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**VOLUME 10 NUMBER 35** **FEBRUARY 4-10, 2010**

# Boy Scouts celebrate 100 years



**Cub Scouts Pac** ilcox; Vinny Massey; Skyler Moxley; Zachary Trzos. Second row (l to r): David Walko; Tristen Hays; Kevin Iverson; Ronnie Stewart; Dustin Brown; Patrick Laff; Sean Iverson. Third row (l to r): Anthony Parker; Dylan Hoefer Wilcox; Timmy Paule; Kyle Jackson; Spencer Lowe; Owen Tomlinson; Spencer Belcher; Robby Schattinger; Brian Brooks; Sean Clark; Will Tomlinson. Fourth row (l to r): Chris Dettweiler; Mark Iverson; Terry Tomlinson; Al Masey; Tim Paule Sr.; Tim Paule. See story page 2. Photo credit: Tom Walko

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# Local News & Events

## Scouts have a lot of candles to blow out this year

by Diana Saenger

In 1910 the earth passed through the tail of Halley's Comet; the first air flight for the purpose of delivering commercial freight took place in the United States of America by Wright Brothers pilot Philip Parmalee between Dayton, Ohio and Columbus, Ohio; the U.S. Congress established Glacier National Park in Montana; and on February 8, 1910, The Boy Scouts of America (BSA) youth organization was incorporated by Chicago publisher William D. Boyce. This year the BSA turns 100 years-old.

As in all areas across the country, scouts are celebrating all year long with local and national events. The kick-off celebration was the BSA's participation in the Tournament of Roses Parade, with a float entitled: "Celebrating the Adventure, Continuing the

Journey." "This is an incredibly exciting and important time for our organization," said Bob Mazzuca, Chief Scout Executive of the BSA. "The methods of Scouting continue to evolve to reach the current and future generations, but the Scouting message is the same as it was a century ago."

Alpine's Jodi Tomlinson is the events coordinator for Cub Scout Pack 3, a charter of Our Lady of Perpetual Help in El Cajon. She's spent six years in planning fundraisers for the Pack, recruiting and working with Pack Cubmaster Tim Paule, Sr. "I like the experiences and opportunities for growth that scouts offers my sons," she said. "The boys have to learn the 12 laws a scout upholds, which is to be – trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. I like that."

Tomlinson's son Owen now belongs to Boy Scout Troop 959, and her son Will, 10, is moving over to that troop as well. This year Pack 3 was part of a group that cleaned out fire pits at Camp Balboa. The Pack will be saluted on Scout Sunday, Feb. 7, at the 9 a.m. mass at Our Lady of Perpetual Help. The scouts will be bringing a can of food for the Lakeside Christian Center.

Pack 3 will be holding their Blue and Gold banquet – themed 100 Year Birthday Celebration – on Sunday, February 28 from 3:30 to 6:30 p.m. "It's going to be fun," Tomlinson said. "We'll be playing some games, plant a seed to the future of scouting in the Lowe's donated wooden planters, have Birthday cake and party favors."

Randy Seefeldt has been a Scoutmaster of Troop 959 in San Diego for 14 years. He



Boy Scout Troup 959 took a tour of the U.S. Coast Guard facility. Photo credit: courtesy

signed on the first time because his son Stephen joined at age 7. In 1998 Stephen made Eagle Scout. "I joined the second time because I enjoy what scouting has to offer

young men," Seefeldt said. "It gives them an opportunity to gain self confidence, to experience the outdoors and mature physically, morally, emotionally and spiritually. I enjoy seeing the 11-year-old shy boys mature into confident young men. Some make eagle scout, others do not, but they have a great scouting experience."

For more than 100 years, the Boy Scouts of America has created a strong foundation of leadership, service, and community for millions of America's youth. The BSA is composed of 2.8 million young people between the ages of 7 and 20 and 1.1 million volunteers in more than 290 local councils throughout the United States and its territories. The year of celebration began September 1, 2009 and goes through December 31, 2010. While many organizations during the past 100 years has come and gone, BSA has remained a viable organization.

