Lions Club funds Guide Dogs for Sight Impaired

Guide Dogs of the Desert — $10,000 check was received by Sarah Clapp (left) who thanked the ECVH Lions for their support since the year 2005 and indicated that the funds will be used for the training of two new guide dogs. (L-R): Bob Moreau, President of the El Cajon Valley Lions Foundation, (Center) and Lion Dick Nasif, (right) chairman, Chairitable Gift Giving, El Cajon Valley Lions Foundation made the presentation.

San Diego Center for the Blind — $8,884.00 was received by Rose Ann Young and Dennis Smith who indicated that this wonderful donation will be used to purchase computers and Window Wise Screen Readers. Pictured above are: (L-R) Mercy Walters, president, El Cajon Valley Host Lions Club, Rose Ann Young, Dennis Smith, Bob Moreau, President of the El Cajon Valley Lions Foundation and Lion Dick Nasif, chairman, Chairitable Gift Giving, El Cajon Valley Lions Foundation.

Lions Camp Jack — $10,000 received by Lion Ray Hackworth who reported that this is the 19th year of Camp Jack that will send 144 disadvantaged kids to a five day camp. Pictured above are: (L-R) Mercy Walters, president, El Cajon Valley Host Lions Club, Bob Moreau, President of the El Cajon Valley Lions Foundation, Lion Ray Hackworth, representing Camp Jack and Lion Dick Nasif, chairman, Chairitable Gift Giving, El Cajon Valley Lions Foundation. Photo credits: Bruce Boorman

See story page 2
Santeet Library celebrates 100 years of service

by Michael Botello
Legislative Intern
Office of Senator Anderson
Cheerful children, patient parents, and smiling seniors all gathered inside the Santee Library on Wednesday, April 22 to celebrate the library’s 100 years of existence – and to eat some ice cream!

Since the original Santee Library was in an ice cream parlor, the branch observed its centennial anniversary by having an ice cream social. The celebration started with a welcome from Cheryl Cosart, Santee Library Branch Manager, who then invited representatives of Santee to celebrate this special moment with the community. Following the presentations was a performance by the Sun Harbor Chorus singing their renditions of barbershop quartet music, taking many of the guests on a nostalgic trip down memory lane.

Santee’s Vice Mayor John Minto took part in the festivities and was joined by a representative from Duncan Hunter’s office. State Senator Joel Anderson partnered with Assemblyman Brian Jones’ office to provide an ornate framed California Legislature Joint Member’s Resolution to the Santee Branch Library. In celebration of the library’s commitment to improving the community through learning, Senator Anderson stated, “To have a library in our community with roots 100 years deep is an honor, and I am excited that through the hard work of Cheryl Cosart and her staff, the library will continue to enrich our lives for generations to come.”

The Santee Library is open seven days a week (Mon-Thurs: 9:30-8, Fri-Sat: 9:30-5, Sun: Noon-5) and is located at 9225 Carlton Hills Blvd #17 Santee, CA 92071.
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Out and about in the County

May 16: “America on Main Street” in Downtown El Cajon. This patriotic community event is planned to coincide with the nationally recognized Armed Forces Day and celebrates the American spirit through appreciation and respect of the many diverse ethnic and historical groups in the community. Highlights include four stages with live entertainment – including the Parkway Plaza Stage on Main Street, American and ethnics food booths, a chili cook-off, and more. Hours will be from 10 a.m. to 8 p.m. and located on East Main Street and Rea Avenue, between Magnolia and Claydelle Avenues. If you would like to be a volunteer, or interested in being a community sponsor, call (619) 441-1762.

May 16: Alpine Woman’s Club Annual Victorian Tea Fundraising event at 11:30 a.m. and 2:30 p.m. $35. This year’s Victorian Tea promises to be the best ever. The food will be delicious and plentiful, the company delightful, the entertainment both unusual and educational. And who doesn’t love elegant clothing? For reservations contact Joanie Bogle at (619) 328-5728.

May 22: Reuben H. Fleet Science Center is Ready to Rock with Steve Poltz. Poltz’ sound is entirely unique from his inhuman fingerstyle techniques to the inimitable melodies that roll from his guitar like cool waterfalls, you know a Poltz song as soon as you hear it. His show is frenzied, aggressive, hilarious and heartbreakingly sincere. This is their second annual live concert series. The show features two performances, food available, drinks available at no-host bar, 100 plus hands on exhibits throughout the night. Doors open at 7 p.m. for all shows. Rock in the Park is 21+ and IDs will be checked at the door. Purchase tickets at the Fleet Ticket counter or online at www.rfleet.org or call (619) 238-1233 x806.

May 23: Santee Street Fair & Craft Beer Festival. Street Fair will be held from 10 a.m. to 7 p.m. at Mission Gorge Road and Riverview Parkway, Santee, CA 92071. Chamber Members receive a discounted booth rate at all Chamber events. For more information call the Santee Chamber of Commerce at (619) 449-6572.

June 19: Education Day at Airshow San Diego 2015 with a focus on Aviation related Science, Technology, Engineering, and Math (A-STEM). This “A-STEM” day is presented by Air Group One. There will be no scheduled air show flying on Education Day. Airshow San Diego is located at Gillespie Field, El Cajon. For more information, visit www.ag1caf.org

June 20: Boars and Brew. Lakeside’s River Park Conservancy is introducing their first ever Boars and Brew event. Join the River Park in a beer stroll along the San Diego River from 4 - 8 p.m. (or until the boars and brew run out). The Boars and Brew event will highlight local breweries and traditional BBQ styles. Held along the section of the San Diego River that is managed by Lakeside’s River Park Conservancy, the entry point for the event will be the Channel Road Trail Head in Lakeside, California. The admission ticket will include event entry, beer samples, and food. This will be a 21 years or older event and dogs on leashes are welcome. Our servers have the right to refuse to pour for those who may seem too intoxicated. For more information or to purchase a ticket, please visit our website at www.BoarsandBrew.weebly.com or contact Christina Deleon, Event Coordinator, at Events@LakesideRiverPark.org or (619) 443-4770. We look forward to toasting clean water with locally crafted beer with our community!

