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AUGUST 18-24, 2011



Meet Dougie and her friends on page 18

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What's new in Theaters?

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

Check out the review on
'Glee 3D'
by James Colt Harrison
on page 13



and
'The Whistle Blower'
by Diana Saenger
on page 14

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

El Cajon's finest moving to their new home



Effective August 24, 2011, the El Cajon Police Department is moving to 100 Civic Center Way, next door to El Cajon City Hall. Routine police and emergency response will continue as usual. As always, call 9-1-1 for emergencies and for non-emergency calls, call (619) 579-3311. Pictured above is a rendering of the new police station. Read the Gazette next week for full story and photos on El Cajon's new police station.

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Local News & Events

Cuyamaca College Child Development Center celebrating 10th year



Child riding a trike at Child Development Center.

Tucked away in a secluded corner of the campus, shielded from view by groves of trees, the Cuyamaca College Child Development Center is like the toy prize found at the bottom of a cereal box. It takes a little searching around to find it, but its discovery always draws a smile.

To the youngest of the college's population, the 10,500-square-foot center with its touches of whimsy and color must seem like a giant playhouse. But its role as a childcare facility for the community and campus and as a fieldwork site for college students in the child development program makes the center more than just child's play.

The \$3.5 million facility, constructed with state bond funds, will mark its 10th year with a ceremony from 1:30-3:30 p.m. Friday, Aug. 19. Among the featured speakers will be the first young wards of the center – now just shy of entering their teens.

Opened in August 2001 with a handful of children, ages 2-5, the center has grown in the past decade to provide care to about 95 youngsters a year and has a waiting list of more than 150 families, said Kristin Zink, direc-

tor of the child development program. A key proponent of the facility during its development, Zink was instrumental in acquiring operational funds.

A little over half of the children have a parent who is a student at the college, said center director and adjunct instructor Linda Haar. Support from state-funded grants and initiatives including First Five California, a 1998 voter-approved measure to promote early childhood development, allows the center to offer free or discounted childcare to students, based on income and family size. Students must be enrolled in at least six units of classes and also take a parenting class through the college to be eligible for assistance.

The remaining children are from college staff members and the off-campus community. Non-students and college staffers with incomes exceed-

ing state-subsidy limits are charged rates comparable to other daycare facilities, about \$870 a month for full-time care.

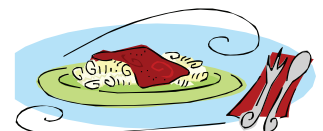
"There is a universal need for quality, affordable childcare and the Cuyamaca College center is a godsend to students, many of whom are parents of young children," said college President Mark J. Zacovic. "With the realization that education is key to getting California back to economic prosperity, the state provides childcare assistance to modest-income families with children so those parents are not automatically precluded from pursuing higher education."

With large, observation windows well-suited for students to watch the youngsters without disrupting center activities, the facility is the centerpiece of the college's child development program. It offers an associate

See CUYAMACA page 24



Kids kick back at Child Development Center quiet zone.



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

— LOCAL NEWS & EVENTS —

Alpine Veteran's Wall of Honor gains more heroes

by Diana Saenger

As the American flag waved so valiantly over the Alpine Veteran's Wall of Honor last Saturday, more than 100 people reverently made their way down to the seats in the alcove in front of the Wall of Honor. The gathering was the second occasion to add more tiles since the May 30 official dedication.

By the time Dan Foster, Chairman of the Alpine Veteran's Wall of Honor, took the podium it was standing room only for family and friends gathered to honor the 44 new Veterans adding their tiles to the wall. Peggy Benson was asked to do the Blessing. Foster followed with an explanation of how the wall came to be and

about the Alpine Wall Committee and their part in its success. The 44 new tiles have brought the total number of titles on the wall to 296. The wall will hold 900 titles.

Several Veterans on the wall were mentioned such as Lieutenant John William Finn, an officer of the United States Navy who passed away in 2010, and was one of the first WWII veterans to be awarded the Medal of Honor in recognition of heroism and distinguished service during the Japanese attack on Pearl Harbor on December 7, 1941. Kiwanian Curly Collier, currently bed-ridden, was fondly recognized. PFC Zachary Warden, on the wall with his father and grandfather's tiles, is heading to Afghanistan very soon.

As Foster called off each name on the new titles a round of applause followed, and Foster shook the hands of the Veteran or family member and saluted them to honor their service. He then related a story that he said is what the wall is all about. As F-18s flew over, a woman at the official dedication asked Foster to come to the parking lot and meet her husband. "I shook the gentleman's hand and he looked me right in the eye and said, Dan, I've been back from Vietnam for 46 years and no one has ever said thank you until you did that today. That's the idea. Let's thank people and show our appreciation," Foster said.

Jim Trepasso then played taps and afterward everyone mingled to congratulate each other.



Sam Purlia (middle) is surrounded by his family to honor him as he celebrates his tile on the wall. Photo: Diana Saenger

El Cajon American Legion Post to aid Wounded Warriors



American Legion Post 303 Commander Rob Tade sells Chelsea Schroeder tickets to the Wounded Warriors Rifle Raffle. Retired naval officer Ed Murphy, renowned author of the book *Second in Command*, the story of the capture of the USS Pueblo by the North Vietnamese, waits for his turn to buy tickets. Photo credit: Chuck Barber

by Chuck Barber

There are scores of wounded veterans from the war in the Middle East

who are hospitalized in military hospitals throughout the country. Our San Diego Naval Hospital has dozens of these patients. Members of El Cajon

Post 303 of the American Legion decided that they wanted to assist these Wounded Warriors by raising funds to aid in their recovery.

Post Commander Rob Tade discovered that the Mossberg Gun Corporation had donated a Western Style lever action 30:30 rifle to the El Cajon Gun Exchange for charity purposes.

Then store manager Ron Godwin contacted Post 303 to find out if they were interested. Rob decided what better purpose than to hold a raffle to raise funds for the hospitalized Wounded Warriors. He stressed that 100 percent of the proceeds would be donated for that purpose, but cautioned that there were only a few tickets left. The drawing for the winning ticket will be held on Labor Day, Sept. 5. And the prize will be awarded at the monthly American Legion meeting at the Bostonia Rec Center located at 1949 Bostonia Street in El Cajon.

Veterans are cordially invited to this meeting where dinner will be served. It is requested that those who will be attended the meeting who are not members to call and make a reservation.

For those who want to purchase raffle tickets, or attend the meeting, call Rob at (619) 443-1778. The tickets are only \$1 each.





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Car Show
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Dave @ 619-445-0532



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Entry Deadlines September 1st

— LOCAL NEWS & EVENTS —

El Cajon highlights —

Continued from page 4
by Monica Zech,
City of El Cajon Public
Information Officer

New Hours at City Hall and other City Offices effective

August 22

Most City of El Cajon government facilities will begin longer operating hours beginning Monday, August 22, 2011, and closed alternate Fridays beginning Sept. 2. 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:

City Hall, at 200 Civic Center Way & Fire Administration, at 100 E. Lexington Avenue:

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.cityofelcajon.us. If you conduct business with the City on a regular basis, please note the hour change.

El Cajon's finest move into their new home

The El Cajon Police Department is moving to their new facility at 100 Civic Center Way in El Cajon effective Aug. 24. 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. Visit www.elcajonpolice.org for more information.

Don't Miss The Downtown Gallery Walk This Friday!

"7 Galleries~1 Evening" in Downtown El Cajon invites

you to a "Downtown Gallery Walk" on Aug. 19, from 5 to 8 p.m. Come and join us for a fun ½-block walk full of Art, champagne, wine, hors d'oeuvres and a "Downtown Gallery Walk" passport full of prizes. Silver Creek Fine Art Gallery & Custom Framing at 120 East Main Street, welcomes Dave Richards, Silversmith. A post-Civil War through the 1960's collection will be sold from the archives of the El Cajon Historical Society. Dave specializes in turquoise and handmade, one-of-a-kind, sterling silver jewelry. He is a Cherokee Nation Citizen and provides a Certificate of Authenticity with each purchase. The vintage collection, belonging to the El Cajon Historical Society, is not being used in the Knox House Museum or in public exhibits and is being released for sale. Monies received from this sale will support the El Cajon Historical Society's valley-wide Third Grade Essay Contest and the digitization of photos/records dating back to the mid-1800's.

The galleries in the walk include: Main Street 5 Gallery, at 124 East Main Street, and features Daniel Ketelhut, Imagination Rules the World; the Merkabah Gallery, at 128 East Main Street, with the collection of artists Jim Sprague and Jim Pullen; the Rich Artist Denise of the Rich Fine Art Studio, at

130 East Main Street, specializes in Cows and Commissions in oils; the White Sage Gallery, at 132 East Main Street, is artist Diane Keltner's Bronze Gallery and Studio; Studio C, at 140 East Main Street, displays the artwork of Carlos Castrejon and Silvia Valentino; and the Olaf Wieghorst Museum & Western Heritage Center at 131 Rea Avenue.