"I think that's because of what it stands for," Seefeldt said. "And I enjoy watching the growth of a young boy to a young man who gains maturity in a lot of different ways, and becomes a good citizen, a good keeper of our environment, and establishes role modeling based on good adult leadership."

Seefeldt, like many leaders, are volunteers who are passionate about helping the boys become better human beings and make the most of their lives. All of the units have a paid professional they can go to for advice, information or assistance.

The San Diego and Imperial Council of BSA started their anniversary celebration last September when 1,000 scouts spent the night on the U.S.S. Midway aircraft carrier, which is now a museum.

"I and some of our scouts will attend the National Jamboree in Fort A.P. Hill in Virginia, July 26 to August 4, with more than 40,000 other scouts there from across the nation," Seefeldt said. "We also have a Jamboree coming up in October here in San Diego."

Boy Scout Troop 959 will also hold its 17th Annual Pancake Breakfast & See's Candy Sale on February 7, from 7:30 to 10 a.m. at the San Carlos United Methodist Church, 6554 Cowles Mt Blvd (Navajo & Cowles Mt Blvd) in San Diego. Tickets are \$4 in advance and \$5 at the door.

For more information about scouting in San Diego County visit [www.sdicbsa.org](http://www.sdicbsa.org)

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**Correction for the January 28 East County Gazette issue:**

**Community oversight meeting - Milt Cyphert is a Lakeside Chamber of Commerce member but does not sit on the Chamber Board.**

**The East County Gazette regrets the error**



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## — LOCAL NEWS &amp; EVENTS —

# Students help make Valentine's a little brighter for soldiers

On Friday, Jan. 29, at Hillsdale Middle School Kristen Yuhl-Tores & Vern Tores coordinated approximately 280 6th-grade students who have been working to make Valentine's Day Cards for soldiers and collecting specific food items for the care packages. On Friday, the students converged on the Hillsdale Middle School Multi Purpose Room to assemble the boxes for the Tores' continuing efforts to send care packages to our troops.

"We were honored to have three soldiers -- Sergeant Rick Salde (Vietnam Veteran), Master Sergeant Ruben Ortiz (Vietnam Veteran), and Sergeant Karolyn Smith (Operation Iraqi Freedom Veteran) -- join us to work with the students," Kristen Yuhl-Tores said. The program began with a short introduction during which SGT Smith told the students that she had received care packages while serving in Iraq and how much soldiers appreciated hearing from students. She then personally greeted each student

as they began their journey down the assembly line. At the end of the line, MSG Ortiz and SGT Salde taped the boxes and personally thanked each student.

The Tores' son, Joseph W. Perry, was killed in Iraq on October 2, 2006 while guarding the Dora Market in Baghdad. As a way to remember their son and support other soldiers who were deployed, they began the Sgt. Joseph W. Perry Memorial Corporation. They have been



Standing behind the students are: SGT Rick Salde is in the maroon beret, he served with the 82nd Airborne Division; MSG Ortiz is proudly wearing his cavalry hat, he served with the 1st Cavalry Division; and SGT Karolyn Smith was wounded in combat while on active duty. She is now in the Army Reserve serving with the 382nd Military Police Detachment.

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supporting deployed soldiers by sending care packages since Perry's death.

In September 2007, with the approval of district Superintendent Dr. Janice Cook, the Sgt Perry Corporation began the Support the Troops Program in the Cajon Valley School District. The program was a way for staff to lend support, but students also became involved by donating food for the care packages. The Support the Troops program was in operation until the end of last school year when Hillsdale Middle School teacher Kathy Barta approached the couple with another idea. Some of the 6th grade classes at Hillsdale had received some funding from the Crestwood Ecological Reserve to be used for community service projects. Supporting the troops was one of the options, and some of the classes chose this option. "Initially,

the funds were going to be donated to the Sgt. Perry Corporation," Yuhl-Tores said. "But we worked with Mrs. Barta to design a program where the students could be directly involved in assembling the care packages, and that is how the Student-to-Soldier Program was born."

Teacher Toni Cleveland informed the couple that one of her students later said, "We got to meet some real heroes today."

