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VOLUME 10 NUMBER 33 **JANUARY 21-27, 2010**

'Super Sport Club' opens in East County



24-Hour Fitness manager Jason Felix (second from right) along with his staff and East County Chamber and CDC Ambassadors cut the ribbon on the new 24-Hour Super Sport Club in El Cajon. See story on page 2. Photo credit: Kathy Foster

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Local News & Events

24-Hour Fitness replaces former El Cajon club with new Super Sport Club

by Diana Saenger

The largest privately-owned U.S. fitness chain, 24 Hour Fitness is in the right business at the right time. Two thirds of America's population is classified

as obese by major health carriers and people are beginning to pay more attention to their health. A brand new 24 Hour Fitness had its ribbon cutting on Saturday in El Cajon. The new Super Sport facility

replaces an older 24 Hour Fitness that closed in December. More than 400 men and women came to workout or check out the new club located in the Ross center on Main St.

Founded in 1983 as a one-club operation, 24 Hour Fitness pioneered the concept of making fitness accessible, affordable and a way of life for everyone. Jason Felix is the El Cajon Super Sport Club manager. He came from the Miramar Active



(Left) Frank Colletti, Fitness Manager of the new 24-Hour Super Sport Club in El Cajon

(Right) Jason Felix, manager of the new 24-Hour Super Sport Club in El Cajon. Photo Credits: Kathy Foster

Club where he was manager for three years. Felix is very excited about the new facility. "It's a fantastic spot and the first Super Sport Club in San Diego. That means we have extra square footage, the top quality equipment

on the market, a swimming pool, basketball court, sauna, steam rooms, Jacuzzi, towel service, members don't have to bring their own towels, and personal training."

24 Hour Fitness has four types of facilities: All-Club Ultra Sport; All-Club Super Sport; All-Club Sport and All-Club Active. Each club has different amenities and every 24 Hour Fitness offers a range of memberships. This bodes well for all ages of men and women who want to maintain their health. Felix said even with the difficult economy people realize they need to take care of themselves.

"We're seeing a continual rise in membership. We're also very excited by the government program *Silver Sneakers*. It's a fitness program designed for Medicare beneficiaries that concentrates on improving strength and flexibility so daily living activities become easier. It's complimentary, and more and more seniors are taking advantage of this. We look forward to millions more this year who take advantage of this program at all of our facilities."

Frank Colletti is the Fitness Manager at the club and over-

sees a team of fitness trainers. He's met the 24 Hour Fitness accredited certifications required for all of their personal trainers. He started in the business in 1983 and has experience in personal training, working in clubs and owning his own club. "I like all aspects of this field," he said. "I like what we do for people and enjoy seeing the changes in people's lives when they embrace fitness. This is a very rewarding job no matter what position you hold in the gym."

Personal trainers are offered in a variety of packages and options. "Our job is to make this a comfortable place for people to want to come in and workout," Colletti said. "Training is on a personal basis based on age, flexibility and needs."

The Club offers a basketball court for pick-up games and has a wide range of classes including spin, salsa dancing, yoga, kick boxing, aerobic, water, senior, Zumba—a popular form of salsa dancing with more of an exercise format



More than 400 exercisers turned out for the grand opening to try out the new equipment at the new 24-Hour Super Sport Club in El Cajon. Photo credit: Kathy Foster

— and more. Instructors are certified. There's no excuse for parents with children as this new club has a Kids Club where children can be dropped off while parents work out. It's big and very inviting.

"It's also very unique," Felix said. "We're trying to promote children's health as well so everything is inter-active. We have Wii games and other games, and run activities to keep them moving."

Judy Ayala has been a member of the El Cajon club for two years and really sees benefits from working out. "It was overwhelming at first," she said, "but I have a great trainer, Nicole Ennis, and I really like the machines here."

Seeing those in attendance on Saturday proved it's a place for all ages. Roland, 69, and Sue, 63, Bossenbroek make the club one of the couple's

See 24-HOUR FITNESS page 12

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The shelter is open to the public from 10 AM to 5:30 PM,
Tuesday through Saturday and from 1pm-2pm for lunch.
The shelter is closed Sunday and Monday.
The El Cajon Animal Shelter is not a part of the
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— LOCAL NEWS & EVENTS —

Bits and pieces around East County

by **Monica Zech**
City of El Cajon Public
Information Officer

ECPAC Community Forum Thursday

If anyone missed the first ECPAC community public forum in December, another forum is being held on Thursday, Jan. 21 from 7 to 8 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. The City of El Cajon is seeking positive public input on a master plan for the Civic Center area, which includes renovations to the East County Performing Arts Center (ECPAC). Input will help in the design and planning process. The City will be sharing their goals for the project and look forward to receiving community input on renovations of the Theater. If you would like to attend, please RSVP to the Recreation Department at (619) 441-1754. Space is limited so we request no more than three people from any one organization attend.

The Future Of San Diego County - Seminar

What will San Diego County look like 50 to 100 years from now? The San Diego Foundation's Board of Governors and Civil Society Working Group invite you to the seventh convening of "The Challenges and Opportunities of Imagining the Future of the Greater San Diego Region," co-hosted by the El Cajon Community Development Corporation. This special seminar scheduled for Saturday, Jan. 30, at the Ronald Reagan Community Center, 195 East Douglas Avenue, features a Continental Breakfast & Networking beginning at 8:30 a.m., followed by the program from 9 to 11 a.m. Space is limited. Please RSVP by January 22 to regionalvision@sdfoundation.org. There will be three brief presentations on issues of regional significance, followed by one hour of collaborative dialogue on building public awareness and participation in the creation of a shared vision for the future of the region. Jerry Hoffmeister, Chair of The San Diego Foundation Board of Governors, will make introductory remarks.

