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VOLUME 10 NUMBER 34 **JANUARY 28-FEBRUARY 3, 2010**

Constitution competition



The Elks lodge sponsored the annual "Constitution and Bill of Rights" competition held at Grossmont College in El Cajon. Six local middle schools including Academy, Black Mountain, Cajon Valley, Correia, Hidden Valley and Van Avery participated in the competition. Trophies provided by the lodge were presented to the two top teams, Black Mountain and Van Avery who will advance to the Regional Competition at the Reagan Library and framed "Certificates of Participation" were given to each of the schools. Shown in the photo (left to right) are Janet Mulder, CA District 52 Coordinator and Tony Zambelli, CA District 51 Coordinator and El Cajon Lodge #1812 Scholarship Chairman.

What's new in theatres?

Read about
 'Extraordinary Measures,'
 'White Ribbon,'
 and
 'The Last Station'

by
 Diana Saenger
 on
 pages 11-13



'Swinging' in East County



David Patrone Productions, 2toGroove Dance and Viejas Casino are proud to bring you the biggest single "top cash prize" swing dance competition in the world — the 4th Annual - David Patrone's \$10,000 Swing Dance Competition. Registration is free and begins every week on Sunday at 4 - 5:45 p.m. Stop by early to register or take the free swing dance lessons.

Competition and live music schedule: Jan 31 - Stompy Jones, Feb. 7 (superbowl) no event, Feb. 14 - The Fremonts, Feb. 21 - Royal Crown Revue, Feb. 28 - Hot Rod Lincoln, March 7 - The Stilettoes, March 14 - (WBA) No Event, March 21 - Campus Five, March 28 - George Gee MBO. Cost is free and open to everyone — dancers and non-dancers alike. The competition will be at the Viejas Dreamcatcher Showroom, 5000 Willows Rd., Alpine. Call 800-847-6537 for more information. Photo courtesy David Patrone Productions



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Local News & Events

Bits and pieces around East County

MTS service reductions

On February 28 the Metropolitan Transit System will implement changes to its bus routes and schedules and trolley schedules. The changes are primarily reductions to Sunday services, which are described below.

The reductions are made necessary by the elimination of State Transit Assistance funding by the State of California, a slow economy that has reduced sales tax revenue and

lower ridership and fare revenues. After thorough analysis of ridership, MTS determined that changes to its Sunday network of services would impact the fewest riders. The changes are designed to keep intact as much of the core services as possible and to maintain public transportation alternatives for as many riders as possible.

Changes include some trip discontinuations, frequency reductions, and route changes on Sundays and on other days. Please refer to the chart below for changes in El Cajon.

Route 115: Weekday earlier service added and other minor morning adjustments. Sunday service is discontinued.

Route 815: Sunday frequency is reduced to every 60 minutes. Also, reduced hours of Sunday operation.

Route 833: Sunday service is discontinued. Rt. 848 may provide an alternative of some trips.

Route 848: Reduced hours on Sunday. All trips after 10 a.m. will service the bus stop inside Parkway Plaza.

Weekday schedule adjustments for improved Trolley connections.

Route 864: Sunday routing is shortened to end at Broadway and E. Main St. Service east of El Cajon will not operate on Sundays. The Sunday frequency on the remaining Rt. 864 segment is reduced to every 60 min. Also, please see new timetable for reduced hours of Sunday operation.

Route 872A: Sunday service is discontinued. Alternatives may include Rts. 815 or 874/875.

Route 874/875: Weekday service to the Granite Hills area is discontinued after 6pm.

Saturday frequency is reduced to every 60 minutes and service to the Granite Hills area is discontinued all day. Saturday service will not operate east of Jamacha Rd./East Main St.

Sunday routing is reduced to serve only Washington Ave.,

turning around on Jamacha Rd., Lexington Ave., and 3rd St. Service to Broadway and Parkway Plaza will be provided on Rt. 848. Sunday frequency is reduced to every 60 min. Also, please see new timetable for reduced hours of Sunday operation.

Orange Line: Sunday frequency is reduced to every 30 minutes.

Green Line: Sunday frequency is reduced to every 30 minutes.

New timetables will be available starting in mid-February (or before) at www.sdmts.com, at the Transit Store, and on board MTS buses.

Public input sought for Wells Park Grant

The City of El Cajon is excited to have the opportunity to compete for a State Grant to completely revitalize Wells Park. This Grant allows for a \$5 million improvement to the 18-acre Park. Funding was

made available when California voters passed Proposition 84 in 2006. Input from neighbors within a half-mile radius to the Park is important to us and essential to the Grant program. We invite you to join the City of El Cajon Police and Recreation Departments for an informal neighborhood forum to discuss the redesign of Wells Park. Please come tell us what you would like to see in Wells Park. The first forum was held on January 19, but the next forum is Thursday, January 28, 6:30 p.m. at the Wells Center Meeting Room, 1153 E. Madison Avenue. Refreshments will be provided. For more information please call (619) 441-1680.

The Future Of San Diego County - upcoming 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 **FUTURE OF SD COUNTY page 5**

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The shelter is open to the public from 10 AM to 5:30 PM,
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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 —

Future of San Diego County ...

Continued from page 2

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 seminar is scheduled for Saturday, Jan. 30, at the Ronald Reagan Community Center, 195 East Douglas Avenue, and features a Continental Breakfast & Networking beginning at 8:30 a.m.; followed by the program from 9 to 11 a.m. Space is limited. You can still register by e-mailing 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.

City Blood Drive

There is still time to lend an arm and register for the City of El Cajon's Annual Blood Drive at City Hall. The date is Thursday, Feb. 4. Give the gift of life by stopping by the Bloodmobile, which 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 call (619) 441-1716 or log onto www.sandiegobloodbank.org.

Congressman Hunter's 2010 Job Fair is Friday, Feb. 19

Congressman Duncan Hunter has announced that he will host a second community job fair in conjunction with the East County Career Center. The event is scheduled for Feb. 19, from 9 a.m. to 12 p.m. at the Ronald Reagan Community Center in El Cajon, 195 East Douglas Avenue in El Cajon. Bring resumes and dress to impress! The 2009 job fair was a tremendous success, bringing together nearly 50 area businesses and more than a thousand job seekers. This upcoming event provides prospective job candidates another opportunity to speak with representatives of various businesses and industries about their interests and qualifications. Businesses interested in participating in this event must return a completed registration form to Congressman Hunter's

office. Interested individuals are also encouraged to return a separate registration form. The forms can be found at www.hunter.house.gov. For more information contact Congressman Hunter's El Cajon office at (619) 448-5201.

Lend A Hand event January 30

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 Feb. 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.

Some Frequently Asked Questions Regarding Lend A Hand: Are there any age limitations? Absolutely not! Everyone is welcome to join, even if it's just to cheerlead. Kids (even the little ones) have a blast using trash grabbers and adults gain the satisfaction of doing something great for the community.

If anyone has a physical condition that does not allow them to participate, there is always a need for help coordinating the volunteers and donation collections on the day of the event. Contact Erica Nagy, Neighborhood Resource Assistant, at (619) 401-8858 to learn more.

Are there any other ways to be involved? Are you a local business? Contact us to donate snacks and goodies for the volunteers and associate your name with this important cause. Trash bags and/or gloves and hand sanitizer.

Nominate a street for a future clean ups. Share this opportunity with a friend or business! Sign up to get notified about upcoming neighborhood enhancements by emailing Christina Burke, Community Development Coordinator, at christina@downtownelcagon.com.

Antique Show at The Ronald Reagan Center

If anyone loves antiques, there is something for almost



(L to R) - Recreation Director Lori Beliveau celebrating 30 years of service, in the center is Recreation Services manager Sara Ramirez celebrating 25 years of service and Recreation Services Manager Marilee Gorham celebrating 20 years plus years with the City of El Cajon. Photo credit: Monica Zech

any type of collector at the monthly Association of Antiques & Collectible Dealers of San Diego show in El Cajon at the Ronald Reagan Community Center. The next event is on Feb. 10 from 2 to 7 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. For more information please call (619) 749-2116.

Sponsorship opportunities for The Miss El Cajon Pageant in March

The next Miss El Cajon and Miss El Cajon Teen Scholarship pageant is scheduled for

Saturday, March 27, at the East County Performing Arts Center in El Cajon, 210 East Main Street. Sponsorship opportunities are available. For more information call Andrea Breise, Executive Director for the Miss El Cajon Scholarship Pageant, at (619) 938-3477.