Check out www.eastcountyconnect.com for more area events! And while you’re there, visit our advertisers websites by clicking onto their onsite advertising!
El Cajon highlights

by Monica Zech, Public Information Officer for the City of El Cajon

The 2nd Annual America on Main Street, Saturday, May 16

Bring family and friends to “America on Main Street,” Saturday, May 16 in Downtown El Cajon! Highlights include four stages of entertainment – including the Parkway Plaza Stage on Main Street. Enjoy American and ethnic food booths, a chill cook-off (police vs. fire), police, fire and Military static displays, a five-story Ferris wheel, hay rides, arts, crafts, displays, and more. This will be a day of free family fun! Hours will be from 10 a.m. to 8 p.m. and located on East Main Street and Rea Avenue, between Magnolia and Claydelle Avenues. This patriotic community event is planned to coincide with the Mother Goose Parade and celebrates the American spirit through appreciation and respect of the many diverse ethnic and historical groups in the community. If you are interested in being a community sponsor or would like to be a volunteer for this event call (619) 441-1762 or visit www.AmericaOnMainStreet.org.

Friday Night “Dinner & a Concert”

The May 8 concert will feature Liz Grace & Swing Thang swing music! Don’t miss the 2015 season of “Dinner & a Concert” at the Prescott Promenade. Enjoy great music and dancing on Friday nights, 6 to 8 p.m. May 1 through Sept. 25. Arrive early to dine at one of many great restaurants downtown or bring your picnic and lawn chairs. These free concerts are located at 201 E. Main Street and are brought to you by the Downtown El Cajon Business Partners. See the full line-up of bands at www.downtownelcajon.com or call (619) 334-3000.

Next “Cajon Classic Cruise Car Show”

The theme of this next Classic Cruise night is Return to the 50’s! See all the classic vehicles during the 2015 season of “Cajon Classic Cruise Car Shows.” Car shows are every Wednesday night through October 28. They occur on East Main Street, between Magnolia and Claydelle Avenues, from 5 to 8 p.m. This popular car show is held in the area of the Prescott Promenade in Downtown El Cajon and is hosted by the Downtown El Cajon Business Partners. For more information, please visit www.cajonclassiccruise.org or call (619) 334-3000.

Fletcher Hills Library presents local cover band, The Five – 50s

Local San Diego Cover Band, the “Five-50s,” will perform at the Fletcher Hills Branch Library, located at 576 Garfield Avenue, El Cajon, CA 92020, on Saturday, May 9 at 2 p.m. They play music ranging from the 50’s to contemporary music and all sorts of genres, such as Blues, Rock, Jazz, Funk, Jam Band, etc. They also write their own original songs. All library programs are free. For more information about the program, call (619) 466-1132, or visit http://www.sdcl.org.

More theater news from Grossmont College

Grossmont College Theatre Arts Department is holding auditions for their summer Conservatory production of “Cinderella” on Tuesday, May 12, at the Stagehouse Theatre, located at 8800 Grossmont College Drive, in El Cajon. All college and high school students interested in auditioning contact the Grossmont College Theatre Box Office at (619) 644-7234.

Grossmont College Theatre Arts is proud to present “The Piano Lesson” by August Wilson. Directed by Beth Duggan, the play runs May 7, 8, 9, 14, 15, and 16 at 7:30 p.m. and May 9 & 16 at 2 p.m. In the 1930’s, an African American family in Pittsburgh struggles with reconciling the past and the future while making sense of their family legacy. The prospect of a more secure future runs up against ghosts of the past in this modern American classic by August Wilson. A moving and thought-provoking drama. “The Piano Lesson” presents a question of what, ultimately, is the price of freedom and a fresh start? The Stagehouse Theatre is located at 8800 Grossmont College Drive, in El Cajon. For more information, call (619) 644-7267 or (619) 644-7234. For a look at the full season of plays and tickets, visit www.grossmont.edu/campus-life/arts-culture/theatre-arts/2014-2015-season.aspx.

The Cajon Valley Jamboree

Holy Trinity’s Cajon Valley Jamboree will be held on Friday, May 15, from 4 to 11 p.m., Saturday, May 16, from 9 a.m. to 10 p.m., and Sunday, May 17, from 9 a.m. to 5 p.m. Assistance with claims and sponsorships, please call (619) 644-7234 or visit www.cajonclassiccruise.org. This event is sponsored by the Mother Goose Parade Association, Foothills Church and the Alpine Stagecoach Lions. For table reservations, information and sponsorships, please call (619) 726-6488.

Bike To Work Day is Friday, May 15

Registration is now open for “Bike to Work Day!” Join thousands of San Diegans and cycle to work on Friday, May 15. Biking to work is a great way to save money, get fit, and be environmentally friendly. Register for Bike to Work Day and log bike trips to be automatically entered to win one of many great prizes. In addition, every time you bike to work and log your trips in May, you will be entered into weekly prize drawings throughout Bike to Work Month. Stop by one of more than 100 pit stops conveniently located throughout the county on Bike to Work Day to pick up your FREE t-shirt, snacks, and plenty of encouragement. Hours are from 6 a.m. to 9 a.m. in the City of El Cajon, the pit stop will be located at the Prescott Promenade, 201 E. Main Street, which is in the heart of downtown. Visit the website for more pit stop updates and to find all the pit stops on your commute route. Bike to Work Day is a nationally recognized event celebrated annually on the third Friday in May. Bike Month 2015 supports riding a bike as a viable, environmentally friendly, cost-saving commute choice. For more information, please visit www.commuted.com or call 511 and say “Commute.”