Officials looking for the next Miss El Cajon or Miss El Cajon Teen

Pageant officials are now

searching for the next Miss El Cajon and Miss El Cajon Teen. The pageant is scheduled for Saturday, March 27. An informational orientation is planned for Saturday, Jan. 23, at 1 p.m. at Kennedy Recreation Center, 1675 East Madison Avenue in El Cajon. Attendees will learn about all of the great activities planned, and pick up the application and paperwork. Visit the Miss El Cajon MySpace page and add them as a friend at www.myspace.com/misselfcajon for updated information and pictures, along with qualifications and areas of competition. 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 to receive pageant details, changes or updates. Feel free to bring a parent or guardian if you are under 18 years of age. If interested in participating, but unable to attend the orientation, please let them know and orientation information will be e-mailed. For more information please call Andrea Breise, Executive Director for the Miss El Cajon Scholarship Pageant, at (619) 938-3477.

Lend A Hand event

The El Cajon Community Development Corporation is registering volunteers for the next Lend A Hand event on Saturday, Jan. 30. The monthly neighborhood clean up will take place at the corner of Chamberlain Street and Emerald Street. On February 27, volunteer crews will be at the corner of East Camden Avenue and Lincoln Avenue. This is your chance to be more involved in your community. For more information, or to register, call (619) 401-8858.

Antique Show at the Ronald Reagan Center in February

The Association of Antiques & Collectible Dealers of San Diego will be holding their next antique show on February 10 from 2 to 7 p.m. Stop by and peruse all the wonderful items at this monthly antique and collectible event held at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. For more information call (619) 749-2116.

February City Blood Drive

The City of El Cajon's Annual Blood Drive at City Hall

is scheduled for Thursday, Feb. 4. Give the gift of life by stopping by the Bloodmobile that will be located near City Hall, adjacent to the East County Performing Arts Center at 210 E. Main Street, from 7:30 a.m. to 1:30 p.m. To schedule an appointment please call (619) 441-1716 or log onto www.sandiegobloodbank.org.

2010 CERT schedule - Prepare now!

Prepared for a disaster? Whether it's an earthquake or firestorm, NOW is the time to prepare! Learn how by enrolling in one of two upcoming East County Community Emergency Response Team (CERT) academies. The dates for the free 2010 (CERT) disaster preparedness classes are listed below, and on the El Cajon Fire Department website at www.elcajonfire.com - register now!

Academy - #1 - Space Available - (About 15 spaces left)

Feb. 6 - Disaster preparedness/CERT organization

Feb. 20 - Disaster Medical/Triage

March 6 - Fire Extinguishers/Light Search and Rescue classroom

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

April 3 - Disaster Psychology/Hazardous Material/Terrorism

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

Academy - #2 - Space Available

May 22 - Disaster preparedness/CERT organization

June 5 - Disaster Medical/Triage

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

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

July 24 - Disaster Psychology/Hazardous Materials/Terrorism

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

*The Heartland Training Facility (HTF) location is 1301 N. Marshal in El Cajon for the hands on training.

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. Leave your

name and best contact phone number.

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

Report a concern

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

Stay informed about your City. See updates on City projects and numerous City services online at www.ci.el-cajon.ca.us and look under "What's New."

Note: Please keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at mzech@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.

Artists needed to paint utility boxes - and beautify Downtown El Cajon

Artists are needed to turn ordinary utility boxes into works of public art in Downtown El Cajon. The El Cajon Community Development Corporation (CDC) will accept applications to participate through January 29.

"Public art communicates the history and values of the community," says Rebecca Reyes, Community Development Associate for the El Cajon CDC, who coordinates the public improvement project. "Our goal is to tell the story of Downtown El Cajon and build pride in the place and people who live here."

See **COMMUNITY NEWS** page 6

Winter Registration for Recreation Programs

Winter registration is going on now! Late Registration is in process so go on-line for immediate confirmation or register by mail, fax or walk-in to our recreation centers during their operational hours. Our friendly staff is available to assist you. If you are new to our programs, you are in for a wonderful experience with caring, professional staff. You and your child will experience the rewards of participating in a safe, caring environment that focuses on developing life skills.

Call today for information on registering for an activity. We look forward to hearing from you!

Log onto the Recreation Department's web page for more information on registration dates, registration tips and more at www.elcajonrec.org today!

Save the Date! Recital 2010

The City of El Cajon's Annual Dance and Tumbling Recital for 2010 is scheduled for March 28. This year's theme is Under the Big Top! Mark your calendars for a day of amazing performances by the students in our dance and tumbling classes!

Get Fit in 2010 - Zumba!

Starting off the New Year with a resolution to get fit but dreading going to the gym? Check out Zumba classes offered at City of El Cajon Recreation Centers. Zumba is a dynamic workout that is easy to do and fun for everyone! For more information call Wells Recreation Center at (619) 441-1680, or go online at www.elcajonrec.org.

For more information about El Cajon Recreation Department parks, facilities, programs, classes and events call (619) 441-1754, or go online to www.elcajonrec.org

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— LOCAL NEWS & EVENTS —

Community news you can use ...