2010 CERT Schedule – Free Disaster Preparedness Training

Prepared for a disaster, such as an earthquake or firestorm? Learn how to be better prepared by enrolling in one of our two upcoming East

See COMMUNITY NEWS page 6

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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.elcagonrec.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.elcagonrec.org.

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

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— LOCAL NEWS & EVENTS —

Community news you can use ...**Continued from page 5**

County Community Emergency Response Team (CERT) academies. The dates for these 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 please call (619) 441-1737. Please leave your name and best contact phone number.

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



At Tuesday City Council meeting, El Cajon City Manager Kathi Henry handed out City Service Awards to City employees that have worked from five to 35 years with the City. Celebrating 35 years with the City of El Cajon Maintenance Supervisor Craig Caldwell!

Above (L to R)- El Cajon Police Sergeant Stephen Kirk celebrating 20 years on the department, Police Captain Bruno Cirello, Jr. with 25 years of service, and Police Services Officer Jacqueline Swan also celebrating 25 years of service with the El Cajon Police Department.

Below (L to R) - Celebrating 30 years of service, Fire Captain Jeff Lashmet, 5 years - Fire Engineer Brandon Farrelly, 25 years of service Fire Chief Mike Scott, 10 years - Fire Engineer Sam Rihan and celebrating 5 years of service Paramedic/Firefighter James Pearson.

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.

Sunday, February 14, 2010

VALENTINE'S SPECIAL HEART KEYHOLDER - free to everyone.

WE LOVE OUR PLAYERS!!



more information on the CERT program.

What's Happening in El Cajon

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: Keep Monica Zech informed of community events by placing her on the mailing or e-mail list. If there is an event in the City of El Cajon 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.

**by Patt Bixby
Lakeside dates to remember**

Jan. 28- Farmers Market

Jan. 30- Lakeside Chamber EXPO

Jan. 30- El Capitan Marching vaqueros Spaghetti Dinner

Jan. 30- Lakeside Highway Lions @ Taste of Hawaii luau

Feb. 1- Chamber Board Meeting 6:30 community center

Feb. 3-17- Lakeside Planning Group 7 p.m. at Community Center

Feb. 4, 11, 18, 25- Lakeside Farmers Market

Feb. 6- Woman's Club of Lakeside Art Show. Olde Church on Maine ave. from 9:30 a.m. to 3 p.m.

Feb. 10- Design Review, 7 p.m. at Community Center

Community Oversight Meeting

Nearly 50 people attended the January 22 meeting of the newly formed Community oversight Committee which is being formed to look into the recent termination of Lakeside Fire Chief Mark Baker.

Milt Cyphert volunteered to be chair of the committee. Cyphert is on the Lakeside Chamber of Commerce board, owner of a business and is fighting the Sunrise Powerlink.

See COMMUNITY NEWS page 18



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For Health's Sake

Joint replacement surgery — What patients should know

Joint replacement surgery can help restore a person's mobility and quality of life and is becoming increasingly common across the United States. In fact, it is estimated that each year, more than three-quarters of a million Americans have joint replacement surgery for hips, knees, shoulders, fingers, ankles and elbows.

Of course, not every person with joint pain needs joint replacement surgery, and only a doctor can tell if you need an operation. But those considering surgery can find answers to many of their questions in a new booklet from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) called "Joint Replacement Surgery: Information for Multicultural Communities." The booklet is available at no charge in English and Spanish.

NIAMS is involved in supporting research into the causes, treatment and prevention of diseases of bones, joints, muscles and skin. Research contributing to the information in the booklet was funded by NIAMS. The easy-to-read guide explains what to expect with joint replacement surgery, including some of the possible risks and side effects of the procedure.

Here's a closer look at some of the facts and answers:

What is Joint Replacement Surgery?

Joint replacement surgery is removing a damaged joint (where two or more bones come together, like the knee, hip and shoulder) and putting in a new one, which can be made of plastic, metal or both. It may be cemented into place

or not cemented, so that your bone will grow into it. The surgery is usually done by an orthopedic surgeon.

Do I need to have my joint replaced?

Joints can be damaged by arthritis and other diseases, injuries or other causes or simply wear away. This can cause pain, stiffness and swelling. Joint replacement is often the answer if you have constant pain and can't move the joint well. Replacing a joint can relieve pain and help you move and feel better.

What happens after surgery?

Joint replacement surgery is usually successful for 90 percent of patients who have

it. With knee or hip surgery, you may be able to go home in three to five days. But for the elderly or those with additional disabilities, you may need to spend several weeks in an intermediate care facility before going home. Physical therapy can begin the day after surgery to help strengthen the muscles around the new joint and help you regain motion in the joint.

Learning more

Order or view the NIAMS booklet about joint replacement surgery online and also find out more information about diseases of bones, joints, muscles and skin at www.niams.nih.gov. Additionally, you can order the free booklet by e-mailing NIAMSinfo@mail.nih.gov or calling (877) 22-NIAMS.

The Wellness Code

When it comes to health, just 10 minutes a day can go a long way. That's the advice from Dr. James Rouse, multimedia retailer QVC's wellness doctor.

"Commit to just 10 minutes of exercise daily," he suggests. "Then move for 10 more minutes midday and 10 more minutes at the end of the day."

Dr. Rouse, who is also a naturopathic doctor, national speaker and Ironman triathlete, offers these additional quick health tips:

Feed your mind and body

Whole grains, lean proteins, healthy fats, fruits and vegetables are all sustained energy sources. Always eat in regular intervals and never skip meals.

The power of 'om'
According to Yale University,

the combination of yoga and meditation practiced at least three times a week may help to lower the risk for heart disease and high blood pressure.

Stress less

Under stress, the body can lose valuable vitamins, minerals and amino acids. Adopt a preventative strategy by taking a daily multivitamin and mineral, such as the Nature's Code 90-Day Vitamin System with Antioxidants. There's also Nature's Code tablets for healthy hair, skin and nails, and the brand's Heart Health Cardio Pack—all available at QVC.

Commit to wellness

Create daily wellness rituals for yourself. Try turning off the television after dinner and curl up with an inspiring book instead.

For more tips and information, visit www.QVC.com

SHARP SENIOR FEBRUARY PROGRAMS

Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

CAROTID ARTERY SCREENING

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

HELP!! I'M A CAREGIVER

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

Laughter is the Best Medicine

Mule for sale

Curtis & Leroy saw an ad in the Starkville Daily News Newspaper in Starkville, MS. and bought a mule for \$100. The farmer agreed to deliver the mule the next day.

The next morning the farmer drove up and said, "Sorry, fellows, I have some bad news, the mule died last night."

Curtis & Leroy replied, "Well, then just give us our money back."

The farmer said, "Can't do that. I went and spent it already."

They said, "OK then, just bring us the dead mule."

The farmer asked, "What in the world ya'll gonna do with a dead mule?"

Curtis said, "We gonna raffle him off."

The farmer said, "You can't raffle off a dead mule!"

Leroy said, "We shore can! Heck, we don't hafta tell nobody he's dead!"

A couple of weeks later, the farmer ran into Curtis & Leroy at the Piggly Wiggly grocery store and asked, "What'd you fellers ever do with that dead mule?"

They said, "We raffled him off like we said we wuz gonna do."

Leroy said, "Shucks, we sold 500 tickets for two dollars apiece and made a profit of \$898."

The farmer said, "My Lord, didn't anyone complain?"

Curtis said, "Well, the feller who won got upset. So we gave him his two dollars back."

Curtis and Leroy now work for the government.

They're overseeing the Bailout Program

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



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Lily Tomlin's exclusive interview with the Gazette

see page 10



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SECTION B TO THE EAST COUNTY GAZETTE VOL. 10, NO. 34, JANUARY 28, 2010

— ON STAGE —

A conversation with Lily Tomlin



Lily Tomlin. Photo: Courtesy San Diego Theatre

Exclusive interview
by Diana Saenger

When an actress is nominated for an Academy Award for a film debut; it speaks to a true talent. Lily Tomlin accomplished this in 1975 when she starred as a gospel singer and mother of two deaf children in Robert Altman's *Nashville*. The actress of film, TV and stage and one of America's most noted comedians, performs "An Evening of Classic Lily Tomlin" on Wednesday and Thursday, January 27 and 28 at the Balboa Theatre.

