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**VOLUME 10 NUMBER 32** **JANUARY 14-20, 2010**

## Dance Recital



The City of El Cajon Recreation Department's Annual Dance & Tumbling Recital is March 28 - the theme is "Under The Big Top!" The last day to register for dance and tumble classes, to take part in the recital, is January 15. See page 10 for more information.

## What's new in theatres?

Read about  
 'Crazy Heart'

by  
 Diana Saenger  
 on  
 page 9



# Local 'Pirate' honored by City



Sam Mejia, center, was honored Tuesday by the City of El Cajon for his countless hours of volunteer work, donating his time to host and emcee as "The Last Real Pirate" for charity events and fund raising auctions. He also worked as a Director for the 2009 Mother Goose Parade. Pictured with Mejia is Craig MacDonald, owner of Hooleys Irish Pub & Grill (left) and Chuck Hanson, Viejas Community Relations (right). Both attended the El Cajon City Council meeting to congratulate Mejia. Sam Mejia is pictured in the bottom right corner as "The Last Real Pirate." Photo by Monica Zech

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# Local News & Events

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### Winter registration for recreation programs

**Y**outh 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 January 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](http://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 January 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](http://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 seeking 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 contact

Kathryn Courter, at the CDC, at (619) 401-8858, or visit [www.downtownelcajon.com](http://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

**See BITS AND PIECES page 5**



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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces ...



Consultant Kurt Swanson speaks at the first forum held at Renette Recreation Center on December 16. The Forums are being led by Deputy City Manager and Public Works Director Rob Turner. Photo credit: Monica Zech.

## Continued from page 2

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. RSVP to the Recreation Department at (619) 441-1754 for reservation to attend. Space is limited so we request no more than three people from any one organization attend.

## City Blood Drive

The City of El Cajon will hold their Annual Blood Drive at City

Hall on February 4. 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 call (619) 441-1716.

## 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, call (619) 401-8858.

## 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. Attendees will learn about all of the great activities planned, and applications and paperwork will be available for pickup. Check out the pageant's MySpace page and add them as a friend at [www.myspace.com/misselcajon](http://www.myspace.com/misselcajon) for updated information and pictures, along with information on the qualifications and areas of competition. The pageant is 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. Please RSVP with name, age and contact information so officials will know how many people to expect and how they can contact applicants with for any changes or updates. Feel free to bring a parent or guardian if under 18 years of age. Interested in participating but unable to attend the orientation? Pageant information can be e-mailed by contacting the director. For more information call Andrea Breise, Executive Director for the Miss El Cajon Scholarship Pageant at (619) 938-3477.

## 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](http://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

August 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 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  
**See EARTHQUAKE page 6**

### Sentimental Fashions

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## — LOCAL NEWS &amp; EVENTS —

# Earthquake preparedness ...

## Continued from page 5

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](http://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](http://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.

\*Keep Monica Zech, City of El Cajon Information Officer, informed of your community events by placing her on your

mailing or e-mail list via e-mail at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

## Lakeside's 3rd Annual Business Expo

Presented by the Lakeside Chamber of Commerce, the Lakeside Optimists, and the El Capitan Stadium Association, the Expo has rapidly become one of the most well-attended annual events in Lakeside. It takes place on Saturday, Jan. 30, from 9 a.m. to 3 p.m., at the Lakeside Rodeo Grounds — rain or shine.

Not just a business expo, although there will be a wide representation of businesses in the Lakeside area, but also school and non-profit organiza-

tions, service groups, and more. Many of the local restaurants will provide free samples of some of the food items on the menu, plus there will be hot dogs and burgers cooked by the Boy Scouts. There is a minimal cost for businesses to rent a booth, a discounted rate for non-profit organizations; see the Chamber website for an application or more details ([www.LakesideCA.com](http://www.LakesideCA.com)). There is no charge to stop by and enjoy the event.

In addition to a fantastic representation of the business community of Lakeside, there will be a wide variety of entertainment going on throughout the day. Don't miss the talented El Capitan Jazz Band, the menacing Alpine Outlaws, and the Victorian Rose Riding Society. For the kids, there is a petting zoo and a jumpy-jump. There

will be free raffles for prizes donated by our local businesses and organizations, too!

Make a day of it. Come early, meet your friends, neighbors, and local business owners, enjoy the entertainment, let the kids have a great time, too... and stay for dinner. After the Expo, El Capitan High School Band hosts its annual Spaghetti Dinner; support these musicians in their efforts to raise funds for their musical activities.

## e-waste event

The Steele Canyon High School Class of 2013 is hosting an e-waste collection drive on Saturday, Jan. 23, from 9 a.m. to 2 p.m., on the campus of Steele Canyon High School (A California Charter School.) Class members want to recycle all of your unwanted electronics, especially cell phones, TVs, computers and monitors, free of charge. The material collected at this event will raise money for the Class of 2013.

In this 21<sup>st</sup> century information age, it's tough to keep pace! Families and children outgrow computers faster than children outgrow clothes. Here's an opportunity to safely recycle all those old electronics that have been piling up. In addition to accepting cell phones, computers, monitors and televisions, mice, keyboards, record players, VCR's, video tapes, CD's, DVD's, stereo equipment, ink and toner cartridges, video game equipment—any other kind of electronic material will be accepted FREE OF CHARGE at Steele Canyon High School on Saturday, January 23.

Not Accepted: All types of lighting, household batteries, car batteries, paint, mercury containing devices, appliances, universal waste, and non-electronic waste.

Businesses too — If you are a business looking to contribute material to this event but cannot at the listed times, please contact our Office Receptionist to see if a route is scheduled in your area for 'free' pickup!



The Wal-Mart Foundation recently donated \$500 to the Grossmont College Foundation for scholarships for Grossmont College students. The Grossmont College Foundation is a non-profit organization that directly supports Grossmont College students, faculty and staff through scholarships, educational equipment and supplies, facilities and education programs. A check presentation ceremony was held at the La Mesa Wal-Mart store at Grossmont Center, 5500 Grossmont Center Dr. From left: Matt Lortz, co-store manager; Sandy Manning, store manager; Ernest Ewin, Grossmont College Foundation executive director; John Colson, Grossmont College vice president of student services. The Wal-Mart Foundation has been recognized by the Chronicle of Philanthropy as the largest corporate cash contributor in the U.S. The funds from Wal-Mart will be added to a fund-raising challenge from the Bernardo Osher Foundation for perpetual scholarships. The Osher Foundation is offering all 110 California community colleges, including Grossmont College, matching scholarship funds (\$1 for every \$2 raised prior to June 30, 2011).

For more information contact Ruben Martinez at (619) 660-3649 or [rmartinez@guhsd.net](mailto:rmartinez@guhsd.net). To learn more about Neuwaste's recycling services and to find out more about electronic waste, call Josh, Neuwaste's event coordinator, at (310) 734-6700, or email [Josh@neuwaste.com](mailto:Josh@neuwaste.com). Visit the Neuwaste.com website.

## Property Tax Relief

New law went into effect on January 1 to help vulnerable homeowners avoid property scams. State law (Proposition 8) enables the Assessor to provide temporary reductions in assessed values for property owners who have seen their property's market value fall below its assessed value. Property owners can request a review of their property value for free by contacting the Assessor's Office. <http://arcc.co.san-diego.ca.us/arcc/docs/2010-property-tax-relief.pdf>

Property owners are encouraged to review their current assessed values and compare it to the market value as of January 1, 2010. If they believe

their property's market value is less than its assessed value, they should file an Application for Review of Assessment with the Assessor's Office as soon as possible, but no later than May 14, at no cost. (If the property currently has a temporarily reduced value under this provision, no new application is needed as it is scheduled for review again this year.)

The application is available online at [www.sdarcc.com](http://www.sdarcc.com), in all Assessor's branch offices, or by phoning the Assessor's Office at (858) 505-6262. When complete, please return the application to the Assessor/Recorder/County Clerk, 1600 Pacific Highway, Suite 103, San Diego, CA 92101.

## Citizen of the Year 2009

The 2009 Citizen of the Year is Lauri Riley, nominated by El Cajon Rotary, Stoney's Kids and the Boys and Girls Club.

The nominees were:

Joe Machey, nominated by St. Madeleine Sophies Center.

Sam "Sparrow" Mejia, aka "The Last Real Pirate," nominated by the Mother Goose Parade Association.

Ben Trovaten, nominated by the Home of Guiding Hands.

A luncheon will be held to honor the recipient and nominees on February 16 at the Ronald Reagan Community Center. Cost to the public is \$24. RSVP to Judy Dries before February 10 at (619) 440-6161.