For more information please call (619) 447-3535.

Concerts On The Green Friday

Friday, Aug. 19, enjoy Indie-Acappella music with "Sonos" at Concerts on the Green! Concerts are from 6 to 8 p.m. at the Prescott Promenade, located at 201 East 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.downtownelcajon.com.

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

Dragsters At The Next Cajon Classic Cruise

The theme of the next Cajon Classic Cruise on Wednesday, Aug. 24, is "Dragsters, Dragsters, Dragsters!" 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 restau-

rants, 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 Oct. 26. For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcajon.com.

See HIGHLIGHTS page 6

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— LOCAL NEWS & EVENTS —

Alpine Library Local Heroes Reading Program



Princesses reading to a captive audience at the Alpine Library. Photo credits: Kathy Foster

by Kathy Foster

The Alpine Library has had reading programs for years bringing awareness of new books to readers. They also have a Local Heroes reading program. This past week the Alpine Princess' were honored to participate in that program.

"The Alpine Princess' were so wonderful this morning at story time," Alpine Librarian Elisabeth Newbold said. "They are all lovely, personable and great role models for the little ones who came to listen and hear them read."

Newbold appreciates the diverse Local Heroes from the community who participate in the reading program. "It's a great opportunity for us to get to know our neighbors and to generate positive connections among each other," she said.

The next Local Heroes reading will be August 31, 10:30 with the handlers of rescue dogs from the San Diego Sheriff's office. They will read stories and then help the children create a craft project to take home.

For more information on what's happening at the Alpine Library call (619) 659-8390.

Lakeside Roundup

by Patt Bixby

New School Superintendent

The Lakeside Union School District will begin its fall/winter season on September 6 with a new leader. Superintendent Brian Bristol comes to the district with impressive credentials that include a Doctorate in Educational and Organizational Leadership from UCSD, Master Degree in Educational Administration, 45 post graduate units in English and American Literature, and a B.S. degree in Communication with an emphasis in Public Relations.

Bristol, who has been with the Lakeside School District for six weeks, said he is impressed with the way the District is operating, and that it's in good financial health. He acknowledged that because of statewide cuts the district can expect reduced funding which would have had a bigger effect had the District board of trustees not been so conscientious.

Bristol has no plans for any big changes. "Lakeside Union School District is a model school district and is an icon in the East County," he said.

Eucalyptus Hills gets clean up

Eucalyptus Fire Safe Council held another Chipping Day on Sat., August. 13. A record 122 loads of brush from trucks and trailers were collected to be brought to the East County Academy of Learning at the top of Valle Vista. The amount of hazardous brush cleared from Eucalyptus Hills properties amounted to approximately three acres.

The amount of donations received will help pay for another Chipping Day, said Fire Council member Bob Robeson. The council had received an award for the most chipping in one day – which was 70 loads.



Eucalyptus fire Safe Council and Division Chief/Fire Marshall Greg Schreiner. Photo credit: Patt Bixby

Highlights ...

Continued from page 5

Haute With Heart Fashion Show Saturday

Some tickets are still available 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. 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, please call (619) 442-5129, ext. 115.

Don't Miss A Birthday Celebration For Stoney's Kids

Stoney's Kids is celebrating their 20th Anniversary. It's 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.

Visit the Knox House Museum on September 3

Tour the Knox House Museum, and see where El Cajon began! The Knox House is a wealth of information, with photos and artifacts on the history on the City of El Cajon. Hours are from 11 a.m. to 2 p.m. at 280 N. Magnolia Avenue, El Cajon. Free Admission. Private tours also available for your class or organization. For more information call (619) 444-3800, or visit www.elcajonhistory.org.

Mother Goose Royal Tea Party

The Mother Goose Parade association will be holding

a Mother Goose Royal Tea Party and Fashion Show on Saturday, Aug. 27, 11 a.m. to 2 p.m. at the Foothills Christian Youth Center, located at 365 West Bradley Avenue in El Cajon. Fashions will be featured from Glamour Girls, Cabi, and Westfield Shopping Mall. This is a fundraiser for the 65th Annual Mother Goose Parade scheduled in November. Tickets are \$25 per person, or \$160 for a table. For more information call (619) 444-8712.

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.



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Inspiration

Joining the 'Over-the-Hill Gang'

Rev. James L. Snyder

A friend of mine said to me recently, "Old boy, how's it feel to be a member of the Over-the-Hill gang?" I mumbled something as politely as I could, but on the inside, I was a little furious. I may be getting older, but I definitely am not old! In fact, I plan to get older every day.

Once I got my blood pressure under control, I looked into this a little more closely. I am not quite sure I want a membership in such an organization. I checked out the dues and I am not quite sure I am up for it.

In order to be a part of this elite group, if elite is the word I want, there are certain dues required of each member. I understand that every organization has its dues, but some dues may not be worth the membership.

Here are some dues associated with the Over-the-Hill gang.

First, I must complain about something every day. I know there are most days where it is easy to find a half a dozen things to complain about. But what about those days when

everything seems to be going right? What about those days, rare though they may be, when there is nothing to complain about?

According to the rules manual, I must find something to complain about every day I get out of bed and the more vehemently I complain the better. This may explain why many members of this infamous Over-the-Hill gang stare into space with a faraway look in their eye. They are trying to find something to complain about.

There is a little secret here about the complaining aspect. If I do not remember complaining about something yesterday, I am fully entitled to complain about it today. This, also, may explain why so many people in this membership complain about the same thing every day.

The second rule has to do with matters of health. In order to be a part of the Over-the-Hill gang, a member must become proficient in medical sounding terms and words. I use the word "sounding," because they do not have to be real medical terms or words; all they have to do is sound like medical terms and words. This is also a reason

why many of the members mumble a lot.

Everyday I must find something wrong about my health. If I do not have anything wrong with my health, I need to make something up.

"How are you feeling today, Jake?"

"I'm not quite sure," Jake responds, "the day's early and there's plenty of time for things to go wrong."

Personally, I really do not like talking about health issues. For one reason, I do not have any health issues to talk about. There is a question about my being sound in mind but there is no question about my being sound in body. Actually, my body makes more sounds than I am comfortable with, especially in public.

I have no health issues to complain about when I am in public. If I suspect someone to be part of the Over-the-Hill gang, I avoid him or her like the plague. I know as soon as I say hello, that will open the floodgates for complaining about health issues. What I hate the most is when somebody goes into great detail in explaining his or her health problems. I'm not a doctor. Some things should be kept between the patient and his or her doctor.

If another old person, and I say this most respectfully, tells me their surgery was worse than anything their doctor had ever seen in his life, I'm going to start complaining for real. To take at face value what some of these old people say, we have some pretty inexperienced doctors in this country.

Another membership due is the constant referring to the "good old days." I am at the age now when I remember those "good old days" being referenced. The only good thing about those days is the fact that they are gone. I think when you get old a person's memory filters out negative things and all you can remember is how wonderful those good old days were. The fact being, they were not wonderful then and they are not wonderful now and the only pleasure I get in their regard is the fact that they are long gone.

I was at the point of tearing up my membership application to the Over-the-Hill gang when a certain incident happened. I was walking in to a store to get something and I must have looked a little absent-minded to the public. I probably was thinking of what I was going to get and if I had enough money to get it. Whatever the case, as I reached for the door, it suddenly opened and a very cheerful voice said, "Here, Sir, let me help you with the door."

A very lovely young woman stood there holding the door open for Yours Truly. She smiled so sweetly at me and I thanked her and immediately pulled out my application for the Over-the-Hill gang and filled it out.

This getting older is going to be great fun. As the Bible says, "The hoary head is a crown of glory, if it be found in the way of righteousness" (Proverbs 16:31 KJV).

I am now proud to be a full-fledged member of the Over-the-Hill gang.

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.

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Dear Dr. Luauna



Why is it I can never find any-one good to date? Every time I turn around all they want to do is have sex. Even people who I have met online are totally different than who they say they are in person. Aren't there any good Christian singles out there looking for a godly woman? Signed, Tired of Looking

Dear Tired of Looking,

As a Christian, you must trust God. He is faithful to bring you your heart's desire, *Psalm 34:7*, "Delight yourself also in the Lord, and He shall give you the desires of your heart." So many times singles think they have to kiss a thousand frogs before they find a prince and all they end up with are warts. God loves you and has your best interest at heart. Sit down and make a complete list of what you are looking for. Don't write it in one setting – think and pray about it. When you've made your list, take it to prayer, bring it before God and ask Him to meet your needs. So many times we get ahead of God, and we find ourselves in a place of compromise. I have taught singles for a long time, and one of my favorite sayings is, "Don't settle for a hot dog when God has a steak!" Don't lower your standards or God's standards because you feel as if you are going to be alone forever. I believe with all my heart that God answers prayer, He is always faithful. I always advise singles to be careful not to go from one relationship to another and another and another. You will miss out on the one God has prepared for you.

