

EAST COUNTY GAZETTE

KEEPING THE SPIRIT OF EAST COUNTY ALIVE!



Adoptable pets . . .page 15

INSIDE THIS ISSUE
 Local 2-5
 Health 6
 Entertainment 7-9
 Sports10
 Legals..... 12-13

**PRESORTED
STANDARD
U.S. POSTAGE PAID
EL CAJON, CA 92020
PERMIT NO. 237**

**SUBSCRIBE
TODAY!
CALL
(619) 444-5774**

Gazette Newspaper Group Publications, State and National Award winning publications, proudly serves El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country
VOLUME 10 NUMBER 31 **JANUARY 7-13, 2010**

What's new in theatres?

Read about
Heath Ledger's last movie

'The
Imaginarium
of Doctor
Parnassus'

by
Diana
Saenger
on
page 7



5th Annual East County Homeownership Fair

Title Sponsor
usbank

El Cajon
CDC

FREE - One Day Only!

Everything you need to know about buying or keeping a home



- Foreclosure Prevention Seminars
- Credit Education Presentation
- Home Clinic: One-on-One Confidential Foreclosure Counseling

- Kids Savings Safari
- Homeownership Seminars
- Homeownership Vendor Exhibits

Saturday, January 16, 2010

9:30 am - 2:00 pm
Ronald Reagan Community Center
195 East Douglas Avenue
Downtown El Cajon

Bank of America

UnionBank

COX

SAN DIEGO HOUSING

Regional Partners

LISC

For more information visit www.downtownelcajon.com

Chargers sell out Divisional Playoff Game



The Chargers announced Wednesday that their AFC Divisional Playoff Game scheduled for Sunday, Jan. 17 is sold out. Shown above is San Diego Chargers full back Mike Tolbert (35) dancing in celebration after scoring the game winning touchdown on a 2-yard pass from Billy Volek last Sunday. The Chargers defeated the Washington Redskins 23-20 at Qualcomm Stadium. Photo credit: Tom Walko



Elmer Sweetwood and Sons
Complete Auto Repair
EST. 1948

**Smog Checks, We Now do 'Test Only'
We Certify Gross Polluters**

\$15.95
+ CERT.
Most Cars

Consumer Assistance Program
FREE EMISSION REPAIRS
Up to \$500 in CAP Repairs
CALL FOR DETAILS

151 S. SUNSHINE, EL CAJON • 444-1696

For faster service bring DMV Renewal • Motorhome & Some Van Extra. Not valid with other offers. ECG2
Exp. 01/30/10

Fantastic Sams®
HAIR SALONS

HAIRCUT ^{only} **\$9.95**
Reg. \$15.00

Good Only at the EL CAJON SALON
Expires Feb. 18, 2010 *Extra Charges may apply for Long or Thick hair.

**124 West Main St., Suite 140 El Cajon
(619) 440-0339**

Kayou Clinic East
450 Fletcher Pkwy
El Cajon, CA 92020
(619) 447-1502



Kayou Clinic West
1951 4th Ave #202
San Diego, CA 92101
(619) 235-4409

California licensed nurses and physicians with a combined total of more than 60 years as licensed medical professionals.

- Laser Hair Removal • Laser Skin Rejuvenation
- Botox Administration • Collagen Administration
- Laser Tattoo Removal • Laser Vein Removal
- Microdermabrasion • Chemical Peels
- Intense Pulse Light (IPL) • Titan

www.kayouclinic.com



Local News & Events

Bits and pieces around East County

Winter registration for recreation programs

Youth Basketball Begins this Winter Season! Winter marks the return of youth basketball with the City of El Cajon Recreation Department! Boys and girls in grades K - 8 are invited to enroll. This safe and affordable 10-week instructional league will help your child learn fundamental skills, basic rules, individual and team effort, and sportsmanship. League dates are Jan. 11 - March 19. Sign up at the neighborhood recreation center nearest your home or

child's school in order to balance participation throughout the league. Proof of age and residency is required. Contact the City of El Cajon Recreation Department at (619) 441-1754 for more information or log onto www.elcajonrec.org.

Winter Registration for other Recreation Programs. Winter programming in areas of sports, dance, fitness, gymnastics, arts and preschool are available at your nearest neighborhood recreation center. Winter session dates are Jan. 11 - March 20. For a quick, easy and secure way to sign up

for your favorite activity, class or program, or for more information on registration dates and registration tips, log onto the Recreation Department's web page at www.elcajonrec.org. You and your child will experience the rewards of participating in a safe, fun and caring environment!

Homeownership Fair is January 16

Be an informed homeowner! The 5th Annual East County Homeownership Fair will be held on Saturday, Jan. 16, from 9:30 a.m. to 2 p.m. at the Ronald Reagan Community Center, 195 East Douglas Avenue, in Downtown El Cajon. Admission, parking and children's activities are free. This event is sponsored by U.S. Bank, and presented by El Cajon Community Development Corporation (CDC), City of El Cajon, and Housing Opportunities Collaborative. The fair will offer services and information for prospective and current homeowners seek-

ing guidance and counseling regarding foreclosure prevention. Event exhibitors will be on hand from the real estate, lending, homeownership counseling, foreclosure prevention, and counseling professions. Multiple workshops will be offered on down payment assistance, foreclosure prevention, home buying and financial literacy, and much more - all to help you learn what you need to know about homeownership! One-on-one confidential counseling will also be available, as well as fun activities for the kids. Additional sponsors include Bank of America, Union Bank of California, and Cox Communications. For more information, or to become a vendor, presenter, or sponsor please contact Kathryn Courter, at the CDC, at (619) 401-8858, or visit www.downtownelcajon.com.

Input sought on ECPAC's future

For those who missed the first public forum in December,



there will be one more forum on Thursday, Jan. 21. The City of El Cajon is seeking positive public input on a master plan for the Civic Center area. This includes renovations to the East County Performing Arts Center (ECPAC). To help in the design and planning process, the City is asking for public input. This second community forum will be held from 7 to 8 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. The forums are to share goals of the renovation and to receive community input on desired renovations to the Theater. The agenda is the same for both meetings. If you would like to attend, please RSVP to the Recreation Department at (619) 441-1754. Space is limited so we

request no more than three people from any one organization attend.

Looking for the next Miss El Cajon and Miss El Cajon Teen

It's that time of year again as pageant officials are now searching for the next Miss El Cajon and Miss El Cajon Teen. The pageant is scheduled for Saturday, March 27. A fun and informational orientation is planned for Saturday, Jan. 23, 1 p.m. at Kennedy Recreation Center, located at 1675 East Madison Avenue in El Cajon. You will learn about all of the great activities planned, and pick up your applications and paperwork. Check

See BITS AND PIECES page 5

CENTRIC
Transmissions
AUTOMATICS & STANDARDS

*Check Engine Light
Foreign & Domestic
Transfer Cases
Clutches
C.V. Axles
Rebuild
Repair*

We Fix
Transmission
*Leaks Noises
Slips Squeaks*

FREE ESTIMATES

(619) 593-8550
1265-C GREENFIELD DR.
EL CAJON, CA 92021

PLAY WITH YOUR CARD TO GET INSTANT BONUS FREEPLAY WHEN YOU HIT A JACKPOT!

JACKPOT WINNERS QUALIFY TO ENTER WEEKLY DRAWING EVERY
SUNDAY AT 3PM | JANUARY 3 - MARCH 28

AWARDING \$500 IN FREEPLAY FOR THE LUCKIEST JACKPOT WINNER OF THE WEEK!

GOLDEN ACORN CASINO
& TRAVEL CENTER

1-866-794-6244 | www.GoldenAcornCasino.com

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

HYPNOSIS WORKS!

- Fibromyalgia
- Sleep
- Weight
- Fear



- Chronic Pain
- IBS
- Stress
- Relationships



Smoking Today!

Judy Callihan Warfield

• Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successthypnotherapy.com

4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERTSLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations
(619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

PI
18486

Civilian Security Training • CCW • Mindset • Tactics
FIREARMS TRAINING
Get Your Concealed Weapons Permit Now!
For details visit us at:
CCWUSA.COM
Info@CCWUSA.com — or call Bill directly at: (619) 919-2652

WE HAVE EXCELLENT WINTER RATES



TOM CIOTA
BUILDER, Inc.

Lic. No. 557282
Bonded & Insured

Home Improvements • Room Additions
Custom Homes • Decks

www.tomciotabuilder.com

Alpine, CA

(619) 722-6856 Cell: (619) 244-5399

REGIONAL ELITE

SAME DAY SERVICE

LICENSE NO. 435515

PLUMBING INC.

(619) 722-1049

SERVICE & REPAIR • DRAINS • REMODELS

Support our advertisers ...
They Support Your Paper
That Supports Your
Community!