## GOLDEN ACORN CASINO

### January - Looking Toward February

Don't forget BINGO is now every Tuesday and Friday in the Showroom at 11am. And, the Gift of the Day, Swipe, Play, WIN!, Liquid Slot Gold, Bring a Friend, Black Jack Double Bonus, Hot Slots, Payday Fridays, Super Saturdays, and Flurry of Cash promotions all give you a chance to come out a WINNER!! Call for details at 619-938-6012.

## Now, For the Big News

MMA CAGE FIGHTING is back by special demand. Saturday, Jan. 30 at 8pm, tickets on sale now! Call 619-938-6012. Local fighters, you probably know. After-party on Casino Floor, Live Music - 10pm-1am.

## February Stands Alone

Saturday, Feb. 13, - come try your luck on our LUCKY ENVELOPE TREE at 10pm. Earn 110 GOLD POINTS and you'll get your chance to pick a Lucky Envelope from our life size tree! Win up to \$500 in FREE PLAY!

Enjoy a live band and free donuts and coffee while waiting for the CHINESE NEW YEAR COUNT DOWN. Confetti and Balloon drop at Midnight to ring in the New Year.

Enjoy a Free Lion Dance and Martial Art show right on the Casino floor at 8pm. The live band follows.

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**D**o you find that you are unable to stop your mind from worry? Constantly worrying is a mental and physical

drain on your mind and body. Continued worry for most has become a habit and behavior. Hypnotherapy is a fast, rapid, and drug free method to gain control back and amend that negative habit and behavior.

A wise man once told me that worry is a lack of faith. I don't want to touch on a person's views of religion but faith can have an even broader meaning that your personal faith. Faith by definition in the dictionary is "complete trust or confidence" "loyalty" and the term faithful by definition in the dictionary is "accurate, reliable".

When you worry most of

your thoughts are not accurate or reliable. 99 percent of the things that we worry about are the "what ifs" and "maybes" that seem to lurk in our minds.

Now we all are dealing with real issues in today's economy and security, however, once the habit of worry begins to be established it tends to overtake our sense of accurate and reliable. A term I like to use with my client's is "fact based thoughts". Deal with real issues not the ones that MAY happen next week or next month.

Worry can lead to excessive stress, health issues, and a sense of inability to take action and move forward. Hypnotherapy

deals in the realm where habits, behaviors, patterns, and negative beliefs live and for most people it is a proven method to live in the realm of today and fact based thoughts.

- Take control of your thoughts
- Reduce Stress
- Feel a sense of empowerment and move forward

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling 619-303-8511 or email [judy@successhypnotherapy.com](mailto:judy@successhypnotherapy.com). Further info on web site of [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or call for free telephone consultation.



### Health... Just Common Horse Sense

by Dr. Donald Adema

**A** new year is here and resolutions are in place. In the world of blended medicine, the majority of resolutions pretty much revolve around hopes and efforts for a country that allows creativity and truth in rescue and preventative care. Oops, just entered the radar perimeter again. Mrs. A and Trish will feel forced to discipline.

If some compromise is reached in the battle over health care reform and actually is implemented, one of the challenging dictations will undoubtedly be "paid for performance" criteria. Or, if you use our lab test and drug you will be paid, but who knows when. If you do not, you will most readily be penalized. Trust me, as computerized charting is centralized, all will know and be known.

Enough of politics. As potential criteria are reviewed, the cholesterol American obsession will certainly be in the top five. And, of course, statin drug therapy will be the goal and receive the highest economic performance reward. This is no little worry for the creative providers as they look in horror on the new recommendation of prescribing developing children with a statin before their full adult potential is realized.

Before there is elaboration on medically and economically safe solutions, please "google" VAP cholesterol testing. The blended choice strikes again!

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

## Laughter is the Best Medicine

### Jesus is watching you

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said,

'Jesus knows you're here.'

He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, after a bit, he shook his head and continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard

'Jesus is watching you.'

Freaked out, he shined his light around frantically, looking for the source of the voice.

Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

'Did you say that?' he hissed at the parrot.

'Yep', the parrot confessed, then squawked, 'I'm just trying to warn you that Jesus is watching you.'

The burglar relaxed. 'Warn me, huh? Who in the world are you?'

'Moses,' replied the bird.

'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?'

'The kind of people that would name a Rottweiler Jesus.'

Submitted by Carolynn Hotz of San Diego.

If you have a funny (clean) joke you would like to share, e-mail it to: [editor@ecgazette.com](mailto:editor@ecgazette.com)

### Motivational Quote

"I just love when people say I can't do something... because all my life people said I wasn't going to make it." -- Ted Turner

### Tip of the Week

#### Water Works for Weight Loss

Nothing quells the appetite like water, lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

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# Class Act Dining & Entertainment

## La Mesa actor returns to San Diego with role in 'Jesus Christ Superstar'



Joseph Almohaya  
Photo credit:

by Diana Saenger

It's been around for more than 30 years yet mention any of the songs – "I Don't Know How to Love

Him", "Hosanna", "Everything's Alright", "What's the Buzz" – from Andrew Lloyd Webber's *Jesus Christ Superstar* and people can sing almost every word of the tunes. *Superstar* rolls into Broadway/San Diego at the Civic Theatre January 15-17.

Ted Neeley, who received Golden Globe Award nominations for Best Actor and Best Newcomer in the title role of Norman Jewison's motion picture *Jesus Christ Superstar*, returns in the lead role of Jesus Christ. La Mesa's own Joseph Almohaya has toured with the show for two years as the Priest and is excited to appear on his local turf. "I'm excited to be home, and have friends and family come see the show," he said.

Almohaya graduated from Helix High School in La Mesa

in 1999 and then earned his MFA in Musical Theatre from San Diego State University. He garnered many local critics' accolades in his productions of *Side Show*, *In the Beginning*, *Aida*, and *Urinetown: The Musical*. He credits his high school drama teacher for inspiring him to pursue a career in the theatre.

"My first love was always music," Almohaya said. "I took Greg Osborne's drama classes in my junior and senior year, and he really made an impact on me. I knew then this was what I wanted to do the rest of my life."

Being on the road and moving across the country is not an easy task even when you love your art, but Almohaya loves every day that he's a part of musical theatre and the challenges he faces as an artist. "Every show is kind of a cathartic experience between the performer and the audience, who is going there for escapism," he said. "You hope, if you are doing your character correctly, that you will leave a lasting impression on the audience members. There's a saying in the theater, 'The performance you give tomorrow is going to be a person's first time in the theater and also someone's very last time'. So you always want to give 100 percent."



Ted Neely and Jesus Christ Superstar ensemble. Photo credit: Joan Marcus

San Diego audiences experienced this show two years ago, but they are die-hard fans of *Superstar* and eager to see each new production. "That's one of the best things about this show," Almohaya said. "Everyone knows Andrew Lloyd Webber's songs and they enjoy seeing these shows again and again."

*Jesus Christ Superstar*, which earned five Tony-award nominations, is one of the most popular works ever created for the musical theatre. The story is about the final seven days in the life of Jesus of Nazareth. It dramatizes Jesus' entry into Jerusalem, the unrest caused by

his preaching and popularity, his betrayal by Judas, the trial before Pontius Pilate, and his ultimate crucifixion.

"I think this show serves two purposes; it's entertaining plus to some, it's a spiritual outlet," Almohaya said. "I feel blessed to be involved in it. My previous job was a cantor at a catholic church which I was at only for a month because then I landed the job in this show. It's also reflective because of the shape the world is in and what's happening in the U.S. Traditionally, people swarm to forms of entertainment even when there is no money for anything else."

The legendary writing team

of Tim Rice and Andrew Lloyd Webber are responsible for the music and lyrics of *Jesus Christ Superstar*. Dallett Norris directs the touring production, choreography is by Arlene Phillips and John Twiford plays Judas. Almohaya's role as the Priest is a minor supporting role with one major scene and part of the ensemble. He's enamored of Neely's talent and attitude toward theatre patrons. "Ted is an incredible force in his performances and also a great person," Almohaya said. "He personally gives so much to his fans. He stays after each show and talks to them individually – sometimes for hours."

Almohaya intends to stay with his grandparents in Lemon Grove while the show is in town, and plans to visit some favorite eateries.

"My grandmother's favorite place is El Indio, but all that matters to me is the beans," he said. "If they have good beans, everything else falls into place."

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## — CLASS ACT ENTERTAINMENT —

# 'Crazy Heart' is sentimental and noteworthy



Jeff Bridges and Maggie Gyllenhaal star in *Crazy Heart*. Photo credit: Lorey Sebastian / Fox Searchlight Pictures

Review by Diana Saenger

When a character in a movie is named "Bad," that's a big tip off he's a person with conflicts. In *Crazy Heart*, Bad Blake is a broken down, has-been country singer. He's also broke and an alcoholic. Fortunately, Jeff Bridges plays this main character, and he helps us discover that Bad isn't quite so appalling after all.