Many people who are looking for their mate online are misled by a false fantasy and vain imaginations. They end up marrying hastily only to discover the person they married is not who they said they were online. Plus long distance dating rarely works. God created all the heavens and the earth and everything in it in six days. He created us in His image and knows us very well, and the same God has no problem finding you the perfect mate. Did He not make Adam and Eve perfect for one another? Do not be anxious, dear one, God loves you and you are special, He is always right on time, trust Him, not your own flesh. Don't degrade yourself, lower your standards and hunt aimlessly on the internet. I will be praying with you, and I want to invite you to our church, A Touch From Above on Sundays at 10 a.m., 16145 Hwy 67, Ramona, CA.

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

Religious humor bits

My dad's better than your dad!

Three boys on the playground were bragging about their dads. One said, "My dad scribbles a few words, calls it a song and they pay him 50 bucks."

"Oh, yah. My dad scribbles a few words, calls it a poem and they pay him 100 bucks."

"That's nothin'," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money!"

Liquid, Fragile or Perishable

When a woman decided to send the old family Bible to her brother in another state, the postal worker asked her if there was anything breakable in the package.

"Only the Ten Commandments," she replied.

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For Health's Sake

Summer health advice for seniors

Sharp Senior Resource Center

The hot, hazy days of summer can pose special health risks to older adults. It's important that older people avoid heat-related illnesses, known as hyperthermia.

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body to deal with heat coming from the environment. Heat fatigue, heat related dizziness, heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia.

One's risk of developing these conditions can increase with the combination of outside temperature, general health and individual lifestyle, according to the experts at the National Institute on Aging. Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions.

With this in mind, the experts at the institute are sharing some tips to help seniors avoid hyperthermia:

Older people, particularly those with chronic medical conditions, should stay indoors on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places such as senior centers, shopping malls, movie theaters or libraries. Cooling centers, which may be set up by local public health agencies,

religious groups and social service organizations are other options.

- Health-related factors that may increase risk include:

- Being dehydrated.

- Age-related changes to the skin, such as poor blood circulation and inefficient sweat glands.

- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.

- High blood pressure or other conditions that require changes in diet. For example, people on salt-restricted diets may increase their risk. However, salt pills should not be used without first consulting a doctor.

- Reduced perspiration, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.

- Taking several drugs for various conditions. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.

- Being substantially overweight or underweight.

- Drinking alcoholic beverages.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body tem-

perature above 104 degrees Fahrenheit is likely suffering from heat stroke and may have symptoms of confusion, combativeness, strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, possible delirium or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Get the person out of the sun and into a shady, air-conditioned or other cool place. Urge them to lie down.

- If you suspect heat stroke, call 911.

- Encourage the individual to shower, bathe or sponge off with cool water.

- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin, places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.

- Offer fluids such as water, fruit and vegetable juices, but avoid alcohol and caffeine.

For more tips and information on research and the aging, visit www.nia.nih.gov.

Video series educates family caregivers about arthritis

Two nationally recognized organizations that serve seniors are joining forces to educate family caregivers about one of the most painful and common conditions that afflict older adults.

The Home Instead Senior Care® network, working with the Arthritis Foundation, has produced a series to help those who care for seniors link to videos at www.homeinstead.com to learn more about arthritis. The video series is part of the Home Instead Senior Care network's Family Caregiver EducationSM program, which highlights topics of importance to caregivers of older adults.

Fifty million Americans have doctor-diagnosed arthritis – a condition that refers to more than 100 different diseases that cause pain, swelling and limited movement in joints or other parts of the musculoskeletal system, according to the Arthritis Foundation. By 2030 that number is estimated to grow to 67 million.

"Family caregivers often are at a loss to know how to help relieve the discomfort of those who suffer from arthritis," said Jeff Huber, President and Chief Operating Officer (COO) of Home Instead, Inc., franchisor for the Home Instead Senior Care network, the world's largest provider of non-medical in-home care services for seniors. "That's why we are delighted to work with the Arthritis Foundation to bring renewed awareness of this difficult condition that impacts so many seniors."

Of those currently diagnosed with arthritis, more than 21 million have arthritis-related activity limitations. As a result, arthritis costs the U.S. economy \$128 billion in lost wages and productivity annually, the Arthritis Foundation reports.

The key to successful treatment is early diagnosis and the institution of an appropriate treatment plan, said Tom Fite, Arthritis Foundation CEO, Heartland Region. "Education is the first step, which is why we are pleased this joint program has the potential to reach so many family caregivers with valuable information and resources." quality service that enhances the lives of seniors everywhere.

Laughter is the Best Medicine

Twenty-one roses

A fellow was very much in love with a beautiful girl. One day she told him that the next day was her birthday. He told her he would send her a bouquet of roses... one for each year of her life. That evening he called the local florist and ordered twenty-one roses with instructions that they be delivered first thing the next morning. As the florist was preparing the order, he decided that since the young man was such a good customer, he would put an extra dozen roses in the bouquet.

The fellow never did find out what made the young girl so angry with him.

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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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 more information, call 619-740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

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Grossmont Senior Resource Center, 9000 Wakarusa, La Mesa, Tuesday, Sept. 6, 9:30 to 11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Sept. 16, 9:30 to 11 a.m.

HOW DO I DO THIS? CAREGIVING AT HOME

Family caregivers can learn & practice the basics of hands on care for a loved one at home including transfers, personal care, proper body mechanics & more! Saturday, September 10, 9 a.m. to 1 p.m. at the Sharp Grossmont Brier Patch Campus, Work Fit Room, 9000 Wakarusa St., La Mesa. Cost \$10. Reservation required. Call 1-800-827-4277 or register online at www.sharp.com

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Local pharmacists will review your prescriptions, over the counter medications, vitamins & supplements. Attend health presentations, health screenings, exhibitor fair, safe disposal of unused prescription medications and more. This free event is sponsored by the East County Action Network, County of San Diego Aging & Independence Services, YMCA, AARP, Oakdale Heights and San Diego County Council on Aging. Tuesday, Sept. 13 from 9 a.m. to 12 p.m. at the Cameron Family YMCA, 10123 Riverwalk Dr., Santee. Reservations required. Call 1-877-926-8300.



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Five ways to get your family's finances in shape

Taking care of your family is about more than bringing home a paycheck, providing a safe place to live and putting food on the table. Whether you're a family of two or ten, you want to make sure your loved ones are taken care of now and in the future.

Parents increasingly are being urged to take a detailed interest in protecting the financial future of their dependents by planning for different financial events and insuring needs will be met in the event of unplanned illness or death.

"The daily work it takes to raise children can sometimes make parents forget about planning for their future," says Gregory Bucko, Director of Customer Innovation at Genworth Financial. "But having a good financial plan, and understanding that life insurance is a critical part of that plan for financial security, can let you sleep better at night."

Here are some personal finance basics to help protect your family:

- Think short-term and long-term. Short-term planning means making sure your monthly household expenses don't exceed your income. No child benefits from a parent who's stressed about debt or doesn't demonstrate good financial habits. Long-term

planning means putting some away for future needs, like retirement planning or life insurance.

- Create a detailed budget. There are several ways to do this. The easiest is to automate fixed expenses and savings, allowing yourself to spend a portion of whatever else is in your checking account. An alternative is to start slowly by jotting down daily expenses, then creating a spreadsheet at the end of the month tracking where your money goes.
- Get the right insurance. This is often neglected, but parents should have adequate car, health and life insurance to help protect their family. This is especially true for single parents. A recent study by Genworth Financial found that 69 percent of single parents with children living in the household constitute the highest percentage of uninsured Americans, potentially leaving their children with few or no options when faced with an unexpected death. To get a better understanding of how much coverage you need and to demystify the purchase process, check out the Life Insurance Calculator at genworth.com/life.
- Learn how to invest. Investments are critical to building a financial future. You should not only know the difference between a 401(k) retirement plan versus a Roth IRA, but also that a healthy investment portfolio includes a balance of risk versus reward. Don't allow yourself to be talked into something that doesn't feel comfortable.
- Ask for help. We can't all be experts in everything. Just like it's smart to see a doctor when you don't feel well, it's financially savvy to talk to an expert when putting your finances in order. Consult a financial planner or nonprofit credit counseling service, or visit the newly-formed Consumer Financial Protection bureau at www.consumerfinance.gov.

After all, knowledge is power!

Unfair rental policy costs company more than \$60,000

Recently the Housing and Urban Development Agency (HUD) released information on the terms that are part of the settlement agreement in connection with a lawsuit against an Ohio company in the business of renting apartments called Testa Family Enterprises Ltd, LLC. HUD informed the company is paying more than \$60,000 in penalties for not renting to a woman with young children.

The Department of Justice has entered into a consent decree with Testa Family Enterprises Ltd, LLC, resolving a complaint filed against the company alleging that it refused to rent apartments to families with small children.

"This is an important case that sends the message that people with young children cannot be discriminated against when looking for housing," United States Attorney for the Northern District of Ohio Steven Dettelbach said. "This case should be noted by landlords all across the country."