"For the Best Plumbing Values in Town"
REPAIR ♦ REPIPE ♦ REMODEL

LIC. # 749354

619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

STAMP, COLORED OR STANDARD
DRIVEWAYS & PATIOS

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net

VISA/MASTERCARD ACCEPTED

Rice RV
Sales, Rentals and Service
Motorhome, trailer and toy hauler rentals — economy to luxury!
Great selection of used trailers, toy haulers and motorhomes.
RV service/repairs.
1035 E. Main Street,
El Cajon
(619) 444-1881 Come see us!

YOUR NEXT JEWELRY & WATCHES INC.

Al & Ann... The Jewelers of Lakeside since 1980

Over 42 years experience!

• Watch batteries • Watches • Jewelry • Clock repair

FREE

Prong
Inspection

Don't Lose Your Diamonds



**WATCH
BATTERY
\$5.00**

Installation
Labor Only.
#354 or #372

9773 Maine Ave, Lakeside • 619 634-8389

Rupert Pedrin Jr. Concrete



Concrete Flat Work
Driveways & Patios
Light Tractor Work
Rupert Pedrin Jr.
Office 619-445-6110
Cell 619-820-3699
Fax 619-445-8216

proyoung
INTERNATIONAL

Home of the World's First Great Tasting
"Healthy Coffee"

Packets you can make at home or the office!

www.proyoung.us/normand



**El Cajon Animal
Shelter**

1275 N. Marshall Ave.,
El Cajon, CA 92020

Phone: (619) 441-1580

The shelter is open to the public from 10 AM to 5:30 PM,
Tuesday through Saturday and from 1pm-2pm for lunch.

The shelter is closed Sunday and Monday.

*The El Cajon Animal Shelter is not a part of the
San Diego County Animal Services.*

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the "Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables, Leasing, Strategic Planning, Custom Financial Reports.
- Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists.

REALTY RESOURCES (619) 938-3800

Stephen Dows, mba www.Realty-Resources.com
DRE#01523368 CSLB#884406

NEVER MISS AN EVENT AGAIN!

Subscribe to the Gazette online for only \$10/
year.

**The East County Gazette will come to
your e-mail box
every Thursday for one year!**
Call today and subscribe.
(619) 444-5774

**Of course you can subscribe and have the
Gazette come to your mailbox everyweek for
one year for only \$30.**

SHOP EAST COUNTY



HOME LOANS

4.750%
30 Year Fixed
4.97% APR
**Call
Today!**

"Mortgage Banker licensed by the Department of Corporations #8138485"

PURCHASE & REFINANCE HOME LOANS:

- **FREE Pre-Approvals** — so you can shop with confidence
- **GUARANTEED RATES** — FREE — We back your rate at application
- **FHA, VA, FNMA & FHLMC loans available**
- **95% Cash Out**
- **3% Cash down to purchase loans up to \$700,000**
- **FAST CLOSING** — We close on time for your family
- **Branches Nationwide** — Large enough to be secure, small enough to care

**Bank Owned
& Short Sale
Lending Source**

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, in-house, from start to finish. Having funded more than 70,000 loans during 10 years in business, we have the strength and experience to get your loan done and make your dream a reality.

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.

We do our homework so you close on time!



KELLI KRUEL
10 YRS. EXP.



LYNNE HOFFMAN
21 YRS. EXP.



CHRISTINE WAITS
17 YRS. EXP.



CHRIS WILEY
17 YRS. EXP.

EXPERIENCE COUNTS!

CALL US TODAY (619) 722-1303

2140 Alpine Blvd., #B, Alpine

"Your East County Home Loan Professionals"

Having trouble with your current loan, visit www.HOPENOW.com — HOPENOW efforts come at no cost to the borrower. Borrowers should be wary of sources that offer help, but require a fee.

— LOCAL NEWS & EVENTS —

Bits and pieces ...

Continued from page 2

out their MySpace page and add them as a friend at www.myspace.com/misselcajon for updated information and pictures, along with information on the qualifications and areas of competition. They are also on Facebook, just search for Miss El Cajon. The pageant is a non-profit organization that provides scholarships and great opportunities for young women in El Cajon. RSVP with your name, age and contact information so they will know how many people to expect and how they can get in touch with for any changes or updates. Feel free to bring a parent or guardian if you are under 18 years of age. If you are interested in participating, but unable to attend the orientation, please let them know and they can email all the information for the orientation to you. For more information please call Andrea Breise, Executive Director for the Miss El Cajon Scholarship Pageant, at (619) 938-3477.

Lending A Hand In 2010

The staff of the El Cajon Community Development Corporation is already gearing up for the Lend A Hand Events in the New Year. The first two clean-up days for 2010 have been scheduled for January 30, at the corner of Chamberlain Street and Emerald Street, and on February 27, at the corner of East Camden Avenue and Lincoln Avenue. For more information, or to register, please call (619) 401-8858.

City Blood Drive

The City of El Cajon will hold their Annual Blood Drive at City Hall on February 4, 2010. Give of the gift of life and stop by the Bloodmobile that will be set up in front of City Hall, adjacent to the East County Performing Arts Center at 210 E. Main Street, from 7:30 a.m. to 1:30 p.m. To schedule an appointment please call (619) 441-1716.

More Earthquake Activity! Be prepared in 2010

With recent earthquake activity - NOW is the time to be prepared. An excellent way is to enroll in one of two upcoming East County Community Emergency Response Team (CERT) academies. The dates for our free 2010 (CERT) disaster preparedness classes are listed below, and on our website at www.elcajonfire.com - register now!

Academy - #1 - Space Available - (But filling quickly)

Feb. 6 - Disaster preparedness/CERT organization

Feb. 20 - Disaster Medical/Triage

March 6 - Fire Extinguishers/Light Search and Rescue classroom

March 20 - Fire Extinguishers/Light Search and Rescue hands on - *At HTF

April 3 - Disaster Psychology/Hazardous Material/Terrorism

April 17 - All inclusive manipulative/review - *At HTF

Academy - #2 - Space Available

May 22 - Disaster preparedness/CERT organization

June 5 - Disaster Medical/Triage

June 19 - Extinguishers/Light Search and Rescue classroom - (two week break)

July 10 - Fire Extinguishers/Light Search and Rescue hands on - *At HTF

July 24 - Disaster Psychology/Hazardous Materials/Terrorism

Aug. 7 - All inclusive manipulative/review - *At HTF

These classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. Class location for registered CERT students is 8054 Allison Avenue, La Mesa Fire Station 11. If you would like to register please call (619) 441-1737. Please leave your name and best contact phone number. The Heartland Training Facility (HTF) location is 1301 N. Marshal in El Cajon for the hands on training.

Classes are limited to 35 to 40 participants per academy, ages 16 and up. Please, for safety concerns, we ask you do not bring babies or children to these classes. Any classes missed may be made up during the following academy. Members of the Heartland Fire and Rescue Departments and Santee Fire Department teach these classes. Visit www.elcajonfire.com for more information on the CERT program.

Report a concern

The public can report a concern online on the City's website. To report graffiti, noise, potholes, weeds, or storm water violations, you can go to www.ci.el-cajon.ca.us and click on REPORT A CONCERN. You can also call City Hall with your concern at (619) 441-1716.

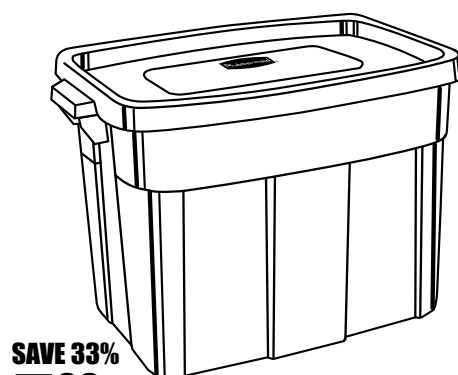


Disaster drill held at Westfield Parkway utilizing CERT members. Photo credit: Monica Zech.

Sentimental Fashions
Ladies Resale Boutique
Purses, Shoes, Jewelry and Accessories.
1077 Broadway, El Cajon, CA 92021
(619) 442-3231
Mon-Sat 10-6 closed Sundays
Visit us at:
www.sentimentalfashions.com

**Support our advertisers ...
They Support Your Paper
— That Supports Your
Community!**

Get outstanding low prices on quality products.



SAVE 33%
5⁹⁹

reg. 8.99
18-Gal. Roughneck® Storage Tote
Tight-fitting lid, stackable design. 24"L x 16"W x 16½"H. W 405 883 F12 While supplies last.



SAVE \$6
9⁹⁹
Your choice

reg. 15.99
Drawstring Trash Bags
Choose 33-gal./58-ct. trash bags or 13-gal./116-ct. tall kitchen trash bags. W 572 303, 604 363 B4 While supplies last.