The 57-year-old Bad now lives out his career in dumpy beer joints and bowling alley bars. People roll their eyes when the disheveled entertainer takes the stage with a guitar in one hand and a drink in the other. Bad notices but he's too far gone himself – drowning in his own malfunction, including many failed marriages that weigh heavy on his mind.

One night at another seedy bar, Bad is approached by a journalist who wants to interview him. Bad seems amused, but he also sees something in Jean Craddock (Maggie Gyllenhaal) that ignites a spark of humanity again. He learns that Jean is the single mother of a small boy who has physical problems, so she too is dealing with a feeling of inadequacy.

The interview goes well, and for a moment Bad and Jean meet on even ground – just two lonely people with no baggage. Jean, who now lives inside her do-not-get-involved armor, never imagined she would fall for a sweaty, unshaven drunk

so far removed from life he pees in a bottle in his hardly-running truck. But she's hungry to place her head on another's shoulder and to feel a genuine kiss from a man who might be interested in her. Bad and Jean share several nights together before Bad must take off to another monotonous gig.

*Crazy Heart* is adapted from the novel of the same name by Thomas Cobb. Writer/director Scott Cooper has done a good job bringing the film to the screen and keeping the clutter constantly swept to the side. However, the story has been seen too many times before. What escalates the film above its clones is Jeff Bridges' Oscar-

worthy performance. We've watched Bridges in a role like this before. He played a lost musician with personal challenges in *The Fabulous Baker Boys*. In *Crazy Heart*, Bad goes from accepting his faults and living with them to discovering there are other options. Bridges' portrayal of Bad is like a floating candle in a jar of gasoline here – always ready to ignite. Through Jean he learns to hang on with a hope of glowing once again.

Bridges agreed to do the film immediately after reading the script. "There were so many wonderful elements to this one," he said. "Music, for one... I also loved Scott's script. We

got along instantaneously and he's very talented. He knows country music backwards and forwards and his enthusiasm is contagious. Then there's Bad Blake, who is such a human guy. He's like all of us, with lots of positive qualities and plenty more faults."

Gyllenhaal is also exceptional as Jean, who has been dealt a bad hand and tries to deal with it as best she can. She shields herself from relationships, wanting no more broken hearts – and she uses protecting her son as the excuse. When she meets Bad, she's instantly attracted. But they're both like molded muffins – damaged on the outside, yet hiding quality and sweetness on the inside. Can they overcome their pasts to find recovery and a new life with each other?

Colin Farrell fans might be

surprised to watch him play Tommy Sweet, Bad's former protégé, in this film. Tommy likes the songs Bad used to write for him and encourages Bad to write more songs. Farrell is never out of step with his character appearing as a sweet and genuine Bad supporter. Robert Duvall, Oscar-winner

for his performance as a country singer in *Tender Mercies*, portrays a bartender who takes up Bad's cause and leads him into rehab.

Among a rambunctious crowd of year-end studio releases, *Crazy Heart* is a sentimental and noteworthy find.



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**Crazy Heart**  
Studio: Fox Searchlight Pictures  
Gazette Grade: B+  
MPAA: "R" for language and brief sexuality  
Who Should Go: Jeff Bridges fans and those who like solid entertainment

— CLASS ACT ENTERTAINMENT —

# Annual Dance & Tumbling Recital is set for March 28 — register now



**I**t's coming March 28, the Annual Dance & Tumbling Recital in El Cajon! This special event, presented by the City of El Cajon's Recreation Department, has been a highlight in the City for over 30 years. This year it will be held on Sunday, March 28 at the East County Performing Arts Center, 210 East Main Street, from 2:30 to 6:30 p.m. This year the theme is "Under The Big Top!"

This event showcases the talents of ages 5 through senior adult, in tumbling, tap, ballet, jazz, cheer, hip-hop, lyrical and modern jazz. Last year 261 dancers and tumblers took part, from beginners to advanced, participating in 47 routines after 10 weeks of class training. To enjoy this wonderful opportunity and be a part of this recital in March, "now" is the time to enroll. The deadline is January 15.



**Dancers perform at last year's Annual Dance & Tumbling Recital. Sign up now to participate in this year's event.**

Programs offered by the City's Recreation Department are designed to instill and support youth and their families with creative activities, a commitment to learning, and constructive use of time! Proceeds from this recital directly

benefit participants through program, equipment, or facilities enhancement. Past proceeds helped in replacing the dance floors in five recreation centers!

For more information on

all the Recreation programs pick up a copy of the Winter Recreation Guide and Newsletter at our Recreation Centers, City Hall and libraries. Register online at [www.elcajonrec.org](http://www.elcajonrec.org) or call (619) 441-1754.



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# MOTOR AND SPORTS

## 2010 Dodge Ram SLT 2500 Crew Cab

by Dave Stall

The truck industry is doing very well even though the automotive economy seems to be still on the ropes. That has not stopped the auto manufacturers, especially Dodge. When times are tough Dodge has done a re-make of their Dodge Ram Pickup line up; bolder, stronger, and *Motor Trend Truck of The Year Award*. I don't know how much credence one should put on magazine's that pick vehicles of the year, but after driving the

2010 Dodge Ram 2500 I was very impressed and would vote for Dodge as well.

The ride and comfort were perfect and every seat was very comfortable. Plus drivers can haul and tow the heck out of this truck too.

The 2500 series truck I'm testing came from Rancho Dodge up in Kearny Mesa, white in color with the SLT package and the all new Cummins Turbo diesel that has the only standard "Jake Brake"

system on their trucks. What is a Jake Brake? Well, if anyone has been up in the mountains passing a big rig, and hear this distinct rumble while coming down the hill, that is a compression brake built into the diesel engine to help the driver stop his rig safely.

My tester was a 4X4 model, I didn't go off road with this truck, but if the driver is in snow or mud he/she will have all the confidence of getting out of just about any off road situation.

My test truck was very well equipped. Standard features worth mentioning are the front air bags with side airbags for all occupants. One thing I want to point out is if anyone is looking at quad cab trucks, make sure the back seat center position has a head rest. Dodge has made sure that passengers are head-safe! The truck has a 35 gallon fuel tank, tire pressure monitoring system for the four tires on the ground, heavy duty cooling system, a six speed automatic transmission, anti-lock brakes at all four corners with

disc brakes, remote keyless entry, Sentry Key Theft Deterrent, power windows, power heated mirrors, front stabilizer bar and electric shift-on-the-fly transfer case. No more slopping through the mud to lock your front hubs.

Going inside the Dodge Ram 2500 there are many standard comfort features. Dodge was one of the first truck companies to turn the cab into a mini office with a massive center console that will accept a lap top, cell phone, printer and even a fax machine if needed all between driver and the front passenger. Not going to the office? Flip up the center console and there is another seat up front that brings the occupant number up to six including the driver.

Of course, there is A/C, a killer sound system with satellite radio, and in the back area there are storage boxes in the floor to keep loose items from rolling around. There is a trip computer and an information center to keep driver in tune with his/her Ram truck.



2010 Dodge Ram SLT 2500. Photo credit: Dave Stall

Also, there is a compass and an outside temperature gauge, plus tilt wheel.

That is pretty much all the standard features and with a base price for the 2500 minus the diesel engine is \$38,680, plus tax and license. If an option for the new diesel engine from Cummins is desired, then add \$7,615 to the bottom line, which will bring the total up to \$46,295.

My tester was pretty loaded up and the total coming to \$50,705 plus tax and license, but Rancho will help build the truck needed. One more thing, Dodge Cummins does not have to use that special diesel additive that Ford and GM are using today. This is another cost savings from Dodge! So go out and drive one!

### Bumper-to-Bumper with Dave Stall

**Dave:** I came out of the club the other night to find my battery dead. A friend of mine said we should bump start it, which we did and the car started right up. My question is did bump starting my car do any damage, the starter, engine drive train. I didn't know you could do that with a stick shift vehicle. The other problem is my car still won't start. It has been sitting for about a week now waiting for me to come up with the money to fix it. Hope you have some good advice that is cheap. Walter.

**Walter:** Back in the day it was not uncommon to bump start a car that had a dead battery or a bad starter. If you had enough friends around you could go forever before having to fix your car and as far as damage to your car, I have never heard of any damage done while bump starting except for the time I tried to bump start my buddies car and it got away from us and crashed into a fence — now we had damage! Most likely your battery is dead. Turn on the lights and turn on the ignition key and try to start the vehicle if the lights dim out during starting it's the battery. If they stay bright, it may be the starter or ignition switch and depending on the year of the vehicle it could be in the electronics. Good luck.