Under the terms of the agreement, Testa Family Enterprises will stop its discriminatory rental practices, pay \$60,000 in penalties and company employees will undergo training on the provisions of the Fair Housing Act.

Testa Family Enterprises Ltd. Is headquartered in Revenna, Ohio and owned the 26 unit apartment building known as Royal Arms Apartments at 145 Van Buren Street, Ravenna. Christine Testa was the manager at Royal Arms Apartments.

In July 2009, Megan Wenk responded to a newspaper advertisement listing a two bedroom unit available at Royal Arms At the time, her children were 10 months old, and four years old. The home she was living at the time was overcrowded and infested with black mold, according to court documents.

Wenk called the telephone number listed and spoke to Christine Testa, who asked whether Wenk had children, and how old they were. Upon learning their ages, Testa informed Wenk that Royal Arms did not rent to families with small children and refused to show Wenk the available unit at Royal Arms, according to court documents.

It took Wenk three more months to find housing. The apartment she eventually found was in a less safe and less convenient neighborhood than Royal Arms, according to court documents. Wenk eventually contacted the Fair Housing Advocates Association (FHAA) in Akron about her situation. FHAA had three testers call Royal Arms on July 24, 2009, each posing as a potential renter with children.

A tester posing as a man with children ages six and eight years old was told by Testa those ages were acceptable, but that she would not rent to persons with younger children because she felt the property was not conducive to them due to the design of the building. Testa told two testers posing as people with younger children that she would not show them the available apartment, according to court documents.

During an investigation conducted by the Department of Housing and Urban Development, Testa acknowledged that it was her practice to not rent units above the ground level to families with young children.

FHAA and Wenk filed complaints of discrimination with HUD on Aug. 24, 2009. Under the terms of the consent decree, Testa agreed to not restrict families with children from occupying rental units or otherwise discriminate based on familial status; post a fair housing poster at any place of business where rental activity takes place or in any advertisement.

Christine Testa and any current employees agreed to undergo training within 60 days of the entry of the consent order; paid \$33,350 to Megan Wenk and her minor children; \$16,650 to FHAA and \$10,000 to the United States.

This case was handled by Assistant United States Attorney Michelle L. Heyer following an investigation by the Department of Housing and Urban Development.

If you feel you have been discriminated against or illegally been denied a housing dwelling, please contact your fair housing services provider and ask to speak to a Fair Housing Counselor Immediately.

Jose Cervantes is the Fair Housing Programs Director at the Center for Social Advocacy and can be reached at (619)444-5700.

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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 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 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. 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 Maonolia

Avenue in downtown El Cajon. Tune to Dntown El Cajon Radio FM 104.1 during the show.

Cajon Classic Cruise 2011 Season Schedule

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.

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.

Oct. 29: ATV Safety Training at Imperial Sand Dunes. Call (800) 887-2887 or visit www.atvsafety.org to enroll online or www.americandesertfoundation.com for more information. Superstition Mountains Class Schedule

ONGOING

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

Tuesdays: Spring Valley Certified Farmers' Market will be held every Tuesday 3 to 7 p.m. Farmers' Market will be located at the old Spring Valley Elementary School campus, 3845 Spring Drive, Spring Valley, 91977. Contact Spring Valley Chamber of Commerce for more information (619) 670-9902.

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

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

EAST COUNTY GAZETTE

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www.eastcountygazette.com

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— AT THE MOVIES —

'The Whistleblower' reveals a profound true story

Review by Diana Saenger

Newbie director Larysa Kondracki tackles a tough subject for her first film. *The Whistleblower*, based on a true story, follows a brave woman who leaves the comfort of her world in the U.S. to take a job in Bosnia with the United Nations.

Kathryn Bolkovac (Rachel Weisz) enjoys her career as a police officer in Nebraska. While she's filled with pride about her work, her financially coiffers remain meager. Some loophole in a court battle over custody of her daughter placed her daughter with her father. When Kathryn's ex announces he's moving further away from Kathryn, she and her daughter are devastated. Kathryn promises to change that; but that will require more legal action and a lot more money than she's taking home.

When offered a six-month job with the UN peacekeeping force in Sarajevo to clean up a post-war Bosnia for a salary of \$100,000 tax-free, Kathryn sees it as a great opportunity. She can finally earn enough money to pursue custody of her daughter. But once in the country she's thrown in with a definitive lot of macho officers who on the outside pertain to accept her.

A kind of disjointed subplot about Raya (Roxana Condurache), a young Ukrainian girl abducted by a human trafficker, jumps in. As Kathryn settles into the routine of her job, she begins to investigate who is bringing in all of these girls and how she can free them.

The tension of this story is potent, and Weisz brings every emotion of her character to every scene. About her character Weisz said, "It's not

really a moral question to her whether or not to act and to do something and blow the whistle... or to step in where she sees injustice. I don't think she thinks about it. I think it's just purely who she is, and she is one of those people who cannot be anything other than who she is. And that's pretty extraordinary."

Although her romantic liaison with fellow officer Jan van der Velde (Nikolaj Lie Kaas) seems forced, it allows for more tension in the film. Raising the thriller bar even higher, Kathryn realizes the more she digs, the more her conventional training and laws from the U.S. do not work here. But her determination to free these girls is relentless.

At one point Kathryn meets Madeleine Rees who was head of Women's Right and Gender Unit in Bosnia in 1999. Vanessa Redgrave plays Rees who agrees to help Kathryn. For me this character was too thin, especially for someone as powerful as Redgrave. Rees' dialog is weak, she has little screen time and it's unclear exactly how she's helping Kathryn. She does partner Kathryn with Peter Ward (David Strathairn), an agent in Internal Affairs who has little presence in the film but makes a significant move that helps Kathryn in her objective to dethrone her entire squad.



Rachel Weisz stars in *The Whistleblower*. Photo Credit: Andrei Alexandru / Samuel Goldwyn Films

Is *The Whistleblower* a terrific film? Not necessarily. Because there were actually three stories going on here I felt it was somewhat underdeveloped and although I understand the dark tones of the film because of the subject matter the pro-

duction value seemed lacking to me as well. Still, this is an incredible story about crimes that are infesting many corners of our world today and every moment of these discoveries need to be viewed, understood and acted upon.



The Whistleblower

Studio: Samuel Goldwyn Films

Gazette Grade: B+

MPAA: "R" for (for disturbing violent content including a brutal sexual assault, graphic nudity and language)

Who Should Go: those who care about injustices.



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— ON STAGE —

Laughs are plenty at 'Little Shop Of Horrors'

by Diana Saenger

Fans of the Little Shop of Horrors B-Movie classic or the play or for anyone who has heard about this story but not yet seen it – now is the chance. Running now – October 2 at Cygnet Theatre in Old Town – it's a rock musical sure to entertain even those with no sense of humor.

When Seymour (Brandon Joel Maier) lands a job at a florist shop he has no idea what's in store for him. This includes working for the befuddled Mr. Mushnik (Phil Johnson), who can't figure out what to do about his declining business due to the rough neighborhood. He's about to close the doors when a strange looking plant in the window cultivated by Seymour begins to draw in customers.

Exceptional voices of the three Skid Row's Urchins (Cashae Monya, Rhea Elizabeth de Armas, and Heather Paton) tell a lot about the story through their songs, sensational dance numbers – thanks to choreographer James Vasquez and music director Tim McKnight. They also bring on many of the laughs throughout the show.

Complicating Seymour's life even more is Audrey (Melissa Fernandes). She works at the florist shop too, but has the wrong boyfriend (Geno Carr),

as Orin abuses her, which infuriates Seymour. Not too worry, when Audrey II (Seymour's name for the plant) grows bigger everyday, Seymour manages to feed the plant what it craves – human blood. And if they comes in the form of the loser Orin, oh well!

Artistic Director Sean Murray's direction is spotless, the set is incredible, the music toe-tapping, and the performances fantastic. Little Shop of Horrors won't disappoint. See it twice for even more laughs.



Seymour (Brandon Joel Maier) consoles his girlfriend Audrey (Melissa Fernandes) about the inevitable in Little Shop of Horrors. Photo credit: by Daren Scott

THEATER – TO GO

Who: *Little Shop of Horrors*

When: Now – Oct. 2

Where: Cygnet Theatre Company, Old Town Stage
4040 Twiggs Street, San Diego

Tickets: \$39 - \$59, Discounts for seniors, students and military. (619) 337-1525, www.cygnettheatre.com.

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— AT THE MOVIES —

‘Glee’ jumps off the screen



The cast of Glee: 3D The Concert Movie. Photo credit: 20th Century Fox

Review by James Colt Harrison

Attention all Gleeeks! Run to the nearest theater playing 20th Century Fox's *Glee: The*

3D Concert Movie. Because viewers will see even more of everything they loved on the television series, audiences will have the time of their lives.

