUST 17, 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
JUNE 16, 2011.
East County Gazette – GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-018289
FICTITIOUS BUSINESS NAME(S): a.) Far From Ya Average b.) F.F.Y.A.
Located at: 7502 Carey Brook Lane, San Diego, CA 92114
This business is conducted by: Joint Venture
The first day of business was; January 1, 2011
This business is hereby registered by the following: Bernard Smith 7502 Carey Brook Lane, San Diego, CA 92114
Kenneth Erwin 9725 Channel Rd. #39, Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on June 23, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021510
FICTITIOUS BUSINESS NAME(S): Box Construction
Located at: 3485 Calavo Dr., Spring Valley, CA 91978
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jeromy Box 3485 Calavo Dr., Spring Valley, CA 91978
This statement was filed with Recorder/County Clerk of San Diego County on July 28, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021642
FICTITIOUS BUSINESS NAME(S): National Ave. Wireless
Located at: 3582 National Ave. Suite 1, San Diego, CA 92113
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: DEM Communications Inc. 3582 National Ave. Suite 1, San Diego, CA 92113
This statement was filed with Recorder/County Clerk of San Diego County on July 29, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020296
FICTITIOUS BUSINESS NAME(S): J. Charles Weber Fire & Life Safety Consultant
Located at: 9146 Bubbling Wells Rd., Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: January 11, 2011
This business is hereby registered by the following: John Charles Weber 9146 Bubbling Wells Rd., Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on July 15, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-017793
FICTITIOUS BUSINESS NAME(S): Confident Labs
Located at: 5850 Bari Ct. Apt. B, La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: June 16, 2011
This business is hereby registered by the following: Misikir Mentose 5850 Bari Ct. Apt. B, La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on June 17, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019889
FICTITIOUS BUSINESS NAME(S): East County Creditor Services
Located at: 2242 Valley Lake Drive, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: August 1, 2004
This business is hereby registered by the following: Sue Lane 2242 Valley Lake Drive, El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on July 12, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019943
FICTITIOUS BUSINESS NAME(S): Babi's Bakery
Located at: 910 East Washington Ave., El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was; July 5, 2011
This business is hereby registered by the following: Waleed Youkhanna 1039 Long Shadow Ct., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on July 13, 2011.
East County Gazette- GIE030790
7/28, 8/04, 8/11, 8/18, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020269
FICTITIOUS BUSINESS NAME(S): The Baby Deli
Located at: 1321 Broadway, 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: Shanel Lara Curtis 1509 E. Washington Ave. Unit 7, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on July 15, 2011.
East County Gazette- GIE030790
7/21, 7/28, 8/04, 8/11, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00068850-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF JUSTIN PATRICK LAGERWEY FOR CHANGE OF NAME PETITIONER: JUSTIN PATRICK LAGERWEY HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: JUSTIN PATRICK LAGERWEY
TO: JUSTIN PATRICK MCCORMICK
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST, EL CAJON, CA 92020, Department 14, on SEPTEMBER 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
JULY 12, 2011.
East County Gazette – GIE030790
7/14, 7/21, 7/28, 8/04, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019185
FICTITIOUS BUSINESS NAME(S): Leasing Unlimited
Located at: 14372 Old Hwy 80, Suite E, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: July 5, 2011
This business is hereby registered by the following: Bryce Swaim 14372 Old Hwy 80, Suite E, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on July 06, 2011.
East County Gazette- GIE030790
7/14, 7/21, 7/28, 8/04, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-017755
FICTITIOUS BUSINESS NAME(S): a.) House of Plenty Studio b.) HOP Studio
Located at: 338 W. Lexington #214, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: June 17, 2011
This business is hereby registered by the following: Chris Grundy 506 Grape Street, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on June 17, 2011.
East County Gazette- GIE030790
7/14, 7/21, 7/28, 8/04, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021484
FICTITIOUS BUSINESS NAME(S): Harpy Global Logistics
Located at: 1451 Brabham St. #101, El Cajon, CA 92019
This business is conducted by: A Limited Liability Company
The first day of business was; April 1, 2011
This business is hereby registered by the following: Del Rincon LLC 1451 Brabham St. #101, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on July 28, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021087
FICTITIOUS BUSINESS NAME(S): Heavenly Hairbows by Heather
Located at: 1686 Hilton Head Ct. Apt. 1307, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Heather Redding 1686 Hilton Head Ct. Apt. 1307, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on July 25, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021267
FICTITIOUS BUSINESS NAME(S): Twinbros Tools
Located at: 161 E. Washington Ave., El Cajon, CA 92020
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: Ivan A. Rodriguez 161 E. Washington Ave., El Cajon, CA 92020
Jorge A. Rodriguez 161 E. Washington Ave., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on July 27, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00069324-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF CHRISTINA AVANTS ON BEHALF OF MINOR SHAWNA LARAINIE JULIE ANNE JEAN HEINICHEN FOR CHANGE OF NAME PETITIONER: CHRISTINA AVANTS ON BEHALF OF MINOR SHAWNA LARAINIE JULIE ANNE JEAN HEINICHEN HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: SHAWNA LARAINIE JULIE ANNE JEAN HEINICHEN
TO: SHAWNA LARAINIE JULIE ANNE JEAN AVANTS
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, 4TH FLOOR on SEPTEMBER 21, 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
AUGUST 03, 2011.
East County Gazette – GIE030790
8/11, 8/18, 8/25, 9/01, 2011