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## — MOTORandSPORTS —

# Bolts' prepare for playoffs vs the Jets



San Diego Chargers wide receiver Malcom Floyd (80) on a 50 yard catch and run. Floyd had nine receptions for a career high 140 yards as the Chargers defeated the Washington Redskins 23-20 at Qualcomm Stadium. Photo credit: Tom Walko

by Chuck Karaszia

Having enjoyed a bye-week awarded to the winner as the second-seed in the American Football Conference, the Western Division Champion San Diego Chargers eagerly await their upcoming post-season playoff run to the Super Bowl, beginning this Sunday at Qualcomm Stadium against the New York Jets.

After a wild-card weekend in which the Jets soared out of Cincinnati with a win, combined with a Baltimore Raven upset of the New England Patriots, the 'Gang Green' New York Jets led by head coach Rex Ryan advanced to the second round, hoping to duplicate what they did five-years ago to the Chargers in the playoffs. Upset them and their fans.

Winners of eleven straight, coming off an incredible come-from-behind backup squad win against the Washington Redskins, the San Diego Chargers are poised and ready to tackle anybody or anything that will block their way on the road to the Super Bowl.

Led by head coach Norv Turner and defensive coordinator Ron Rivera, the Chargers in their 50-year football anniversary season are playing better than they ever had.

Are they ready for a rematch against the adversaries who knocked them out of playoff contention five-years ago?

"We really have to prepare for what they do. Then if we have opportunities, the way you get after young guys is if you have opportunities to get them in those longer downs and distances, get them backed up, get them in some situations that are tough for all guys, then you try and get in those situations," philosophized Mr. Norv Turner referring to a rookie Jets quarterback in a playoff game.

"They're (Jets) playing great on defense. When you can defend the run the way they do, and then they're first in the league in scoring defense, you're doing a lot of things well. They're a press, tight, cover team. You have to work to get open and you have to protect.

"They're a good running football team. That's the way they've been built. They do mix in the pass. You have to play it honest. You have to play the run but you know at the right moments they're going to come up with those play action passes that can hurt you,"

About the Charger practices heading into the playoffs coach Turner explained. "It

helps to get into more detail in terms of who you're playing. I thought we had great work last week. We need to work on things that have given us problems, things that we thought we could do better. We got work on that last week. Now we zero in on a team."

The Jets boast a good running attack with Thomas Jones and Shonn Greene.

Another Shawne (the Chargers Merriman) spoke about that and how to stop that attack. "It's important because we expect them to come out and run the ball first. They are very physical. I just heard something recently that they're offensive line has started 32 straight games together as a group. The continuity is there for sure. It's a big reason why they have had success running the ball. They've been able to be physical against guys up front.

"We have to come out and be physical. That's where the game will start and finish. When you play in the playoffs, everything is faster. Just when you think that you are running as fast as you can, you have to pick it up. Dive for the extra inch and finish every tackle. That's what it's been about for us. We got a chance (last weekend) to sit back and watch and get the feel other guys playing to get a feel for the tempo out there. The bye-week has helped us a little bit with that.

"I feel pretty good. The last four-or-five games I was pushing through so we could get in the position that we are in right now where not only myself, but some of the other guys were able to get some rest."

It will also be important for the Chargers to be able to run the ball, something the Jets have been able to stop on defense.

Chargers future Hall-of-Fame runner LaDainian Tomlinson thinks he and his mates can handle that part of the game. He stated, "I think they're the best defense we're going to play. They do a lot of things well. They run the ball well. They play good defense. I think it will be big for us," he said, "To play ball control and keep the ball moving down the field. I'm sure they're not going to give up a lot of big plays in the passing game, so it's going to be up to us to grind out yards, get the tough yards and put points on the board."

Chargers wide receiver Vincent Jackson is having a breakout season. The long and lanky speed wide receiver had his own thought of the match up between him and Jets standout corner Darrelle Revis.

"He had some success against some of the best receivers in the league. I would love to have a great game against him, but if I don't get 100-yards and get the ball thrown to me twice, that's okay. We got Malcolm, Buster, Sproles, Antonio. I'm not really focused on the 1-on-1 matchups."

The general of the offense. The man who has to be credited for guiding this team in the direction of 11-straight victories, Chargers quarterback Philip Rivers gave his final assessment of this critical game this Sunday.

"They're a good team. They've played really good football down the stretch. As far as they're defense, it's going to be a challenge. They're as good as any we've played and so far and again, that's what you expect. You get to this point of the season - the playoffs - and it's going to be lot of good versus good out there," stated Rivers.

About his rival, former USC alumnus Jets QB rookie Mark Sanchez Rivers accessed, "Just watching him back in his USC days, he plays the game with a lot of passion, at the same time he has a calmness about him that you need at this time of the year."

The Chargers have their work cut out for them if they want to continue in the AFC playoffs. Throttling the Jets is going to take total team effort of four-quarters of mistake free football. We will see if this 2009, 50'th anniversary Chargers team has what it takes.

Game time is 1:40 p.m.

## SOLUTIONS

Puzzle on page 14



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## Dinner Specials

(Includes Salad and dinner roll)

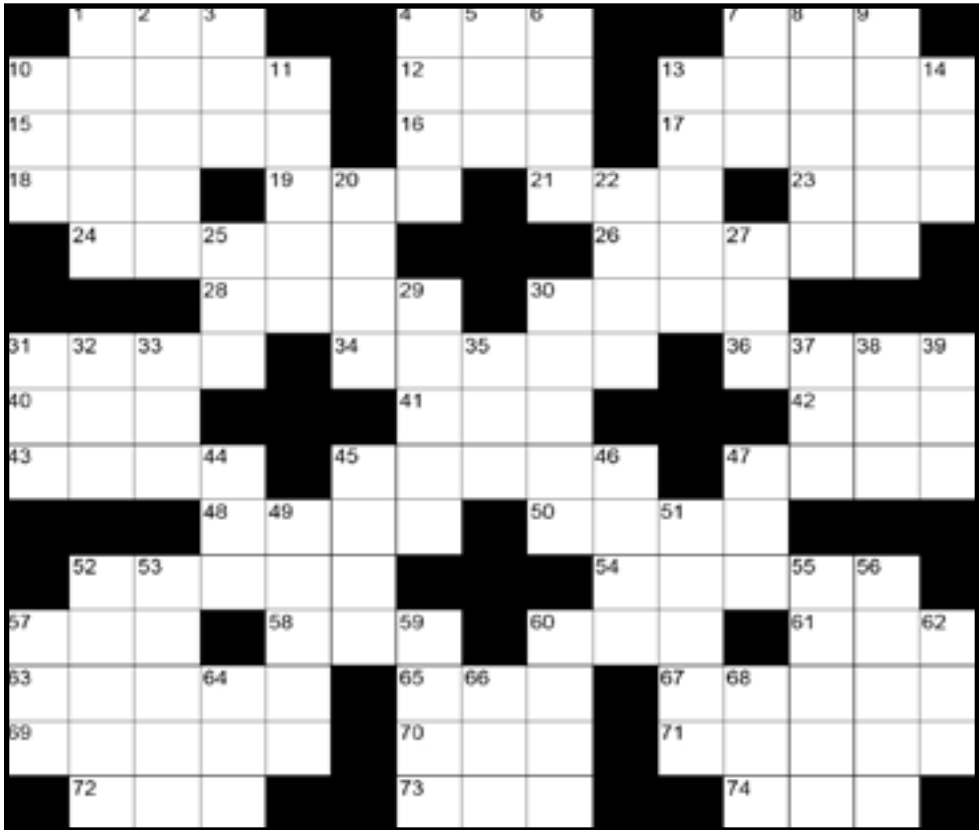
**Monday:**  
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Zucchini Parmigiana ... \$10.95  
**Wednesday:**  
Eggplant Parmigiana ... \$10.95  
**Thursday:**  
Ravioli (meat or cheese) \$9.50  
**Friday:**  
Tortellini (chicken, cheese or spinach) ..... \$8.85  
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**Sunday:**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