The 3D process enhances the performances. The well-

loved Glee cast members are actually real, flesh and blood, full-bodied and full-throated and their arms stick out of the screen and over viewers' heads. These kids can sing and dance non-stop with apparently no oxygen needed to breathe. They are young, energetic, and beautiful. What more do we need in a toe-tapping musical?

The film includes live performances of some of the series best-loved songs, including "Lucky," "Teenage Dream," "Raise Your Glass," "I'm A Slave 4U" "Don't Stop Believin'," and "Loser Like Me."

All numbers are done in an enthusiastic, happy style that is infectious and inspirational. The movie almost dares audience members not to get up and dance in the aisles.

Lea Michele takes the lead – as always – and overwhelms the audience with her tribute to Barbra Streisand with "Don't Rain On My Parade." Sometimes Michele is a bit over the top with her renditions, but this time she knocks it out of the park. She does a slam-bang duet with Emmy winner Chris Colfer in another tribute to Streisand as well as Judy Garland with "Happy Days Are Here

Again" and "Get Happy." It's nice to see the kids who weren't even born during the heydays of Streisand and Garland pay tribute to those stars who came before them.

Corey Monteith does a terrific, hyper-ventilating version of Rick Springfield's "Jesse's Girl" and rocks the stage. The current musical spectrum is captured in high-energy versions of Paul McCartney's "Silly Love Songs," the late Michael Jackson's "Pretty Young Thing," Lady Gaga's youthful anthem "Born This Way," Katy Perry's "Teenage Dream," Queen's "Fat Bottomed Girls," and Ce Lo Green's "Forget You." More than 23 songs from yesterday and today are featured by the cast in singing or dancing numbers. Harry Shum, Jr. (Mike Chang on the TV show), has choreographed the numbers into an exciting fireworks of unstoppable frenzy. The dancing is absolutely wonderful, and the dancers are some of the best talents in Hollywood. Shum, himself, has danced in shows with

Mariah Carey, Jennifer Lopez, Beyonce, and Chris Brown.

Glee: The 3D Concert Movie is fun for the entire family. The show has young and old fans, and age doesn't seem to make any difference when enjoying the talented singers and dancers. Plus, there is a surprise visit from Oscar-winner Gwyneth Paltrow. There will be a DVD version of the film. The difference will be the addition of Jane Lynch (Sue Sylvester).

The film grew out of the very successful concert tour of North America, *Glee Live! In Concert!* The movie was filmed over two days at the IZOD Center in East Rutherford, New Jersey, with thousands of enthusiastic fans in the audience screaming their lungs out for the youthful stars. *Glee* fans are loyal, and highly into upper register decibels when expressing their love. Add your own decibels by seeing this fun movie.



Glee: The 3D Concert Movie

Studio: 20th Century Fox

Gazette Grade: A-

MPAA: "R" for some strong sexuality, and language throughout

Who Should Go: fans of *Glee*

Saturday, August 27, 2011

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Best of Show - Wally Myers, 1932 Ford Roadster

Photos by Cabray Scott



Ted Slawter, 1969 C10 Chevy



Daniel P. Lantis, 1932 Ford 3 Window Coupe



Juan A. Hernandez, 1966 El Camino



Bob Lee, 1959 Conv D. Porsche



S&S Trophy - Susie Hurt, 1971 Mercury Comet GT



John Marc, 1953 Chevy



Dave & Vida Lembocke, 1970 SS Chevelle



Dustin Bartley, 1964 Lincoln



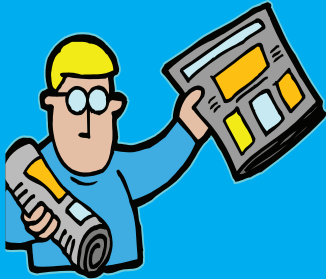
Derrick Jorgensen, 2002 Road King



Mel Hayes, 1940 Chevy Coupe



Eileen Rodger, Chevy Pick-up



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Symptoms pet owners need to watch for pet diabetes

Diabetes in humans is a well-known epidemic in the United States, but few pet owners realize the disease can also affect their pets. In fact, diabetes is growing among cats and dogs. If the diabetes is not managed, cats and dogs could be at higher risk for recurrent infections and other diabetes-related conditions, such as nervous system disorders and blindness in dogs.

Diabetes can result when the pancreas does not produce enough insulin or the body is unable to use the insulin produced. Because of this, the body's cells do not properly use glucose (or sugar), resulting in elevated levels of glucose in the blood. Cats and dogs with diabetes typically exhibit one

or more common symptoms of the disease. By paying attention to changes in their pet's behavior, pet owners can work with their veterinarians to ensure their pets receive the treatment they need to properly manage diabetes. These symptoms may include:

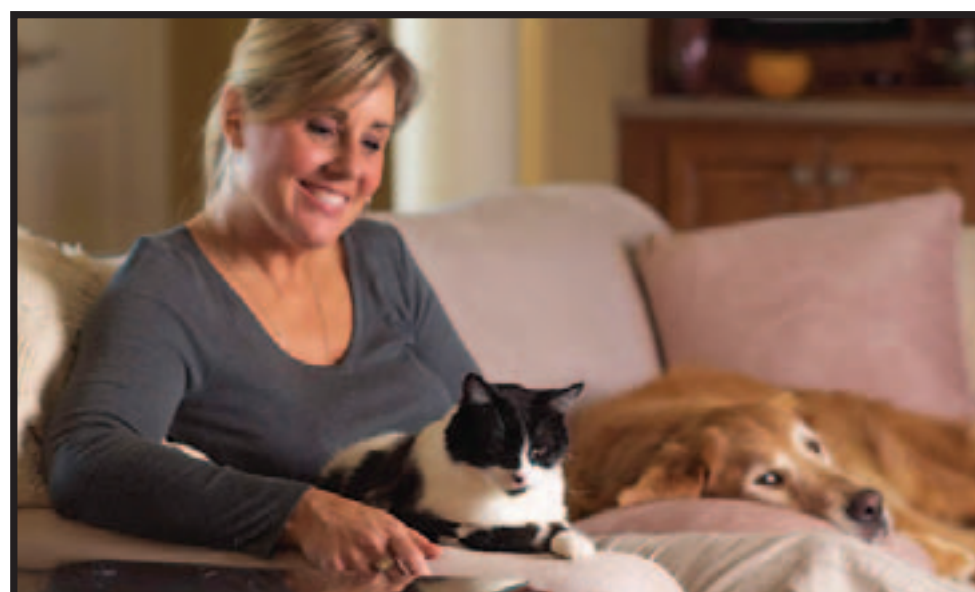
1. More Frequent Urination. The kidneys flush excess glucose into the urine using water. The pet will urinate more often as the kidneys work to reduce the elevated blood sugar associated with diabetes.

2. Excessive Thirst. Similar to humans, diabetic cats and dogs will drink more water than usual due to the increased urination as the kidneys work to reduce excess glucose in the body.

3. Increased Appetite Despite Weight Loss. Cells use glucose to produce energy. Without enough insulin, cells cannot use glucose as a source of energy. The cells "starve" and signal the pet to eat more. Most diabetics have increased hunger, but it is important to be aware that diabetic pets can become so ill that their appetite will go away and the pet will stop eating.

4. Weakness or Fatigue. Diabetic dogs and cats are frequently dehydrated and their bodies are not properly using glucose for energy. As a result, diabetic pets are often lethargic and tend to sleep more than usual.

Cats and dogs that exhibit one or more of the common



Taking care of a pet's health may be easier than many people realize.

symptoms should see a veterinarian, who can diagnose and help manage their disease. This may include helping pet owners set up a home-monitoring program with a blood glucose monitor specifically designed

for cats and dogs, such as AlphaTRAK® Blood Glucose Monitoring System. With an early diagnosis and dedicated adherence to a veterinarian's treatment plan, a dog or cat with diabetes can be managed.

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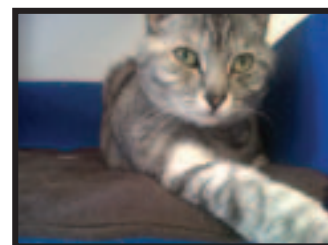
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This adorable girl is Luna, a one-year-old, eight-pound DSH with tons of love to give. Luna would love to be one of a few well-loved kitties. Visit <http://www.focas-sandiego.org/adopt/luna.htm> to learn more or meet Luna at our Petsmart Point Loma 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.



Tiffany, is a short haired silver Torbie. Torbies are tortoiseshell cats with a tabby pattern. Simply put: add stripes to the two-color pattern of a tortie and voila, you have a torbie-cat. In other words, a tortie is a tortoiseshell tabby. The coats of these patched felines have a very distinct tabby pattern all over their bodies. However, the tabby pattern will not appear on the white fur. And remember that tortoiseshell cats have very little or no white fur to begin with. Interestingly enough, most tortoiseshell tabbies -just like calicos and torties- happen to be female, and it all has to do with genetics. It is important

to note that the tortoiseshell tabby is a color pattern and not a specific breed. Torbies are beautiful felines. Indeed, they look like walking works of art. And they absolutely make great companions. Tiffany is 4 years old. She was left at our gate in the middle of the night with her sister, Chanel who is also available for adoption. She gets along great with other cats, and children. She likes to sleep next to her roommates and take in the fresh air from her patio. She is a bit shy at first, but once you start petting her she loves the attention, loves to be brushed and is always ready for a treat. She has been tested for FIV and FELV and testes negative. She is up to date on all of her vaccines and is microchipped. Her adoption fee is \$75. Friends of Cats are open Tuesday through Sunday from 10 a.m. - 3:30 p.m. Located at 15587 Olde Highway 80, El Cajon, CA 92021.