Continued from page 5

Artists of all levels continue to volunteer their creative talent to the "UArt" utility art box program. Paint and painting supplies are reimbursed and artists receive local recognition. This project is sponsored by the El Cajon Redevelopment Agency.

"It is wonderful to work with artists who desire to serve the community," says Reyes. "It's such a fun way to give back and really become part of the improving landscape Downtown."

Those interested in painting a utility box should contact the El Cajon CDC at (619) 401-8858 or email at Rebecca@downtownelcajon.com.

Lakeside Fire Chief terminatedby **Patt Bixby**

At a special meeting held Saturday, Jan. 16 the Lakeside Fire Protection Board voted to terminate Fire Chief Mark Baker as the Fire Chief of Lakeside. The 3-2 vote came despite impassioned pleas from members of an audience of nearly 60. Board council reported there was no action on A) evaluation of the Chief but there was action on B.) Resolution 10-001 to remove the Chief, with his last day being in April 2010. Chief Baker is on administrative leave. This meeting was an extension of the January 12 regular board meeting where the board began the Chiefs performance

evaluation during closed session. Items 2 & 3 were added as new items to be considered at the special meeting, possible termination was added to the new agenda. The final vote was 3 "yeas" (Johnson, Liebig and Bingham) and 2 "nays" (Smith and Coyle) which terminated the Chief. The vote came as a result of a relatively new board loss of confidence in the Chief and incompatible management style.

In the interim Deputy Andy Parr will be acting Lakeside Fire Chief. Parr has nearly 30 years experience with the Lakeside Fire department.

Prior to the closed door session vote the public had an opportunity to address the board. Homeowners, business owners, board members

form a number of Lakeside organizations and retired firefighters spoke on behalf of Chief Mark Baker. Wyatt Allen, owner of Western Foundation in Lakeside and member of East County property owners Assoc., Lakeside Planning Board member and past chair of Lakeside design review Board said outside influence should stay out and Chief Baker should be judged by his peers.

One woman from the audience said it is Union influence, "Listen to the People."

Bruce Robertson of Eucalyptus Hills Land Owners Assoc. said his evaluation of the board is "pretty damn bad. The board is looking for a sacrificial lamb. We're trying to tell you something. It's not Baker, it's you."

Steve Menefee, business owner and past Lakeside Chamber President, asked "Don't firefighters have some kind of fire code-creed? I'm not feeling a creed. You talk Union and put one of your own on the block. Chief Baker has been a great ambassador. You owe him kudos. All about the money, you think money is the answer to everything, think about your creed."

Businesswoman Julie Bugbee said she had supported bonds in the past for the fire department but will never again. Long time resident and past planning board member and Design Review Board member Mary Allison said during the 1980 floods, Lakeside firefighters were very helpful to the community." Turning to the firefighters in the audience Allison continued, "They used to be Lakeside's finest, but no more."

Jennifer Fox, school site council, Health and Safety and Lakeside Fire Safe Council Eucalyptus Hills, said "Greedy Fireman this is ridiculous. We will fight back. This isn't going to stand."

One audience member expressed concerns that the union had packed the board.

Ted Mendoza said, "I fought fires with him (Baker) for years and he (Baker) is a firemans' fireman. This is B.S. the way he (Baker) is being treated."

One woman said she left her child's soccer game to come to the meeting because she was so concerned and now was very angry. She continued, "We'll fight back, we will. People will not forget."

Two term board President

Rick Smith asked the firefighters in the audience if they had any comment. They declined.

Several citizens are looking into a recall of the Board.

The office of County Chairwoman Supervisor Dianne Jacob declined comment, stating this is a "personal matter."

The next regular Board Meeting will be held January 26, 2010 at 5:30 p.m. at the Lakeside Fire Protection District office, 12365 Parkside St., Lakeside.

SDG&E gears up for storms

Heavy rain and high winds are expected to keep San Diego Gas & Electric (SDG&E) crews busy throughout the night again as forecasters predict the worst of this week's series of storms will sweep through the region tomorrow.

Utility crews already are being staged this afternoon at operations centers around the service territory. SDG&E plans to open its Emergency Operations Center early tomorrow morning and staff it around-the-clock to coordinate service restoration, communications and logistical support throughout the storms.

Since Monday, approximately 92,000 customers have lost power. SDG&E called in all available crews and has 19 auxiliary contract crews on standby, in anticipation of more weather-related outages, system damage and potential flooding.

"Wind gusts up to 50 miles per hour inland and even stronger gusts in the mountains have blown tree branches and other debris into our lines causing outages," said David L. Geier, vice president of electric transmission and distribution for SDG&E. "As strong winds

return and more rain pounds our community, we could see additional system damage. Our crews are working long hours under difficult storm conditions to restore power as safely and quickly as possible. We appreciate our customers' understanding and patience as we battle to keep the lights on."

Web site, <http://sdge.com/outages/>, which customers can connect to via mobile devices, if computers or phones are down. Outage updates also are available on Twitter, @SDGE.

SDG&E is a regulated public utility that provides safe and reliable energy service to 3.4 million consumers through 1.4 million electric meters and more than 840,000 natural gas meters in San Diego and southern Orange counties. The utility's area spans 4,100 square miles. Exceptional customer service is a priority of SDG&E as it seeks to enhance the region's quality of life. SDG&E is a subsidiary of Sempra Energy (NYSE: SRE), a Fortune 500 energy services holding company based in San Diego.

See page 7 for SDG&E Safety Tips.

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 yur 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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For Health's Sake

Preparing for a storm — Safety tips from SDG&E

A major storm is headed your way, here are some suggestions on what to do.