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PUZZLES AND FUN



- Across
- 1 Earnings

4 Snooze

7 Compass point

10 Mantle

12 Poem

13 Guilt

15 Jacket

16 North American nation

17 Asian bird

18 Concord e.g.

19 Egg layer

21 Fib

23 Peanut butter brand

24 Tree

26 Christmas song

28 Fee

30 Gumbo

31 Afloat

34 Inane

36 Posttraumatic stress disorder

40 Director (abbr.)

41 Forbid

CROSSWORD PUZZLE

- 42 Canoe propeller

43 Attract

45 Opposite

47 Foolish

48 Vigor

50 Hi-fi

52 Pasture

54 Serves meals

57 Put on

58 Licensed practical nurse

60 Thief's hideout

61 Official

63 Japanese city

65 Shoshonean

67 Chocolate tree

69 Boom box

70 Cut

71 Extol

72 Downwind

73 Rent

74 Building addition

22 Yucky

25 School group

27 Strike sharply

29 Toil

30 Ms. Winfrey

31 Total

32 Mr.

33 Epoch

35 Friend

37 Also

38 Deplete

39 Lose moisture

44 Compass point

45 Secondary

46 Excessive

47 Mold

49 Eskimo home

51 Spar

52 Kingly

53 Positive electrode

55 Relating to a Duke

56 Little

57 Danish krone (abbr.)

59 Invalidated

60 Department (abbr.)

62 Urn

64 Truss

66 Digit

68 Wood chopper

Solution on page 13

LEGAL NOTICES

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00065128-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: MAGALI VALENZUELA ON BEHALF OF MINOR AMERICA FERNANDA SOTO VALENZUELA FOR CHANGE OF NAME PETITIONER: MAGALI VALENZUELA ON BEHALF OF MINOR AMERICA FERNANDA SOTO VALENZUELA HAS FILED FOR AN ORDER TO CHANGE NAME FROM: AMERICA FERNANDA SOTO VALENZUELA TO: AMERICA FERNANDA LOPEZ VALENZUELA THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, on March 1, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON January 12, 2010. East County Gazette – GIE030790 01/14, 01/21, 01/28, 02/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034234

FICTITIOUS BUSINESS NAME(S): Point Loma Plaza Associates Located at: 3772 Voltaire Street, San Diego, CA 92109 This business is conducted by: A General Partnership The first day of business was: June 6, 1964 This business is hereby registered by the following: 1. Alan J. Tarlov, Trustee, Tarlov family Trust 545 Aldwych Road, El Cajon, CA 92020; 2. Norman Greene, Trustee, Louis and Betty Greene Family Trust 5484 Toyon Road, San Diego, CA 92115; 3. Leslee Tarlov 13217 Hesby Street, Sherman Oaks, CA 91423; 4. Mark Tarlov 4160 Bellingham Avenue, Studio City, CA 91604; 5. Ira Tarlov 8620 Delmonico Avenue, West Hills, CA 91304; 6. Gary Chenkin, Trustee, Chenkin Trust 2044 Eastwood Lane, Eugene, OR 97401; 7. Alan J. Tarlov, Trustee, Minnie R. Tarlov Trust FBO Ira Tarlov 545 Aldwych Road, El Cajon, CA 92020; 8. Alan J. Tarlov, Trustee, Minnie R. Tarlov Trust FBO Mark Tarlov 545 Aldwych Road, El Cajon, CA 92020; 9. Alan J. Tarlov, Trustee, Minnie R. Tarlov Trust FBO Jason Tarlov 545 Aldwych Road, El Cajon, CA 92020; 10. Alan J. Tarlov, Trustee, Minnie R. Tarlov Trust FBO Tracy Severe 545 Aldwych Road, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009. East County Gazette- GIE030790 01/14, 01/21, 01/28, 02/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-000729

FICTITIOUS BUSINESS NAME(S): Confidence Builders, Inc. Located at: 7206 Berkeley Dr., La Mesa, CA 91942 This business is conducted by: A Corporation The first day of business was: January 1, 2010 This business is hereby registered by the following: 1. Confidence Builders, Inc. 7206 Berkeley Dr., La Mesa, CA 91942 This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2010. East County Gazette- GIE030790 1/14, 1/21, 1/28, 2/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034190

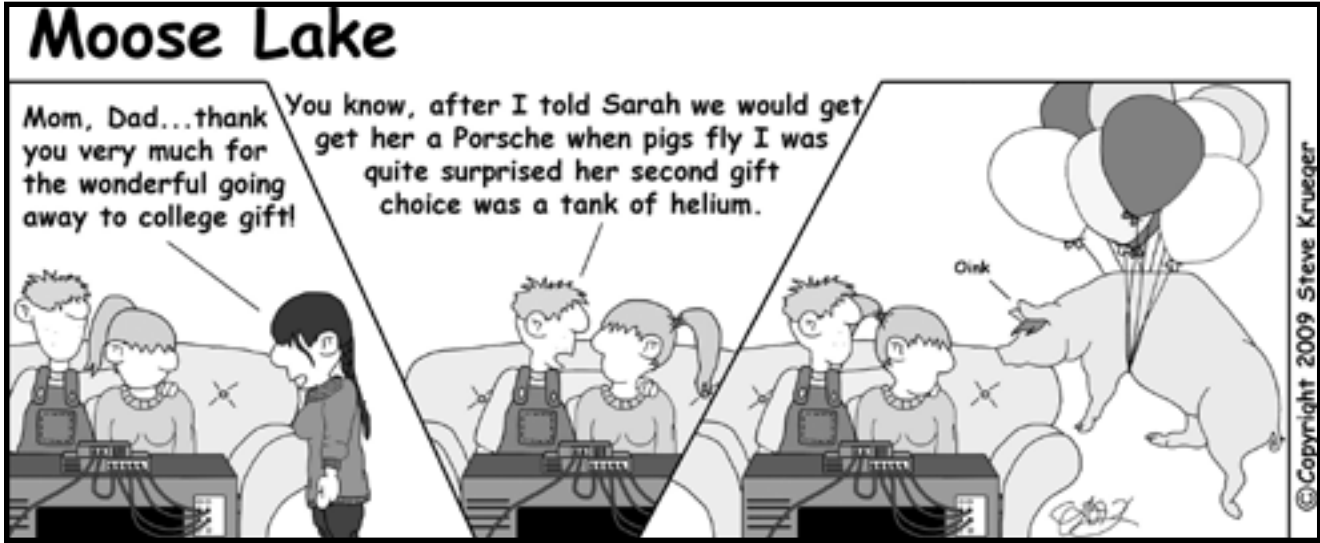
FICTITIOUS BUSINESS NAME(S): a.) Greensmart Certification Services b.) America China United Association c.) Earththrive Initiative Located at: 1235 Shafter St., San Diego, CA 92106 This business is conducted by: A Corporation The first day of business was: October 18, 1998 This business is hereby registered by the following: 1. Heartland Coalition 1235 Shafter St., San Diego, CA 92106 This statement was filed with Recorder/ County Clerk of San Diego County on December 08, 2009. East County Gazette- GIE030790 01/14, 01/21, 01/28, 2/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-000363

FICTITIOUS BUSINESS NAME(S): Magic Moments Music Located at: 4281 Lowell St. #20, La Mesa, CA 91941 This business is conducted by: An Individual The first day of business was: January 1, 2010 This business is hereby registered by the following: 1. John Michael Kollar 4281 Lowell St. #20, La Mesa, CA 91941 This statement was filed with Recorder/ County Clerk of San Diego County on January 06, 2010. East County Gazette- GIE030790 01/14, 01/21, 01/28, 2/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035304

FICTITIOUS BUSINESS NAME(S): a.) Raga Muffin b.) Raga Wear Located at: 4060 Paula St., La Mesa, CA 91941 This business is conducted by: An Individual The first day of business was: November, 2004 This business is hereby registered by the following: 1. Ryan Patruno 2708 Santiago Rd., Apt C, Fullerton, CA 92835 This statement was filed with Recorder/ County Clerk of San Diego County on December 22, 2009. East County Gazette- GIE030790 01/14, 01/21, 01/28, 2/04, 2010



LEGAL NOTICES

  
**ORDINANCE NO. 4937**  
  
**AN ORDINANCE REZONING ASSESSOR'S PARCEL 489-122-27 FROM R-1-6 (SINGLE-FAMILY RESIDENTIAL) TO R-2 (MULTI-FAMILY RESIDENTIAL)**

WHEREAS, the City Council held a public hearing on October 13, 2009, to consider Zoning Reclassification Application No. 2300 to rezone Assessor's Parcel 489-122-27, located on the north side of Oakdale Avenue between North Second Street and Grape Street, from R-1-6 (Single-Family Residential) to (R-3 Multi-Family Residential), which public hearing was continued to October 27, 2009, and thereafter to November 17, 2009; and

WHEREAS, the El Cajon Planning Commission adopted Resolution No. 10574, recommending to the City Council that the subject parcel be rezoned from R-1-6 to R-2 instead of R-3; and

WHEREAS, the City Council approved the rezoning of subject parcel to R-2.