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THEME: BACK TO SCHOOL

ACROSS

1. Lessen the intensity of, as in fear

6. Player in St. Louis

9. *Type of mistakes to be avoided

13. On a dashboard

14. Winter glider

15. Knight's protection

16. Mode of communication

17. Soccer mom's ride

18. African equine

19. *Phys. ed. movement

21. *Colorful staple for kids, pl.

23. Immeasurable period

24. One of three square

25. Tax helper

28. Skilled in deception

30. Popular pie filling in South

35. Not easy

37. "___ and turn"

39. Administer

40. Copycat

41. "Revolutionary Road" novelist Richard

43. Describes duckling before it became swan

44. Pl. of #3 Down

46. Bog down

47. *Thrown during gym or recess

48. North American evergreen

50. The only thing to fear?

52. Tommy of "Motley Crue"



53. The hunted

55. La Cosa Nostra, e.g.

57. *Occasionally subbed for

61. Greek monsters of nine heads

CROSSWORD SOLUTIONS



64. Greeting
65. Olympic chant
67. One born to Japanese immigrants
69. Donor's bequest
70. Buddy
71. Authoritative proclamation
72. Seacrest or Phillippe
73. *Pencil number
74. "The Second Coming" poet

- DOWN
1. *It helps determine grade level
2. Sight aid
3. Hawaiian feast
4. Nimble
5. *School buses have this in common
6. Please get back to me
7. Theodor Geisel, ___ Dr. Seuss
8. People who are direct don't ___ words
9. Squirrel's nest
10. Rounded protuberance
11. Period before noon
12. Women's undergarments
15. Popular flowering shrub
20. Oneness
22. Lil Wayne's genre
24. Bewilder
25. *Soft white calcite
26. ___ New Guinea
27. Relating to an area
29. Type of rich soil
31. *Group of one sort or another
32. Relating to alga
33. ___prosequi
34. Manner
36. *Played in a marching band
38. Withered
42. Morally degraded
45. One way to steal gas from a car
49. "Is" is to "she" as ___ is to "we"
51. *He played Thornton Melon in "Back to School"
54. Combust or break out
56. Here she comes?
57. God of thunder
58. Spooky
59. Aquarium scum
60. Kin group
61. Light above a saint
62. World's largest continent
63. Dissenting clique
66. 2004 horror movie
68. "___ now or never"

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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.
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FICTITIOUS BUSINESS NAME(S): J. Charles Weber Fire & Life Safety Consultant
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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.
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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. 2011-019943
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. 2011-023020
FICTITIOUS BUSINESS NAME(S): B.A.S. Trucking
Located at: 12429 Old Hwy 80, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: July 1, 2011
This business is hereby registered by the following: Joseph H. Swanda 10003 Corkwood ave., Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on August 11, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022696
FICTITIOUS BUSINESS NAME(S): Edgy Threads
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 August 09, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022676
FICTITIOUS BUSINESS NAME(S): Happy Family Market
Located at: 9531 Jamacha Blvd., Spring Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Sizar Shoshane 507 Bosworth Ct., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on August 09, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023270
FICTITIOUS BUSINESS NAME(S): a.) JT Performance Diesel b.) JT Diesel Truck SVC
Located at: 11982 Woodside Ave. #103, Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: John E. Scott 11982 Woodside Ave. #103, Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on August 15, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022701
FICTITIOUS BUSINESS NAME(S): Major League CrossFit
Located at: 405-D Whispering Willow Dr., Santee, CA 92071
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: Alexander B. Stewart 405-D Whispering Willow Dr., Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on August 09, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023134
FICTITIOUS BUSINESS NAME(S): Monroy & Monroy Inc. DBA Advanced Body Nutrition
Located at: 1855 S. Centre City Pkwy, Escondido, CA 92026
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Monroy & Monroy Inc. 6642 Bell Bluff Ave., San Diego, CA 92119
This statement was filed with Recorder/County Clerk of San Diego County on August 12, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022805
FICTITIOUS BUSINESS NAME(S): Precision Plastic Surgery
Located at: 8690 Center Drive, La Mesa, CA 91942
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Ervin S. Wheeler, M.D., AMC 8690 Center Drive, La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on August 10, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022818
FICTITIOUS BUSINESS NAME(S): Rancho CAB
Located at: 12191 Cuyamaca College Dr. E #214, 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: Sarmad Jassim 12191 Cuyamaca College Dr. E #214, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on August 10, 2011.
East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00095535-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF NADEZHDA KANCHUKOVA ON BEHALF OF MINOR DARYA KANCHUKOVA FOR CHANGE OF NAME
PETITIONER: NADEZHDA KANCHUKOVA ON BEHALF OF MINOR DARYA KANCHUKOVA HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: DARYA KANCHUKOVA TO: DASHA GLOZMAN
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92112, Department 08, on SEPTEMBER 27, 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 02, 2011.
East County Gazette – GIE030790 8/18, 8/25, 9/01, 9/08, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00093726-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF VERONICA WILSON ON BEHALF OF MINOR ALEXANDRIA ELIZABETH MARIA KARAOUI FOR CHANGE OF NAME
PETITIONER: VERONICA WILSON ON BEHALF OF MINOR ALEXANDRIA ELIZABETH MARIA KARAOUI HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: ALEXANDRIA ELIZABETH MARIA KARAOUI
TO: KATT ANAVERO ISABELLE WILSON
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92112, Department 08, on OCTOBER 11, 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 11, 2011.
East County Gazette – GIE030790 8/18, 8/25, 9/01, 9/08, 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

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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): Undisputed
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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— LEGAL NOTICES —

NOTICE OF TRUSTEE'S SALE TS #: CA-11-427414-AB Order #: 5140043 **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/19/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JOSHUA SANCHEZ AND KRISTY A. SANCHEZ HUSBAND AND WIFE AS JOINT TENANTS** Recorded: 9/24/2007 as Instrument No. **2007-0623435** in book **xxx** , page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 9/11/2011 at 9:00am PST Place of Sale: **At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom** Amount of unpaid balance and other charges: **\$198,093.07** The purported property address is: **855 E LEXINGTON AVE 4 EL CAJON, CA 92020** Assessor's Parcel No. **488-261-88-04** The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to **Nationstar Mortgage LLC 350 Highland Drive Lewisville TX 75067** Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: **Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2891 or Login to: www.auction.com Reinstatement Line: 619-645-7711** Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0009528 8/11/2011 8/18/2011 8/25/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020686
FICTITIOUS BUSINESS NAME(S): **P.Q. Health Solutions**
Located at: **9888 Carmel Mountain Road, #G, San Diego, CA 92129**
This business is conducted by: **An Individual**
The business has not yet started.
This business is hereby registered by the following: **La Zheng 706 Cliff Dr., Laguna Beach, CA 92651**
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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00068910-CU-PT-EC IN THE MATTER OF THE APPLICATION OF **MICHAEL JACOB HEISER** FOR CHANGE OF NAME PETITIONER: **MICHAEL JACOB HEISER** HAS FILED FOR AN ORDER TO CHANGE NAME FROM: **MICHAEL JACOB HEISER** TO: **MICHAEL JACOB HITCHRICK** 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, 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 JULY 18, 2011.**
East County Gazette – GIE030790 7/28, 8/04, 8/11, 8/18, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00094587-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF **PHUONG THI NGOC NGUYEN** FOR CHANGE OF NAME PETITIONER: **PHUONG THI NGOC NGUYEN** HAS FILED FOR AN ORDER TO CHANGE NAME FROM: **PHUONG THI NGOC NGUYEN** TO: **VICKY PHUONG HOANG** THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 W. BROADWAY, SAN DIEGO, CA 92101, Department 8 on AUGUST 30, 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 18, 2011.**
East County Gazette – GIE030790 7/28, 8/04, 8/11, 8/18, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00068948-CU-PT-EC IN THE MATTER OF THE APPLICATION OF **TAMMARA NICOLE TUKLOFF** FOR CHANGE OF NAME PETITIONER: **TAMMARA NICOLE TUKLOFF** HAS FILED FOR AN ORDER TO CHANGE NAME FROM: **TAMMARA NICOLE TUKLOFF** TO: **TAMMARA NICOLE BOKMULLER** 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, 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 JULY 19, 2011.**
East County Gazette – GIE030790 7/28, 8/04, 8/11, 8/18, 2011