8th Annual Mother Goose Tea Party

The Mother Goose Parade Association will be holding their Annual Royal Tea party on Saturday, May 23, at Foot hills Christian Church, 365 W. Bradley Avenue in El Cajon. Table set-up is at 9 a.m., doors open at 10:30 a.m., the tea and fashion show is 11 a.m. to 2 p.m. The cost is $25 per ticket, $160 for a table of eight. This event is sponsored by the Mother Goose Parade Association, Foothills Church and the Alpine Stagecoach Lions. For table reservations, information and sponsorships, please call (619) 726-6488.

Olaf Wieghorst Museum Fashion Show Luncheon

The Olaf Wieghorst Museum will hold a Fashion Show Luncheon on Saturday, May 30, from 11 a.m. to 2 p.m. at the Ronald Reagan Center, at 195 East Douglas Avenue in El Cajon. Enjoy beautiful fashions by Glamour Girlz Boutique, lunch by Cupid’s Catering, vendors, and a silent auction! Tickets are $38 per person. For more information, call (858) 386-2435.

A variety of programs offered at the Downtown El Cajon Library

Here’s a sampling of the library’s special programs during May:
• Veterans’ Services, Monday, May 11, from 9:30 a.m. to 1 p.m. Assistance with claims preparation, appeals, public assistance and VA benefits.
• Don’t Miss, Thursday, May 14, at 3 p.m. A positive

See HIGHLIGHTS page 6
I’d give her a piece of my mind if I had any to spare

by Dr. James L. Snyder

I do not know if grouchy comes with old age of if in old age you are too weak to subdue it. I guess it does not really matter because I am having a little bit of trouble along this line. My grouchy seems to be getting out of control.

I remember the good old days, those carefree days, days when I did not let anything bother me. Oh, how I wish they would return.

Lately, it seems everywhere I go I run into people that irritate me. It goes on. If I am driving in a car or walking down the street or sitting in a restaurant, irritating people seem to be everywhere. At least, they seem to be everywhere that I am. Every time I turn around there is somebody irritating me. I am at the point where I am tempted to stop “turning around.”

Driving across town the other day I ran into, almost literally, some driver not watching where she was going. Barely missing her, I noticed she was talking on her cell phone. I am quite sure she did not even see me. I wanted to stop everything, get out of my car and give her a good piece of my mind.

But I didn’t.

It took me a few minutes to settle down and quiet my nerves and so I decided to go to a little café for a cup of coffee. Nothing seems to soothe my nerves quicker than a nice hot cup of Joe. Let them say what they will, coffee is my best friend.

Fortunately, I was not in a hurry, but it still was a situation that irritated me and stirred up the grouchy within.

I was standing in line waiting to order my coffee when the lady in front of me was trying to figure out what she wanted. I am not sure if this person had ever been in a café before, but she acted as if she did not know what she was doing or what she wanted.

Then she did something that accentuated the positive in my grouchy.

“Could I have a sample taste of that coffee?” she said to the person behind the counter.

At first, I did not know what she was saying. But he agreed and went back and got a little cup and gave her a sample.

“I am not sure,” she said quite hesitantly, “can I try another one?” And pointed to one of the coffees she was interested in.

I am absolutely positive that people should have the ability to make their own choices. I have no problem with that. My choice at that moment was to give that woman a good piece of my mind.

But I didn’t.

Finally, after tasting about 10 different coffees, she picked one and finally I was able to order my line and find a seat and enjoy it.

I say, “Enjoy it.” but it was rather difficult because my irritability just would not go away. After all, there should be some respect for the person behind you when you are standing in line. Especially, if that person standing in line is me.

As I was sipping my coffee alone in the corner, some thoughts began to rattle in my head. The main thought emerging was that grouchy may be an inherited condition.

I began thinking of my father and his father and unfortunately, not only did I know my great-grandfather, but the two that I did know had a wide streak of grouchy in them. If my memory serves me correct, the older they got, the more grouchy became predominant.

So, if grouchy is inherited I am really not to blame. Just thinking about that made me chuckle a little bit. In fact, I began to chuckle so much that my grouchy ran away in fear of his life. And so he should.

As I sat in that café enjoying my 2nd cup of coffee, I began evaluating my life. I think I have found out why grouchy is becoming more dominant in my life.

Everybody is born with a certain amount of “mind.” We can do with that “mind” whatever we want. I mean, if I give you a piece of my mind, I am going to diminish my supply of “mind.”

When the “mind” gets low it introduces the level of grouchy. The last phase is when a person comes to the point where he “loses his mind.” Now, once you lose your mind, you can never get it back.

I am at the grouchy stage and so I need to take a little bit of inventory. I have only so much “mind” left and I better take care of because that is all I got.

Whenever I am tempted to give somebody a piece of my mind, I am going to stop and think it over a little bit.

Does that person really does serve a piece of my “mind”? If I give someone a piece of my mind, will I miss it?

I like what Peter says, “Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ” (1 Peter 1:13).

I am going to protect my mind and use it wisely because it is all I got.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. E-mail: james-snyder2@att.net.
May is American Stroke Month

Study: Most Americans don’t know common stroke signs

If you’re like most Americans, you don’t know the signs of stroke. Only 8 percent of those recently surveyed in the American Stroke Association/Ad Council Stroke Awareness Continuous Tracking Study could identify each letter in F.A.S.T., an acronym of the most common stroke warning signs.

“Anyone can have a stroke and everyone should be ready,” said American Heart Association and American Stroke Association San Diego Division board member and neurologist Thomas Hemmen, MD. “In support of American Stroke Month in May, the association is urging San Diego residents to download a free mobile app to learn how to detect a stroke.

“Learning how to spot a stroke is just as important as teaching your family CPR or what to do in the event of a fire. With stroke — just like a cardiac arrest or a fire — seconds count,” Dr. Hemmen explained.

F.A.S.T. is:
• F - Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.
• A - Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
• S - Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, “The sky is blue.” Is the sentence repeated correctly?
• T - Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional stroke signs include:
• sudden severe headache with no known cause;
• sudden trouble walking, dizziness, loss of balance or coordination;
• sudden trouble seeing in one or both eyes; or sudden confusion or trouble understanding.