- Keep informed. Know what the next three days will bring as bad weather approaches.

- If it has been raining hard for several hours or steadily raining for several days, be prepared for the possibility of a flood.

- If flooding is likely, move valuable household goods to the upper floors of your home.

- Fill up fuel tanks on your vehicles. If power is out, some service stations may not be able to operate.

During a storm

While the storm rages on you can be safe.

Energy safety

- Don't touch downed power lines, even if they seem dead. Notify SDG&E or police or fire personnel of downed power lines and broken gas lines.

- If evacuating, disconnect all electrical appliances and/or turn off all electric circuits at the fuse panel by pulling the main switch. Shut off gas service at the meter and turn off water service at the main valve.

General safety

- Keep informed of the

weather for the next three days through local media.

- Avoid low-lying areas that may flood

- Do not try to cross a flowing stream if the water is above your knees. Swift-moving water as shallow as six inches can sweep you away

- If your vehicle stalls in water, abandon it IMMEDIATELY. Many deaths have come from trying to move stalled vehicles. Two feet of water is enough to carry away most automobiles

- Prepare an evacuation kit, including personal hygiene items, change of clothes, bedding and medication, if possible. Food, shelter and first aid are available at shelters

- Check on your neighbors, especially elderly and disabled persons

- Use the telephone only for

family emergency needs or to report dangerous conditions.

- Do not use 911 unless you have a life-threatening emergency

- Children should not play around high water, storm drains or viaducts

- Avoid unnecessary trips. If you must travel during an emergency, dress in warm, loose layers of clothing with sturdy shoes and advise others of your destination

After a storm

The storm is over, but the need for safety continues.

Energy safety

- Contact SDG&E or a licensed contractor to relight any gas appliances or pilot lights. Do not turn gas back on by yourself.

- Do not touch downed power lines and broken gas lines. Report them immediately

to SDG&E or the police or fire department.

- Do not use electrical equipment in wet areas, even if the power seems to be off. If electrical equipment or appliances have been in contact with water, have them checked before use.

- Use flashlights, not lanterns, matches or candles, to examine buildings. Flammable gases may be inside.

General safety

- Keep informed of the weather and relief efforts through local media.

- Throw out food that has been touched by flood waters.

- Follow local instructions regarding the safety of drinking water. If in doubt, boil or purify water before drinking or call public health officials.

- Avoid "sightseeing" in disaster areas. You may hamper rescue efforts or place yourself in danger.



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Laughter is the Best Medicine

Shingles

Bubba walked into a doctor's office and the receptionist asked him what he had. Bubba said, 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Bubba what he had. Bubba said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Bubba to wait in the examining room.

A half hour later a nurse came in and asked Bubba what he had. Bubba said, 'Shingles.' So the nurse gave Bubba a blood test, a blood pressure test, an electrocardiogram, and told Bubba to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Bubba sitting patiently in the nude and asked Bubba what he had.

Bubba said, 'Shingles.' The doctor asked, 'Where?'

Bubba said, 'Outside on the truck. Where do you want me to unload 'em??'

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

Motivational Quote

"Success is never ending, failure is never final."
- Dr Robert Schuller

Tip of the Week

Measure progress
An extremely important part of your fitness program is being able to measure your progress. Body fat testing is not painful, nor is it expensive. You can get it done at most any gym or fitness center. Simply ask if they have an expert who can measure body composition. It's also a good idea to take before and after photos and post them somewhere you'll see them every day.



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Electro Mariner

by Dave Stall

I know this is not a car review, but check this out especially if any readers are fishermen or avid boaters. This is a 25 foot Bayliner that has been rescued from the bottom of a lake and transformed into a full blown electric powered ocean going vessel.

This idea is the brain child of inventor Robert Ferran. I met Ferran at the San Diego International Auto Show this last December and after chatting with him and his son-in-law Craig Swanson I realized they were on to something. One look at their boat shows the design is very simple and lacks miles and miles of wires and tons of batteries. One look into the hull shows that they have used the standard deep cell lead acid batteries found in RV's and large boats. Not only does this make for reliable power source it also double as ballast.

Most people into boating know the ballast is what keeps everything upright. Behind the

batteries is an electric motor that produces 48 volts, which is a very safe amount of electricity to have to deal with while in operation.

I was invited down to the Harbor Island to take the "Charge It" as it is named, out for a test run. Now I have been on many boats and upon arriving at the dock, an hour or two is spent getting ready to sail out into the water. The boats need to be fueled and depending upon the size, that could be hundreds of dollars to fill the pleasure cruiser. Then the engine compartment needs to be checked and a look for fuel leaks before everything is ready to go.

Well when I arrived at the Harbor we all got together chatted a little then walked down to the dock, found the "Charge It," removed the tie ropes, climbed on board, met the captain of the "Charge It," chatted a little, turned on the key, put it in reverse and backed out of the slip and headed out! That was it, no inspections no fear of fuel leaks just get aboard and go!



Electro Mariner. Photo credit: Dave Stall

The next odd thing was there was no noise from the engine bay, sure you could hear the out drive and again that was it! We headed out to the San Diego Bay and hit the throttle and moved out at around 8 to 9 knots. One might think that is a little slow, but the "Charge It" was only outfitted with one electric motor so the top speed was restricted. Plans on the drawing board are for larger vessels and more power.