Sgt. Salde told Tores, "As a Vietnam Veteran, this was medicine for me."

In December 2009, the Sgt. Joseph W. Perry Memorial Corporation coordinated 72 classes in 20 Cajon Valley Schools to make 2,500 holiday cards that were sent to four different units deployed to Iraq and Afghanistan.



Students packaging the Valentines for the soldiers.



## — LOCAL NEWS &amp; EVENTS —

# True Value — a neighborhood asset



Mike Johnson, Ellen Giese, Amber Rupe holding Cameron, and Jerry Hines work hard to offer great customer service every day. Photo credit: Diana Saenger

by Diana Saenger

Since 1981 Jerry and Georgia Hines have upheld their True Value company's motto "Help is Just Around the Corner." Since that time the True Value store has been moved to its third location, expanded, done product resets, and changed, added or done away with merchandise lines.

Learning to flow with what's happening in the world and the neighborhood is an important part of business. Hines believes the actions they've taken at the appropriate time account for their longevity. "Moving locations at the right time, is key," Hines said. "And we've changed, expanded and shrunk inventory many times. We used to carry housewares, and when Wal-Mart opened we reduced most of that that line and increased electrical and plumbing. When the bike shop opened we reduced that inventory. When it closed we increased it again. When another one opened we shrunk the line again. We try to be good neighbors to other businesses too."

The Hines' smart business sense helped them beat the national down curve of sales last year. They saw only a five percent decrease in holiday sales, and this past month store sales are up two percent. "We can attribute that to some changes in the store," Hines said. "When the pool supply moved out next door we took over that space and added pool supplies to our

inventory. We've streamlined our receiving process so we can get products on the shelves faster. We're getting ready to reset our garden and pool supply areas. And probably a big change is that we're getting in lumber. We haven't carried much in the past because of pricing, but we now have a good supplier and can actually compete on prices."

The computer system that handles inventory and accounting is another item that Hines said made a big difference in bringing the store into the 21<sup>st</sup> Century. The store also added the True Value Rewards card three years ago, and Hines said that decision has really paid off. For every \$250 a customer spends they earn a \$10 gift certificate.

"Some customers think we had to raise prices for this, but that's not true," Hines said. "We put our adverting dollars in the card program instead. We also send out a post card every month to our top 30 customers with an additional percentage off of particular products."

The Hines' True Value has nearly 7,500 customers signed up on the card system; an amazing number considering Alpine is still regarded as a small town. The card response is 23 percent, and 54.89 percent of the store's sales are processed on the True Value Rewards Card.

From that first store in 1981 when the Hines rang the cash register right next to the playpen

where their inherited grandchildren slept and played, the store has been a family place. Stop in today and one is likely to find the Hines' granddaughter Amber Rupe, the store manager, behind the counter, and her baby boy, Cameron — sometimes wearing his True Value shirt — asleep in a crib in great-grandfather's office. In addition to Rupe, Wayne Brown is the night manager; Mike Johnson the weekend manager; Ellen Giese, a clerk of several years; John Bradley a clerk; and E.J. Kinejak, the Hines' grandson, is a clerk.

"We'd had a lot of family working here, and other good employees, too," Hines said. "Because of the recession I've had to put in a few more hours than I was but that's okay. Cameron and I do a good job in the office. It's a real blessing to see my great-grandson every day."

Hines is also a believer in the community and helping others. This past Saturday he received his 25 year pin from the Alpine Kiwanis, he's faithful to his church, and spent many years in scouting. Two years ago he went to Haiti and agreed to support two young men through college. "I told them I'd put them through college, and after that they were on their own," Hines said. "One of them runs an orphanage, and I still haven't heard if they survived the earthquake. I'm worried and hope to hear from them soon."

True Value is part of the Chi-

cago-based TruServe Corporation, a Fortune 500 company. The Alpine True Value store is among only four or five left in San Diego County. On February 13, the store turns 29. Hines, a former member of the U.S. Navy, never expected to work this long after his retirement, but is grateful for many things, his business

and its success for one. "We're a real neighborhood store with a good selection," he said. "We're convenient, and we treat customers right."