CALL (619) 444-5774
to place your ad today!

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021346
FICTITIOUS BUSINESS NAME(S): Michelle Elizabeth Fashions
Located at: 4457 Carmen 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: Michelle Van Rhyn 4457 Carmen Dr., La Mesa, CA 91941
This statement was filed with Recorder/County Clerk of San Diego County on July 27, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021078
FICTITIOUS BUSINESS NAME(S): San Diego Elite Umpires
Located at: 191 N. Mollison Ave. #54, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: July 25, 2011
This business is hereby registered by the following:
Ernest E. Walker 191 N. Mollison Ave. #54, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on July 25, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020963
FICTITIOUS BUSINESS NAME(S): sd clean oil
Located at: 4440 ½ Menlo Ave., San Diego, CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following:
Christopher R. Hernandez 4440 ½ Menlo Ave., San Diego, CA 92115
This statement was filed with Recorder/County Clerk of San Diego County on July 22, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-021601
FICTITIOUS BUSINESS NAME(S): Un-disputed
Located at: 117 E. Main St., El Cajon, CA 92020
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Exodus Undisputed Inc. 117 E. Main St., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on July 29, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022098
FICTITIOUS BUSINESS NAME(S): The Bakers Rack
Located at: 5638 Lake Murray Blvd. #183, La Mesa, CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: RoseAngela Jones 5638 Lake Murray Blvd. #183, La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on August 03, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020649
FICTITIOUS BUSINESS NAME(S): a.) Sheridan Way Properties b.) EAMCO
Located at: 25928 E. Old Julian Hwy., Ramona, CA 92065
This business is conducted by: A General Partnership
The first day of business was; Feb. 4, 1986
This business is hereby registered by the following: Eric Metz 15974 Litten Way, Ramona, CA 92065; Eric A. Metz Family Limited Partnership 375 N. Stephanie St., Ste 1411 Henderson, NV 89014
This statement was filed with Recorder/County Clerk of San Diego County on July 20, 2011.
East County Gazette- GIE030790
7/28, 8/04, 8/11, 8/18, 2011

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Name: _____ Address: _____

City _____ Zip _____

_____ one year _____ two years

LEGAL NOTICES



NOTICE OF PLANNING COMMISSION MEETING: DOWNTOWN SPECIFIC PLAN AND RELATED ACTIONS

NOTICE IS HEREBY GIVEN that the El Cajon Planning Commission will hold a regularly scheduled meeting at **7:00 p.m., Monday, August 22, 2011**, in Council Chambers, 200 Civic Center Way, El Cajon, CA.

DOWNTOWN SPECIFIC PLAN, DOWNTOWN DESIGN GUIDELINES AND STREET DESIGN CROSS SECTIONS

This is a public hearing on a City-initiated proposal to adopt a new Downtown Specific Plan, new Downtown Design Guidelines and street design cross sections establishing comprehensive land use and development standards, as well as detailed design guidelines and infrastructure plan. This project will govern future development within approximately 541 acres of the downtown generally bounded by I-8 on the West and North, Ballantyne Street and Lincoln Avenue on the East, and Lexington Avenue and Grossmont Avenue on the South. Related CEQA and General Plan discretionary actions will be presented to the Planning Commission under separate reports/agenda items. This is the first of four anticipated public hearings on this agenda item. No final action will occur at this meeting.

DOWNTOWN SPECIFIC PLAN ASSOCIATED DISCRETIONARY ACTIONS: GENERAL PLAN AMENDMENT, REPEAL OF SP 182, AMEND SP 462 AND REZONING TO M-U (MIXED USE)

This is a public hearing on discretionary actions associated with the proposed Downtown Specific Plan, which include a General Plan Amendment, repealing the existing Specific Plan 182, amending Specific Plan 462 and rezoning the area subject to the proposed Downtown Specific Plan to M-U

(Mixed Use). This is the first of four anticipated public hearings on this agenda item. No final action will occur at this meeting.