Teaching people how to recognize a stroke and respond quickly is a primary goal of the American Stroke Association’s Together to End Stroke initiative, sponsored nationally by Medtronic.

The free Spot a Stroke F.A.S.T. app for iOS and Android is available in English and Spanish and includes a stroke warning sign quiz, high blood pressure chart, and a searchable map of hospitals recognized by the American Heart Association/American Stroke Association.

“Many people think of strokes as a disease of the elderly, but it can happen to anyone at any time, even very young people,” added Dr. Hemmen. “When someone recognizes a stroke and quickly calls 9-1-1, the person has a greater chance of getting to an appropriate hospital quickly and being assessed for a clot-busting drug or other medical devices that may save their life and improve their chances for recovery.”

Stroke is the leading cause of long-term disability and the nation’s No. 5 leading cause of death. For more information and to download the app, visit StrokeAssociation.org.

Allergies — the worst ever?

What makes an allergy season “the worst ever?”

Wet and warm winters - heavy precipitation and unusually warm weather during the fall and winter increases pollen production. When plants are under stress, they make more flowers and less leaves — more pollen. This winter, we’ve had record breaking snow totals.

This winter has been one of the warmest on record December 2014 to January 2015 is the sixth warmest since 1895. This January was also the second warmest on record, globally (source: National Climatic Data Center).

Hot summers - hotter summer seasons can cause a stronger pollen season the following spring – especially grass and tree pollen. For some cities, last summer was the hottest on record!

The “Priming Effect” — when temperatures make big leaps, up or down, in small periods of time. The constantly changing temperatures cause your body to rev up the immune system which means down the road, people are more hyper-sensitive to the new pollen — this causes increased sensitivity and more suffering once the allergens are released.

Allergies are among the most common, but often overlooked, of diseases in the nation. Other than medication, there are ways you can make yourself more comfortable this allergy season:
• If you’ve been outside, take a shower before going to bed and change into fresh clothing so you don’t bring the pollen that may cling to your skin, hair or clothes onto your sheets.
• Also, wash your sheets often.
• Close your windows (and opt for air conditioning) at night if the pollen count is high.
• Avoid outdoor activity early in the morning when pollen levels are at their highest.
• The best time to go outside is after a good rain, which helps clear pollen from the air.
• Use a vacuum with a HEPA filter, and use a portable HEPA filter in your bedroom.

Latest List of Top 10 Cities With The Worst Spring Allergy (source: Asthma and Allergy Foundation of America, 2014): Louisville, KY; Memphis, TN; Baton Rouge, LA; Oklahoma City, OK; Jackson, MS; Chattanooga, TN; Dallas, TX; Richmond, VA; Birmingham, AL and McAllen, TX.

May is American Stroke Month

American Fisherman

A n American businessman was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellowfin tuna. The American complimented the fisherman on the quality of his fish and asked how long it took to catch them. The fisherman replied that it only took a little while. The American then asked why didn’t he stay out longer and catch more fish. The fisherman said he had enough to support his family’s immediate needs.

The American then asked, “But what do you do with the rest of your time?”

The fisherman said, “I sleep late, fish a little, play with my children, take siesta with my wife, walk into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life, señor.”

The American scoffed. “I am a Wharton MBA and could help you. You should spend more time fishing and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat you could buy several boats. Eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman you would sell directly to the processor, eventually opening your own cannery. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then L.A., and eventually New York City, where you will run your expanding enterprise.”

The fisherman asked, “But how long will this all take?”

To which the American replied, “Fifteen or 20 years.”

“But what then?”

The American laughed and said, “That’s the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You would make millions.”

“Millions? Then what?”

The American said, “Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play guitar with your friends.”

Have a funny joke you’d like to share with the Gazette readers? Send to: jokes@ecgazette.com or mail to: East County Gazette c/o Jokes, P.O. Box 697, El Cajon, CA 92021.

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CROSSWORD

ACROSS
1. "____ Man" by disco stars
6. Rainbow, e.g.
9. Attention-getting sound
13. Archipelago
14. Pigeon sound
15. Indian restaurant condiment
16. Camelot to King Arthur, e.g.
17. Expression of doubt
18. Village People
19. Archipelago
21. *Short in front and long in back
23. Johnny Cash’s boy with unfortunate name
24. Manufacture
25. Nuke
28. Friend from Down Under
30. As a whole
31. In front and long in back
32. Parkinson’s disease drug
33. Exuded
34. *Casual summer shoes
35. Old MacDonald’s domain
38. ____ 51
42. Bounded by an oath
45. Goose eggs, archaic
46. A bunch
47. Crude group
48. Bad blood
50. Vietnam’s neighbor
52. Don Draper’s creations
53. Lady of “Applause”
55. Poor man’s caviar
57. Her hair style was popular in the ’90s
60. *Part robe part blanket
61. Dashboard instrument, var.
63. Snaky swimmers
64. Confederate Johnny
66. Styling goo
67. *Pokémon exchange
68. Lady’s pocketbook
70. Dialectical Reasoning philosopher
71. “____ there, done that”
72. Freddy Krueger’s street

DOWN
1. Multiple independently targetable reentry vehicle
2. Seaward
3. Chowder ingredient
4. Facilitates
5. Os on Periodic table
6. Heart or tooth condition
7. Read-Only Memory
10. Served with an entree
11. Editor’s mark
12. Feather glue
15. Give in
20. Precedes “set, go!”
22. Tiny guitar
24. *Oblongata
25. *Salsa exercise
26. Swedish or Japanese
27. Zoraster follower
29. New Mexico art colony
31. Swollen lymph node because of plague
32. Parkinson’s disease drug
33. Exuded
34. *Casual summer shoes
36. Old MacDonald’s domain
38. ____ 51
39. ____ Mall, London
40. Actress Sorvino
41. “____ truly”
43. *Known for his clowning around
44. Sinbad the Sailor’s home
45. Goose eggs, archaic
46. A bunch
47. Crude group
48. Bad blood
49. Sigma Alpha Epsilon
51. Cardinal compass point at 180 degrees, pl.
54. Donut topping
56. White heron
57. Baptism or shiva
58. Chills and fever
59. *Home of the beard trend?
60. Give an impression
61. Dashboard instrument, var.
62. Previously mentioned
63. Snaky swimmers
64. Confederate Johnny
66. Styling goo

SOLUTIONS

THEME: FADS

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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Julian

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Will and Loni Schuder,
ReMax Associates, (619) 787-8044
Happy Mother’s Day!