As we motored out and into San Diego Bay I felt this was most calming and relaxing. We sailed by a fuel dock and this massive black 50 foot yacht

was fueling up with diesel. How did I know it was diesel? When the captain started his engines a billow of black soot covered the back of his yacht to the point the name of the back of the boat could no longer be read.

That is Electro Mariners dream, to remove that diesel smoke and all the fears of fuels away from boating.

We sailed around for an hour or two in the bay before returning to the dock. I was told that we had only used about 15 percent of the power. Another feature are the solar panels

See MARINER page 10

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| 8:00 pm..... | \$2,000 |
| 8:30 pm..... | \$2,500 |
| 9:00 pm..... | \$3,000 |
| 9:30 pm..... | \$5,000 |

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— MOTORandSPORTS —

Jets drop A-bomb on San Diego

by Chuck Karazsia

The season was long, but it was over so suddenly.

The Chargers 11-game winning streak came to an abrupt halt when the New York Jets came to town and ended their playoff hopes and the season for San Diego with a decisive 17-14 upset victory in a divisional-round contest Sunday at Qualcomm Stadium.

This post-season loss adds to the disappointment the Chargers have had at home against

the Jets dating back 5-years to another gut-wrenching 20-17 loss. The Chargers have now lost 3 playoff games at home since 2005 (to the Jets and Patriots).

Dropping the bomb with a tenacious, nasty defensive scheme combined with speedy, power running, the New York Jets were better than we thought, totally taking the Chargers out of their game.

"Their defense was perfect. They were the number one defense for a reason and proved it today," lamented LaDainian

Tomlinson who perhaps may have played his last game in a Chargers jersey.

But there is no denying, the Chargers laid one huge egg.

Saving their worst performance for this last one, where a win meant an AFC Championship match-up with the Colts at Indy, the Chargers were flat in all aspects. In their 11-game winning streak in which they could do no wrong, uncharacteristically they could do no right against the Jets.

Chargers quarterback Philip Rivers threw two interceptions. Kicker Nate Kaeding missed all three of his field goals. The defense gave up two fourth quarter touchdowns. Worse were 10 Chargers penalties. They simply stunk up the joint in Mission Valley. San Diego dug themselves a deep hole from which the couldn't emerge resulting from a calamity of mistakes.

Chargers quarterback Philip Rivers did not have his best game, but did comment after the game.

"I thing they (Jets) are a good defense. You can't take that away from them. They gave up an average of 14.8 points during the year. We beat their average, we moved the ball and challenged them in ways they haven't been before, but we just didn't turn those into points. We had a play in the third quarter after (Quentin) Jammer's interception, that took us down to the 15, but had a penalty. We had some other things that kept us out of the end zone but we didn't do some things offensively, yard wise, but who cares about yards if you don't have more points at the end than the other team."

You have got to be "Kaeding." Nate. Those thre missed field goals were a margin in the game.

This is what he said afterward. "One of these rested on my shoulders before. Professionally, it's been a tough thing to get through but I never feel sorry for myself. I feel sorry for my teammates, the support staff, and the coaches for letting them down. It's going to be a tough few months but I have to

get through it. If you relish the good parts of it, you have to be able to work through the bad parts as well. I've been through it before, it's a tough night obviously and will let this rest and pick up the pieces."

Unfortunately, Charger fans also have been through this before.

The defense of the Chargers played well enough to win.

Another Charger whose future with the organization is uncertain next season Shawne Merriman had this to say about the game. "Obviously I have the passion in me. But when this happens it takes a lot out of you, mentally and physically. It was a toll on you in this game."

Head coach Norv Turner in the post game interview said. "You do everything this team has done to get to this point and you know it's well documented the number of guys who have contributed to this team. The things we had to do to get to this point and then you get in this game, what you like to do to have happen is to play

your best game. Certainly we weren't for whatever reasons. We did not do that today. First of all we've been one of the least penalized teams in the league and obviously we had numerous penalties that slowed us down, and a couple of penalties (Shaun Phillips head butt... Vincent Jackson kicking the red flag... just to name a few) that took away chances to get down in there. We obviously didn't play our best game. It's disappointing."

Rainy days and Monday's are tough, especially for Charger fans after a another demoralizing playoff loss.

You can't help but wonder if their 'window of opportunity' is still open.

Charger fans will have to wait another year. How time goes slowly after the season ends.

Mariner ...

Continued from page 8
mounted on top of the roof area, which alone will charge the batteries in a couple of days. In fact, the whole time out the batteries are charging. One more thing, once at the dock and the boat is plugged into the harbor power source, it only takes pennies to charge up the boat. This boat is being designed and built in San Diego so keep an eye out for Electro Mariner to make a big splash in boating; with no fuel costs, a lot of boats will leave the harbor.

How much does one cost? Electro Mariner is still in the development stages, but they will have a variety of boats to choose from so stay tuned or go to their website www.electromariner.com for a lot more information or you can call Craig Swanson at (858) 509-4996.



Hull of boat shows standard deep cell lead acid batteries.



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**CITY OF EL CAJON
NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT:
PRESCOTT PROMENADE
IMPROVEMENTS 2010
Engineering Job No. 3293
Bid No. 020-10**

**BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on February 10, 2010**

**BIDS TO BE OPENED AT:
2:00 p.m. on February 10, 2010**

**PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Lobby Counter
200 Civic Center Way
El Cajon, CA 92020**

NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$35.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at www.dir.ca.gov/DLSR/PWD/index.htm Any successful bidder who intends to use a craft of classifications not shown on the general prevailing wage determinations may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

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

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

The Contractor shall, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor of subcontractors.