SAVE \$3
4⁴⁴

Your choice

reg. 7.99
Bird Food
Choose 10-lb. black oil sunflower seed or 20-lb. wild bird food. L 106 118, 501 272 While supplies last.



JANUARY
Bargains
of the month

Find the right supplies for your projects, plus expert advice.

**1730 Alpine Blvd.,
Suite 120, Alpine
(619) 445-5674**

True Value®
START RIGHT. START HERE.®

For Health's Sake

Don't put yourself at risk for a winter fire — part 2

Keeping warm

There are more ways to keep warm than just using the fireplace. Here are a few suggestions:

- Set the thermostat at 65 degrees or higher.
- Never leave fireplaces, woodstoves or space heaters unattended. Always use extreme caution with auxiliary heat sources.
- Speak with a trusted contractor about doing a winter survey on your home. You may want to install plastic coating over your windows and doors, a sump pump in your

basement, storm windows or consider purchasing special padding or foam to prevent drafts around cracks where air can escape. If a complete storm window upgrade is out of your price range, consider replacing old storm windows on just the northern exposure of your home where it is vulnerable to the cold.

- Add extra insulation to attics, basements and crawl spaces. Ideally, the attic should be five to ten degrees warmer than the outside air.

- Have the heating system serviced. Furnaces, boilers and chimneys should be serviced at least once a year to prevent fire

and smoke damage.

For more information on preparing your home for winter or to speak with an IIABA expert, please contact Sue Nester (broadcast), (703) 706-5448, susan.nester@iiaba.net or Margarita Tapia (print) at (703) 706-5374, margarita.tapia@iiaba.net.

Trusted Choice® agencies are insurance and financial services firms. They represent multiple insurance companies, offering individuals and business owners a variety of coverage choices, customized insurance plans to meet specialized needs as well as advocacy support. These firms adhere to a pledge of

performance, committing them to providing excellent customer service. Go to www.TrustedChoice.com and click on "Find a Trusted Choice® Agent" on the homepage to locate the right agency for your needs.

Founded in 1896, IIABA (the Big "I") is the nation's oldest and largest national association of independent insurance agents and brokers, representing a network of more than 300,000 agents, brokers and their employees nationally. Its members are businesses that offer customers a choice of policies from a variety of insurance companies. Independent agents and brokers offer all lines of insurance—property, casualty, life, health, employee benefit plans and retirement products. Web address: www.independentagent.com.

SHARP SENIOR FEBRUARY PROGRAMS

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.

CAROTID ARTERY SCREENING

Do you have episodes of slurred speech, facial drooping, temporary loss of vision or one-sided weakness or numbness? This free screening tests the carotid blood flow to the brain. Students from Grossmont College's Cardiovascular Technology Program perform this non-diagnostic check. Saturday, Feb. 6, 9 a.m. to 2 p.m. at the Grossmont Hospital Cardiovascular Services, 5555 Grossmont Center Dr., La Mesa. Appointment required. Call 1-800-827-4277.

HELP!! I'M A CAREGIVER

Find out about resources for family caregivers, placement options, support groups and more from Andrea Holmberg, Program Coordinator of the Sharp Senior Resource Center. This free class covers emotional issues about caring for a loved one. Thursday, February 11, 2 to 4 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

GOLDEN ACORN CASINO

Jot Down January for LOTS OF THRILLING EVENTS ...

BINGO – Now every Tuesday AND FRIDAY at 11am in the Showroom

GIFT OF THE DAY – FRIDAYS 6am to 6pm

SWIPE, PLAY, WIN! – Come in anytime and take your free swipe to win \$150,000

LIQUID SLOT GOLD – Purchase a beverage of \$3.00 value and receive \$2.00 FreePlay

BRING A FRIEND – Bring a friend to sign up at Player's Gold and you get FreePlay

GOLDEN GLORY BURGER – It's back – Two pounds of burger & all the fixings - \$17.99

BLACK JACK DOUBLE BONUS - \$5,000 to share among 5 winners Jan 1 to April 10

HOT SLOTS – 3 winners each hour receive \$50.00 FreePlay

PAYDAY FRIDAYS – Every Friday, win your share of \$2,500 earn 50 points for a chance

SUPER SATURDAYS – On selected days, big drawing for a chance to win \$150,000

FLURRY OF CASH – Selected times Monday and Wednesday, win \$5,000

And now, for the REALLY BIG NEWS ...

MMA CAGE FIGHTING – January 30, 8pm – 10pm, call 619-938-6012 for ticket information

Make certain you include the fun at GOLDEN ACORN CASINO on your January calendar.

Support our
advertisers ...
They support
your paper!

Laughter is the Best Medicine

100 mile an hour goat

Two rednecks are out hunting, and as they are walking along they come upon a huge hole in the ground. They approach it and are amazed by the size of it.

The first hunter says "Wow, that's some hole; I can't even see the bottom. I wonder how

deep it is." The second hunter says "I don't know, let's throw something down and listen and see how long it takes to hit bottom."

The first hunter says "There's this old automobile transmission here, give me a hand and we'll throw it in and see". So they pick it up and carry it over, and count one, and two and three, and throw it in the hole.

They are standing there listening and looking over the edge and they hear a rustling in the brush behind them. As they turn around they see a goat come crashing through the brush, run up to the hole and with no hesitation, jump in head first.

While they are standing there looking at each other, looking in the hole and trying to figure out what that was all about, an old farmer walks up. "Say there", says the farmer, "you fellers didn't happen to see my goat around here anywhere, did you?"

The first hunter says "Funny you should ask, but we were just standing here a minute ago and a goat came running out of the bushes doin' about a hundred miles an hour and jumped headfirst into this hole here!"

The old farmer said "Why that's impossible, I had him chained to a transmission!"

MOMS^{IN}MOTION
fitness teams for women

ORIENTATION MEETING
12 Noon Saturday, Jan. 2, 2010 — 8:00 am
Alpine Community Center Park
www.momsinmotion.com

East County's
My 107.9 FM
www.my1079.com
MY1079.COM
KRLY-LP FM

2065 Arnold Way, Suite 104, Alpine, CA 91901
619-445-1079 • Fx 619-445-1014

Class Act Dining & Entertainment

Last Heath Ledger film surprisingly delightful



Heath Ledger and Lily Cole star in *The Imaginarium of Doctor Parnassus*. Photo credit: Liam Daniel / Sony Pictures Classic

Review by Diana Saenger

I love going to a movie I know little about, then finding myself delighted with what I see. Terry Gilliam's *The Imaginarium of Doctor Parnassus* is a recent example. Of course, almost everyone had heard of the film because actor Heath Ledger passed away during filming. With speculation about *Parnassus* rampant, Gilliam and co-writer Charles McKeown eventually reworked the script and cast Johnny

Depp, Jude Law and Colin Farrell to fill in for Ledger.

Although set in modern-day London, the film's dark streets and costumes resemble a much earlier era. Dr. Parnassus (Christopher Plummer) is a dreamer and creative artist who harbors a deep secret. He travels the streets of London pulling along his whimsical Imaginarium – a traveling side show that beckons onlookers to come on stage and step through the Dr.'s magic mirror.

Helping with this charade, Percy (Verne Troyer) is the perfect sidekick who keeps the customers coming and the show moving along. Co-worker Anton (Andrew Garfield) evens out Percy's sarcastic personality. He's a starry-eyed youth who has eyes for Parnassus' daughter, Valentina (Lily Cole), and will do anything to be near her. Competition enters the scene when commoner Tony

(Ledger) gets rescued from the streets, and he and Valentina are instantly attracted to each other.

Most viewers will be immediately entranced with the movie's mystifying story, the incredible look of the film and the performances. I was willing to go along for the ride right from the beginning, and the story becomes even more intriguing as the plot thickens. We soon learn that years ago – when Parnassus was in his prime and seeking one particular beauty – he made a deal with the devil, Mr. Nick (Tom Waits). This agreement involved turning his daughter over to Mr. Nick when she was 16. With the time close at hand, Mr. Nick is hot on the trail and licking his lips at Valentina's every move. Can making another deal with Dr. Nick save Parnassus' precious daughter?

Cinematographer Nicola Pecorini (*Tideland*) and editor Mick Audsley (*Harry Potter and the Goblet of Fire*) had their work cut out for them with this film but excel in capturing every magical moment so inclusively we want to revisit every scene. Stepping through that magic mirror transports Parnassus' victims – customers – into an imaginary world that changes their personality and outlook on life. Hopefully, when they emerge back on stage, they will shower him with cash as well as their expensive pos-

sessions. These fanciful worlds come alive through CG and the efforts of Peerless Camera Company, the London-based optical house.