True Value, 1730 Alpine Blvd. Country Side Center, #120, (619) 445-5674. Mon.-Fri. 7 a.m.-7 p.m., Sat. 7 a.m.-6 p.m., Sun. 9 a.m.-4 p.m.



True Value Rewards Card. Photo Credit: Diana Saenger

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## — LOCAL NEWS &amp; EVENTS —

# El Cajon Highlights

by Monica Zech  
City of El Cajon Public  
Information Officer

## Sophie's Gallery celebrates Valentine's Day

The theme is Tic Toc Rock Around the Clock! It's the 11<sup>th</sup> Annual Gotta' Have Heart Celebration at Sophie's Gallery and Gift Shop located at 109 Rea Avenue in El Cajon. Sophie's presents a collection of vintage records transformed into dynamic timepieces, such as watches, mosaic clocks and found object frames. An Opening

Reception is planned for Friday, Feb. 5, from 5 to 8 p.m. with music, food and beverages. The suggested donation is \$20 – proceeds benefit the programs at St. Madeleine Sophie's Center. For more information please call (619) 593-2205.

## Time on your hands?

Learn how to make a watch with a fabulous beaded band on Saturday, Feb. 6, 10 a.m. to 3 p.m. at Sophie's Gallery, 109 Rea Avenue. The cost is \$45, the class will be held at Sophie's Open Studio. Call (619) 593-2205 for more information or to register.

## Don't Forget Your Valentine!

Valentine's Day is Sunday, Feb. 14! Plan accordingly

## Upcoming holiday schedule

Monday, Feb. 15 is President's Day. This is a City holiday and all City offices will be closed in observance.

## Job Fair - 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 February 19, 2010, 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](http://www.hunter.house.gov). For more information please contact Congressman Hunter's El Cajon office at (619) 448-5201.

## Recreation Department has a lot to offer!

The El Cajon Recreation Centers - a great place for your next event! Sure our neighborhood recreation centers are the perfect place to take a dance class or shoot some hoops in the gym, but did you know each of them has rooms available to rent? If you need a clean, affordable place for your child's next birthday party, hobby club meeting, or wedding anniversary celebration, give us a call! We are happy to provide more information on availability, pricing and amenities. You can view pictures of each site, as well as a description of the facility, by going to [www.elcajonrec.org](http://www.elcajonrec.org) and clicking on "Community Centers" at the bottom of the page. For more information about El Cajon Recreation Department parks, facilities, programs, classes and events call (619) 441-1754 or go online to [www.elcajonrec.org](http://www.elcajonrec.org).

## Antique Show at The Ronald Reagan Community Center

If you love antiques, there is something for almost 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 February 10<sup>th</sup> from 2:00 to 7:00 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. For more information please call (619) 749-2116.

## Legacy Corps looking for good people

Legacy Corps is recruiting adult participants for the East County and South Bay. Adult volunteers are paired with at-risk youth to offer respite services to caregivers of homebound seniors. Volunteers receive more than 20 hours of training, intergenerational team-building activities, CPR and First Aid certification, educational trainings on numerous health and caregiving issues, plus a handbook. Benefits of the program include a \$200 stipend, an educational award of \$1,250, becoming an AmeriCorps Member, participation in a national research project, and the opportunity to make a positive impact in your community. John Scholte, Program Director, will be recruiting 13 adult participants for the upcoming contract year. To learn more, call John Scholte at (619) 615-0701 extension 26.

## Register for the Reverse 9- 1-1 System & get a pizza

The County Office of Emergency Services, in partnership with Papa John's Pizza, encourages residents to sign up to receive emergency notifications on their cell phone with the County's [AlertSanDiego](http://www.AlertSanDiego) system. As an incentive for residents to register their cell phones for emergency updates, Papa John's Pizza will offer the first 500 new registrants a free medium, one-topping pizza.

AlertSanDiego, the County's emergency notification system sends telephone alerts to residents and businesses being impacted by an emergency in San Diego County. The system utilizes the Reverse 911 system,

which automatically includes all listed and unlisted home and business telephone numbers, but does not include cell phones. By registering your cell phone, residents will be able to receive critical information about their community, even if they are away. Are you Ready? Register for AlertSanDiego at [ReadySanDiego.com](http://ReadySanDiego.com).