I love Mother’s Day! I was wondering how this lovely holiday for moms began, so I went to the library to do research to find out. I searched web sites on the computer. I found beautiful books full of stories and pictures. To find out what I learned about Mother’s Day read my clues below, then fill in the crossword puzzle.

1. Mother’s Day is a time to honor a mother, ______ or even a special aunt.
2. Soon after the death of her mother (in May 1905), a woman named Anna Jarvis urged people to support the idea of a national ______ for moms.
3. Anna wanted people to show respect for ______ and to give thanks for all the work that mothers do for us.
4. She gave out her mother’s favorite ______, the white carnation, a custom that spread to many states.
5. Her home ______ of West Virginia was the first (in 1912) to have an official Mother’s Day celebration.
6. On May 9, 1914, President Woodrow Wilson declared the first ______ Mother’s Day to honor mothers whose sons had died in war.
7. Mother’s Day is now celebrated each year on the second ______ in May.
8. A beautiful, historic building in West Virginia was named ______. The International Mother’s Day Shrine and Museum.
9. Businesses promote the ______ of cards, flowers, jewelry and other gifts for Mother’s Day.
10. Although it is nice when children give a gift, it is even more special when they take the ______ to write a letter or to do something special with their moms.
11. Today, many families attend church services, pack a picnic for the park or have a ______ get-together.
12. Can you ______ a breakfast, write and decorate a card or plan an outing for your mom’s special day?

Things Moms Do For Us!

Oh my gosh! If I listed all the things our moms do for us I’d have to list a billion bajillion things.

When we are tiny newborns our Moms feed us, comfort us, diaper us, rock us to sleep, burp us, walk us, sing to us and keep an eye on us all day long. Gee, how tiring must that be?

Now we are older and go to school, but moms still do so much for us. Here is a list my friends and I put together.

1. ______ the beds
2. ______ for groceries
3. ______ us to the dentist
4. ______ to our fears
5. ______ us to practices and lessons
6. ______ our sports team
7. ______ for the school sale
8. ______ holes in our favorite clothes
9. ______ us to feed the dog
10. ______ supplies for school
11. ______ money for a rainy day
12. ______ our homework
13. ______ for us at our games
14. ______ us how to cook
15. ______ our favorite T.V. show
16. ______ vegetables or flowers
17. ______ the floors
18. ______ the windows
19. ______ the bills
20. ______ the laundry

A. bake
B. buy
C. drive
D. take
E. remind
F. make
G. listen
H. shop
I. coach
J. mend
K. watch
L. mop
M. save
N. cheer
O. check
P. fold
Q. plant
R. pay
S. teach
T. wash

1. Match each chore with the word that makes sense.
2. Then find and circle the word in the puzzle.
Spotlight on community theatre

Previews by Diana Saenger

The weather may be unpredictable, but spending time seeing one of the plays in San Diego’s noted theatres is always a sure bet. No matter which ones you choose; they will entertain.

Broadway San Diego
Cinderella is currently playing through May 10. June 9-14, 2015 sees Into the Woods. The true American dream story of Motown founder Berry Gordy’s journey. On August 25-30, 2015, Pippin tells the story of a young prince on a death-defying journey to find meaning in his existence. October 7-18, 2015 brings Cameron Mackintosh’s spectacular new production of the phenomenal musical, The Phantom Of The Opera. On November 3-8, 2015, the world’s best-loved musical returns in time-honored form! Annie is on November 3-8, 2015, Annie, the world’s best-loved musical returns in time-honored form! Closing out the year on November 24-29, 2015, Disney’s Beauty And The Beast, the smash hit Broadway musical, is coming back to San Diego! For more info visit www.broadwaysd.com or call (619) 564-3011.

Cygnet Theater Company
The Whole, about a six hundred pound recluse, eating himself to death, and desperate to reconnect with his long estranged daughter runs May 23 and runs through June 14. On July 16 – August 23, 2015, Dogfight arrives as winner of the Lucille Lortel Award for Best Musical about three young Marines set out for one final boys’ night of partying that turns out different than expected. For more info call (619) 337-1525; http://www.cygnettheatre.com.

La Jolla Playhouse
Come from Away is an original, rock-inspired world-premiere musical based on the true story of when the isolated town of Gander, Newfoundland played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes were diverted to Gander on September 11, 2001. Undaunted by culture clashes and language barriers, the spirited town cheered the stranded travelers with music, an open bar and the recognition that we’re all part of a global family. Come from Away runs May 29 – July 5, 2015. UP Here - a musical comedy with a lot on its mind when introverted, 30-something computer repairman Dan finds a potential spark with outgoing t-shirt designer Lindsay, his attempts at a relationship are thwarted by the Technicolor world in his head. Up Here runs July 8 – Sept. 6, 2015. For more info call (858) 550-1010, LaJollaPlayhouse.org.