It's in these magical worlds where we meet our quartet of gents playing Tony in different mediums. Ledger (*The Dark Knight*) is terrific in his transformations and brings great energy to the film. Depp (*Public Enemies*), Jude Law (*Sherlock Holmes*) and Colin Farrell (*Crazy Heart*) receive little screen time in *Parnassus*, but their transitions as Tony work extremely well within the story's imaginary elements.

While I found Plummer exceptional in his anomalous role and Cole delightful as the girl quickly becoming a woman in

more ways than one, it's Troyer who amused me the most. His idiosyncratic character, enhanced by his small size, is hilarious. In fact, he's one of my picks for this year's Best Supporting Actor.

Parents should note that while the movie's trailers may

look enticing to youngsters, a "PG-13" rating seems quite appropriate for this film.

I'm placing *The Imaginarium of Doctor Parnassus* on my "must-see-again" list. It's sure to entertain anyone who likes movies that go beyond the ordinary.

Over 40 YEARS IN EAST COUNTY

• Beef • Ham • Spare Ribs

NOW OPEN MONDAYS!

Family BBQ

WEEKLY SPECIAL

BEEF OR HAM SANDWICH PLATE

Limit 1 Coupon Per Plate **\$5.59** (with coupon)

901 EL CAJON BLVD., EL CAJON • 442-1170

REEL FACTS

The Imaginarium of Doctor Parnassus
Studio: Sony Pictures Classic
Gazette Grade: B+
MPAA: "PG-13" for violent images, some sensuality, language and smoking
Who Should Go: Those who enjoy unexpected stories & Heath Ledger fans

MANGIA BENE
RISTORANTE ITALIANO

Now Serving Tuesday Night Buffet 4-9pm only \$9.95

<p>Buy 1 Entree Get 1 Free of equal or lesser value up to \$10 with purchase of 2 beverages Sunday and Monday only.. With coupon. Exp. 01/15/10</p>	<p>Buy 1 Sunday Buffet Get 1 Free with purchase of 2 beverages 11 am to 3 pm With coupon. Exp. 01/15/10</p>	<p>Buy 1 pizza Get 1 Free of equal or lesser value. Take out only. Not valid Fri. or Sat. With coupon. Exp. 01/15/10</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------

221 E. Main Street. • El Cajon • 619-444-0303
Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 11:30am -10pm

Banquet Room up to 55

Book your party now for any occasion!

Banquet Room up to 55

For more info go to www.mangia-bene.com or info@mangia-bene.com

YOU CAN'T HANDLE THE TOOTH.

The Tooth Fairy

Opens January 22

Special event at Regal Theatres El Cajon January 23 1 - 4 Watch the Gazette for details!

REGAL ENTERTAINMENT GROUP

1-22-10

SAVE WATER ...

USE ROCK

Call for
Free Estimates

- Colorful Deco Rock
- River Rock • Beach Pebbles
- Gravel • Boulders • Flagstone

ALPINE ROCK & BLOCK

13288 Hwy. 8 Business,
El Cajon

(619) 561-6003

www.alpinerockandblock.com

Starting Sunday, January 10, 2010

A Touch From Above International Christian Church



Don't Touch that Channel!

Dr. Luauna now in San Diego!
Invites you to church every Sunday at 10:30 am

San Diego Concourse / Civic Center

202 C. Street

Phone: 760-789-6207

Trolley drops off right at the front door!
Services in five languages



www.atouchfromabove.org

Cars • Vans • Motorhomes • Trucks • RVs



Quality Glass Installed & Repaired

By Experienced,
Dependable Professionals

Locally Owned & Serving San Diego Since 1976
Simplified Insurance Claim Coverage

ASK ABOUT OUR
NATIONAL LIFETIME
WARRANTY



www.heckmanautoglass.com

For a Free Quote Call ... **619-588-9000**



Full Circle Acupuncture Clinic

ALTERNATIVE FAMILY HEALTHCARE

- Acupuncture
- Chinese Herbs
- Acupressure
- Foot Spa Detox
- Nutrition
- Reiki
- Five Element Treatment

Helping you heal Allergies, Back Aches, Colds, Headaches, Food and other Addictions,
Anxiety and Depression and more through safe and proven alternative therapies.

Deborah Barry, LAc. & Adam Mindell, LAc.

7866 La Mesa Blvd.,

www.fullcircleclinic.com

(619) 469-2027

\$5,000 Flurry of CASH

Drawings held
Monday & Wednesday
10AM, 11AM AND 12PM
5PM, 6PM AND 7PM

ONE PLAYER SELECTED WILL ENTER THE MONEY MACHINE.
FOR A CHANCE TO GRAB THOUSANDS IN CASH!
EARN A DRAWING TICKET FOR EVERY 50 GOLD POINTS EARNED.

GOLDEN ACORN CASINO
& Travel Center

1-866-794-6244 | www.GoldenAcornCasino.com

MMA CAGE FIGHTING

SATURDAY
JANUARY 30

8PM

(DOORS OPEN AT 7:00 PM)

TICKETS ON SALE **NOW!**

Call: (619) 938-6012



After party on Casino Floor
Live Music | 10 pm - 1 am

\$10
Prime Rib Buffet
 served nightly at 4 pm



Win your share of
\$15,000

**Every
 Monday
 Night!**

January 5 – February 1

- Club Sycuan members get one free daily entry!
- Earn bonus entries playing your favorite slots, table games and bingo!
- Prizes grow larger at every drawing!
- \$15,000 cash GUARANTEED every Monday!

Drawing Times*

7:00 pm.....\$1,000

7:30 pm.....\$1,500

8:00 pm.....\$2,000

8:30 pm.....\$2,500

9:00 pm.....\$3,000

9:30 pm.....\$5,000

* You must be present to win. Each cash prize rolls over to the next drawing if not claimed within 5 minutes. The final 9:30 pm drawing will include all prior drawing rollovers and names will be called until a winner is present!

See Club Sycuan for Official Rules.

san diego's daycation getaway!

Sycuan
 CASINO

5469 CASINO WAY, EL CAJON, CA | 619-445-6002 | SYCUANCASINO.COM

Must be 18 years of age or older to be in Casino, restaurants and theatre. Please play responsibly.

MOTOR AND SPORTS

2010 Nissan Altima Hybrid

by Dave Stall

Some people may not know this, but when Nissan and Toyota started their Hybrid technology back in 2002, they signed an agreement that they would share the technology. Today Toyota supplies Nissan with the Hybrid system and Nissan takes care of the rest. With this relationship, one would think the two companies would have vehicles that drive and act the same. This is the farthest from the truth, both companies' hybrid vehicles drive totally different and the Altima is a wonderful five passenger sedan. No one would even know that it was a hybrid if it wasn't for the no-sound city driving. One point everyone asks about when mentioning electric vehicles or even hybrid is how far can it be driven? Not realizing electric vehicles are for short distance driving and hybrid are for combined short and long distance driving. The Hybrid Altima will give you 600 miles of range on one tank of fuel. Now that is what

I'm talking about, regular unleaded fuel and go 600 miles. Hybrids are starting to make sense to me.

Let's chat about the car itself; the gas-power comes from a 2.5-liter Dual Overhead Camshaft 16-Valve four cylinder front wheel drive engine back by a Electronically Controlled Continuously Variable Transmission that has no shift points. Once the driver steps down on the gas, first the electric motor kicks in and with more foot pressure, the gas engine kicks in with your acceleration needs. The electric motor is a 198 Hybrid horsepower unit and the transition is smooth as butter. If consumers need to know the Power pack contains 244.8V of power coming from a sealed Nickel-Metal Hydride (Ni-MH) 40 horsepower (30 KW) unit. The other thing worth mentioning about the 2010 Nissan Hybrid Altima is it is rated as Advanced Technology Partial Zero Emissions vehicles which helps the environment and keep the air clean.



2010 Nissan Altima Hybrid. Photo credit: Dave Stall

The rest of the Altima is just like its gas burning cousin except for a different dash layout, but all in all it is a great five passenger car with all the amenities that aren't normally in a Hybrid. With the Altima, consumers get styling contoured reclining front seats, tilt and telescoping steering wheel, cruise control with steering wheel controls, AM/FM/CD/AUX audio system with six

speakers thought out the car. Also includes A/C in cabin filter, dual zone climate controls, rear passenger floor vents for heat and cool air, power windows with driver power up and down, power door locks dual 12-volt DC power outlets for all the electronic gadgets. Also included are front map lights and sunglass storage pod in the roof, door panel will hold water

See ALTIMA page 11

FEB. 6 QUALCOMM STADIUM
7:00 PM

Monster Energy Supercross
AMA Supercross Series

We are Having A Party !!!
Friday, January 15, 2010

La Posta Casino is Turning 3 !!!
Big Celebration, Cash Giveaway,
Live Music, Food & Drink Specials !!!