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

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

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

/s/ Dede Porter
Purchasing Agent
January 21, 2010
East County Gazette- GIE030790
01/21/10

**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 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

**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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-001634**

FICTITIOUS BUSINESS NAME(S): Best Laid Flooring
Located at: 1207 Denver, El Cajon, CA 92021

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Ralph Comer 1207 Denver, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on January 20, 2010.

East County Gazette- GIE030790
01/21, 01/28, 2/04, 2/11, 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

**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. Leslie 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, 2/04, 2010

**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

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— LEGAL NOTICES —

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARYLOU GUTHERY CASE NUMBER: 37-2009-00152590-PR-LS-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of MARYLOU GUTHERY. A PETITION FOR PROBATE has been filed by DEBORAH BEARFIELD in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that DEBORAH BEARFIELD be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: FEB. 11, 2010 AT 1:30 P.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 MADGE BRADLEY. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: CHRISTOPHER FUNTALL 270 EAST DOUGLAS, EL CAJON, CA 92020. (619) 401-4060

EAST COUNTY GAZETTE - GIE030790
Jan. 21, 28, Feb. 4, 2010

NOTICE OF SALE OF UNCLAIMED PERSONAL PROPERTY

In accordance with California Civil Code Section 1988(b), personal property left by ANA IPIMENTEL to the possession of CYPREXX at 9324 Westhill Road, Lakeside, CA 92040, will be sold at public auction Thursday February 4, 2010, at noon, the highest bidder for cash. Property to be auctioned includes: Two bed frames, two beds, two dressers, nightstand, vacuum, desk, mattress, box spring, eight chairs, entertainment center, large flat screen TV, love seat, two card tables, table, stereo, treadmill, exercise bike, ping pong table, rowing machine, four file cabinets, seven round party tables, various party supplies, four aluminum wheels, and other items of miscellaneous personal property with no apparent value.

David R. Endres, APC
The Endres Law Firm
A Professional Corporation
2121 2nd Street, Suite C 105
Davis, Ca 95618
(530)750-3700

EAST COUNTY GAZETTE - GIE030790
Jan. 21, 28, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001268
FICTITIOUS BUSINESS NAME(S): Ohriner Consulting
Located at: 2375 Lapis Road, Carlsbad, CA 92009
This business is conducted by: An Individual
The first day of business was: January 3, 2010
This business is hereby registered by the following: 1. Steve Ohriner 2375 Lapis Road, Carlsbad, CA 92009
This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2010.
East County Gazette- GIE030790
01/21, 01/28, 2/04, 2/11, 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

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. 2009-034101
FICTITIOUS BUSINESS NAME(S): Ideal Medstaff
Located at: 9815 Via Leslie, Santee, CA 92071
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Amelia Putnam 4141 Alabama St. #3, San Diego, CA 92104; 2. Jessica Nesbitt 9815 Via Leslie, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on December 08, 2009.
East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001303
FICTITIOUS BUSINESS NAME(S): BC3 Roofing & Demo
Located at: 668 Orange Ave., 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. Benny Joe Carroll 668 Orange Ave., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2010.
East County Gazette- GIE030790
01/21, 01/28, 02/04, 2/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-000455
FICTITIOUS BUSINESS NAME(S): All American Homes
Located at: 270 E. Douglas #110B, 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. John William Armstrong, Jr. 9915 Via Cuenca, San Diego, CA 92129
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. 2010-001107
FICTITIOUS BUSINESS NAME(S): a.) Superior Carpet & Floor Cleaning b.) First Rate Carpet & Floor Care
Located at: 4659 Lisann St., San Diego, CA 92117
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Jeffrey E. Guard 4659 Lisann St., San Diego, CA 92117
This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2010.
East County Gazette- GIE030790
01/21, 01/28, 02/04, 2/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034828
FICTITIOUS BUSINESS NAME(S): K&R Distribution
Located at: 946 So. Anza #29, El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kazwan Hanna 946 So. Anza #29, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 16, 2009.
East County Gazette- GIE030790
12/24, 12/31, 2009, 1/07, 1/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035840
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 Yousef 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. 2010-000939
FICTITIOUS BUSINESS NAME(S): Dome
Located at: 175 Ruth Ct., 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. Francisco Davales 175 Ruth Ct., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on January 12, 2010.
East County Gazette- GIE030790
01/21, 01/28, 2/04, 2/11, 2010

'You Can Modify Your Own Loan'

“You Can Modify Your Own Loan.” This special session will include a banking representative and a Certified Public Accountant / tax advisor.

Why would anyone pay \$1,000 or \$2,500 or \$5,000 to a third party to modify your loan? If people had that kind

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035088
FICTITIOUS BUSINESS NAME(S): JoyfulNess Mercantile
Located at: 13277 B Hwy 8 Bus, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Pamela Joy 9562 Winter Gardens Blvd. D257, Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on December 18, 2009.
East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033140
FICTITIOUS BUSINESS NAME(S): Smile San Diego
Located at: 2650 Camino Del Rio N. #102, San Diego, CA 92108
This business is conducted by: A Corporation
The first day of business was: November 1, 2009
This business is hereby registered by the following: Joseph R. Wisniewski D.D.S. APC 2650 Camino Del Rio N. #102, San Diego, CA 92108
This statement was filed with Recorder/ County Clerk of San Diego County on November 24, 2009.
East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034825
FICTITIOUS BUSINESS NAME(S): Smile San Diego
Located at: 585 Telegraph Canyon Rd., Chula Vista, CA 91910
This business is conducted by: A Corporation
The first day of business was: November 1, 2009
This business is hereby registered by the following: Joseph R. Wisniewski D.D.S. APC 585 Telegraph Canyon Rd., Chula Vista, CA 91910
This statement was filed with Recorder/ County Clerk of San Diego County on December 16, 2009.
East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

of money, they might not need the loan modification in the first place? With a little patience and the right knowledge, you can increase your chances of being successful!