North Coast Repertory
Uncessary Force, the hilarious comedy involving an embrazing mayor, his female accountant who can't stay dressed, two undercover cops, nefarious hit men, and of course, videotape has been extended through May 16. June 3-28 brings Betrayal to the stage. Master playwright Harold Pinter explores the shifting balance of power within a love triangle. Filled with tart drama and deception, the story unfolds in reverse chronology as we take this treacherous journey with characters who are compelling and brimming with human frailty. Passionate, explosive and surprisingly funny, Betrayal is considered one of Pinter’s most innovative and influential works, one that is certain to provoke lively discussion long after the curtain falls. For more info call (858) 481-1055, www.northcoastrep.org

Old Globe Theatre
Arms and the Man, George Bernard Shaw’s most romantic comedy, runs May 9 – June 14. The beautiful Raina Petkoff is about to marry the heroic soldier Sergius. But the battlefield sweeps into her boudoir when an enemy soldier takes refuge under her bed. Soon she will have to decide between her romantic ideals and the surprising sensations of new love. Arms and the Man, one of the wittiest and most charming plays of the English stage, mixes smarts and silliness in a wonderfully entertaining tale of love and war. In Rich Girl Claudine’s mother has it all: she’s wealthy, successful, and famous. Claudine is awkward, shy, and forever living in her mother’s shadow. When a dashing artist sweeps Claudine off her feet, her mother is convinced that all he’s after is her money. Rich Girl runs May 23 – June 21. For more info call (619) 23-GLOBE, or www.oldglobe.org

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Dynamics and Dynamos in ‘Avengers: Age of Ultron’

Review by James Colt Harrison

With a cast larger than the population of Rhode Island, madcap director Josh Whedon's bloated sci-fi adventure Avengers: Age of Ultron, — from the pages of Marvel comics — is out to set all sorts of records at the box office this summer.

How can it miss? It has almost every star in Hollywood (that's an exaggeration, just like the film), the guidance of comic book guru Stan Lee (with fellow comic book creator Jack Kirby), the wild imaginations of Whedon, and the backings of the two greatest animation studios of the current creators working today. Throw in the dazzling camera work of Cinematographer Ben Davis, the Ercuter Set stylings of costume designer Alexandra Byrne, and the startling and stunning music by tunemiths Danny Elman and Brian Tyler, you can't miss. Or can you?

Starting with Tony Stark (Downey Jr.) trying to salvage the peacekeeping talks that previously went awry, the only way to save the world is for all the Super Heroes to band together as a team. Iron Man (Downey, Jr.), Thor (Hemsworth), Captain America (Evans), Black Widow (Johansson), The Incredible Hulk (Ruffalo), and Hawkeye (Renner) see the sense in that effort to combat the evil Ultron (voice of James Spader) and prevent him from destroying all humans as well as the earth.

The team of heroes must stop Ultron in his tracks before he institutes his dastardly plans. Ultron turns out to be a very clever robot, much in the vein of HAL in Stanley Kubrick's science-fiction classic 2001. Just as HAL's voice was chilling in that long-ago film, Spader grinds the heart out of the throat and runs chills up and down our ultimately shattered spine. He steals the film without ever appearing in it!

The film is Whedon's usual revved-up, hyper-active romp that will never make one take a No-Doze to keep awake. The decibel level alone will shatter eardrums as well as the batteries in hearing aids. Seemingly, the entire reason for this picture is action, action, action. With apparently not much of an excuse, the heroes launch from one fight scene to another, each one more bone-crunching than the next. It's a good thing they are Super Heroes or they would be demolished in a second if mere mortals.

Ladies may find Hemsworth and Evans as electrified catnip when they show off bodies that apparently were chiseled from some old Michelangelo statues in Carrere marble.

With some amusing wise-cracks by the cast, we are projected across the world in a 3D tour of Africa and Asia. Yes, there are some funny lines as per the previous outings of this gang of do-gooders. And the spectacular scenery captured by Ben Davis's cameras is eye-popping. The 3D process is Sunnny Red grabs the boy and the three-dimensional objects the human eye sees naturally.

It adds tremendously to the enjoyment of the picture.

The stars of the film are really the special effects people. Without them there would be no film to get excited about. Too numerous to mention, the various CGI companies and motion-capture people have outdone themselves on this bombastic film. The kids will love this movie and so will some of the big kids. There is not too much plot to confuse us, but there is plenty of action and explosions to distract us. It is one heck of a carnival ride!

Review by Diana Saenger

The familiar saying “You can’t judge a book by its cover” certainly applies to writer-director Stephen Bradley’s heartfelt and surprising film Noble. Told with flashbacks and based on the true life of Irishwoman Christina Noble, the story begins halfway through her life and transitions back to hard times in Ireland when she’s a young girl (Gloria Cromer Curtis). Her mother tries to make a good home for the kids, but Christina’s father (played excellently by Liam Cunningham) is an angry drunk who causes havoc when he comes home from the pub.

Finding joy in her talent to sing like Doris Day, Christina entertains around Dublin until her father kills her mother, and the kids are sent to an orphanage. Christina is told her siblings died. A little older Christina (now played by Sarah Greene) is raped and her baby put up for adoption without her knowing. She escapes the orphanage and eventually gets married. She has three more children — but is abused by her husband.

While growing up, Christina had a recurring dream about children in Vietnam, which was much of a mystery to her. When her grown children are on their own, Christina (Deirdre O’Kane) travels to Ho Chi Minh City in 1989 to find out why she has had these dreams for so long.

Her need suddenly becomes clear when she tours the city and sees the hundreds of orphaned and abandoned children. Like a beat to a heart, Christina steps into action sneaking a few of the orphans into her hotel room for food and a bath.

Appalled that their own residents can’t or won’t take care of the children, Christina creates the Christina Noble Children’s Foundation, and designs local businessmen and companies and request donations from them. Gerry Shaw (Brendan Coyle, Mr. Bates on Downtown Abbey) is one of those who admires her aspirations and offers advice and helps raise funds.

Christina meets and recruits Madame Linh (Nhu Quynh Nguyen) to be director of the orphanage. She also keeps busy searching for other orphans while avoiding the local police and immigration authorities who want her gone.

The cast members in general do a good job. Bradley was wise to offer his wife, Deirdre O’Kane, the lead role. She’s wonderful here, showing just the right empathy to make the story and its cause resonate with viewers.