LA POSTACASINO
3rd Anniversary Jan 15, 2010

3rd Year Anniversary!

TRIPLE 3
Cash Giveaway
Earn tickets from 7:00am - 7:30pm
Drawings at 8:00 pm
Over \$3,000 in Cash Prizes!!!

3 Winners Every Hour!

Big Celebration Spin

Wednesdays 5pm - 9pm
Sundays 3pm - 7pm

Experience the Difference

3's a charm!

Random Slot Seat Selections 9pm - 12am

Fridays & Saturdays

Three lucky winners selected at every hour (9pm-12am)
Participate by simply using your Club La Posta Card.

See Club La Posta for details

LA POSTACASINO

MARIE'S
BREAKFAST - LUNCH - DINNER

You must be 21 years or older to gamble in the Casino. Do you or someone you know have a gambling problem? Problem gambling help line 1-800-GAMBLER (426-2537).

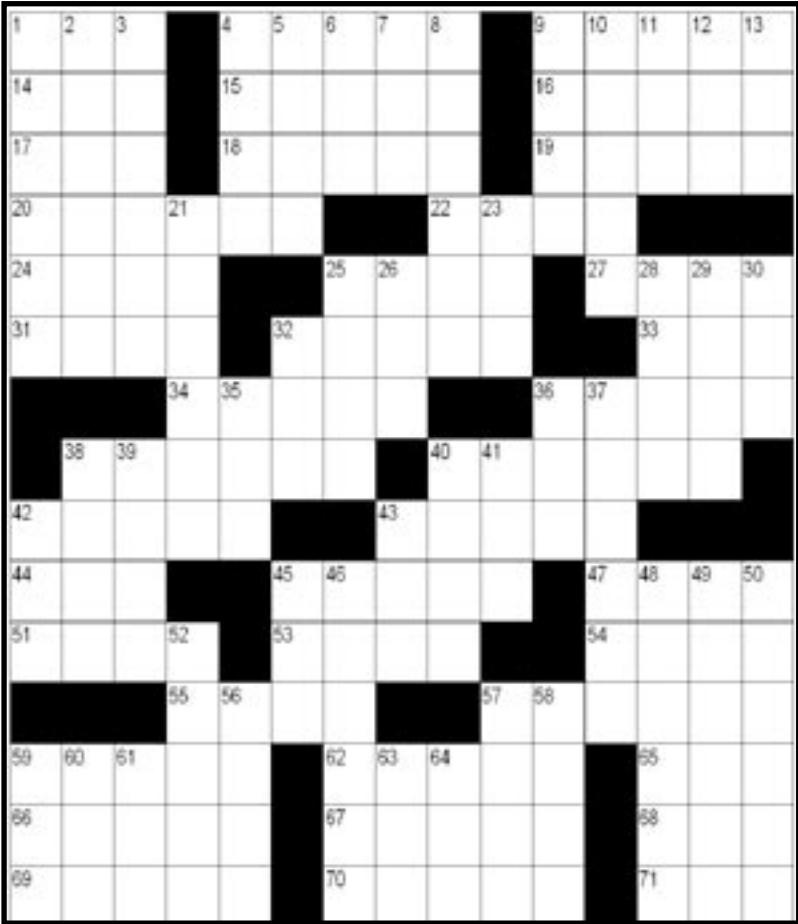
I-8 East to the Crestwood Rd. exit, turn Left.

LA POSTA: (619) 824-4100

www.lapostacasino.com

PUZZLES AND FUN

CROSSWORD PUZZLE



Across

- 1 Cooking measurement
4 Council
9 Deity-like
14 Terminal abbr.
15 Condominium
16 Let up
17 Recent
18 BB Player Abdul Jabar
19 Wards off
20 European river
22 Fluky
24 Paradise
25 Panel
27 Large flat-bottomed boat
31 Imbued
32 Subatomic particle
33 Fish eggs
34 Ms. Winfrey
36 Surprise
38 Chicken piece
40 Panegyric
42 Tie up
43 Fertile desert area
44 Aced
45 Stops
47 Melt
51 Due
53 Tails
54 Folk story
55 Lean

Down

- 57 Anybody
59 Gave a lavish party
62 Lodge
65 Urchin
66 Auger
67 Aries the Ram
68 Expert
69 Rejoin
70 Several feet
71 Held
28 Cliff
29 Slimly
30 Teeny
32 Married woman
35 Pops
36 Boxer Muhammad
37 Mainly
38 Forehead
39 Ancient German character
40 Food
41 Ship initials
42 Deuce
43 Used
45 Possessive pronoun
46 Anyhow
48 Tobacco pipe with water
49 Medicine from a plant
50 Removed the dandelions
52 Inhabit
56 Lazily
57 Elderly
58 Loch __ monster
59 Former president of U.S.
60 Before, poetically
61 Slant
63 Epoch
64 Directory (abbr.)

Altima ...

Continued from page 10
bottles and a few maps if one doesn't opt for the navigation system.

Moving outside the vehicle one will notice a very distinct styling that sets the Altima apart from the Hybrid competition, Halogen lighting, chrome tipped exhaust tips, (kind of funny having performance exhaust tips on a Hybrid), and a well designed body that slips through the air giving 35 miles per gallon in the city and 33 on the open road.

Warranty coverage is interesting, the car gets a 3 year 36,000 mile bumper to bumper warranty, the drivetrain is covered for 5-year 60,000 mile powertrain warranty and the Altima Hybrid System is covered by an 8-year 100,000 mile warranty and certain portions of the mandated California Emission items are covered for 15 years or 150,000 miles.

See the owner's manual or talk with a Nissan salesman for more information.

Now this car came from the "other" Nissan dealer in San Diego, Pacific Nissan on Mission Bay Drive. If shopping for a new or used Nissan, give them a chance. One might be surprised with the results.

OUTZKIRTS

By: David & Doreen Dotson

OUTZKIRTS.COM



Moose Lake

By Steve Krueger



Pernicano's
Since 1946

Italian Restaurant
Pizza

Celebrating
over 63 Years

of service to East
County diners

\$4 OFF

ANY
LARGE
PIZZA
with coupon
exp. 01/30/10

\$2 OFF

ANY
SMALL
PIZZA
with coupon
exp. 01/30/10

LUNCH
SPECIALS

(Includes Salad and Garlic Bread)
Spaghetti \$7.95
Lasagna \$8.95

Dinner
Specials

(Includes Salad and dinner roll)


Monday:
Lasagna & Spaghetti ... \$10.95
Tuesday:
Zucchini Parmigiana ... \$10.95
Wednesday:
Eggplant Parmigiana... \$10.95
Thursday:
Ravioli (meat or cheese).\$9.50
Friday:
Tortellini (chicken, cheese or spinach \$8.85
Saturday:
Half & Half \$8.85
Sunday:
Lasagna \$10.45