This is a FREE one hour class providing you a package which includes work out forms containing many of the documents that the lender will

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001034
FICTITIOUS BUSINESS NAME(S): TKS Advertising
Located at: 7139 Cabernet Way, Lemon Grove, CA 91945
This business is conducted by: An Individual
The first day of business was: January 1, 1990
This business is hereby registered by the following: 1. Thomas Schaefer 7139 Cabernet Way, Lemon Grove, CA 91945
This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2010.
East County Gazette- GIE030790
01/21, 01/28, 02/04, 2/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033506
FICTITIOUS BUSINESS NAME(S): \$5 Clothing Store
Located at: 1110 Broadway Ave., Suite 101-102, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Monica Rodriguez 1110 Broadway Ave., Suite 101-102, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on December 01, 2009.
East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035299
FICTITIOUS BUSINESS NAME(S): RNR Renovations
Located at: 201 Thrasher Way, El Cajon, CA 92020
This business is conducted by: Husband and wife
The business has not yet started.
This business is hereby registered by the following: 1. Robert W. Thoma 201 Thrasher Way, El Cajon, CA 92020; 2. Cecilia M. Allen-Thoma 201 Thrasher Way, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 22, 2009.
East County Gazette- GIE030790
12/31, 1/07, 1/14, 1/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-000951
FICTITIOUS BUSINESS NAME(S): Route 94 Vehicle Registration Service
Located at: 1288 Hwy 94, Spring Valley, CA 91978
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Ardelle J. Stewart 8687 Lemon Ave. #7, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on January 12, 2010.
East County Gazette- GIE030790
01/21, 01/28, 02/04, 2/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001318
FICTITIOUS BUSINESS NAME(S): Woodside Tobacco & Check Cashing
Located at: 12235 Woodside Ave., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Janet Khairo 9484 Erie Pl., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on Jan. 15, 2010.
East County Gazette- GIE030790
01/21, 01/28, 02/04, 02/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035404
FICTITIOUS BUSINESS NAME(S): a.) Joel's Massage and Holistic Center b.) Joel's Holistic Center
Located at: 1149 N. 2nd St., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Joel C. Onan 1149 N. 2nd St., El Cajon, CA 92021. 2. Teresa Onan 1149 N. 2nd St., El Cajon, CA 92021
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

be asking for. Why not have the documents prepared up front and shorten the time frame to modify your loan?

Jeff Campbell and Associates agents have been negotiating with all the major banks, IRS, State Franchise

Tax Board, EDD, community banks and private note holders for over 12 years. Eventhough the banks don't approve every modification, we can improve your chances to get your modification approved. Call Jeff, Norman and John for your RSVP at 800-782-5510.

24-Hour Fitness...

Continued from page 2
routine destinations. "I was already coming, and after Roland had some lower back trouble, I got him to come."

"It's helping me build upper body strength to walk and play golf better," he said.

East County Chamber Chairman Roger Roberts is excited to see the Club in the Downtown District. "It's a great part of the Downtown revitalization," he said. "And by the turnout today, I can see it will be very successful."

El Cajon's CDC Executive

Coordinator Edith Saldivar and Ambassador Henry Canizales were also pleased to see the Club become a new facility downtown. "I think it's great and will help bring business to downtown El Cajon," Canizales said.

The new Club is at 198 W. Main St., El Cajon (619.442.0293), and they have some great promotions going on and free seven-day passes to try out the gym. "We welcome everyone to come and try us out for free and give us some feedback," Felix said.

CATCH MORE BUSINESS!

Web Design

Build a new website or maintain existing one!

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Competitive pricing...

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034220
 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: Sherryl A. Rawlins 6717 Friars #82, San Diego, CA 92108
 This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2009.
 East County Gazette- GIE030790
 12/31, 1/07, 1/14, 1/21, 2010

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

SUMMONS (Family Law)
 NOTICE TO RESPONDENT (Name): AARON BENITEZ LOPEZ
 Aviso al Demandado (Nombre): BRIGIDA VENTURA LOPEZ BENITEZ
 YOU ARE BEING SUED.
 Lo estan demandando.
 PETITIONER'S NAME IS: EL NOMBRE DEL DEMANDANTE ES: AARON BENITEZ LOPEZ
 CASE NUMBER (Número del Caso): ED 79288

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

Si desea obtener asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener información para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpcalifornia.org) o poniéndose en contacto con el colegio de abogados de su condado. NOTICE The restraining orders on the back are effective against both husband and wife until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las ordenes de restricción que figuran en la pagina 2 valenpara 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 realize As an individual. (a usted como individuo.)
 Pub. Dec. 31, 2009 Jan. 7, 14, 21, 2010
 Published in EAST COUNTY GAZETTE

FICTITIOUS BUSINESS NAME STATEMENT NO. 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 Patrino 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