DOWNTOWN SPECIFIC PLAN PROGRAM ENVIRONMENTAL IMPACT REPORT, FINDINGS, STATEMENTS OF OVERRIDING CONSIDERATIONS AND MITIGATION, MONITORING AND REPORTING PROGRAM

This is a public hearing on the Program EIR, Findings, Statements of Overriding Considerations and MMRP in compliance with CEQA (California Environmental Quality Act) for all discretionary actions including and associated with the proposed Downtown Specific Plan. This is the first of four anticipated public hearings on this agenda item. No final action will occur at this meeting.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission meeting, please contact the Planning Division at 619.441.1741 as far in advance of the meetings as possible.

Due to construction of the City of El Cajon's Public Safety Center, parking for Council Chambers is available on Lot #2, which is on the northwest corner of Rea Avenue and Sulzfeld Way.

Melissa Ayres, AICP
Director of Community Development

DATE: August 8, 2011

City of El Cajon
Planning Division
Fax: 619.441.1595
Ph: 619.441.1742

East County Gazette- GIE030790
08/11/11



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
Traffic Signal System Upgrades
Engineering Job No. 3347
Drawing No. 13654
Bid No. 007-12

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on Thursday, September 8, 2011

BIDS TO BE OPENED AT:
2:00 p.m. on Thursday, September 8, 2011

PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Lobby Counter
200 Civic Center Way
El Cajon, CA 92020
City Hall Map @ www.cityofelcajon.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 ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$15.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on Thursday, August 25th at 2:00 p.m. The pre-bid conference will be held on the 5th floor conference room at El Cajon City Hall, 200 Civic Center Way, El Cajon, CA 92020. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

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.

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
August 11, 2011
East County Gazette- GIE030790
08/11, 08/18/11



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
Storm Drain Pipe Lining and Repair 2011,
East Main Street and Bermuda Lane
Engineering Job No. 3351
Bid No. 010-12

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on September 7, 2011

BIDS TO BE OPENED AT:
2:00 p.m. on September 7, 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.cityofelcajon.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 ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$13.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on August 25, 2011, at 2:00 p.m., at City Hall, 5th Floor. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

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.

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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.

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/s/ Dede Porter
Purchasing Agent
August 11, 2011
East County Gazette- GIE030790
08/11, 08/18/11

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020932
FICTITIOUS BUSINESS NAME(S): The RAND Group
Located at: 1494 Union St., Ste. 405, San Diego, CA 92101
This business is conducted by: A Limited Liability Company
The first day of business was: July 15, 2011
This business is hereby registered by the following:
Project RAND LLC 1494 Union St., Ste. 405, San Diego, CA 92101
This statement was filed with Recorder/County Clerk of San Diego County on July 22, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011



Following is a summary of an Ordinance introduced at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on August 9, 2011. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. _____

AN ORDINANCE AMENDING SPECIFIC PLAN 182 TO MODIFY THE DESIGN REVIEW PROCESS AND TO MAKE OTHER MISCELLANEOUS CHANGES FOR CONSISTENCY WITH THE EL CAJON MUNICIPAL CODE.

This ordinance amends Specific Plan 182, which governs the development of the downtown El Cajon area. The amendments (1) streamline the development review process for certain applications for design review of site development and conditional use permits, (2) would allow approval of façade improvements and remodels through an administrative zoning permit by the Community Development Director, and (3) would cure and correct miscellaneous errors, omissions and inadvertent conflicts as a result of the recent amendment and reorganization of the City's Zoning Ordinance in 2010.

East County Gazette- GIE030790
08/11/11

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on page 26

CASE NUMBER 37-2011-00065973-CU-PA-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Antonio Hernandez, and DOES 1 to 25. **YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE):** Ashley Simas. **NOTICE!** You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. **NOTE:** The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. **Tiene 30 DIAS DE CALENDARIO** despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of San Diego 250 E. Main St., EL Cajon, CA 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Joseph Howell (Bar#140710), Law Offices of Joseph A. Howell, 7855 Ivanhoe Avenue, Suite 408, La Jolla, CA 92037 (858) 459-2603, Fax (858) 459-1005. Date: (Fecha) February 22, 2011. Clerk (Secretario) By: G. Miller, Deputy Clerk (Adjunto) East County Gazette GIE030790 July 21, 28, Aug. 4, 11, 2011

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CASE NUMBER 37-2011-00065973-CU-PA-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Veronica Carey, and DOES 1 to 25. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Ashley Simas. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito

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Charger fever heats up

by Tom Walko

With San Diego Charger fans questioning the release of running back Darren Sproles, the fans got the first look at Norv Turner's new two back system; handing the ball to Ryan Mathews and Mike Tolbert often this season breaking his mold of producing single workhorse runners.