CATERING FOR PICK UP,
UP TO 100 PEOPLE

ORDERS TO GO
619-444-4546

1588 E. Main Street
El Cajon
Open 7 Days 11 am

LEGAL NOTICES

<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034266 FICTITIOUS BUSINESS NAME(S): A Mart Located at: 415 Parkway Sp M2, El Cajon, CA 92020 This business is conducted by: An Individual The first day of business was: October 15, 2009 This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009. East County Gazette- GIE030790 12/17, 12/24, 12/31/09, 1/07/10</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034122 FICTITIOUS BUSINESS NAME(S): Auto Proz Located at: 920 El Cajon Blvd., 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: 1. Auto Proz Inc. 920 El Cajon Blvd., El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 08, 2009. East County Gazette- GIE030790 12/17, 12/24, 12/31/09, 1/07/10</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034633 FICTITIOUS BUSINESS NAME(S): Movement Learning Center Located at: 10636 Scripps Summit Ct., Ste. 123, San Diego, CA 92131 This business is conducted by: Husband and Wife The first day of business was: January 1, 2007 This business is hereby registered by the following: 1. Wanda JK Crook, 17281 Voornes Lane, Ramona, CA 92065; 2. Richard H. Crook 17281 Voornes Lane, Ramona, CA 92065 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 14, 2009. East County Gazette- GIE030790 12/24, 12/31, 2009, 1/07, 1/14, 2010</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035840 FICTITIOUS BUSINESS NAME(S): DAMMAN Computer Services Located at: 1285 E. Washington Ave., Apt. 1, 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: 1. Sarmad Yousif 1285 E. Washington Ave., Apt. 1, El Cajon, CA 92019 This statement was filed with Recorder/ County Clerk of San Diego County on December 30, 2009. East County Gazette- GIE030790 01/07, 01/14, 01/21, 01/28, 2010</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033506 FICTITIOUS BUSINESS NAME(S): \$5 Clothing Store Located at: 1110 Broadway Ave., Suite 101-102, El Cajon, CA 92021 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Monica Rodriguez 1110 Broadway Ave., Suite 101-102, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 01, 2009. East County Gazette- GIE030790 01/07, 01/14, 01/21, 01/28, 2010</p>	<div><p>PUBLIC NOTICE</p><p>City of El Cajon Notice of Intent to Adopt a Negative Declaration</p><p>Notice is hereby given that the Community Development Department of the City of El Cajon has prepared a Negative Declaration concerning:</p><p>General Plan Amendment No. 2010-01, Zone Reclassification No. 2301, Amendment of Specific Plan No. 182 and Conditional Use Permit No. 2107: The City of El Cajon is proposing a General Plan Amendment, Zone Reclassification and Amendment to Specific Plan 182, and Affirmed Housing Group is proposing a Conditional Use Permit for the proposed expansion of Special Development Area #9, the zone reclassification of two sites, the amendment of Specific Plan 182 development standards and its boundaries and a conditional use permit to construct a senior housing project with a mixed-use component (retail) in downtown El Cajon.</p><p>Pursuant to Section 15072 of the California Environmental Quality Act, the subject sites is not on any list enumerated under Section 65962.5 of the California Government Code as a Hazardous contaminated site.</p><p>Pursuant to the authority and criteria contained in the California Environmental Quality Act, the Lead Agency (City of El Cajon) has analyzed the project and determined that the project will not have a significant effect on the environment. Based upon this finding the Lead Agency has prepared a Negative Declaration.</p><p>Beginning on January 6, 2010, a period of thirty days will be provided to enable public review of the project plans and the Negative Declaration prior to its adoption by the Lead Agency. All interested persons are invited to review the document and to submit opinions or evidence for or against it. Copies of the document will be available for public review during regular business hours at the Community Development Department, 200 Civic Center Way, El Cajon CA 92020. The review period will end at 5:00 p.m. on February 5, 2010.</p><p>On or after January 25, 2010, the Planning Commission will make a recommendation to the City Council and the Council will make a decision on or after February 23, 2010 regarding these applications at a public hearing, for which a separate notice will be mailed. For further information, please contact Anthony Shute, in the Planning Division at 619 441 1741.</p><p>East County Gazette- GIE030790 01/07/10</p></div>
<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034825 FICTITIOUS BUSINESS NAME(S): Smile San Diego Located at: 585 Telegraph Canyon Rd., Chula Vista, CA 91910 This business is conducted by: A Corporation The first day of business was: November 1, 2009 This business is hereby registered by the following: Joseph R. Wisneski D.D.S. APC 585 Telegraph Canyon Rd., Chula Vista, CA 91910 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 16, 2009. East County Gazette- GIE030790 12/31, 1/07, 1/14, 1/21, 2010</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035299 FICTITIOUS BUSINESS NAME(S): RNR Renovations Located at: 201 Thrasher Way, El Cajon, CA 92020 This business is conducted by: Husband and wife The business has not yet started. This business is hereby registered by the following: 1. Robert W. Thoma 201 Thrasher Way, El Cajon, CA 92020; 2. Cecilia M. Allen-Thoma 201 Thrasher Way, El Cajon, CA 92020 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 22, 2009. East County Gazette- GIE030790 12/31, 1/07, 1/14, 1/21, 2010</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034583 FICTITIOUS BUSINESS NAME(S): Island In The Hills Salon Located at: 10615 Terrasanta Blvd. #J, San Diego, CA 92124 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Denise McInain 6225 Henderson Dr., La Mesa, CA 91942 This statement was filed with Recorder/ County Clerk of San Diego County on December 14, 2009. East County Gazette- GIE030790 12/17, 12/24, 12/31/09, 1/07/10</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035602 FICTITIOUS BUSINESS NAME(S): Frannie The Clown Located at: 6717 Friars #82, San Diego, CA 92108 This business is conducted by: An Individual The first day of business was: January 15, 1997 This business is hereby registered by the following: Sherryl A. Rawlins 6717 Friars #82, San Diego, CA 92108 This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2009. East County Gazette- GIE030790 12/31, 1/07, 1/14, 1/21, 2010</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034267 FICTITIOUS BUSINESS NAME(S): A Mart Located at: 2525 Camino Real #134, Carlsbad, CA 92008 This business is conducted by: An Individual The first day of business was: September 15, 2009 This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009. East County Gazette- GIE030790 12/17, 12/24, 12/31/09, 1/07/10</p>	

CREST/DEHESA/GRANITE HILLS/ HARBISON CANYON SUBREGIONAL PLANNING GROUP
P. O. Box 21489, El Cajon, CA 92021-1489
www.crestplanning.org

PLANNING GROUP MEETING PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm, January 11, 2010

PLACE: Crest Community Center, 113 North Park Drive, Crest

- Call to order/Pledge of Allegiance/Roll call/Approval of, December 14, 2009 meetings minutes/Expense Reimbursement requests.
- Announcements.
- Open forum followed by Group Forum: An opportunity for members of the public Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- Committee Reports:
 - None
- Private project proposal:
 - TPM 20716 RPL1 Kemerko 4 lot split with remainder parcel on Mountain View Rd
- Public Project Proposal:
 - PLDO List.
- Unfinished Business
 - None
- New Business:
 - Election of Planning Group Officers for 2010
- Adjournment

Planning Group Members:

Crest:	1. Janet Dillard	2. Pat Ulm	3. Ralph Slagill	4. Judy Bowen
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Vacant	15. Mark Gabler	

Final agenda will be posted at the Crest Community Center 72 hours prior to meeting.

Chairman Wally Riggs (619) 442-4612 wrplanning@aol.com	Vice-chairman Jason Harris (619) 659-9675 harris@nautilus.com
---------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------

HOME IMPROVEMENTS

50% OFF
BATHROOM REMODEL w/coupon

For All Your Remodeling Needs
619-454-1640

Kreative Home Improvements

"Because It's Not Just A House, It's Your Home"

Kitchen Remodeling • Bathrooms Remodeling • Home Improvements • Finished Carpentry • Painting • Tile & Granite

Use #738044

VISA / MASTERCARD / DISCOVER ACCEPTED

John Castro

SOLAR

SINCE 1987, RESIDENTIAL AND COMMERCIAL GRID-TIE AND BATTERY APPLICATIONS

800-842-5678 **SOLARELECTRICINC.COM**

Kamps PROPANE

YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969

New Customer Specials
Home Delivery
Best Service in East County
Installation & Service
Budget Pay Available
16245 Alpine Boulevard
619-390-6304

To place your legal ad
Call
(619) 444-5774

JUST ONE STOP!
— **WE FILE WITH THE**
COUNTY AND SEND
YOU A COPY!

To place your legal ad stop by our office —
1130 Broadway, El Cajon
or call (619) 444-5774

ONCE YOU STOP
BY OUR OFFICE,
YOU'RE DONE!

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034828**

FICTITIOUS BUSINESS NAME(S): K&R
Distribution
Located at: 946 So. Anza #29, El Cajon,
CA 92020

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Kazwan Hanna 946 So. Anza
#29, El Cajon, CA 92020
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on December 16, 2009.

East County Gazette- GIE030790
12/24, 12/31, 2009, 1/07, 1/14, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034087**

FICTITIOUS BUSINESS NAME(S): Still N
Motion Memories
Located at: 9751 Lutheran Way, Santee,
CA 92071

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Richard Thomas 9751 Lutheran
Way, Santee, CA 92071

This statement was filed with Recorder/
County Clerk of San Diego County on
December 08, 2009.

East County Gazette- GIE030790
12/17, 12/24, 12/31/09, 1/07/10

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033099**

FICTITIOUS BUSINESS NAME(S): Auto
Medic
Located at: 3747 Convoy St., Suite B, San
Diego, CA 92111

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Eunjoo Shin 520 S. Mollison
Ave. #263, El Cajon, CA 92020
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on November 24, 2009.

East County Gazette- GIE030790
12/24, 12/31, 2009, 1/07, 1/14, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034883**

FICTITIOUS BUSINESS NAME(S): Sunset
Market & Liquor
Located at: 985 Broadway #L, Chula Vista,
CA 91911

This business is conducted by: A
Corporation
The first day of business was: May 11, 2006
This business is hereby registered by the
following: NMRM Inc. 985 Broadway #L, Chula
Vista, CA 91911
This statement was filed with Recorder/County
Clerk of San Diego County on December
16, 2009.