Tomlin told me her quest to be a star began way before 1975. "When I was 10-years-old, I would put on shows on the back porch and sell tickets to people in our building. I thought I was the world's first performance artist. I would do ballet, tap, magic tricks and tell jokes."

Born in Detroit, Michigan to Lillie Mae and Guy Tomlin; Lily grew up in a working-class neighborhood. After high school she set her sights on a medial career and enrolled at Wayne State University. Because she enjoyed watching television comedians such as Lucille Ball and Imogene Coca, Tomlin took theatre arts as electives, and figured out medicine was not her. She started doing standup in coffee houses, then moved to New York. She became one of the first female comedians on *The Ed Sullivan Show*. The 1960s and 70s found Tomlin a regular on TV shows including *The Garry Moore*, *The Merv Griffin* and *Laugh-In*. It was on *Laugh-In* that Tomlin invented some of her iconic characters. Ernestine, the irascible telephone operator whose "one ringy dinghy," is still remembered today. The devilish 6-year-old, Edith Ann, setting in her big chair, is an audience favorite.

Her diversity continued throughout the decade finding Tomlin in more TV shows, her own TV specials, movies, and making her Broadway debut in the 1977 play, *Appearing Nitely*.

Although Tomlin had now rubbed shoulders and worked with the best comics and performers in the world, she gives credit to one person who instilled in her a "can-do" way of thinking.

"It was my mom," Tomlin

said. "She was a sweet girl from Kentucky. So part of my family is from Detroit and the rest from Kentucky, so I have one foot in both places. I'm close to my family probably because I love characters."

Tomlin said it was her mother who steered her to be a business woman at age 12. "I sent away for joke stuff — plastic vomit, flies in ice cubes, hand buzzers — that was at the back of a Red Rider comic book because it said COD — send no cash. I thought it was free. So what does a sweet girl from Kentucky do when the postman comes and says you owe \$12? My mom paid for it then told me I had to work it off before I'd get it. I had to do chores for the neighbors in the 40 apartments in our building. So I became a little business woman."

Her knack for comedy and performing soon became her business, and Tomlin starred opposite some of entertainment's biggest stars — Dan Aykroyd, Art Carney, Judi Dench, Jane Fonda, Jack Lemmon, Steve Martin, Bette Midler, Dolly Parton, Maggie Smith, John Travolta and many others. Her numerous awards include six Emmys; two Tonys; Drama Desk and Outer Critics' Circle awards; the Crystal Award from Women in Film; Screen Actors Guild nomination; many Golden Globe and Emmy awards, and she was the recipient of the Mark Twain Prize for American Humor presented at the Kennedy Center



Lily Tomlin as her iconic character Ernestine. Photo credit: courtesy of Tomlin and Wagner Theatricalz

in Washington, D.C. Today Tomlin is busier than ever, and she just finished filming seven episodes for the next season of FX's *Damages*.

people want to sell and make money off of, so it's a funny kind of dichotomy."

"I've been doing this for so long I guess I don't know how to get off," Tomlin said. "Performing is a great pleasure. But while it's such a high, it's fraught with anxiety. Like with tonight's show, (*Damages*). How do I meld with the story and make it as good as possible? But it's exciting to get the job, and I love preparing for the work. It starts out as a labor of love and there's enthusiasm but you are really creating a product that other

Tomlin, who once performed at the Old Globe in Jane Wagner's critically-acclaimed play, *The Search for Signs of Intelligent Life in the Universe*, is excited to return to San Diego. Her fans can expect the tried and true comedian in her two San Diego appearances. "It's my version of standup where I try to take the audience on a little trip," Tomlin said. "I do a Q & A with the audience, and of course an improv with Edith Ann, and other favorites."

While her impressive career

is a major part of her life, she knows what's important. I ask if we went to her house and looked for a favorite moment captured on the wall what we would find.

"First would be huge pictures of my mother, my dad, my brother and friends," she said. "I love making art out of my family's pictures. Then there's pictures of my pets, and a picture of me cheerleading in high school."

For more about Tomlin check out her highly entertaining website www.lilytomlin.com.

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— AT THE MOVIES —

Innocent bystanders suffer in 'White Ribbon'

by Diana Saenger

Before World War I when Germany went to the dark side, evil was already inherent in a small Northern German town. Austrian filmmaker Michael Haneke takes a peek at what's under the sheet of impending doom in his film *White Ribbon*.

Life in 1913 is hard and mostly unrewarding and in this German village, routine to a fault. The movie opens with scenes of a Doctor (Rainer Bock) whose horse tripped over a wire strung tree to tree. The doctor must recuperate at the hospital, and since the mother is gone, leaves his mid-

wife (Susanne Lothar) to tend to his children. We soon learn during the long absence of the doctor that he's been having a forced sexual relationship with both the housekeeper and his teenage daughter, Anna (Roxane Duran).

Anna suffers silently as do many of the children in his village. Some, like Martin (Leonard Proxauf), are severely punished for what comes natural. Others chastised for not following the rules. At one point their father, the town's revered pastor (Burghart Klaussner) makes them wear a white ribbon tied to their clothes because they are not pure. Sigi (Fion Mutert), the small son of the



Christian Friedel and Leonie Benesch star in *White Ribbon*. Photo credit: Films du Losange, Courtesy of Sony Pictures Classics

Baron and principal landowner who has the only employment available, becomes missing. Suggestive scenes elude it may be at the hand of an upset worker.

Several dreadful occurrences – the tripwire, fire set to a building, a missing child – take place with constant hype building about who might be behind the occur-

rences. There are five main families in this Protestant community and too many kids. Each family has so many that during the film we get lost about whose kids

belong to whom, who might have done the vicious deeds and whose parents are, or are not, addressing the issues.

I did like the character of the schoolteacher (Christian Friedel) who also narrates the film. He's an honest guy who just wants to teach, get married and fit in with the community. But even has to jump hurdles to get permission from Eva's (Leonie Benesch) father, and that doesn't come without demands.

Ultimately the dichotomy is that in a town of hypothetical moral strength and focus, little about it is moral at all. The only good thing about it is the wonderful cinematography by Christian Berger who gives us distinguished and vivid black and white images of a serene village, adorable children and a terrific sense of how this small community survived. Some of the close ups of the children's faces tell their own stories. The only problem is we soon learn nothing is true about what we see, and that Haneke left the ending unresolved so we, as he put it, "could call into play our own imaginations." If I have to imagine the end of a film; I'll write my own script.

White Ribbon is playing at Landmark's Hillcrest Theater.



White Ribbon

Studio: Sony Pictures Classics

Gazette Grade: C

MPAA: "R" for some disturbing content involving violence and sexuality

Who Should Go: Fans of movies without conclusions or Michael Haneke

ON THE COVER: Lily Tomlin as Edith Ann. Photo credit: courtesy of Tomlin and Wagner Theatricalz

Dancing, listening and swing dancing lights up the nights at Viejas Casino

It's only a hop, skip and jump to solid, fun entertainment at Viejas Casino venues. Whether checking out the free entertainment in the V Lounge or heading over to The DreamCatcher at Viejas, it will be a jamming good time.

Friday, Jan. 29: Rising Star w/ Dj 2Rille — The DreamCatcher at Viejas, 9 p.m. - 1:30 a.m. Free

Entertainment at it's finest best describes Rising Star. Rising Star incorporates dance choreography, horns, musical impersonations and distant four part harmonies, all in non-stop, high-intensity energetic performances. Rising Star performs a wide variety of musical styles from Motown, 70's Disco, 80's & 90's dance hits, all the current club dance mixes and best of all, they perform songs in related costumes like Village People, James Brown, The Supremes, Madonna, Mc Hammer, Rick James, Morse Day & the Time, Prince and a lot more!

Friday, Jan. 29: Sandbox — The V Lounge, 8 p.m. - 1 a.m. — Free

Sandbox is a high-energy cover band that is at the top of their game. With regular appearances in Las Vegas, at Disneyland, top-notch resorts and private events nationwide. Sandbox can make any event come alive with life. This is one act where every person in the band is exciting to watch. The unique thing about this act is that they can go from modern rock to classic rock; old disco to new

dance and never miss a beat. Collectively the members of Sandbox have toured the world, recorded major TV and Film projects and have appeared on scores of TV shows. Collectively the members have appeared on Jay Leno, Saturday Night Live, The Grammy's, Ellen, Regis and Kelly, NFL Halftime Show, Good Morning America, The Early Show, American Music Awards, CMT Music Awards, CMA Music Awards, ACM Awards, The View, The Today Show, The Roseanne Show, The Rick Dees Show and even Access Hollywood!