Mathews and Tolbert combined for 18 rushing touchdowns in 2010 and became the first duo in Chargers history with at least seven scores in the same season. Each rushed for more than 600 yards, the first time a pair of Chargers have done so since Marion Butts and Natrone Means in 1993.

Shoring up the receiving corps the Chargers have sealed a two year deal with Malcom Floyd to go along with to go with Vincent Jackson, Patrick Crayton, Kelley Washington, Sevi Ajitotutu, Laurent Robinson and rookie Vincent Brown.

The Chargers kick off their 2011 Preseason this Thursday at home against the Seattle Seahawks at 5 p.m..

Chargers full 2011 Season Schedule

PRE SEASON

Thur. Aug. 11 Seattle 5 p.m. ESPN
Sun. Aug. 21 at Dallas 5 p.m. NBC
Sat. Aug. 27 at Arizona 7 p.m. KFMB
Thur. Sept. 1 San Francisco 7 p.m. KFMB

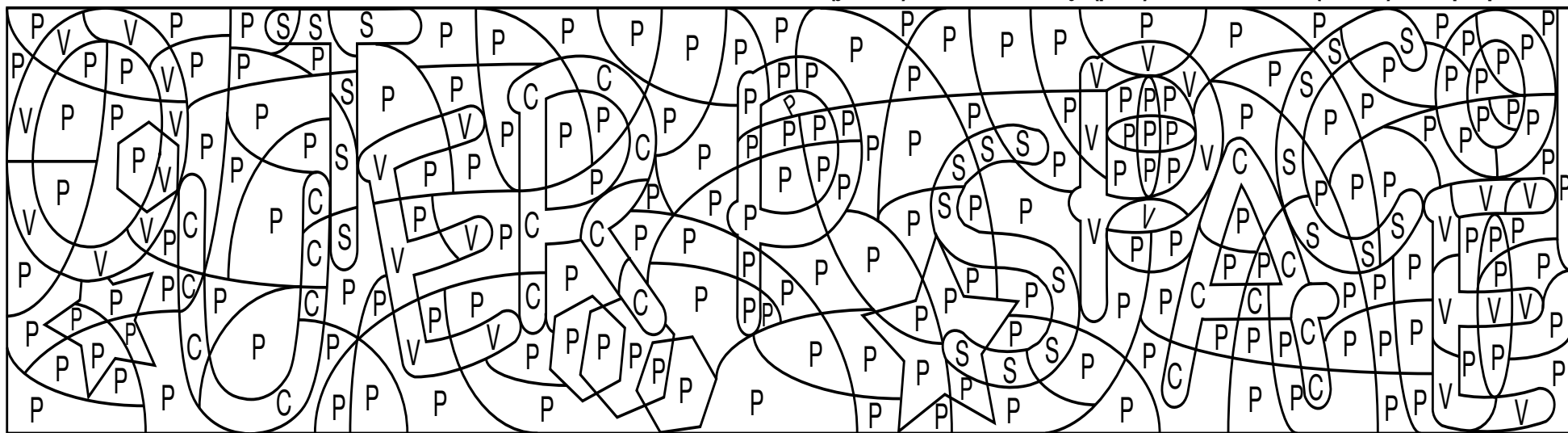
REGULAR SEASON

Sun. Sept. 11 Minnesota 1:15 p.m. FOX
Sun. Sept. 18 at New England 1:15 p.m. CBS
Sun. Sept. 25 Kansas City 1:05 p.m. C BS
Sun. Oct. 2 Miami 1:15 p.m. C BS
Sun. Oct. 9 at Denver 1:15 p.m. CBS
Sun. Oct. 16 BYE
Sun. Oct. 23 at New York Jets 10 a.m. CBS
Mon. Oct. 31 at Kansas City 5:30 p.m. ESPN
Sun. Nov. 6 Green Bay 1:15 p.m. FOX
Thur. Nov. 10 Oakland 5:20 p.m. NFLN
Sun. Nov. 20 at Chicago* 1:15 p.m. CBS
Sun. Nov. 27 Denver* 1:15 p.m. C BS
Mon. Dec. 5 at Jacksonville 5:30 p.m. ESPN
Sun. Dec. 11 Buffalo* 1:15 p.m. C BS
Sun. Dec. 18 Baltimore* 5:20 p.m. NBC
Sat. Dec. 24 at Detroit 1:05 p.m. CBS
Sun. Jan 1 at Oakland* 1:15 p.m. CBS