The City Council of the City of El Cajon does ordain as follows:

**SECTION 1.** Based on the record as a whole, the City Council finds:

A. The proposed zone change is exempt from environmental review in accordance with Section 15061 (b)(3), (General Rule) of the CEQA Guidelines.

B. The subject property does not meet the minimum lot width requirements of a R-3 zone, but meets the R-2 zone minimum lot width standard.

C. The subject parcel abuts R-1-6 zoned property and R-2 zoned property, but not R-3 zoned property.

D. Both the R-2 and R-3 zones are consistent with the objectives, policies, general land uses, and programs specified in the General Plan because they facilitate the implementation of General Plan Goal 5 to provide a broad range of housing types that will be made available to meet the housing needs of various age and income groups.

E. The R-2 zone is consistent with the Medium Density Residential land use designation of the General Plan in which the subject property is located.

F. The zone change will not reduce the number of sites identified in the Housing Element to a level less than capable of accommodating the City's share of the regional housing need pursuant to California Government Code Section 65584.

G. Rezoning the subject property to R-2 rather than the R-3 zone is in the best interest of public necessity and convenience and general welfare because it will facilitate development of new single-family homes at a density consistent with other nearby R-2 zoned properties along the north side of Oakdale Avenue.

**SECTION 2.** The City Council hereby REZONES Assessor's parcel number 489-122-27 from R-1-6 to R-2, as shown on "Exhibit A" attached hereto and incorporated herein by reference.

**SECTION 3.** This ordinance shall become effective thirty (30) days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 12th day of January 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, McClellan, Wells  
NOES: None  
ABSENT: Kendrick  
DISQUALIFY: None

MARK LEWIS  
Mayor of the City of El Cajon

ATTEST:  
KATHIE RUTLEDGE, CMC  
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4937 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 12th day of January 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790  
01/14/10

  
**ORDINANCE NO. 4938**

**AN ORDINANCE AMENDING CHAPTER 2.24 OF THE EL CAJON MUNICIPAL CODE TO ELIMINATE THE EL CAJON PARK AND RECREATION COMMISSION**

THE CITY COUNCIL OF THE CITY OF EL CAJON DOES HEREBY ORDAIN AS FOLLOWS:

**SECTION 1:** Sections 2.24.050, 2.24.300 and 2.24.310 of Chapter 2.24 of the El Cajon Municipal Code are hereby deleted.

**SECTION 2:** Section 2.24.050 is added to Chapter 2.24 of the El Cajon Municipal Code to read as follows:

2.24.050 Five-member commissions—Terms—Expiration.

All commissioners who serve on a commission consisting of five members, shall serve for four years, with appointments to expire January 31st, except that the initial terms on a newly created five-member commission shall be staggered so that there is one vacancy occurring each year for three years, and two vacancies in the fourth year. Commissioners serving on the planning commission, or personnel commission on the effective date of this ordinance, whose terms presently expire in September of a particular year, shall have their terms extended to January 31st following the year in which their term is set to expire. Commissioners shall serve until such time as their successor is seated.

**SECTION 3:** This ordinance shall be effective thirty days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 12th day of January 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, McClellan, Wells  
NOES: None  
ABSENT: Kendrick  
DISQUALIFY: None

MARK LEWIS  
Mayor of the City of El Cajon

ATTEST:  
KATHIE RUTLEDGE, CMC  
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4938 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 12th day of January 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790  
01/14/10

**To place your legal ad call (619) 444-5774**

  
**PUBLIC NOTICE  
NOTICE OF PUBLIC HEARING**

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, January 25, 2010** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following items:

**General Plan Amendment No. 2010-01, Amendment to Specific Plan No. 182 and Zoning Reclassification No. 2301 and Negative Declaration**, as initiated by the City of El Cajon, requesting to: 1) add a General Plan Special Development No. 9 designation to five parcels on the north side of Linda Way; 2) expand the boundaries of Specific Plan No. 182 to encompass the same property; 3) amend the text of Specific Plan No. 182 to allow additional flexibility in building height, lot coverage and building setback (yard) requirements, subject to the granting of a conditional use permit; and 4) rezone five properties on Linda Way zoned Residential One-Family (R-1-6) and two properties on Chambers Street zoned Multiple-Family (R-3) to Multiple-Family High Density, High-Rise Zone (R-5). The Planning Commission will also consider a Negative Declaration for the proposed project. The subject properties are located on the southeast corner of Linda Way and Chambers Street (APNs: 487-191-14 & -15) and the northeast corner of Linda Way and Chambers Street (APNs: 487-180-09 thru -13).

**Conditional Use Permit No. 2107 and Negative Declaration**, as submitted by Affirmed Housing Group, requesting to construct a four-story, mixed-use development on the north and southeast corners of Chambers Street and Linda Way consisting of 49 senior residences and approximately 2,000 square feet of commercial space. Included in this application is a request to: 1) construct a mixed-use development; 2) exceed the applicable building height limits; 3) increase lot coverage; 4) reduce the parking requirement; and 5) reduce building setback requirements. The Planning Commission will also consider a Negative Declaration for the proposed project. The subject properties are located on the southeast corner of Linda Way and Chambers Street (APNs: 487-191-14 & -15) and the northeast corner of Linda Way and Chambers Street (APNs: 487-180-09 thru -13).

**Zoning Ordinance Amendment No. 415**, as initiated by the City of El Cajon, requesting to amend the Zoning Ordinance (Title 17 of the El Cajon Municipal Code) to add Section 17.64.253 and Chapter 17.94 regarding water-efficient landscaping.

**Specific Plan No. 518 and Tentative Parcel Map No. 644**, is submitted by Dennis Tuttle, requesting to create a panhandle lot and a two-lot subdivision in the Residential One-Family (R-1-6) zone. The subject property is located on the south side of Granite Hills Drive, between South Second and Dorothy Streets, and is addressed 1203 Granite Hills Drive.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission meeting, please contact the Planning Division at (619) 441-1741 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearing, or in written correspondence to the Commission, described in this notice.

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

Melissa AYRES, A.I.C.P.  
Director of Community Development

DATE: January 7, 2010  
City of El Cajon

East County Gazette- GIE030790  
01/14/10

  
**PUBLIC NOTICE – (CORRECTED)  
City of El Cajon  
Notice of Intent to Adopt a Negative Declaration**

Notice is hereby given that the Community Development Department of the City of El Cajon has prepared a Negative Declaration concerning:

**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.

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.

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.

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.

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 9, 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.

East County Gazette- GIE030790  
01/14/10

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME  
CASE NO.37-2009-00071700-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: ALEXANDER SCOTT EDEP FOR CHANGE OF NAME PETITIONER: ALEXANDER SCOTT EDEP HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ALEXANDER SCOTT EDEP  
TO: ALEXANDER EDEP DEROSIER  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, FOURTH FLOOR, on February 22, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON DECEMBER 30, 2009.

East County Gazette – GIE030790  
01/14, 01/21, 01/28, 02/04, 2010

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME  
CASE NO.37-2010-00065078-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: KATIE LYNN THOMPSON FOR CHANGE OF NAME PETITIONER: KATIE LYNN THOMPSON HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
KATIE LYNN THOMPSON  
TO: KATIE LYNN SANDZA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on March 10, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON January 08, 2010.

East County Gazette – GIE030790  
01/14, 01/21, 01/28, 02/04, 2010

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME  
CASE NO.37-2009-00071701-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: CHRISTOPHER EDWARD EDEP FOR CHANGE OF NAME  
PETITIONER: CHRISTOPHER EDWARD EDEP HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
CHRISTOPHER EDWARD EDEP  
TO: CHRISTOPHER EDEP DEROSIER  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, FOURTH FLOOR, on February 22, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON DECEMBER 30, 2009

East County Gazette – GIE030790  
01/14, 01/21, 01/28, 02/04, 2010

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— LEGAL NOTICES —

AGENDA

Alpine Community Planning Group

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

NOTICE OF REGULAR MEETING

Thursday, Jan. 28, 2010

6:30 P.M.

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

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey	Roger Garay	Richard Saldano
George Barnett	John Hood	Vacant
Jim Easterling	Cory Kill	Kippy Thomas
Joe Ford	Jennifer Martinez	Scott Tuchman
Greg Fox	Travis Lyon	Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Amended Minutes: December 2009

2. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Swearing in of new member Election of Officers for 2010.  
2. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to or from APG Sub-Committees.