NOTICE OF TRUSTEE'S SALE TS #: CA-09-314861-AL Order #: 209079 **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/24/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **STEPHEN C. GIESING, A SINGLE MAN.** Recorded: 8/29/2006 as Instrument No. **2006-0616840** in book **XXX** , page **XXX** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 8/25/2011 at 10:00:00 AM Place of Sale: **At the entrance to the east county regional center by statue, 250 E. Main Street, El Cajon, CA** Amount of unpaid balance and other charges: **\$419,213.40** The purported property address is: **342 NORTH WESTWIND DRIVE EL CAJON, CA 92020** Assessor's Parcel No. **486-160-16** The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to **AuroraBank, FSB 10350 Park Meadows Dr. Littleton CO 80124** Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: **Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711** Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0008828 8/4/2011 8/11/2011 8/18/2011

T.S. No.: 2010-07934 Loan No.: 705792281 **NOTICE OF TRUSTEE'S SALE** **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/3/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: **MICHAEL MENDOZA AVINION, A SINGLE MAN** Duly Appointed Trustee: Western Progressive, LLC Recorded 5/15/2006 as Instrument No. 2006-0342679 in book ---, page --- and rerecorded on --- as --- of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 8/24/2011 at 10:00 AM Place of Sale: Daily at the side entrance to the County Courthouse 220 West Broadway San Diego, CA Amount of unpaid balance and other charges: \$343,101.66 Street Address or other common designation of real property: 1136 Via Loma Vista, El Cajon, CA 92019, , A.P.N.: 507-370-44-30 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: The beneficiary or servicing agent declares that it has obtained from the Commissioner of Corporation a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 that is current and valid on the date the Notice of Sale is filed and/or the timeframe for giving Notice of Sale Specified in subdivision (s) of California Civil Code Section 2923.52 applies and has been provided or the loan is exempt from the requirements.

Date: 7/22/2011 Western Progressive, LLC, as Trustee c/o 18377 Beach Blvd., Suite 210 Huntington Beach, California 92648 Automated Sale Information Line: (866) 960-8299 <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> For Non-Automated Sale Information, call: (866) 240-3530 Robin L. Schwab, Trustee Sale Assistant East County Gazette GIE030790 Aug. 4, 11, 18, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019431
FICTITIOUS BUSINESS NAME(S): **McNelis Realty**
Located at: **10836 Stoney Creek Ct., Santee, CA 92071**
This business is conducted by: **An Individual**
The business has not yet started.
This business is hereby registered by the following: **Rob McNelis 10836 Stoney Creek Ct., Santee, CA 92071**
This statement was filed with Recorder/County Clerk of San Diego County on July 07, 2011.
East County Gazette- GIE030790 8/04, 8/11, 8/18, 8/25, 2011

TO PLACE YOUR LEGAL AD CALL (619) 444-5774

CASE NUMBER 37-2011-00068239-CL-CL-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO):Barry Pettitt, an Individual; and DOES 1-10, inclusive. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Daniel Yauger, an individual. 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 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): Law Offices of Daniel Yauger, Daniel Yauger, Esq., In Pro Per 3170 Fourth Ave., 3rd Floor, San Diego, CA 92103, (619) 296-1600. Date: (Fecha) June 08, 2011. Clerk (Secretario) By: R. Palou, Deputy Clerk (Adjunto) East County Gazette GIE030790 Aug. 4, 11, 18, 25, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019929
FICTITIOUS BUSINESS NAME(S): **Ray's Plumbing**
Located at: **14667 Sunrise Canyon Rd., Poway, CA 92064**
This business is conducted by: **An Individual**
The first day of business was: **July 1, 1998**
This business is hereby registered by the following: **Gary Edwin Stout 14667 Sunrise Canyon Rd., Poway, CA 92064**
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

CASE NUMBER 37-2011-00066347-CU-OR-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO):MONTE PROULX, an individual; BANK OF AMERICA, N.A.; ALL PERSONS UNKNOWN CLAIMING ANY INTEREST IN THE PROPERTY; and DOES 1 through 10, inclusive.. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): MORNING WATERS, an individual. 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 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): Michael Spilger & Shanna E. Welsh, 852 Fifth Ave., San Diego, CA 92101; (619) 232-7761. Date: (Fecha) March 08, 2011. Clerk (Secretario) By: T. DETTLOFF, Deputy Clerk (Adjunto) East County Gazette GIE030790 Aug. 4, 11, 18, 25, 2011

— LEGAL NOTICES —



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.

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

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

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

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

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

unfaithful in any former contract with the City.

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

/s/ Dede Porter
Purchasing Agent
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

NOTICE OF TRUSTEE'S SALE TS #: CA-10-410646-TC Order #: 100753693-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **GAYLE TOWNSEND, AN UNMARRIED WOMAN** Recorded: **5/25/2006** as Instrument No. **2006-0372169** in book **xxx** , page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **9/15/2011 at 9:00am PST** Place of Sale: **At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom** Amount of unpaid balance and other charges: **\$119,567.26** The purported property address is: **1220 CARRIZO ST JACUMBA, CA 91934** Assessor's Parcel No. **660-180-19-00** The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to **Seterus, Inc. fka IBM Lender Business Process Services, Inc . 14523 SW Millikan Way, Suite 200 Beaverton OR 97005** Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of

Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: **Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711** For **NON SALE** information only Sale Line: **800-280-2891** or Login to: **www.auction.com** Reinstatement Line: **619-645-7711** Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0008217 8/18/2011 8/25/2011 9/1/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023279

FICTITIOUS BUSINESS NAME(S): United Utilities
Located at: 1543 Peerless Drive, El Cajon, CA 92021
This business is conducted by: A Corporation
The first day of business was: November 1, 2001
This business is hereby registered by the following: Faro LaFata Ent., Inc. 1543 Peerless Drive, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on August 15, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019545

FICTITIOUS BUSINESS NAME(S): Wiener-schnitzel #475
Located at: 1281 E. Main St., 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:
Rachid Ennadja 5308 Milkweed Lane, Perris, CA 92571
This statement was filed with Recorder/County Clerk of San Diego County on July 08, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**Need to run a Fictitious
Business Name Statement?
Name Change?
Summons?
We have the best prices in town!
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T.S. No.: 2011-00506 Loan No.: 902253786 APN: 511-290-53-40 TRA No.: 03119 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/1/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash payable at time of sale in lawful money of the United States by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Verney Guy, a single woman Beneficiary Name: ING Bank, FSB Duly Appointed Trustee: Integrated Lender Services, a Delaware Corporation and pursuant to Deed of Trust recorded 3/7/2007 as Instrument No. 2007-0157717 in book ---, page --- of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 9/8/2011 at 10:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$264,583.08 The property heretofore is being sold "as is." The street Address or other common designation of real property is purported to be: 1536 GRANITE HILLS DRIVE, UNIT C, EL CAJON, CA 92019. As more fully described on said deed of trust A.P.N.: 511-290-53-40 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. **THIS FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.** Date: 8/15/2011 Integrated Lender Services, a Delaware Corporation, as Trustee 2411 West La Palma Avenue, Suite 350 – Bldg. 1 (800) 232-8787 For Sale Information please call: (714) 573-1965 Sem Martinez, Trustee Sale Officer P869447 8/18, 8/25, 09/01/2011

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Alpine Community Planning Group

P.O. Box 819, Alpine, CA 91903-0819

NOTICE OF REGULAR MEETING

Thursday, August 25, 2011

6:00 P.M.

**Alpine Community Center,
1830 Alpine Boulevard, Alpine, CA 91901**

- I. Call to Order**

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Jim Archer	Roger Garay	Lou Russo
George Barnett	Cory Kill	Richard Saldano
Jim Easterling	Travis Lyon	Sharmin Self
Robie Faulkner	Jennifer Martinez	Kippy Thomas
Greg Fox	Mike Milligan	Scott Tuchman

IV. Approval of Minutes / Correspondence / Announcements

1. July 28, 2011 Regular Meeting Minutes

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

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Planning Group member, Lou Russo would like to address and remove items from the Alpine Planning Group Standing Rules. Discussion and Action

2. The Chairman of the Planning Group will be making a recommendation for the Chairman of the Parks and Recreation Subcommittee. Discussion and Action

3. George Barnett, Chairperson -Public Facilities, Services & Major Public Policy Subcommittee will be bringing forth his list of nominees for his Subcommittee . Discussion and Action

4. The Chairman of the Planning Group will be making a recommendation to fill a seat on the Design and Review Board. Discussion and Action

Organized / Special Presentations:

1. Monthly update from an SDG&E representative regarding a construction update along Alpine Boulevard and the Sunrise Power Link Project as a whole. Presentation\

2. Michael J. Long, Project Manager for the County of San Diego, Department of Public Works is to come and address the Phase 2 Alpine Boulevard Streetscape Improvement project status now that it is at the 30% design level with the Alpine Community Planning Group and the Community. Presentation and Feedback

Consent Calendar

1. Circulation
1) Discussion and Vote: None

2. Design & Review
1) Discussion and Vote: None

3. Communications
1) Discussion and Vote: None

4. Private Actions
1) Discussion and Vote: None
2) Discussion and Vote: None
3) Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy
1) Discussion and Recommendations (Vote): None

6. Trails & Conservation
1) Discussion and Vote: None

7. Parks & Recreation
1) Discussion & Vote: None

VIII. Subcommittee Reports (Including Alpine Design Review Board)

1. Private Actions	Richard Saldano
2. Trails & Conservation	Travis Lyon
3. Parks & Recreation	Jim Easterling
4. Public Facilities, Services &Major Public Policy	George Barnett
5. Circulation	Richard Saldano
6. Communication	Scott Tuchman
7. Alpine Design Review Board	Kippy Thomas

IX. Officers Reports

1. Chairman	Greg Fox
2. Vice Chairman	Jim Easterling
3. Secretary	Jennifer Martinez

X. Open Discussion 2 (Only if Necessary)
Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue(s) so presented until such time as proper public notice is given prior to such discussion and vote.