Saturday, Jan. 30: The Mighty Untouchables — The DreamCatcher at Viejas, 9 p.m. - 1:30 a.m. — Free

This supreme eight-piece multi-cultural mix of musicians and singers entertain throughout the world, and are guaranteed to please audiences of all tastes with their extensive and diverse collection of material. The Mighty Untouchables offer everything from Motown to classic rock, along with Latin, country, current pop hits, and much more. Their repertoire includes songs from The Temptations, Carrie Underwood, Journey, Christina Aguilera, Stevie Wonder, Guns N' Roses, Celia Cruz and Tito Puente, just to name a few!

Sunday, Jan. 31: The \$10K David Patrone Swing Dance Competition — The DreamCatcher at Viejas, 5 - 9 p.m. i Free

More info on front page or at www.viejas.com

CLASS ACT

EAST COUNTY GAZETTE

DINING & ENTERTAINMENT GUIDE

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1130 Broadway, El Cajon, CA 92021

Publishers: Debbie and Dave Norman

Editor: Debbie Norman

Office Manager: Briana Thomas

Entertainment Editor: Diana Saenger

Photographers: Kathy Foster

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— AT THE MOVIES —

Oscar caliber performances in 'The Last Station'

by Diana Saenger

Anyone looking for the life history of revered Russian author Leo Tolstoy in *The Last Station*, should look elsewhere. This is not a biopic of one of the most celebrated writers in the world, but a drama under-shadowed by two love stories.

Tolstoy (Christopher Plummer) and his wife, Sofya (Helen Mirren) live in a relic of an old mansion in the country side. Tolstoy knows his days are short and wants to devote every waking moment to his work. Sofya tries to appease him, but longs for passionate kisses, warm hugs and snuggles at night. Niceties her husband can do without. A constant battle brews among

them. Their daughter Sasha (Anne-Marie Duff) sides with her father, realizing the world is waiting for every heartfelt word he pens.

Someone else is selfishly waiting for something from the old man as well. Tolstoy's ardent follower and believer, Chertkov (Paul Giamatti), wants Tolstoy to toss out his will and make a new one leaving his legacy to the people so they will carry on his praises of communal property, passive resistance and vegetarianism. Tolstoy also believes in being celibate which is why after 48 years of passion with his wife, he's not jumping into bed every night with affection on his mind.

Chertkov is looking for a puppet and hires a rookie as



Christopher Plummer and Helen Mirren star in *The Last Station*. Photo credit: Sony Pictures Classics

Tolstoy's personal secretary. Valentin (James McAvoy) wants to leave his own mark on passive resistance. He's awed to be in such company, but when ordered by both Sofya and Chertkov to keep a personal diary about everything that goes on in the house, he's bewildered. His resolve to follow in his mentor's footsteps disappears the first time the pretty Masha (Kerry Condon), a commit-

ted Tolstoyan working on the grounds, jumps into this bed and seduces him.

The Last Station was adapted from Jay Parini's novel, and the evolving story wouldn't be so intriguing without the wonderful performances by Plummer, Mirren and Giamatti. Plummer has little character arc but his range of emotion from sometimes being tempted by his loving wife,

to becoming so furious at her that he takes a train and leaves her supposedly for the last time, draws us into his plight. Mirren is equally adept in her portrayal. We feel for her plight of losing the man she loves and watching him being manipulated by Chertkov to leave what's left of their 13 children penniless. It's Giamatti who steals the show here. Chertkov never has an ounce of pity for Sofya nor any

guilt about sending Valentin into the den of fire. Even upon Tolstoy's dying bed Chertkov forbids the man to allow his wife to come see him.

The Last Station is thoroughly entertaining and worthy of some Oscar attention come February.

The Last Station opens Feb. 5 at Landmark's Hillcrest and La Jolla Village Theaters.

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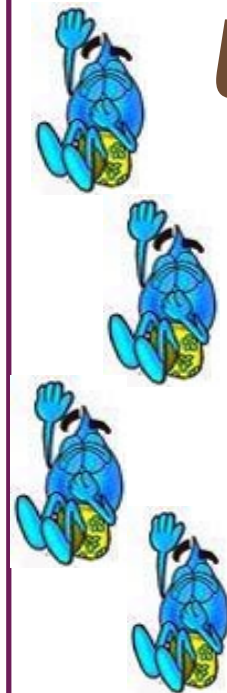


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— AT THE MOVIES —

'Extraordinary Measures' has great drama and superb casting

Review by Diana Saenger

The term "based on a true story" is receiving its due lately with *The Blind Side* garnering a recent Golden Globe acting win plus Oscar speculation. Advertising for *Extraordinary Measures*, also "based on a true story," emphasizes that both these films are uplifting and inspiring. The latter movie concerns a family with two children who have Pompe – a degenerative and fatal form of muscular dystrophy – and the remarkable struggle their father undergoes to find a cure.

John (Brendan Fraser) and Aileen (Keri Russell) Crowley face each day with guarded joy. Two of their three children have Pompe. John Crowley, Jr. (Sam M. Hall) is fine, but Megan (Meredith Droeger) and Patrick (Diego Velazquez) are approaching the age of the disease's life expectancy – 8 or 9 years old. John works for a large corporation and is about to be promoted. His salary and insurance coverage forms the lifeblood sustaining their family, but John is haunted with worries about modern medicine having no solutions to cure or extend his ill children's lives.

While watching *Extraordinary Measures*, it's easy to ask yourself the question, "What would you do to keep your children alive?" Your answer, of course, is "Anything!" That's exactly what John does when he learns about research scientist Dr. Robert Stonehill (Harrison Ford) and his work on a cure for Pompe. John is so overcome with helplessness he impulsively walks out of an important meeting and – without even telling his wife – hops on

a plane for Nebraska, hoping to find Dr. Stonehill.

Stonehill, a curmudgeon who shows a trifle of sympathy to John's plight, tells him to go home and spend what time is left with his kids. That's like an arrow through John's heart, so he returns home deflated. But when his adorable Megan becomes sicker, he returns to Stonehill promising to quit his dependable job and start a Pompe foundation. He promises to fundraise for the 10 million dollars Stonehill needs to bring his potentially life-saving Pompe drug to the market.

Based on the book *The Cure* by Geeta Anand, *Extraordinary Measures* is basically true, but screenwriter Robert Nelson Jacobs (*Chocolat*, *The Shipping News*) had the task of creating a two-hour drama from a story that spanned years and involved many research scientists who worked on the Pompe cure. They were all composited into the character of Dr. Stonehill.

Ford, also an executive producer on the film, had read about the Crowley family in an article and then in the book, and he thought it would make a compelling film. "I thought Geeta's book had something to say about personal courage, initiative, parents' love, and the power to overcome extraordinarily difficult circumstances," Ford said. "If we could wrestle this into the shape of a movie, we would be bringing a story to the screen which would enrich people's lives."

We've seen many films about the extraordinary actions families take to save their ill children. *Lorenzo's Oil* (1992), a movie dealing with



Harrison Ford and Brendan Fraser star in *Extraordinary Measures*. Photo credit: CBS Films

the search for a cure for ALD – an extremely rare degenerative disorder – is one example. While *Extraordinary Measures* does create a heartfelt and emotional scenario of what the Crowley's went through to save their children, it boasts something we don't often see – the long and difficult journey of a drug from inception through years of brilliant research and then to FDA approval.

Extraordinary Measures also has very believable portrayals. Fraser delivers his finest performance here. There isn't a moment or action in which he appears to be acting. From the hollow, empty look in his eyes when it appears his Megan will be denied the drug even

if it comes to fruition, to every maddening battle he has with the ornery Stonehill and the industry itself, Fraser captures this character perfectly.

"Sometimes in life the answer is 'no' and sometimes it's the right answer, the answer you have to live with," Fraser said about his character. "But John Crowley actually said, 'No is not acceptable. I'm going to find a way to turn no into a maybe, and then maybe into a yes.' If he was going to go down, he was going to go down swinging. Those are the ear markings of a true hero."

Harrison has proven his proficiency at portraying "any-

body," yet he's so talented we never doubt for a moment that he's the complicated Stonehill, who's often such a tyrant he becomes his own worst enemy. The three children in the film are all impressive, especially Droeger who was chosen from a field of 800 children's auditions. It must be difficult to play a child bound to a bed or a wheel chair. Yet Droeger excels at making Megan exceptionally funny, optimistic and clever.