## Disaster Training classes now full

Thank you for the tremendous response to our 2010 Community Emergency Response Team classes. Both academies scheduled for February 6 and May 22 are now full. If you would like to find another CERT program please visit: [http://www.sdcounty.ca.gov/oes/community/oes\\_jl\\_CERT.html](http://www.sdcounty.ca.gov/oes/community/oes_jl_CERT.html)

For some helpful websites on being "prepared for a disaster" please visit our fire department website at [www.elcajonfire.com](http://www.elcajonfire.com).

## MTS Sunday Service changes

Do you ride the bus or trolley? With the New Year there are some new changes to the MTS schedules. Go to [www.sdmts.com](http://www.sdmts.com) for the latest updates.

Keep Monica Zech informed of community events by placing her on your mailing or e-mail list. If there is an event in the City of El Cajon that would like to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

# Lakeside Roundup

by Patt Bixby

The annual Lakeside Chamber of Commerce EXPO for 2010 was a resounding success with more than 70 booths. Businesses, groups and organizations spent Sat., January 30 from 9 a.m. to 3 p.m. networking and introducing themselves to the community.

Each year there is a county wide census to count the homeless. As reported by a County census taker; this years' count reported 137 homeless in Lakeside.

## Lakeside First

An oversight committee in January 16 in regards to the termination of Lakeside Fire Chief Mark Baker met for the second time January 29.

Four of the five Lakeside Protection Board members were present and listened as Lakeside residents listed their concerns about the way the board handled the last several meetings, including the special January 16 termination meeting. At issue was a loss of confidence and conflict of management style.

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**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 Arts show right on the casino floor at 8pm. Live music follows.**

**Sunday, February 14, 2010 - Valentine's Special Heart Keyholder free giveaway while they last. This is a token to remind you that we LOVE OUR PLAYERS!**



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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County



## A Hunter doesn't forget his roots

by Chuck Karazsia

Congressman Duncan D. Hunter of the 52nd District held a New Year's thank-you party last Sunday, Jan. 31.

Inviting the public to come by and say hello, the younger Duncan Hunter thanked his campaign supporters, helpers, and well-wishers. He gave the packed house an update on his progress while they enjoyed the fun atmosphere at the Ronald Reagan Community Center in El Cajon.

Flanked at the podium by his wife and father (retired Congressman, constituent) Duncan

Hunter, joked about a list of 35 questions he had prepared to grill his son with, but instead chose to do that at a later date.

He did mention how the young congressman is working hard in the military area of Iraq and Afghanistan in the areas of what new equipment is needed for the troops, what we can do to help the families of those servicemen overseas, most importantly how to win the war in Afghanistan.

"He's doing a great job. I'm here like everybody else as a supporter. I'm just another guy," said the senior statesman.

He finished by saying, "East County is like a Norman Rockwell painting. People have old-fashioned American values."

Duncan Hunter has passed these values onto his son, along with the torch to light the way of the path to freedom and democracy, both home and abroad.

## Smokin Joe's BBQ comes to Santee

by Kathy Foster

The line was out the door.....

Rack of ribs, BBQ sandwiches beef, pull pork, beef tri tip, chicken and hot links are just the beginning. Southern sides include: BBQ beans, cole

slaw, collard greens, mac and cheese, potatoe salad and yams. Don't forget dessert: banana pudding, peach cobbler and last but not least sweet potatoe pie. Smokin Joe's barbecue sauce is a sixty year old family secret recipe using lots of tomato, garlic and wild honey.