Trevor Forrest’s superb cinematography brings both of Christina’s worlds to life on screen and elevates the inspiration of her story.

Biopic of Irishwoman validated in touching film ‘Noble’

Brendan Coyle and Deirdre O’Kane star in Noble. Photo credit: Destiny Films / Aspiration Media

Chris Hemsworth stars in Avengers: Age of Ultron. Photo credit: Jay Maidmen / Walt Disney Studios Motion Pictures

Avengers: Age of Ultron
Studio: Walt Disney Pictures
Gazette Grade: B +
MPAA Rating: “PG-13 for intense sequences of sci-fi action, violence and destruction, and some suggestive comments.
Who Should Go: Avengers fans
Noble
Studio: Aspiration Media
Gazette Grade: B +
MPAA Rating: “PG-13 for mature thematic material, including some violent and sexual situations.
Who Should Go: Those who like dramatic true stories.

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Saturday Night: HALF & HALF .................................... 8.95
Sunday Night: LASAGNA ........................................... 10.95

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REEL FACTS

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Information about postmortem proceedings that are very short in duration or that occur close in time to the due date specified in this notice may be reflected in the telephone information or on the Internet Web site. The best way to verify postmortem proceedings in general is to call the Trustee, Mortgagee, or Trustor and request a copy of the Declaration pursuant to California Civil Code, Section 2803.5a), which is full notice when the Notice of Sale, notice of default and notice of Trustee's Sale as recorded in San Diego County, California. Date: 5/14/2015 at 10:00:00 AM Place of Sale: At the office of the Recorder of the County of San Diego, 200 West Broadway, 6th Floor, San Diego, CA 92101. Estimated Amount of unpaid principal sum of the note(s), with interest thereon, as provided in section 2924g of the California Civil Code. The business has not yet started. This statement was filed with Recorder/County Clerk. The address is 1514 East Main Street, El Cajon, CA 92020. Estimated Amount of unpaid principal sum of the note(s), with interest thereon, as provided in section 2924g of the California Civil Code. The business is registered by the following: 1. Giona Lizel Castro Ballesteros 1607 Santa Rosa Rd, Chula Vista, CA 91911-5521. This statement was filed with Recorder/County Clerk. The address is 1514 East Main Street, El Cajon, CA 92020. Estimated Amount of unpaid principal sum of the note(s), with interest thereon, as provided in section 2924g of the California Civil Code. The business is registered by the following: 1. Giona Lizel Castro Ballesteros 1607 Santa Rosa Rd, Chula Vista, CA 91911-5521. This statement was filed with Recorder/County Clerk. The address is 1514 East Main Street, El Cajon, CA 92020. Estimated Amount of unpaid principal sum of the note(s), with interest thereon, as provided in section 2924g of the California Civil Code. The business is registered by the following: 1. Giona Lizel Castro Ballesteros 1607 Santa Rosa Rd, Chula Vista, CA 91911-5521. This statement was filed with Recorder/County Clerk. The address is 1514 East Main Street, El Cajon, CA 92020.
TSG No. 730-1406378-70 

NOTICE TO POTENTIAL BIDDERS: If you are bidding on a lien, not on the property. The property at issue is being sold in accordance with the terms of the Deed of Trust, estimated fees, charges and expenses authorized by 2924h(b), (Payable at time of settlement or Deed of Trust on the property. Notice to the Recorder of San Diego County, California, State of California, executed by: ROBERT J. PETERS in the Superior Court of California, County of San Diego, Case No. 296-0567, 3170 Fourth Avenue, Suite 200, San Diego, CA 92101. The Petition for Probate has been filed by DIANE J. PETERS in the Superior Court of California, County of San Diego, Case No. 296-0567, 3170 Fourth Avenue, Suite 200, San Diego, CA 92101.

Fictitious Business Name Statement. No. 2015-010466. FICTITIOUS BUSINESS NAME: BARRY’S TAX SERVICE, 707 S. Orange Ave, Suite 208, San Diego, CA 92101. This business is conducted by: Barry Gould, 707 S. Orange Ave, Suite 208, San Diego, CA 92101. The hand printing of the grantor and grant, if applicable, that the name is available to the public, as well as to the extent of the scheduled sale may not immediately be reflected in the telephone information.

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SUPERIOR COURT OF THE STATE OF CALIFORNIA for San Diego County In re: Application for Publication of Summation of Deed of Trust Information

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PLAINTIFF REQUESTS: San Diego Superior Court of California to order to publication or provide a Cash On Delivery (COD) receipt from the pool hall to indicate that the pool hall has been fully in full at law of sale by cash, cashier’s check, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association or savings banks specified in §5102 of the Financial Code and authorized to do business in this state. All title, interest and invesment are conveyed to and held by you as the owner of the property. The successful bidder shall have no further responsibility unless the discharge of a debt referenced herein in a public sale is disputed, and then the successful bidder must impose personal liability upon you for payment of that debt. In the event you have received a discharge of a debt referenced herein in a public sale and the debt will be taken against the property only if a communication is an attempt to collect a debt, and any information obtained will be used for the purpose of debt collection. For further information please call 916-839-0772.

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NOTICE IS HEREBY GIVEN that the City of El Cajon, California, will receive sealed bids for the following work to be done and as set forth in the Project Description to be published on the website of the City of El Cajon at www.cityofelcajon.org before the time and date set forth above and time of opening of bid proposals identified above.

Reference is made to the specifications for said work, on file in the office of the Purchasing Agent for a fee of $10.00 (plus $.50 postage if mailing is required). This amount is not refundable.

A pre-bid conference will be held.

The plans and specifications show general information only. It shall be the bidder’s responsibility to examine the project(s) in order to determine, by using the specifications and plans, all conditions, the character and extent of the work, the nature of the contract, and the requirements of the contractor, and to acquaint itself with existing conditions so as to enable the successful bidder from obligations with respect to the Contract.

Submission of a bid shall be prima facie evidence of the bidder’s compliance with this requirement.