Going beyond the "disease movie of the week" theme, *Extraordinary Measures* not only hits the topic of the day plaguing our country – the health care debate – it's also a an inspiring drama.

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The Last Station

Studio: Sony Pictures Classics

Gazette Grade: B +

MPAA: "R" for a scene of sexuality/nudity

Who Should Go: Anyone interested in Tolstoy or fans of this cast

Extraordinary Measures

Studio: CBS Films

Gazette Grade: B+

MPAA: "PG" for thematic material, language and a mild suggestive moment

Who Should Go: fans of good drama or this cast



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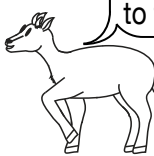





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The Torch Relay is underway! Read the clues to fill in the puzzle.

The Olympics “start” a few months ahead of the Games with the Olympic Torch Relay. Runners began carrying the new Olympic Torch on Oct. 30th. The Torch will travel for 106 days. It will travel about 45,000 kilometers (27,961 miles). People in towns and cities will hold celebrations as the Torch goes by!

1. The roots of the Olympic Torch or the Olympic _____ come from the building of fires by the sun’s rays to honor the gods at the first Games in ancient Greece.
2. Today, the flame is lighted in Olympia, _____, then flown in a security lamp in an airplane to the next country holding the games.
3. Bombardier, a Canadian company, has designed and made 12,000 _____ for the Relay.
4. The Torch is carried mostly by _____ running, but sometimes other kinds of transportation are used...even a dogsled and a snowmobile during this Relay!
5. The relay route is about 28,000 miles across Canada, the _____ of all time in a single country.
6. The Relay will end in Vancouver, _____, “linking” the original site in Greece to today’s chosen spot for the games.
7. The big moment comes when the person bearing the torch runs into the _____ at the Opening Ceremony.
8. The torch bearer runs a _____ around the stadium before lighting the huge cauldron with the Olympic flame.
9. The flame keeps _____ throughout the whole period during which the Games take place.
10. It is extinguished at the closing ceremony after the Games are _____ and all the medals have been won.

6 4 stadium people

Canada

lap

Flame

longest

finished

burning

7

Greece

8

torches

9

5th

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Check out our 5th Anniversary Extra Puzzle this week... Olympic Sports word search.

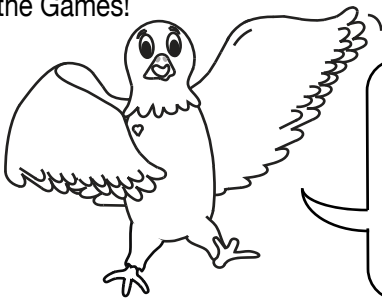
Also, our Free 2010 Winter Olympic Sports Puzzle is ready for your family on our website: www.readingclubfun.com

What Am I?

Read the clues, then follow the color key to see who I am!

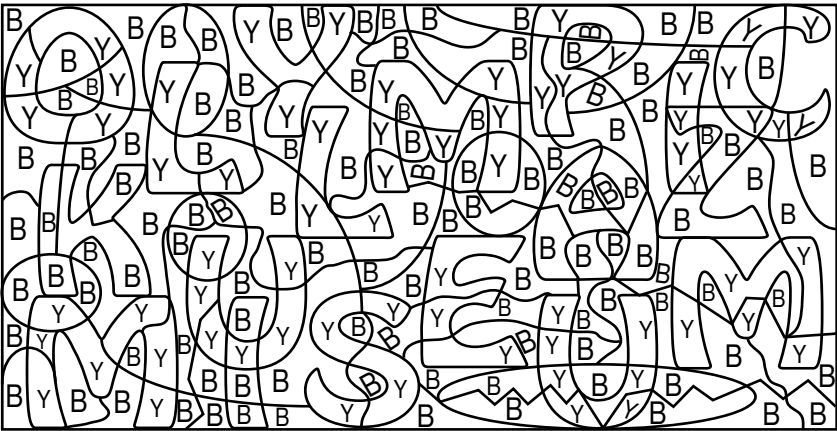
- I am located in Lausanne, Switzerland.
- I store and show more items from the Olympic Games than anyplace else in the world.
- I have very cool videos, statues and exhibits.
- More than a quarter million people come to visit me each year.

I'm flying to the Games!



Color Key
Y = Yellow
B = Blue

I am the



The Olympic Mascots

Mascots for the Olympic Games are used for fun, to build spirit and to teach about the host city and country. The first mascot was made for the 1972 Olympic Games in Munich, Germany. It was a dachshund dog (the short, long dog we sometimes nickname a “hotdog”) called Waldi. My favorite of all time was Sam the Eagle! Everyone enjoys the mascots!

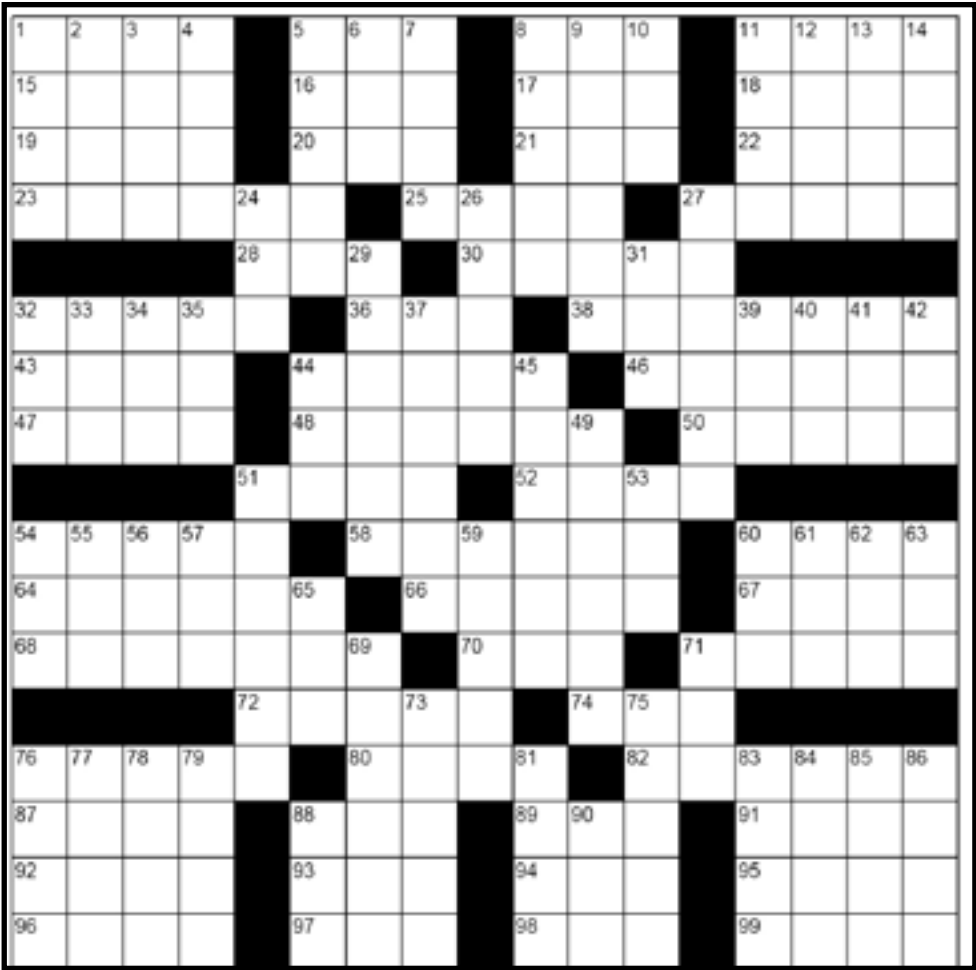
How much do you know about the mascots for this year’s Winter Olympics? Read about them and circle the word that finishes the sentence correctly.

1. Miga is a sea bear, part orca whale and part Kermode bear. She lives in the ocean. She is from a legend that told of orca whales that changed into bears on land. She loves surfing the ocean waves and: ice skating snowboarding
2. Quatchi is a Sasquatch or a Big Foot. He is big and has lots of hair. He loves to play: ping-pong baseball hockey chess hide and seek
3. Sumi is the guardian spirit of an animal. He lives in the mountains. He has the wings of a thunderbird and legs of a black bear. He likes to: run ski jump
4. They will travel and visit with people to help get them excited about the Games. They like to make: cupcakes crafts friends

★ Ask Mom or Dad if you may visit the official 2010 Winter Olympic website to see and learn more about the mascots.