East County Gazette- GIE030790
12/24, 12/31, 1/07, 1/14, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034265**

FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 250 So. Marshall, El Cajon, CA
92020

This business is conducted by: An Individual
The first day of business was: November
11, 2009

This business is hereby registered by the
following: 1. Ramzi Murad 1414 Fuerte
Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/
County Clerk of San Diego County on
December 09, 2009.

East County Gazette- GIE030790
12/17, 12/24, 12/31/09, 1/07/10

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034268**

FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 4009 Taylor St., San Diego,
CA 92110

This business is conducted by: An Individual
The first day of business was: October 15,
2006

This business is hereby registered by the
following: 1. Ramzi Murad 1414 Fuerte
Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/
County Clerk of San Diego County on
December 09, 2009.

East County Gazette- GIE030790
12/17, 12/24, 12/31/09, 1/07/10

SUMMONS (Family Law)

NOTICE TO RESPONDENT (Name):
Aviso al Demandado (Nombre):
BRIGIDA VENTURA LOPEZ BENITEZ

YOU ARE BEING SUED.

Lo estan demandando.

PETITIONER'S NAME IS:

EL NOMBRE DEL DEMANDANTE ES:

AARON BENITEZ LOPEZ

CASE NUMBER (Número del Caso):

ED 79288

You have **30 CALENDAR DAYS** after this
Summons and Petition are served on you to
file a Response (form FL-120 or FL-123) at the
court and have a copy served on the petitioner.
A letter or phone call will not protect you.
If you do not file your Response on time,
the court may make orders affecting your
marriage, your property, and custody of your
children. You may be ordered to pay support
and attorney fees and costs. If you cannot pay
the filing fee, ask the clerk for a fee waiver form.
If you want legal advice, contact a lawyer
immediately. You can get information about
finding lawyers at the California Courts Online
Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services
Web site (www.lawhelpcalifornia.org) or by
contacting your local county bar association.
Tiene **30 dias corridos** después de haber
recibido la entrega legal de esta citación y
petición, para presentar una Respuesta
(formulario FL-120 o FL-123) ante la corte
y efectuar la entrega legal de una copia
al solicitante. Una carta o una llamada
telefónica no basta para protegerlo. Si no
presenta su Respuesta a tiempo, la corte
puede dar órdenes que afecten su matrimonio
o pareja de hecho, sus bienes y la custodia de
sus hijos. La corte también le puede ordenar
que pague manutención, y honorarios y
costos legales. Si no puede pagar las cuotas de
presentación, pida al secretario un formulario
de exención de cuotas.

Si desea obtener asesoramiento legal,
pongase en contacto de inmediato con un
abogado. Puede obtener informacion para
encontrar a un abogado en el Centro de Ayuda
de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios
Legales de California (www.lawhelpcalifornia.org) o poniéndose en contacto con
el colegio de abogados de su condado.
NOTICE The restraining orders on the back
are effective against both husband and wife
until the petition is dismissed, a judgement
is entered, or the court makes further orders.
These orders are enforceable anywhere in
California by any law enforcement officer
who has received or seen a copy of them.
AVISO Las ordenes de restriccion que
figuran en la pagina 2 valenpara ambos
conyuges o pareja de hecho hasta que se
despida la peticion, se emita un fallo o la
corte de otras ordenes. Cualquier autoridad
de la ley que haya recibido o vista una
copia de estas ordenes puede hacerlas
acatar en cualquier lugar de California.
The name and address of the court is:
(El nombre y dirección de la corte son):
SUPERIOR COURT OF CALIFORNIA,
250 East Main Street, El Cajon, CA 92020

The name, address, and telephone number of
petitioner's attorney, or petitioner without an
attorney, is: (El nombre, la dirección y el número
de teléfono del abogado del demandante, o
del demandante que no tiene abogado, son):

AARON BENITEZ LOPEZ

7160 JACAMAR AVE., SAN DIEGO, CA

92114

DATE: NOVEMBER 02, 2009

619-829-1461

Clerk, by (Secretario, por)

C. UTTHAUS

Deputy (Asistente)

NOTICE TO THE PERSON SERVED: You

are served

AVISO A LA PERSONA QUE RECIBIO LA

ENTREGA: Esta entrega se realice

As an individual. (a usted como individuo.)

Pub. Dec. 31, 2009 Jan. 7, 14, 21, 2010
Published in EAST COUNTY GAZETTE

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-035088**

FICTITIOUS BUSINESS NAME(S): A
JoyfulNess Mercantile
Located at: 13277 B Hwy 8 Bus, El Cajon,
CA 92021

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by
the following: 1. Pamela Joy 9562 Winter
Gardens Blvd. D257, Lakeside, CA 92040
This statement was filed with Recorder/
County Clerk of San Diego County on
December 18, 2009.

East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034101**

FICTITIOUS BUSINESS NAME(S): Ideal
Medstaff

Located at: 9815 Via Leslie, Santee, CA
92071

This business is conducted by: A General
Partnership

The business has not yet started.

This business is hereby registered by the
following: 1. Amelia Putnam 4141 Alabama
St. #3, San Diego, CA 92104; 2. Jessica
Nesbitt 9815 Via Leslie, Santee, CA 92071

This statement was filed with Recorder/
County Clerk of San Diego County on
December 08, 2009.

East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033140**

FICTITIOUS BUSINESS NAME(S): Smile
San Diego

Located at: 2650 Camino Del Rio N. #102,
San Diego, CA 92108

This business is conducted by: A
Corporation

The first day of business was: November
1, 2009

This business is hereby registered by the
following: Joseph R. Wisnieski D.D.S. APC
2650 Camino Del Rio N. #102, San Diego,
CA 92108
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on November 24, 2009.

East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033720**

FICTITIOUS BUSINESS NAME(S):

a.) www.sheridesherown.com b.)

www.sheridesherown.net c.) www.sheridesherown.org d.) www.sherevsherown.com

Located at: 8535 Paradise Valley Rd., #45,
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: 1. Renee Xenakis 8535 Paradise
Valley Rd., #45, Spring Valley, CA 91977

This statement was filed with Recorder/
County Clerk of San Diego County on
December 03, 2009.

East County Gazette- GIE030790
12/24, 12/31/09, 1/07, 1/14, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034269**

FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 459 Horton Plaza Sp 359, San
Diego, CA 92101

This business is conducted by: An Individual
The first day of business was: September
15, 2009

This business is hereby registered by the
following: 1. Ramzi Murad 1414 Fuerte
Hts. Lane, El Cajon, CA 92020

This statement was filed with Recorder/
County Clerk of San Diego County on
December 09, 2009.

East County Gazette- GIE030790
12/17, 12/24, 12/31/09, 1/07/10

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-035483**

FICTITIOUS BUSINESS NAME(S): Silver's
Service & Const. Co.

Located at: 2464 Willow Glen Dr., El Cajon,
CA 92019

This business is conducted by: An Individual
The first day of business was: 1986

This business is hereby registered by the
following: Silverio Pascua 2464 Willow Glen
Dr., El Cajon, CA 92019

This statement was filed with Recorder/
County Clerk of San Diego County on
December 24, 2009.

East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033983**

FICTITIOUS BUSINESS NAME(S): a.) Rich
Wiley b.) R.A. Wiley Music c.) Rich Wiley
Music

Located at: 1957 Garrison Way, El Cajon,
CA 92019

This business is conducted by: A

Corporation

The first day of business was: September
14, 2009

This business is hereby registered by the
following: 1. Upland Ave. Music Inc. 1957
Garrison Way, El Cajon, CA 92019

This statement was filed with Recorder/
County Clerk of San Diego County on
December 07, 2009.

East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-035432**

FICTITIOUS BUSINESS NAME(S): Javlin
Financial Real Estate

Located at: 10247 Princess Sarit Way,
Santee, CA 92071

This business is conducted by: A

Corporation

The business has not yet started.

This business is hereby registered by the
following: 1. JAVLIN FINANCIAL 10247
Princess Sarit Way, Santee, CA 92071

This statement was filed with Recorder/
County Clerk of San Diego County on
December 23, 2009.

East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034705**

FICTITIOUS BUSINESS NAME(S): Modern
Direct

Located at: 8835 Balboa Ave., Suite B, San
Diego, CA 92123

This business is conducted by: A

Corporation

The first day of business was: December
7, 2009

This business is hereby registered by the
following: Raymert Press Inc. 8835 Balboa
Ave., Suite B, San Diego, CA 92123

This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on December 15, 2009.