Organized / Special Presentations:

1. None

Consent Calendar

1. Circulation

1. Discussion and Vote: None

2. Communications

1. Discussion and Vote: None

4. Private Actions

1) Discussion and Vote: None  
2) Discussion and Vote: None  
3) Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote on PLDO Expenditures

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

VIII Subcommittee Reports (Including Alpine Design Review Board)

A. Private Actions	Richard Saldano
B. Trails & Conservation	Scott Tuchman
C. Parks & Recreation	Brad Bailey
D. Public Facilities & Services & Major Public Policy	
E. Circulation	John Hood
G. Alpine Design Review Board	Greg Fox
H. Alpine Safety ADHOC	Kippy Thomas
J. Albertson Park ADHOC	Jim Easterling
K. Alpine High School ADHOC	Brad Bailey
	Lou Russo

IX. Officers Reports

A. Chairman	Dana Zeno
B. Vice Chairman	Brad Bailey
C. Secretary	Jim Easterling
D. Immediate Past Chair	Vacant

X. Open Discussion 2 (Only if Necessary)

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

XI. Request for Agenda Items for Upcoming Agendas

A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)

XII. Approval of Expenses / Expenditures

XIII. Announcement of Sub-Committee Meetings

1. The Parks & Recreation meetings will be held on the 2nd Thursday of the month at the Community Center.

XIV. Announcement of Next Meeting

1. Thursday, February 18, 2010 at 6:30 P.M.

XV. Adjournment of Meeting

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-000546  
FICTITIOUS BUSINESS NAME(S):  
UltraVend Vending Company  
Located at: 8516 Fresno Ave., La Mesa,  
CA 91941  
This business is conducted by: Husband  
and Wife  
The first day of business was: January 15,  
1992  
This business is hereby registered by the  
following: 1. Barry M. Strickland 8516  
Fresno Ave., La Mesa, CA 91941; 2. Lory J.  
Strickland 8516 Fresno Ave., La Mesa, CA  
91941  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 07, 2010.  
East County Gazette- GIE030790  
01/14, 01/21, 01/28, 2/04, 2010

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-000650  
FICTITIOUS BUSINESS NAME(S): SD  
Green Girl  
Located at: 2022 Calle Cantora, El Cajon,  
CA 92019  
This business is conducted by: An Individual  
The first day of business was: January 1,  
2010  
This business is hereby registered by the  
following: 1. Darla Fox 2022 Calle Cantora,  
El Cajon, CA 92019  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 08, 2010.  
East County Gazette- GIE030790  
1/14, 1/21, 1/28, 2/04, 2010

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

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. 2009-033099  
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 This statement  
was filed with 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. 2009-034101  
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

**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. 2009-034240**

FICTITIOUS BUSINESS NAME(S): a.)  
Safari Associates b.) Safari Mobile Lodge  
Located at: 1174 East Main Street, El Cajon,  
CA 92021

This business is conducted by: A General  
Partnership  
The first day of business was: January 1,  
1968

This business is hereby registered by the  
following: 1. Alan J. Tarlov, Trustee, Tarlov  
Family Trust 545 Aldwych Road, El Cajon,  
CA 92020; 2. Arthritis Foundation Attn: Tina  
Lorimer 9089 Clairmont Mesa Blvd., #300,  
San Diego, CA 92123-1228; 3. Gary Chenkin,  
Trustee, Chenkin Trust 2044 Eastwood Lane,  
Eugene, OR 97401; 4. Dr. Alan Weinstock  
9108 Cranford Drive, Potomac, MD 20854;  
5. Marjorie R. Jobrack, Trustee, Harry A.  
Jobrack Revocable Trust 37 Doncaster Circle,  
Lynnfield, MA 01940; 6. Steven Jobrack,  
Trustee, Harry A. Jobrack Revocable Trust  
37 Doncaster Circle, Lynnfield, MA 01940;  
7. Ira Tarlov 8620 Delmonico Avenue, West  
Hills, CA 91304; 8. Alan Weinstock, Trustee,  
Lena Weinstock Trust 9108 Cranford Drive,  
Potomac, MD 20854; 9. Leslee Tarlov 13217  
Hesby Street, Sherman Oaks, CA 91423; 10.  
Norman Greene, Trustee, Louis and Betty  
Greene Family Trust 5484 Toyon Road, San  
Diego, CA 92115; 11. Mark Tarlov 4160  
Bellingham Avenue, Studio City, CA 91604;  
12. Martha Hansen 530 E. Maryland, Unit  
6, Phoenix, AZ 85014; 13. Masonic Charity  
Foundation Attn: Louis Brocho 74 Cheshire  
Road, Wallingford, CT 06492; 14. Alan J.  
Tarlov, Trustee, Minnie R. Tarlov Trust FBO Ira  
Tarlov 545 Aldwych Road, El Cajon, CA 92020;  
15. Alan J. Tarlov, Trustee, Minnie R. Tarlov  
Trust FBO Mark Tarlov 545 Aldwych Road, El  
Cajon, CA 92020; 16. Alan J. Tarlov, Trustee,  
Minnie R. Tarlov Trust FBO Jason Tarlov 545  
Aldwych Road, El Cajon, CA 92020; 17. Alan  
J. Tarlov, Trustee, Minnie R. Tarlov Trust FBO  
Tracy Severe 545 Aldwych Road, El Cajon,  
CA 92020; 18. Nancy Jamie 7 Stafford Ave.,  
Woodbury, NJ 11797; 19. Norman Greene  
5484 Toyon Road, San Diego, CA 92115;  
20. Sema Tarlov, Trustee, Sema Tarlov Trust  
DTD 05/13/1995, 14242 Riverside Drive,  
#202, Sherman Oaks, CA 94423; 21. Simin  
Morovati, Trustee, Solomon Revocable Trust  
10535 Wilshire Blvd. #1106, Los Angeles, CA  
90024

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

East County Gazette- GIE030790  
01/14, 01/21, 01/28, 2/04, 2010

**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: Sherry! 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

**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 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

**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](http://www.courtinfo.ca.gov/selfhelp)), at the California Legal Services  
Web site ([www.lawhelpcalifornia.org](http://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 cuota 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](http://www.sucorte.ca.gov)), en el sitio Web de los Servicios  
Legales de California ([www.lawhelpcalifornia.org](http://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 restricción que  
figuran en la pagina 2 valen para ambos  
conyuges o pareja de hecho hasta que se  
despida la petición, 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

**UNITED STATES GOVERNMENT  
General Services Administration**

**Seeks Leased Space in El Cajon, CA**  
**REQUIREMENT:**

The General Services Administration seeks  
to lease space consisting of a maximum of  
approximately 3950 rentable square feet  
yielding a maximum 3890 ANSI/BOMA usable  
square feet consisting of approximately 3100  
sf warehouse with 3 inside parking spaces,  
75 sf Data Processing and 715 sf office,  
wareyard and related space. Space offered  
must be contiguous. Space must be located  
in a prime commercial office district with  
attractive, prestigious surroundings with a  
prevalence of modern design and/or tasteful  
rehabilitation in modern use. Subleases are  
not acceptable

**DELINEATED AREA:**

Space must be located within the following  
boundaries:

North: El Capitan Reservoir/Canals

South: Interstate 8 South Frontage Road  
(both sides)

East: El Capitan Reservoir/Canals

West: Highway 67

**REQUIRED:**

On-site parking for 7 vehicles is required; 4  
outside and 3 inside the warehouse. Public  
transportation is required within 2 blocks.  
All services, supplies, utilities and tenant  
alterations are to be provided as part of the  
rental consideration. The offered space must  
meet Government requirements for Security,  
Fire Safety and Handicapped Accessibility.  
There is a 20 foot setback requirement for new  
construction. The 20-foot setback needs to be  
from the façade of the building to the nearest  
point accessible by a vehicle or the curb. The  
facility must be professional in appearance,  
well maintained, of modern design, and of  
sound and substantial construction. The space  
shall be located in a professional office setting  
and not within close proximity to residential  
areas, railroad tracks, busy intersections or  
one-way access roads.

**LEASE TERM:**

Term is for Ten (10) years/ five (5) years  
firm. Proposed occupancy date is February  
15, 2011.

**OWNERS/AGENTS:**

To submit a location for inspection, please  
contact the following office:

Chris Stauff SIOR

Commercial Property Group, Inc., A Small  
Business Affiliate of CBRE for the GSA  
Broker Contract  
5995 Sepulveda Blvd., Suite 204  
Culver City, CA 90230  
310-390-7722 x 103  
310-390-0995 FAX  
cdkstauff@earthlink.net

Brokers or agents may represent the  
prospective landlord, but any properties  
or proposals submitted by brokers/agents  
must be accompanied by written evidence  
that they are authorized to represent the  
building's ownership. Expressions of interest  
should include all of the following: 1. Building  
name and address., 2. Rentable square feet  
and rate per rentable square foot, 3. Method  
of measurement used to determine rentable  
square feet, 4. Common Area Factor (s) for  
available space by floor if applicable, 5. FEMA  
map showing the property location in relation  
to Flood and Earthquake zones. 6. Evidence  
of control of the property being submitted. In  
all correspondence include the following: 1) Name,  
address and telephone number of the  
individual offering and to be contacted; 2) Any  
information regarding influences unique to the  
site or building that may affect the occupancy;  
and 3) Incentives and inducements such  
as tenant improvement allowances, lessor  
provided enhancements, etc. Interested  
parties may submit pertinent information by  
January 31, 2009. Please reference Project  
# 9CA2576.