Puzzles & Comics

CROSSWORD PUZZLE



- Across
- 1 Yin's partner

5 Sixth sense

8 Imitate

11 Chances of winning

15 Margarine

16 Roman dozen

17 Judge

18 Winnie the ____

19 Dress

20 Clock time

21 Perceive

- 22 Healing plant

23 Very dark blue

25 Gets older

27 Radical

28 United States

30 Dine

32 Boiling water vapor

36 Pot's pal

38 Rower

43 Mail

44 Fly

46 Reformed

47 Aborts

48 Patch

50 Woke up

51 Central points

52 Twofold

54 Mud brick

58 Low ranking officer

60 Run quickly

64 Expand

66 Lament

67 Malaria

68

70 Compass point

71 Root for

72 Debonaire

74 Parent

76 Path

80 Yawn

82 Fake

87 Comedian Jay

88 Wing

89 Teaspoon (abbr.)

91 Grasp

92 What horses eat

93 Pastor (abbr.)

94 Zip

95 Giant

96 V.P.'s boss

97 Dined

98 Cutting tool

99 Was looked at

31 Serving of corn

32 Compass point

33 X

34 The ____ (final word)

35 Advertisements

37 Upland

39 Compass point

40 Cow speak

41 Noah's boat

42 North northeast

44 Affirmative

45 Makes neat

49 Irregular

51 Charm

53 One of these

54 Flurry

55 Boom

56 Bullfight cheer

57 Flutter eyelashes

59 Rest

60 Dit's partner

61 Grow older

62 Take to court

63 She

65 Flightless bird

69 Baby eagle

71 Disks

73 Internal structure

75 Orange's partner

76 Swill

77 Have clothing on

78 Wager

79 Stir

81 Gas burner

83 Self-esteems

84 Recommend

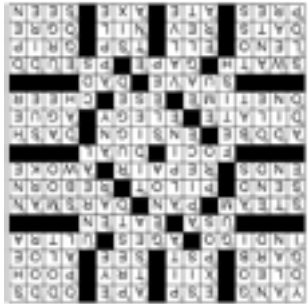
85 Dreadful

86 Overt

88 Epoch

90 Half a dozen

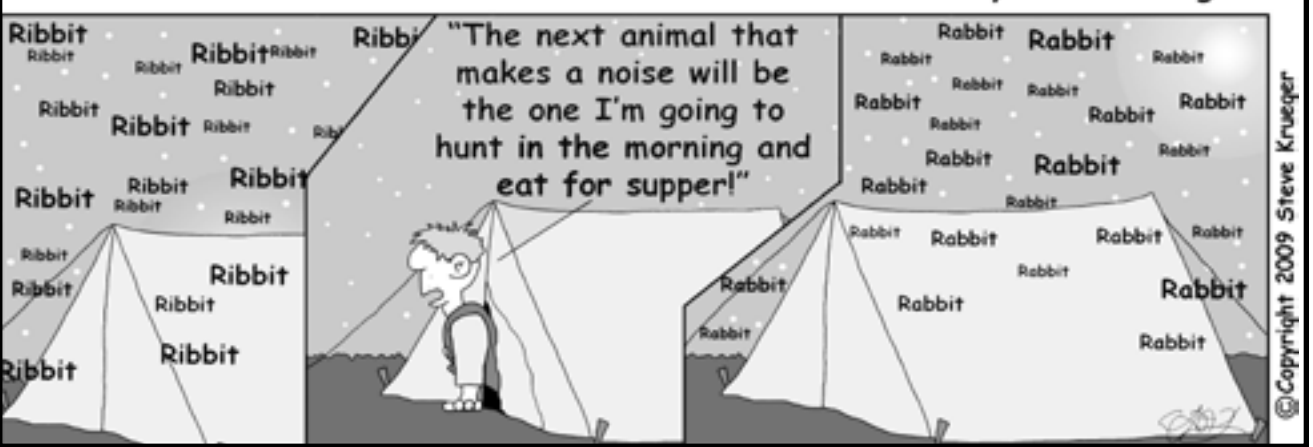
SOLUTIONS



OUTZKIRTS By: David & Doreen Dotson



Moose Lake By Steve Krueger



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Feb. 4-15

El Cajon
Westfield Parkway
Feb. 25-Mar. 8

National City
Westfield Plaza Bonita
Feb. 18-22

Vista
Hwy 78 at Vista Village Dr.
March 11-15

Mira Mesa
Mira Mesa Community Park
March 18-22

Temecula
Temecula Promenade
March 25-29

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LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
NORTH JOHNSON AVENUE DEMOLITION
Engineering Job No. 3317
Bid No. 019-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on March 9, 2010

BIDS TO BE OPENED AT:
2:00 p.m. on March 9, 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 \$ 9.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference and job-site walk-through will be held on February 23, 2010 at 10:00 A.M. at 440 N Johnson Avenue. Particulars relative to work requirements will be discussed. City of El Cajon personnel involved in this project will be present to answer pertinent inquiries. The pre-bid conference is mandatory for all general contractors and optional for subcontractors.

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 28, 2010

East County Gazette- GIE030790
01/28, 2/4/10



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
JOHN F. KENNEDY PARK PLAYGROUND
Engineering Job No. 3243
Bid No. 022-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on February 12, 2010

BIDS TO BE OPENED AT:
2:00 p.m. on February 12, 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 \$19.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held at 10:00 am on February 5, 2010 at the project site, 1675 East Madison Ave., El Cajon. The pre-bid conference is not mandatory.

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 28, 2010

East County Gazette- GIE030790
01/28, 2/4/10

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 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. 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



CITY OF EL CAJON

PUBLIC NOTICE
NOTICE OF PUBLIC HEARING
ALLOCATIONS FOR FY 2010-11
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM,
the HOME PROGRAM, and POTENTIAL REALLOCATION OF
PRIOR YEARS CDBG AND HOME FUNDS INCLUDING PROGRAM INCOME

Under Title I of the Housing and Community Development Act of 1974, as amended, the City of El Cajon invites citizens to participate in the preparation of the FY 2010-11 One Year Action Plan. The One Year Action Plan consists of the proposed activities to be funded through both the Community Development Block Grant (CDBG) and HOME programs. The CDBG funds are for community development improvements to benefit low and moderate income residents, and the HOME funds are to assist in providing affordable housing opportunities. The City anticipates receiving over \$1,000,000 in CDBG funds and over \$700,000 in HOME funds for fiscal year 2010-11 (July 1, 2010 - June 30, 2011). In addition, the City may reallocate any available remaining funds, including any available program income.

NOTICE IS HEREBY GIVEN that a public hearing will be held at 7:00 p.m. on Tuesday, February 9, 2010, in the City Council Chambers located at 200 Civic Center Way in El Cajon. The purpose of the public hearing is to provide El Cajon citizens with the opportunity to voice their opinions on, and participate in the development of the City's program to use the federal CDBG and HOME funds. This is the first of two public hearings to be held. The second public hearing will be March 23, 2010, at 3:00 p.m.

The City Council will allocate CDBG and HOME funds for FY 2010-11 at this time. A reallocation of existing funds plus any available program income may also occur. Public input is welcome and encouraged on the proposed use of these funds. Citizens may participate in written form prior to the public hearing or orally during the hearing. Written comments must be submitted to the Redevelopment and Housing Department no later than 5:00 p.m. on Wednesday, February 3, 2010. All comments and/or other inquiries should be forwarded to the Redevelopment and Housing Department, 200 Civic Center Way, El Cajon, CA 92020 or call (619) 441-1710.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen with speech, or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

East County Gazette- GIE030790
01/28, 2/4/10

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

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, 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

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

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

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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. 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

TO PLACE YOUR
LEGAL AD CALL
(619) 444-5774

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. 2009-035088
FICTITIOUS BUSINESS NAME(S): A JoyfulNess Mercantile
Located at: 13277 B Hwy 8 Bus, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Pamela Joy 9562 Winter Gardens Blvd. D257, Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on December 18, 2009.
East County Gazette- GIE030790
01/07, 01/14, 01/21, 01/28, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 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. 2010-000939
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

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. 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. 2010-000951
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

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Community news ...