East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

Dear Dr. Luauna

Question: *Dear Dr. Luauna,*
It seems like everything I touch
does not turn to gold, instead
everything I touch turns to
problems. I didn't know there
could be so many problems in
life, what am I doing wrong?
*Signed, Overwhelmed in San
Diego.*



Answer: *Dear Overwhelmed,*

I have to share with you a story, my life 30
years ago, felt the same, I tried really hard. We
forget we are created in the image of God; He has
the master blueprint for our life. Psalms 139:13-
18 is very powerful, your source and your hope is
in Christ Jesus. When we try to do it on our own,
it always ends in emptiness or failure. Christ
Jesus makes our life complete in Him. He is your
hope and He is just waiting for you to ask Him to
come and be your Lord. Don't lean on your own
arm of your flesh, ask Jesus to be Lord and watch
what happens. You can have a life of victory,
even in trials!

**Read these verses: Psalms 139:13-18,
Matthew 11:28-30, Proverbs 3:5-6.**

**Send: questions@drluauna.com
www.atouchfromabove.org**

Church Services

Dr. Luauna Stines, Senior Pastor

A Touch From Above Int'l Christian Church

San Diego Concourse / Civic Center

202 C Street, San Diego, CA 92101

Sundays at 10:30 a.m.

A Touch From Above Prayer Mountain

16145 Hwy 67, Ramona, CA 92065

Wednesdays 7:00 p.m.

Friday Prayer Meeting 7:00 p.m.

Dr. Luauna's Television Program

San Diego County, Cox Cable

Channel 18 & 23 Every Tuesday at 9 p.m.

Deacon Peter Zindler Tuesday at 7 p.m. for men
only. Struggling with pornography and other
addictions? (No childcare provided)

Christian University & Seminary - A Touch From
Above a fully accredited full gospel University to train
men and women to reach the world for Jesus. Study to
show yourself approved.

**Support our advertisers ...
They Support Your Paper**

2008 Ford Club Wagon. Polar white, gray trim, grey leather interior. Great for weekend get-a-ways and camping with a full queen bed. 4 leather captain's chairs, all power, dual a.c.'s, mag wheels, etc. Flawless inside and out. 27,800 miles with all service records, and original invoice. We are retiring and going R.Ving full time. We are asking \$24,750 and will consider offers. Balance of 50,000 Powertrain Warranty. Call Don at (858) 208-9438.

Our Best Friends

Finding time to train my puppy ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Trainer,

I have a new dog that is about 8 months old. We have taken two group classes, but I wasn't very good about doing the training between each meeting, so now our dog doesn't seem like she is really trained at all. The reason is that I'm so busy all the time, and by the time I get home from work, training my dog was the last thing I wanted to do. My New Year's resolution is to carve out time to work with my dog so I thought I would start by asking you if you had any ideas about how to fit everything in and still have time to work with her.

Signed,
Busy Bee

Dear Busy,

I know exactly how you feel as I too am very busy, and have a new puppy that requires me to teach her what I expect of her, as well as getting through house training.

My first advice is to take a deep breathe when ever you feel overwhelmed by your dog, because whether or not you realize it, you are training your dog every waking moment you are with your dog. So, with

that in mind, be careful what you teach! Often when we are busy, we tend to react to situations rather than respond. So, if your dog is doing something you don't want her to do and you react by giving attention to your dog in that moment, you may very well train your dog to believe that misbehaving gets your attention.

Next, all is not lost if you began with classes, at least you know what the basics are and it's not like you have to learn all of the timing, etc. again. With that, let's look at how you can fit in your training without it seeming like such a daunting task.

Keep it short

Training should be done in short sessions, so that is to your advantage. Dogs or people don't like the old "drill" type of training that used to be taught, so look for 2-10 minutes a day to work on the basics, and intertwine others as you go about your business. You can intertwine training things like "Eye Contact," "Sit," and "Down," with all kinds of things you would be doing anyway. For instance, if you are working in the kitchen, fixing a meal or a snack, most dogs will usually hang close since that is the room with

all the food. Practice asking your dog to "Sit," while you prepare your food. You can have a small amount of some special things that won't contaminate your food to reinforce your dog. A few things that come to mind are tiny pieces of cheese, Cheerios, Gold Fish crackers, or small pieces of hot dogs. You can count out 10 treats and get 10 "Sits, Eye Contact, or Down" as you ready your food.

I work at my computer a lot when I am not working with my clients, so I have a mat set up right by my desk to give the puppy a visual of where I would like her. Every time she lies on her mat, she gets a treat. It didn't take long before the mat to become like a target for my puppy and now I can take it around the house with me if I want her to lie down and relax, rather than being under feet, and I don't have to reinforce her very often because the behavior has become one she likes.

I also take my puppy's mat with me when we go places and she knows how to calm herself down, even in public. This makes for easy, simple training and gives dogs a skill that they should have in their toolbox.

Be prepared

Keep treats in your pocket or around the house in candy dishes where your dog can't reach them, but are easy to grab into if you see your dog doing something you like. Reinforcing good behaviors when you see them will encourage your dog to repeat those behaviors again. So, don't ignore your dog if she is sitting calmly, reinforce that calmness by walking by and dropping a treat on the ground between her paws. Again, this is very easy training and little time is required.

I really like to count out treats and have little bags with 30 or so treats, all ready to go for "official" training sessions. I also make little labels for them with one behavior

on each one. That way I can reach into the refrigerator and pull out a bag and whatever is written on the bag is the behavior I train. So, if it's sit that I got, I will get 15 sits from that 30 treats, since I use a treat after every sit to toss away so my puppy will get up from the sit, so I can do it again. This is a great game for dogs and sitting becomes a very normal behavior to offer when you train like this. Also, if you are intertwining your training throughout the day or evening, and "Sit," is one of the behaviors you are working on, your dog will start offering sits all the time in hopes you are going to "play that game" again. It will be the same with the other behaviors you are working on as well.

To find extra "official" time to train, look at training during activities you don't love to do, so things like sorting laundry, commercial time while watching TV, waiting for something in the microwave, dusting, etc. It's easy to train your dog during those times and they also give you an end point to the training.

These are exactly the things I do with my puppy and she is pretty good at all of her basics, and I don't feel like I had to spend too much of my precious time on any skill set.

Good luck and happy training!

Nan Arthur,
CDBC, CPDT, KPACTP

ADOPT-A-PET



Belle is gentle, easy-going and will give you exuberant greetings when you come home. She is a 4-year old tan and white Pit Bull, weighing 58 pounds. She's not only gorgeous, but extremely affectionate and loves her humans - especially when they are willing to scratch behind her ears. Belle is a FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) spotlight dog. For more information, call (858) 205-9974.

Veronica is a calm, well-balanced 3-year-old female pit bull mix. Don't judge a book by its cover, she is a very gentle girl with a big heart. She enjoys hanging by your side and knows how to sit and takes treats from your hand ever so gently. Veronica loves to play with her kennel mates, so she would do great in a home with another dog. Veronica is looking for a kind, loving, family to call her own. Watch her as she plays and stays starring in her own video at www.nchumane.org. Veronica's adoption fee is \$150 which includes her spay, vaccinations, deworming treatment, training DVD, 1 free months of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m. - 5 p.m.. For details call (760) 757-4357.



We Deliver
To All
San Diego County



Authorized
Powder River
Dealer

ALFALFA • BERMUDA • 3-WAY
TIMOTHY • ORCHARD • STRAW
CEDAR, PINE & FIR SHAVINGS
STALL MATS • TACK • CORRALS
WOODY PET • DRYSTALL
VETERINARY CARE ITEMS

ADVANTAGE • FRONTLINE
ADVANTIX • VACCINES
GROOMING SUPPLIES
PET FOOD • KENNELS
CLIPPER REPAIR
CAGES & TOYS

CUSTOM LEATHER WORK

MADE TO ORDER

REPAIRS DONE ON SITE

10% OFF

Dog & Cat Food

Must have coupon to receive discount
Exp. 01/15/10
East County Feed & Supply

Take advantage of our on site dog obedience classes.
An eight week course for \$50.00 on Wednesday evenings.
Check out our Frequent Buyer Programs for free product.



Exclusive distributor of

Chaffhaye

www.chaffhaye.com

100% hay replacement for Alfalfa or Bermuda diets



Authorized Dealer for Nutrena Mills Feed  Nutrena

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

619.562.2208

10845 Woodside Ave. • Santee, CA 92071

Winter Wonderland

Win Your Share of

\$30,000

January 15-17 • 22-24 • 29-31

- Play your favorite slots for a chance to win Winter Wonderland bonuses **Friday through Sunday**.
- Bonuses can hit anytime between **6pm and 11pm**.
- That's **\$10,000** Free Play Cash a night.
- **40** Instant Bonus winners per hour.

Get
Lucky
at Viejas!

JUST OFF I-8 AT WILLOWS ROAD
619-445-5400 • VIEJAS.COM

Visit any V Club booth for official rules. Viejas reserves all rights. Please play responsibly.
For help with problem gambling, call 1-800-426-2537. ©2009 Viejas Casino, Alpine CA.

VIEJAS
CASINO