Copies of the general prevailing wage rate on the Project, as determined by the California Department of Industrial Relations and by the US Department of Labor, are available from the websites of the respective agencies. Any successful bidder who intends to use a craft or classifications not shown on the said wage rates, as a part of the prevailing wage rate may be required to pay the wage rate of the craft or classification or classification shown on the rates as it shown in the general determinations effective at the time of the call for bids.

The Contractor and its subcontractors shall pay minimum labor wage rates as follows:

a) California General Prevailing Wage Rates
In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascended the general prevailing wage rate as of the date of the publication of this notice. The Department of Industrial Relations and the Department of Transportation are the agencies that have determined the current determinations are available at online at www.dol.ca.gov/DOL/PDW/DivIndex.htm

Any contractor who is awarded the contract and who fails to comply with the requirements of this notice who is not otherwise classified shall be required to pay the wage rate of the craft or classification or classification shown on the rates as it shown in the general determinations effective at the time of the call for bids.

b) Federal Minimum Wages
Federal minimum wages for the projects as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions. Current determinations are available online at https://www.dol.gov

If there is a difference between the Federal minimum wage rates predetermined by the U.S. Secretary of Labor and the prevailing wage rates determined by the City of El Cajon, the prevailing rate shall prevail. The Contractor and its subcontractors shall pay no less than the higher wage rate.

All bids submitted shall be accompanied by a check or certified 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, and shall be available from the City of El Cajon. Said amount and so payable, executed by a duly authorized company officer to authorize the payment or the State of California, and satisfactory to said City.

A performance Bond and Labor and Material Bond shall be required to be submitted with the bid proposal, and verified by the city of El Cajon. Any contractor who is awarded the contract shall be required to procure a performance bond, for the contract amount, in an amount equal to 100% of the public contract code, from a company authorized to purchase the performance bond, for the contract amount, available from the websites of companies authorized to purchase performance bonds. Copies of the general prevailing wage rate on the Project, as determined by the California Department of Industrial Relations and by the US Department of Labor, are available from the websites of the respective agencies. Any successful bidder who intends to use a craft or classification not shown on the said wage rates, as a part of the prevailing wage rate may be required to pay the wage rate of the craft or classification or classification shown on the rates as it shown in the general determinations effective at the time of the call for bids.

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This service is provided by the California Department of Industrial Relations. The determination for the service is available at the website of the Department of Industrial Relations.

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An authorized representative of the Contractor shall be present at the time and date set forth above, for the purpose of receiving and opening bids from the bids that are submitted in pursuance of the said contract, pursuant to Section 22300 of the California Public-Contract Code.

The City Council reserves the right to reject any and all bids and to accept the bid or bids, as it may mature to the best interests of the City and to waive any irregularity in the proceedings for the award of the contract with the bidder being the lowest bidder in the opening of bids.

The solicitation of the purchase of goods or services is prohibited except as provided in the Public Contract Code. It is not a violation of this section for an entity to request information about postponements that are very short in duration. The undersigned Trustee verifies that the notice of sale is intended to comply with all California law and the undersigned Trustee is authorized by the court to conduct the sale.

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Give a pet a forever-home — Stop by the El Cajon Animal Shelter

Hill’s Pet Nutrition encourages pet families to build Emergency Go-Kits and be pet prepared

In recognition of National Animal Disaster Preparedness Day on May 9, 2015, Hill’s Pet Nutrition is encouraging pet parents to plan ahead by creating a pet emergency go-kit and following several easy tips to ensure the safety of their pets during a crisis.

“The best thing a family can do in the case of an emergency is be prepared, and that includes having a plan in place for your pets,” said Kostas Kontopanos, President of Hill’s Pet Nutrition North America. “We hope that families take into account some simple steps that will help them feel ready to respond should disaster strike.”

Hill’s recommends building a Pet Emergency Go-Kit in order to cut down on time in the event of a crisis, allowing families to focus solely on getting to safety as quickly as possible.

“Just knowing that a kit is packed and ready to go should eliminate some of the stress during an emergency,” said Dr. Ellen Lowery, Director of U.S. Veterinary and Professional Affairs at Hill’s Pet Nutrition. “It will put a family at ease, knowing that everyone, including their beloved pets, will be taken care of.”

The Pet Emergency Go-Kit should include the following:
• Basic first aid supplies
• A 3-day supply of bottled water and the pet’s preferred food, held in a waterproof container
• Safety harness and leash
• Waste clean-up supplies
• Medications and a copy of the pet’s medical records
• List of veterinarians and local pet care organizations
• List of the pet’s feeding routine and any behavioral issues
• Comfort items, such as a blanket or favorite toy, to help keep the pet calm and comfortable.

Hill’s Pet Nutrition recommends the following additional Tips to Help Ensure Your Pet’s Safety in an Emergency:
1. Ensure your pet’s identification by using a microchip or collar ID tag, and make sure that your contact information is up-to-date.
2. Display a pet rescue decal on your front door or window to let first responders know there is a pet in the house. Include your veterinarian’s contact information.
3. Learn where your pet likes to hide in your house when frightened. Finding your pet quickly will help you evacuate faster.
4. Identify a location to take your pet if you need to leave your immediate area. Keep in mind that disaster shelters for people may not be open to pets. Scout hotels and motels with pet-friendly policies and ask relatives or friends if they could house you and your pet.
5. Carry a picture of your pet in the event of separation.
6. If you need to evacuate, consider taking a pet carrier or crate for transport and safekeeping.

Hill’s Disaster Relief Network: In the event of an emergency, the Hill’s Disaster Relief Network is positioned to quickly respond and aid impacted areas by supplying pet food to communities hit by disasters. The first-of-its-kind network was established in 2013 as an extension of Hill’s Food, Shelter & Love™ program, which has donated more than $280 million worth of Hill’s Science Diet® brand foods to over 1,000 shelters in the United States and helped more than eight million pets find new homes.

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