Continued from page 6
He stated he feels fireman should be paid well but not to the detriment of the community.

The audience introduced themselves and as one member said, “This is a very diverse group and a recall of Fire Protection Board members is possible.” There was much public discussion regarding recalling the board members. The majority of the people in attendance voted for a recall.

The public is encouraged to come to the next meeting which will be held at the Ranch House Restaurant, Friday, Jan. 29 for dinner at 5:30 p.m. and meeting to start at 6:30 p.m. All meetings are open to the public.

La Mesa Soap Box Derby

“You know you’ve got a successful event when families bring their kids from distant places to compete in our two days of rally races,” says Dennis Wilkes, director of the Drew Ford/Kiwanis Club of La Mesa Soap Box Derby program which

will hold the next races on Saturday, March 6 and Sunday, March 7.

Entries are coming in from Northern California, Arizona and Nevada, Wilkes said. A big part of the appeal, according to Wilkes, is families from out of town feel welcome, the meet is well-run, and their kids are encouraged to learn and to do their best.

La Mesa’s racecourse is down Junior High Drive adjacent to La Mesa Middle School. Launched from a starter ramp, cars go two-by-two down the gentle sloping street, reaching speeds of 22-23 mph as they cross the electronically timed finish line.

Purpose of the rally races is for the young drivers, ages 8-16 and competing in three divisions, to gain experience and garner points toward qualifying for the National Soap Box Derby Races that take place every July in Akron, Ohio.

With underwriting over the past seven years by Drew Ford and other sponsors, the La Mesa Kiwanis Club holds two two-day rally race events, in November



La Mesa Soap Box Derby racecourse is down Junior High Drive adjacent to La Mesa Middle School. Launched from a starter ramp, cars go two-by-two down the gentle sloping street, reaching speeds of 22-23 mph as they cross the electronically timed finish line.

and March, and one annual local race, which this year will be May 22. Division winners of the annual local race are sent, along with one parent, by the Kiwanis Club to Akron, Wilkes said.

Last May, Bryce Taylor, age 11, of Santee, entered his first ever Soap Box Derby, emerging the winner in the stock car division at the annual local derby. In Akron, faced with hundreds of competitors in his division, he won several heats, climbing up the pairing ladder to finish fourth overall.

“It may seem like a lot of

work but this is what Kiwanis is all about – community service and working with kids,” said Wilkes. “These rally races are opportunities for the drivers to get experience in steering and braking their cars which are built from kits. We hold car-building workshops at Drew Ford for the driver and their parents to assemble the cars together. All together, Soap Box Derby is a great family-oriented activity.”

For more information, go to www.members.cox.net/soapboxderby. Contact Wilkes at 619-469-7353, or at dwilkes1@cox.net.

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**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, Pheonix, 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. 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. 2010-001465**

FICTITIOUS BUSINESS NAME(S): a.) Align by Design b.) Align and Design
Located at: 4615 Date Ave., La Mesa, CA 91941

This business is conducted by: An Individual
The first day of business was: February 12, 2005

This business is hereby registered by the following: 1. Matina Arriaga Kueiner 4615 Date Ave., La Mesa, CA 91941

This statement was filed with Recorder/ County Clerk of San Diego County on January 19, 2010

East County Gazette- GIE030790
1/28, 2/04, 2/11, 2/18, 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. 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

**STATEMENT OF ABANDONMENT
OF USE OF
FICTITIOUS BUSINESS NAME
ORIGINAL FILE NO. 2009-031053
FILE NO. 2010-001579**

The following person(s) has/have abandoned the use of the fictitious business name: Mercado Del Pueblo
The Fictitious Business Name Statement was filed on October 30, 2009, in the County of San Diego.
Mercado Del Pueblo 6503 Imperial Avenue, San Diego, CA 92114
This business was conducted by: 1. LMBO, Inc. 6503 Imperial Avenue, San Diego, CA 92114
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON January 20, 2010

East County Gazette GIE 030790
01/28, 02/04, 02/11, 02/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-001771**

FICTITIOUS BUSINESS NAME(S): City Nails
Located at: 10251 Mast Blvd. #H, Santee, CA 92071

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. Lee My Huynh 11219 Brockway St., El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on January 21, 2010

East County Gazette- GIE030790
1/28, 2/04, 2/11, 2/18, 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. 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. 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. 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. 2009-035941**

FICTITIOUS BUSINESS NAME(S): Passion Fine Jewelry
Located at: 415 S. Cedros, Solana Beach, CA 92075
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. Mo Able Inc. 2339 Mt. Elena Way, 2339 Mt. Elena Way, Jamul, CA 91935
This statement was filed with Recorder/ County Clerk of San Diego County on December 31, 2009

East County Gazette- GIE030790
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-000756**

FICTITIOUS BUSINESS NAME(S): Phoenix Specialty Printing
Located at: 12233 Higgins Terrace, Lakeside, CA 92040
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Andrea C. Hunter 12233 Higgins Terrace, Lakeside, CA 92040; 2. Christopher M. Smith 12233 Higgins Terrace, Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2010

East County Gazette- GIE030790
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-002008**

FICTITIOUS BUSINESS NAME(S): a.) Summit Publications b.) Aviculture Book Source
Located at: 235 Garden Grove Ln., 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. Patrick Gerald Coyle Jr., 235 Garden Grove Ln., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 25, 2010

East County Gazette- GIE030790
1/28, 2/04, 2/11, 2/18, 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. 2010-001107**

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



Dear Dr. Luauna
My daughter has found a few friends I really question. I have watched their actions and the way they dress, act and talk. I am now seeing my daughter start to dress just like them, her actions are changing, and not for good. I am worried for my daughter, she is only 14 years old. The other girls are dating older boys, some over 18 years of age.
Signed, Help!

Dear Help!
JUMP in right NOW! Don't let another day go by, understand bad company corrupts good morals, and your daughter will become who she walks with. In today's world, 14 year old young girls have been made to think they need to grow up fast. Mom, are you spending special time with your daughter? Are you TOO BUSY? Teen years are some of the toughest years, at times they will say some pretty mean things.

Remember you are the mother, she is the daughter, and you are called to protect her! Stop the relationship with her new friends, no matter how she screams, find a GOOD Christian Youth Group, and leader who will help her find who she is in Christ Jesus. MOM, she needs you more now than ever, make it a point to build a strong friendship. Once a week take her to dinner, and another day have dad take her out. She is crying inside to be accepted! If you surround her, eat dinner together, laugh together, pray together, and go to church together, God will get involved and you will see a change. I am finishing up a new book called "You Are Effecting Someone, Somewhere, Somehow Mom," it is about raising children. I have a chapter written on this very subject, out in May 2010.

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Channel 18 & 23 Cox Cable, Tuesdays at 9 p.m.
Channel 19 Time Warner, Wednesday at 5 p.m.

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MOTOR AND SPORTS

2010 Chevrolet Camaro SS



The inside dash and center console of the 2010 Chevrolet Camaro SS. Photo by Dave Stall

by Dave Stall

This is my second time behind the wheel of a 2010 Chevrolet Camaro SS. The first time was on the road course at Auto Club Speedway. Needless to say, the experience was accelerating along with all the other muscle

cars, but I really wanted to see how the SS handled the open road where the driver really has to watch out for other drivers.

There are two levels of the SS; the 1 SS and the 2 SS. The difference is the comfort and appearance items such as leather seating in the 2 SS.

There are also a few other things to consider that comes in a 2 SS — a 6.2 liter V8 that produces 426 horsepower at 5900 rpm and 420 pound-foot of torque all running through a 6-speed manual transmission, limited slip differential, performance suspension, power variable ratio steering, dual exhaust with stainless steel tips — sounds real throaty just like a Corvette. A few trim pieces are also included — a rear spoiler, 20-inch painted aluminum wheels, but on the loaner I had, they upgraded the rims to the smart looking polished Aluminum wheels with no lip to kiss the curb.

This Camaro came with no stripes or decals just "Screaming Red," Chevy calls it Victory Red, but trust me "Screaming Red" seems to fit with all the thumbs up I have been getting on the road.

Looking at the inside is a completely different dash and center dash layout. Maybe it's my age, but I see a 1952 to 1954 center dash (I admit the controls were a little tough to see and operate). I don't know maybe it is a nostalgic thing? I did love the leather wrapped shifter and the form fitting seats, I haven't manage to get to the passenger seat and probably won't. I looked at the back seats, but I didn't try to sit back there. The seats were too small for people my size, but good for kids and carry on items.