East County Gazette- GIE030790  
1/14/2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-035514**

FICTITIOUS BUSINESS NAME(S):

Administrative Virtual Solutions

Located at: 436 Compton Street, Unit D, 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. Janine L. Holman 436 Compton Street,  
Unit D, El Cajon, CA 92020

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

East County Gazette- GIE030790  
01/14, 01/21, 01/28, 2/04, 2010

**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 Recorder/  
County Clerk of San Diego County on  
December 15, 2009.

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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035522**

FICTITIOUS BUSINESS NAME(S): Compadre Brewing

Located at: 2976 iris Avenue, San Diego, CA 92154

This business is conducted by: An Individual

The first day of business was: December 23, 2009

This business is hereby registered by the following: 1. Daniel Patrick Parra 2976 Iris Avenue,  
San Diego, CA 92154

This statement was filed with Recorder/County Clerk of San Diego County on December 28,  
2009. East County Gazette- GIE030790 1/14, 1/21, 1/28, 2/04, 2010

**Dear Dr. Luauna**

**Question: Dear Dr. Luauna,**

I am a single mom raising 3  
teenage boys. My oldest one started  
hanging with the wrong crowd in  
his senior year (he just graduated  
this past June) and he has been in  
trouble with the law and I tried  
letting him move in with his dad  
and now he is on probation. I told  
him he could come home BUT he had to follow my  
rules or move out. He has broken every rule and I feel  
he has no respect for me at all. Last night he told me  
he was NOT coming home because he was at a party. I  
know he is 18 years old, but if I allow him to just  
ignore anything I say then I am afraid my other 2 boys  
will follow in his steps. So my question is: Do I make  
him move out to show him that he must abide by my  
rules and respect my feelings Or do I ignore the whole  
thing again. Please help so I have a chance with my 2  
other boys (ages 16 and 14). Signed, Single Mom



**Answer: Dear Single Mom,**

You should have your 18 year old move out, those  
are the right steps. You are absolutely right, his  
rebellion will and can effect your two younger boys.  
You must not allow your children to pull the strings of  
emotion in your heart and you must stand strong and  
do what is right.

God gives us strength and the ability to stand when  
at times it seems almost impossible. Please come to  
church and bring your two sons, church will help your  
children to grow in faith. Without Christ being a  
boundary the human nature of man left to himself,  
destroys himself, this is why Jesus came to take our  
sins and change our human nature. While your  
children are getting closer to the Lord, you as well,  
will grow in wisdom to raise and train up your  
children in the ways of the Lord. You are special and  
God loves you, your hands are filled, but Jesus will  
helps you carry the load. Read these verses.  
Proverbs 22:6, James 1:5, 1 Corinthians 15:33

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

**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)**

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**Editor, East County Gazette**  
**P.O. Box 697, El Cajon, CA 92022**  
**or**  
**e-mail us at: [editor@ecgazette.com](mailto:editor@ecgazette.com)**  
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**San Diego East Visitors Bureau**  
**National Federation of Independent Business**  
**The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District. The East County Gazette adjudication number: GIE030790.**  
**March 10, 2006.**  
**[www.eastcountygazette.com](http://www.eastcountygazette.com)**

# Our Best Friends

## Help for biting kitten ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

**Dear Trainer,**  
**M**y new kitten thinks I'm playing when all I want to do is pet him. He bites and kicks, and his teeth and claws are very sharp. I wanted a kitten I could cuddle and hold, not one that is so wild. What can I do to tame this wild beast?

Signed,  
All Scratched Up

**Dear Scratched,**

Many kittens are encouraged to play rough because we don't always recognize the signs that they are getting overly stimulated. This play is considered a natural behavior for kittens because it is connected to learning how to hunt, as well as to provide them with some well-needed exercise. Some kittens are also extra sensitive about being handled on different parts of their bodies and become stimulated when touched or stroked in those areas.

To help your kitten learn other, more appropriate behaviors, the first thing you can do is to look at your kitten's diet. Be sure to feed your kitten a high-end cat/kitten food that is low in carbohydrates, chemical preservatives and dyes. Cats can, and do have food sensitivities that often display as behavior issues, so only feed a super premium food to tone your kitten down from the inside.

### Appropriate handling and play

Many people make the mistake of using their hands (and sometimes their feet) to play with their kittens. Unfortu-

nately, this reinforces kittens to bite and kick, as it is very stimulating, and satisfies your kitten's underlying need to hunt. (Hunting is a very strong instinct since cats are not fully domesticated animals!)

The reason that cats and kittens "torture" their prey is not some sadistic ritual; it is to stun their meal before risking putting it into their mouths and possibly being bitten. The underlying principle for this is that cat's don't see very well, (they give up clarity and sharpness for the ability to see in low light and to track fast movement). When a prey animal (or your hand) is next to your kitten's face, he is nearly blind at that point, so it would be risky to eat or kill an animal that might be able to bite them.

If you are trying to pet your kitten from the front of his face, he may be attacking your hands because he is not visually clear about your intentions. With that in mind, I encourage people to use a touch and release method to give cats or kittens the opportunity to decide if they would like to be touched and where.

To do this, simply make a fist with your hand (which is more difficult to bite) and present it to your kitten from the side of his face. Hold your hand very still, and allow your kitten to approach, and watch his response. Most cats will rub against the hand in the areas where they enjoy petting. This is your cat's way of showing you what parts of his body he likes touched, so it's important to make note of that.

Next, remove your hand for a couple of seconds, and then present it again. Does your cat come back for more or does he walk away. This will give you some tolerance ranges, as some cats can be petted only once before getting too stimulated, and some a number of times. It is important to stop touching, petting or handling your kitten before the arousal state so he can learn that people will not push him over the top.

### Important reminders about touching and play

To teach your kitten more tolerance and gentleness with you, consider the following:

- Avoid games that allow your cat to chase, bite, claw, or wrestle with your hands or feet. While this may be cute to watch, as you discovered, those sharp teeth and claws do hurt. Now, think about what it will feel like when your cat is a year old and weighs around 8-10 pounds, with adult teeth and adult claws. Cats do not naturally "grow out of" this sort of play so it is important to work on some boundaries now.

- The games you play with your kitten from these early days are the games your kitten will think are okay to play for life. Your kitten will not understand why you suddenly don't want to play certain games anymore, so don't start them in the first place.

- If you are caught off guard, to discourage your kitten from kicking/biting once he has grabbed on by, "play dead" and let your hand or foot go limp. When the cat loosens his hold, remove your body part slowly and without drama. Do not struggle to get away—this

will only intensify the cat's behavior. When your kitten lets go, either remove yourself from his presence or substitute a toy for your body part, and vow to stop touching before he gets that stimulated and to provide better outlets for your his energy and need to play.

- To help your cat become more tolerant of petting, do so when he is eating so touching becomes associated with good things. If you find a food treat that your kitten really loves, you can also use that to desensitize him to touching by doing one stroke and giving him a treat. If that goes well, do another, and so on.

- Find toys that your cat loves, and use those to give him the appropriate outlet for his energy.

### Other things that will help

The value of climbing trees

and the vertical space they provide can't be emphasized enough since they allow the cat to burn off some extra energy with climbing. Placing a climbing tree in front of a window with bird feeders located outside is a big distraction and is akin to providing your cats with their own little live theater. This will also help to distract your kitten away from using your hands as prey.

Other ideas that really help keep the focus away from your hands and feet are food carrier toys in which you can feed an entire meal, as well as satisfy your cat's hunting instincts at the same time. These kinds of toys will exercise both their mind and body, causing them to be more tired and less likely to bother each other. A cardboard box with holes cut into it that your kitten can reach into

to "fish" out food is another good way to stimulate his mind and body.

Also consider catnip toys, bubble machines that can be placed on a timer (they make catnip bubbles!), feather chase toys and kitty Kongs which are a food delivery toy for cats, to name just a few. These are all fun and interactive ways to not only stimulate your cat's mind, they provide exercise and distractions.

If you put these things in place now, you will still get to enjoy watching your kitten being a kitten and be allowed to touch him more but not at the sacrifice of your hands.

Good luck,  
Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)

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