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FanFest a fun time for Charger fans

by Chuck Karaszia

On one of the most fun days of the year, Chargers fans flocked to Qualcomm Stadium last Saturday Aug. 7 to support their team and watch them practice at FanFest 2011. With free parking and admission it's always a special day especially for families with so much to see and do. Children ages six to 14 were allowed an autograph session after practice with their favorite players.

"I am ready for football," exclaimed Michael Romero a Chargers fan in attendance at FanFest. "It's been a long summer. We're ready to go."

The practice resembled a little game players carried on among themselves. Fans cheered when the quarterback made the throws, receivers made catches, running backs gained yards, and defensive backs broke up and intercepted passes. Mike Scifres' booming punts and the Nate Kaeding accurate kicks awed all those in attendance.

This year's season tickets prices begin at \$480. – one of the most inexpensive deals in the NFL. Two new four-game mini ticket packages start at \$416. and allow fans to pick their favorite teams this season. The first package includes the Chargers vs. Kansas City, Green Bay, Denver and Baltimore. The second package includes Minnesota, Oakland, Buffalo, and Miami.

Fans are optimistic about the Chargers upcoming season. "All the way," said longtime Chargers fan Phil Ainsworth. "The reason is their off-season practicing. The team got together and practiced together. They're a veteran team with all their players coming back and looking good."

Driving all the way from Lompoc, CA, for FanFest with his pals was Jonathan Chandler. He said, "We had a free weekend, and we love the Chargers so we thought we'd come here to see the players. We usually come for the games but we thought we'd come to this. It's more relaxed, not as crazy with the traffic and



3-year-old Charger fan Jonah Kelly of Carlsbad visit with the Charger's cheerleaders. Photo credit: Tom Walko

all. We thought it would be a lot of fun."

Chandler had more to say about the Chargers. "I think they are going to be twice as good as last year, at least (12-4). They have a very good defense now. The receiving corps is back. And they got those two running backs – Tolbert and

Mathews. That's going to help take a lot of pressure off of Rivers (starting quarterback Philip). He won't have to be throwing for 400-yards."

More information on season tickets and four game packages can be obtained by going to www.chargers.com or by calling 1-877-CHARGERS.



#61 Nick Hardwick 8 year veteran center ready to lead the way for the Chargers powerful offensive line. Photo credit: Tom Walko

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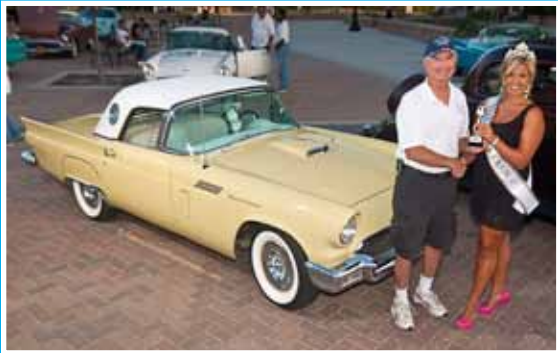
Photos by Cabray Scott



2010 Ninja ZX10R, Jay Bone



1935 Plymouth PJ Coupe, Larry Hume



1957 Thunderbird: No name received



1968 Camaro, Diego Cortes



1940 Pontiac, Jerry Ringland,



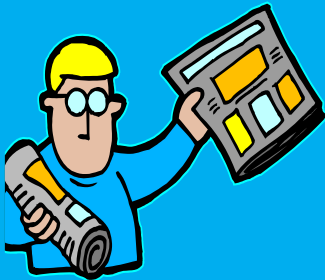
2005 Thunderbird, Michael Wash



1931 Model A, Ronald Sorric



1962 Chevrolet Corvette, Glibert Peet,



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Aug 16	\$2,750+	\$1,500	\$1,250	\$3,000	\$8,500
Aug 17	\$3,000+	\$1,750	\$1,250	\$3,000	\$9,000
Aug 18	\$3,250+	\$2,000	\$1,250	\$3,000	\$9,500
Aug 19	\$5,000+	\$3,000	\$2,000	\$3,000	\$13,000
Aug 20	\$10,000+	\$5,000	\$2,000	\$3,000	\$20,000

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