XI. Request for Agenda Items for Upcoming Agendas

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

XII. Approval of Expenses / Expenditures

1. None

XIII. Announcement of Sub Committee Meetings

1. To Be Determined (TBD)

XIV. Announcement of Next Meeting

1. Thursday, September 22, 2011 @ 6:00 P.M.

XV. Adjournment of Meeting

MOTOR AND SPORTS

Girls' ASA softball team puts East County on the map

by Chuck Karaszia

Playing together as a team only since May of this year, the East County 14U ASA girls All-Stars achieved what no other team in their age group has accomplished in East County. The California "B" State Champions finished their successful tournament season as the ninth best team in the United States of America.

Competing in the 14U "B" Fastpitch West National Championship Tournament played August 1-7 in Spokane Washington, the East County players fought and clawed through a long, grueling schedule. The second game of pool play ended after an exhausting 15-inning, three-hour plus affair that eventually was decided by the International Tie Breaker rule after the seventh inning.

The final game on Friday, August 5 held the most significance. They began playing at 8

a.m. and concluded at 8 p.m. after squashing the pressure of loser goes home. This gritty bunch from East County kept their season and hopes alive yet another day after defeating Peninsula Breakers from San Diego, CA.

On Saturday morning the tide would turn for the East County All Stars as they were sent home packing after losing only their second game in bracket play to the same team that had defeated them earlier, the Idaho Xplosion.

E.C.A.S. League President Matt Burkett, who traveled to Spokane to watch the girls play, gave them a deserving, encouraging speech afterward. "Keep your heads high," he said. "Be proud of your accomplishments. You have done better than any 14 and under team in East County history."

East County All Stars 14U Team Mom Tammy Erickson

described this unique squad of home town All Stars. Holding back her emotions as she looked across the different level of playing fields at the park Erickson said, "We are extremely proud of all these girls. Some have played together since they were six years old. They are all great girls and great students. It's unbelievable to see how good they did as a team. We just did it one game at a time. It's awesome to play their last games together going to the Nationals."

The girls took a little bit of home with them to the tournament games. Each collected a little plastic baggy of dirt and sod at their position from the practice fields in El Cajon. They hoped to create their own home field advantage as they sprinkled the dirt on the visiting field and in the batters box before playing their history making games.

Over many games the girls



Back row – Manager Ted Williams, C.J. Slatten, Megan Erickson, Victoria Hathaway, Sierra "Goldie" Goldenhagen-Lopez, Yasmine Ortega, Tess Eaton, Coach Michelle Eaton. Front row – Faith Burkett, Courtney Williams, Sydney Jarboe, Mary Powell, Katie Schmidt, Kyra Ayala and Jaeda Burnett. Photo credit: Tammy Erickson

admitted they have bonded like sisters and through tough competitions the games gave them a chance to show they are best. Many proud parents' smile confirmed these

girls helped put East County on the map one game at a time and breaking the Top Ten as one of the best ASA 14U "B" girls softball team in the nation.

The East Count Gazette congratulates the girls, their coaches and parents. It's nice to have positive memories and life lessons that will last a lifetime.

FALL JOB FAIR

Hosted by:
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August 26th, 9am~12pm
Cuyamaca College

Student Center Room, 2nd Floor
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For questions, please contact Congressman Hunter's office at: (619) 448-5201

Andrea.Jones@mail.house.gov
www.Hunter.House.gov



<http://eccc.guhsd.net>



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Cuyamaca ...

Continued from page 2
degree to become a licensed childcare center teacher, master teacher or facility supervisor. Certificates are also available with specializations in infants and toddlers; preschool children; school-age children; early childhood intervention and recreational leadership.

"We have students, not just from our college, but also San Diego State University dropping in during the school year to fulfill class assignments to observe the children," said Haar, who heads a staff of three teachers and two aides. "You can always tell when a paper is due."

Grossmont College, the older of the district's two colleges, opened its Child Development Center in 1989. The facility is also a college laboratory with many student observers from the academic program, as well as other area schools and childcare programs.

Ample natural lighting, child-friendly spaces and highly qualified staff, including state-certified mentor instructors in each of the three children's classrooms, make the center a model for the state.

"Faculty and staff worked diligently with architects and other key industry people to come up with a facility that is so child-centric," said Cindy L. Miles, district chancellor. "It incorporates research-based child development principles with a very functional and fun-looking design. Every square inch of the center was created with the foremost thought of making the facility as welcoming a place as possible for young children."

The large playground with landscaping that's full of dips and gullies to hop around and paved paths for helmeted tricycle aficionados is perfect for the youngsters' boundless energy. Features such as a bridge with small holes built

into the concrete for the rabbits and squirrels scampering about the pastoral campus and water trough that drops off onto a long, pebbled recycling drain are further touches that combine fun with learning opportunities.

"From the beginning our focus – the heart of our center – has been the children," Zink said. "The physical environment, with its emphasis on subtle natural colors and natural materials, support the children as the true color of the center. We continually modify and accommodate our classroom to best meet the needs and interests of the changing children in the rooms and we have increased the levels and depth of participation for our child development students. What hasn't changed is our commitment to the best possible early childhood experience for our children."

The Cuyamaca Child Development Center is at 900 Rancho San Diego Parkway in Rancho San Diego, just southeast of the campus main parking lot between Fury Lane and Cuyamaca College West.

For more information about Cuyamaca and Grossmont Colleges and the district, go to www.gccd.edu.

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—MOTORandSPORTS—

2011 Volkswagen Routan SEL Premium



An inside rear view of the 2011 Volkswagen Routan SEL Premium. Photo credit: Dave Stall

by Dave Stall

I find it refreshing when I hear that a manufacturer has sat down and listened to its customer. This is the case with Volkswagen. Customers were asking for another Microbus, van, any form of people mover, preferably a 7-passenger vehicle. With today's

economy and the cost to bring a van to market, that idea was prohibited. So what to do?

Volkswagen teamed up with Chrysler – the leader in Minivan construction – and struck a deal with together to build the Routan in their Canadian plant along side the Chrysler Town and Country. Volkswagen did

add their own unique touches to the Routan such as a new front end and rear treatment.

The Routan kept the tried and true drive train from the Town and Country along with just about all the mechanical pieces. With a 3.6-liter V6 backed by a six-speed electronically controlled transmission, the car gets an estimated 17 MPG in the city and 25 on the open road. On my economy test run I got 28.9 MPG with normal driving using cruise control as much as possible.

This top of the line Routan came with every option available. One of the key features is the folding third row seats. Just hit the button mounted on the left pillar and within seconds the entire seat disappears into the floor or pick one of the split seats to drop into its storage together or individually. When the third row seats are up in the upright position there's a large storage area that will keep goodies in one place, plus there are bag hooks running the width of

the back seats and all sorts of containment systems to keep everything in order.

The interior in my tester was accented in leather, with two captain chairs up front and in the second row and a split bench in the rear. For the kids of all ages are two flip down entertainment systems to keep everyone in the rear entertained.

The Routan had plenty of get up and go, great visibility and a great back up camera. Just flip out the rear quarter windows for a great flow through ventilation with the push of a button, rear A/C for all the family, friends or pets to keep cool when the temperature climbs to unbearable numbers.

The only problem with the Routan is most people will not drive a Minivan – Period! All I have to say is anyone who tries a minivan will wonder how he lived without it. I know that may seem crazy but they are so functional they are hard to beat and with mileage in the mid to



2011 Volkswagen Routan SEL Premium. Photo credit: Dave Stall

high 20s, it's a hard choice not to buy a minivan.

The Routan starts at \$25,826. My test vehicle came in at \$44,060, loaded with features to make the ride even better. This price does not include tax and license. Did I mention Volkswagen's Carefree Maintenance? No charge for three years or 36,000 miles which

ever comes first. Now that is taking care of the customer.

Need a people mover? Check out the 2011 Volkswagen Routan at a local dealer or go to www.vw.com to build your own.

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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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