

Subject: The Weekly Blast

Ladies and Gentlemen,

The Weekly Blast:

The Del Mar Beach is hosting a free movie night every Friday down by the Cantina and Stage. Movies begin at 8:00p.m. so bring the family, a blanket, and enjoy.

Meet The Stars of "The Expendables" at a FREE Screening. Showing is on July 23 at 6pm at the Base Theater for the first 1,300 authorized patrons 17 and older. See attached flyer for more information.

Come workout with Jillian Michaels & Bob Harper from The Biggest Loser Wed. July 21 from 12-1:30pm at the 11 Area Football Field. All authorized patrons 18+. Please see attached flyer.

Camp Pendleton MCCS Youth Sports Fall Registration is being held now -Aug. 6 for Flag Football, Soccer, & Cheerleading. Registration is open for children ages 5-18. Please see attached flyer for more information and registration forms.

Google has done it again.....

Not everybody has On Star, etc. or a phone book handy. Look what Google is doing.....

Here's a number worth putting in your cell phone, or your home phone speed dial: 1-800-goog411 (1.800.466.4411)

This is an awesome service from Google, and it's free -- great when you are driving on the road with no pen, pencil or paper handy. Don't waste your money on information calls and don't waste your time manually dialing the number. I am driving along in my car and I need to call the golf course and I don't know the number. I hit the speed dial for information that I have programmed.

The voice at the other end says, "City & State." I say, "Garland ,Texas ." He says, "Business, Name or Type of Service." I say, "Garland Golf Course." He says, "Connecting" and Garland Golf Course answers the phone.

This is nationwide and it is absolutely free! Click on the link below and watch the short clip for a quick demonstration.

<http://www.google.com/goog411/>

2010 Summer Meal Sites San Diego

This has been around for years and provides children 17 and under with a free, nutritional snack lunch throughout summer, no paperwork needed. More and more schools, churches, and organizations are becoming distribution sites.

Below is a link to the program and has a list of the sites for the summer.

<http://www.cde.ca.gov/ds/sh/sn/sfs201037.asp>

101 Critical Days of summer 2010 has released a good article on Summer water Safety. To read the full article please click on the attached document.

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