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. 2010-001213
 FICTITIOUS BUSINESS NAME(S): Good O Tees
 Located at: 1217 Tangerine St., El Cajon, CA 92021
 This business is conducted by: Husband and Wife
 The first day of business was: January 14, 2010
 This business is hereby registered by the following: 1. Chris Oberg 1217 Tangerine St., El Cajon, CA 92021; 2. Nicole Oberg 1217 Tangerine St., El Cajon, CA 92021
 This statement was filed with Recorder/ County Clerk of San Diego County on January 14, 2010.
 East County Gazette- GIE030790
 01/21, 01/28, 02/04, 2/11, 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

Dear Dr. Luauna Stines



Dear Dr. Luauna,
I have struggled with doing what is right for over 20 years. I seem to be in a fight with my flesh. One week I seem to be doing great and then it is as if I think I am doing GREAT and BAM! How do I get my body to line up with the Word of God? I am a Christian, I love Jesus yet I feel so weak inside. I need help!
Signed, Weak Inside

Dear Weak Inside,
 We are surrounded by temptation, but as a Christian, Jesus promised we could overcome this world. Acts 1:8 (This verse shares about a power which comes from above!) As a young Christian, I too, battled but as I read the Scriptures I discovered how much we NEED the Holy Spirit's Power! Jude v: 20 Build yourselves up into your most holy faith, praying in the Spirit. So many Christians struggle day in and out, because they have never been taught about being filled with His power, we are weak on our own. Please go to my website, I speak about the Holy Spirit, take time out and read it, or write to me and I will send you a free Cd with a complete study of, "The Greatest weapon," Jesus gave us against the Devil. YOU CAN STAND STRONG...even in the darkness, you can BE the LIGHT!

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

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 Channel 19 Time Warner, Wednesdays at 4 p.m.

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Our Best Friends

Getting a new cat ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Readers,
I have had a number of cat introduction questions, so I'm going to run a column I wrote a couple of years ago that covered all the different areas of cat introductions.

Dear Trainer,
We have two cats now, a 5 year old, neutered male, and a 3-year-old spayed female. They get along great, and bring us such joy and pleasure, that we are thinking about adding a 3rd cat to our family. Would this upset the harmony, or could it be peaceful if we do adopt a new cat or kitten. We would rescue one from a shelter or a rescue group, by the way.
Signed,
Three Cat Contingency

Dear Contingency,
How exciting for you and how wonderful that you will adopt from a shelter or rescue and save a life.

One of the first things to consider is history of the cat you might want to bring into your home. Rescues that foster cats and kittens can give you more information, in general, about how the cat gets along with the other cats in their household, so that might help you narrow

your search. Adopting from a shelter is still a good idea, but you may not get as much information as from a foster home, but either way, you will be helping reduce the population at shelters since rescue get most of their cats from the shelters.

The Right Cat:
There are no "set in stone" rules for bringing a cat or kitten into a home with other cats, but there are many guidelines that can be used for general decision making when considering a new addition to your household.

Kittens are fragile, have sharp claws and teeth and they are the desire of most people wanting to adopt a new feline member of the family. People sometimes worry that an adult cat will have problems and will not be trainable, but if you have solid information about the cat you are considering, it makes the choice easier, especially for the cats involved.

The following are general considerations for adding a kitten or cat to a household:

- Many experts agree that placing a young kitten in a home with a child under 5 years can be a tragic mistake since children want to hug and cuddle cute little kittens. Not

only is there a risk of injury for the kitten and child, the kitten may learn to bite and scratch as a defensive mechanism for future encounters with humans. It is far better to introduce a gentle adult cat into a home with small children.

- The same is true for adult humans that have thin skin or risk tripping over a young, active kitten. An older, sedate cat would appreciate a quieter home and lots of cuddle time, as would a more mature adult.

- If the household has an established adult female cat that has been the only cat for awhile, a younger female cat or kitten would be the best choice, but not so young as to annoy and older cat. Male kittens will only remain kittens for a short time and will grow up to be active teenage cats that will not be readily accepted by a sedate female. Adult male cats may scare a shy cat with his boldness, so look for a docile female for this cat.

- If the household has a young active male cat, introducing another active male to keep up with the energy and play is a likely match.

- If the household has a sedate, older (neutered) male cat, a young male or female kitten

is a nice match for a confident male. This type of match works well for socializing the kitten since the adult cat will be able to lead the kitten down the right path of manners. Well socialized adult male cats, are better at bringing up kittens than most adult females.

- Most male cats can do well with other males, but be sure to get lots of information about the incoming cat. If your established male has a tendency for being a bully, this can be a disaster. Ask yourself, "Can you move your cat out of your way sit down without a fuss? Do you find yourself needing to step over your cat in doorways, as though he is guarding the space? Does your cat scent mark a lot, or perch in high places? Does your cat rule the household?" These

are all red flags that should be considered before introducing a similar, male personality type into that household. Fights or urine marking is likely to ensue if both cats are vying for the best resources and both are unwilling to give in.

- In multi-cat households, adding another cat can dramatically change the dynamics of a cat household. Be sure to choose a confident, but not bossy cat to add to a multi-cat household.

Having the cats meet

Once you have found the cat of your dreams to add to your household, you will need to have realistic expectations for successful introductions.

You should plan on the process taking any where from a week to 6 months, depending

on the cats. If any of the cats have been under-socialized, plan on the process to take longer.

The most important thing is to go slow, allowing your new cat a place of his/her own for some time, and introducing through small openings in doors before allowing all of them to roam free together.

This website has lots of wonderful information about cats, and a great piece to refer to for successful introductions: http://www.catsinternational.org/articles/getting_a_cat/good_introduction.html

Good luck,

Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

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