On the dash there are many gauges to keep drivers informed along with an information computer. I liked the center gauge layout, real retro. The dash matched the center console and the radio and climate controls were like I mentioned, 1952 to 1954. Everyone who saw the dash seemed to love it.

The car had no flash or stripes, just a no-nonsense



The 2010 Chevrolet Camaro SS. Photo by Dave Stall

street car. How did it drive? It would be a great daily driver, fuel mileage at 16 city and 24 on the open road. The price is moderate; the Camaro 2 SS bases out at \$33,725 plus tax and license and my tester was \$36,190. I could live without the optional items like polished wheels, color coded roof molding, HD headlights, two different size 20-inch wheels, 20x8 in the front and 20x9 in the rear and RS taillights, but they do add to the look.

So I have track tested it and

street tested it and it would be a fun investment.

With today's autos, if drivers are not having fun driving, then they shouldn't be driving!

Bumper-To-Bumper with Dave Stall

Dave: I have a 1999 Ford Mustang with a V6 engine. The last couple of weeks it has been overheating and losing water. I took it over to my dad's and he said it was a blown head gasket and he gave me a hard time about neglecting it. My question is how do you know you blew the head gasket? What is a head gasket?

Now he is telling me it will cost around \$6,000 to repair it, I only paid \$4,000 last year. I can't leave my real name but I really need help. Pete.

Pete: Dad's like to set examples when the time is right. To answer your question, a head gasket is a thin gasket made of all types of material that sets on the engine block and is a seal between the block and the cylinder head. It keeps the water and oil separate as they swirl around the complete engine cooling and lubricating. Two things cause a head gasket to blow, over heating the engine and head gasket age. Usually when a head gasket blows water enters the piston chamber and billows of white smoke comes out of the tailpipe at first start up. The head gasket could leak externally but it is rare. A head gasket could even leak oil but that is manageable.

My suggestion is take it to a shop. It could cost up to \$6,000 but if you love the car, then the investment is not that bad. You will just need to drive it a long time to get your money out of it.

For more information visit www.davestall.com



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Our Best Friends

Successful dog adoptions ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Trainer,

I'm going to be adopting a new dog and my sister is getting a new puppy in a few weeks. What do we need to do and/or have before they come home?

Signed, New Dog Mom

Dear New Dog Mom,

Below you will find what I consider the minimum for adopting a new dog or puppy.

Important must haves for your new puppy or dog:

- A clean bill of health from the vet.
- Identification and a nice buckle or limited slip collar—(choke chains are not necessary, but also dangerous for puppies and dogs, and are known to cause long-term damage to the trachea!). Even if your dog or puppy is microchipped, have identification on him in case he is lost and there was no scanner available to check on his "chip."
- Food and water dishes that can be washed and sanitized thoroughly.
- A six-foot leash — Flex-leashes are fun for things like camping and hiking, but dangerous to use in the city. The law says you must have your dog under control at all time, and anything over six foot is not considered "under control." Beside, these leashes teach your dog to pull on leash. It is far better to work with a trainer to teach your puppy or dog

how to walk calmly with you at your side.

- A crate that can be adjusted for puppies as they grow, or one large enough for your adult dog to stretch out and stand up comfortably. Crates help with housetraining and provide you a way to secure your dog when you are not home to supervise.

- Some sort of long-term confinement area if your dog is going to be left for longer periods of time—doggie doors are wonderful for this. If you plan to leave your dog in the yard when you are not home, be sure he has proper shelter and plenty of water and that you have practiced leaving him there a few times before a long separation.

- A snuggle bed (or two) of some sort—especially if you do not want your dog on furniture! You will want a nice soft bed that can be near you when you are sitting on your couch so your dog learns that he can be close and comfortable to you without being on the furniture.

- Two to three Kongs to use as food puzzles—great for puppy teething, and a wonderful way to offer your dog mental exercise to keep him busy when you leave, or when you would like some time without the dog. Rather than feed your puppy or dog all of his meals in a bowl, use food carrier toys to make "earning" his meal fun, and to relieve any need to chew. Chewing on Kongs is the ultimate reward: your dog or puppy gets a great workout, (both mentally and physically)

and he is reward for chewing on the correct thing via the food that falls out as he works on the Kong.

- A Buster Cube or Treat Ball also provides a great way for your pooch to earn his meals! These are designed to hold dry food, and your puppy or dog will have to push and nose the toy around to get the food to fall out. Again, this is a grand way to give dogs the ultimate workout—both mentally and physically.

- A taste deterrent such as Bitter Apple or "Foey," to spray on surfaces that you do not want your dog to chew. You will need to apply these daily since the strength will fade after sitting for a time.

- A super premium food without corn, wheat or soy, or one of the many Freeze-dried or raw diets. You will have a healthier and calmer dog if you feed good food without all the junk carbohydrates, chemicals and other un-natural additives that take years from your dog's life, not to mention all the food-associated behavior problems.

- Grooming equipment, such as brushes or combs. Talk to a local groomer about the types of equipment that is best for your dog's type of coat.

- All natural shampoos and rinses to keep your dog clean, but safe from toxins that are sometimes used in grooming products.

- And, a good positive reinforcement trainer along with your commitment to train your dog or puppy.

After you have the equipment, plan ahead:

Think about the basics before you bring your new pooch home. As often happens, many people bring their new dog home to discover that they really hadn't thought out all of the details. It's important to have some firm boundaries and limits for your new dog in the early stages. These limits can be expanded and lifted as your dog settles in, but it is far harder to go back and try to corral him after you find out that you are not happy with some of the choices your dog made with all that freedom.

Consider the following:

- Where will he sleep at night?
- Will your dog be allowed on the furniture?
- Will you be using a crate, and if so, do you have the proper information about crate training?

- Do you understand all the principles of proper house-training? Your new dog might have been housetrained in his previous home, but that doesn't mean he will be reliable in yours.

- Will you be able to devote a few days to help your dog adjust to your home and to learn more about his mannerisms?

- Have you checked your fencing for cracks or holes and planned to be in the yard with your dog the first few times he is allowed out there? You will want to insure that he doesn't try to dig out or jump over, and this will also give you the opportunity to reward and praise any successful bathroom breaks.

- If you have other pets, have you thought about how you will introduce them, or keep them separated?

Have Realistic Expectations

If your dog makes mistakes,

be patient and respond, don't react. Redirect him or provide him with alternatives such as stuffed Kongs for chewing, teaching a good sit to discourage jumping, a place to dig for dogs that dig, and the like. Keep in mind that your new dogs will have just moved into their new homes and won't know all the rules, so give them some time to adjust and teach them the rules using positive reinforcement methods. By reinforcing the things that your dogs do right and ignoring the things you don't like as much as possible, you will be teaching your new dogs how to behave and they can earn good things like treats, attention and resources, such as being allowed more freedom.

Good luck to you and your sister, and do visit my website for lots of handouts that can help your families adjust to your new additions. www.wholedog-training.com

ADOPT-A-PET



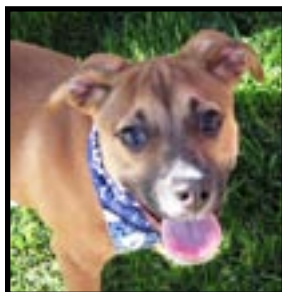
Giselle, a 4-year-old white Poodle mix male is a gentle girl looking for a family of any size to share her life with! Giselle would love to spend her days sitting by your side or playing around in the back yard with her two or four legged family members. Giselle is easy to please and enjoys the comfort of a doggie or human bed. As her coat begins to grow, treat her to daily brushes to keep that beautiful white coat clean, shiny, and tangle free.

Giselle will do well in a variety of homes, so make sure everyone comes to meet her. Giselle's adoption fee is \$100 and includes her spay,

current vaccinations, permanent microchip identification, certificate for a free veterinary exam, and more! SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS

2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357. www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.

Puppy love - that's Penny! Just 4 months old, this sweet 18-pound Shepherd blend is a typical friendly, energetic, and all-around fun puppy. Found as a stray with a broken leg, Penny has nearly healed and is ready for action! You and Penny can learn together when you attend obedience training, then snuggle afterward to celebrate your success. Wendy is in foster care as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To learn more or to arrange a meeting, call (858) 205-9974. Her \$150 adoption fee includes spay, microchip, license and vaccinations.



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