Smokin Joe's products are featured in specialty meats and grocery stores throughout the country. Stop by soon and try their great BBQ. Located at 205 Town Center Parkway in Santee. Hours: 11 a.m. to 9 p.m. weekly (619) 449-9700. [www.smokinjoejones.com](http://www.smokinjoejones.com)



Miss Santee Sierra Billock. Corporate representative Roy Landers "Smokin Joe", and Andy Lott Faculties Manager Corporate manager Joe Lott and Miss Teen Santee Nicole Ehlike. Photo credit: Kathy Foster

## Letter to the Editor:

### California taxpayers are suffering

Dear Editor,

How much more should California taxpayers suffer because of Sacramento's inability to keep their spending under control? When the state ran out of money last year we were told that IOU's were "temporary" solutions. After reading a recent article (Chiang warns of looming cash-crunch), it is clear that by "temporary" the state actually meant they'd continue to stick it to taxpayers each and every time they failed to live within their means.

I have no idea what is so hard about not spending money that you don't actually have, but since our state seems to have no control, the least they could do is limit the impact that their irresponsibility has on taxpayers' lives.

Assemblyman Joel Anderson has the only bill that would help the situation as far as I can tell. AB1506 would allow citizens to use their IOU's for payment of state fees, but is in danger of being killed in the Senate. We need to pass it right now!

Sincerely,  
Andrew Zichek

## El Cajon Elks Teenagers of the Month



Christian High School students, Allison Scott and Kenneth Jenkins, were selected as February's "Teenagers of the Month" by the El Cajon Elks Lodge #1812. Checks in the amount of \$400 were awarded to each of them along with Certificates of Achievement. They are now eligible to compete in the "Teenager of the Year" competition which takes place in May at the Lodge. Shown in the photo left to right are Allison Scott, Kenneth Jenkins and Leading Knight Nancy Kulinski.

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# For Health's Sake

## Health bits

### Free Seminar: Love to Be Heart-Healthy – Feb. 17

**H**earth disease is a silent epidemic among women. While heart disease is the number one killer of women, less than 10 percent perceive it as a major health threat.

Learn how to help prevent heart disease at a physician-led seminar, and find out about symptoms that are unique to women, latest interventional techniques, and tips on living a heart-healthy lifestyle.

This event takes place on Wednesday, Feb. 17, from 6 to 7 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa Street, La Mesa 91942. Free to the public. Please register at 1-800-82 SHARP (1-800-

827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

### 'Got Milk?' and vitamin D

**Outdoor Play** – The sun can be your friend, not to mention the easiest, most fun way to obtain Vitamin D. Experts suggest children go outside and play for 10 to 15 minutes a day between 11 a.m. - 1 p.m. Limit unprotected sun exposure to that time period. Afterwards, rely on clothing for sun protection or a clay-based sunscreen.

**GOT MILK?** – Milk is a natural source of Vitamin D, plus it has calcium perfect for building strong bones, muscles and teeth. It is recommended by the American Academy of Pediatrics that children get at least 1000 mg of calcium daily, which is the equivalent of three cups of milk.

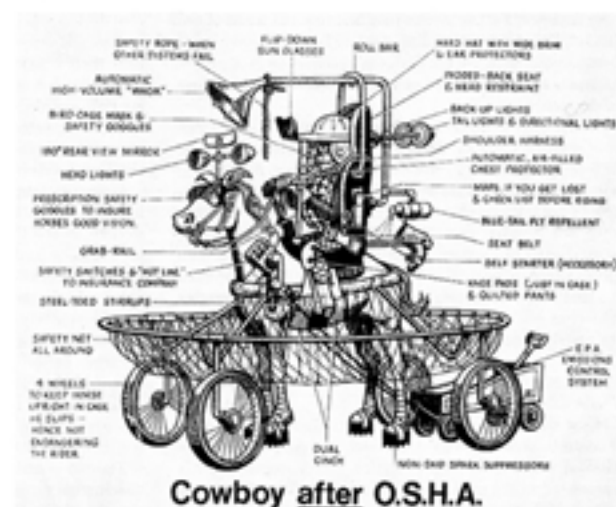
**Eat Right** – Some food options are rich in Vitamin D - making it easy to keep up with the daily requirements. Some brands of yogurt may contain vitamin D and some fatty fishes contain it.

**Regular Check-Ups** – Get your Vitamin D levels checked annually. Ask your doctor for the 25-hydroxyvitamin D test, also called a 25(OH)D. Getting tested is the only way to determine

if you're deficient. Vitamin D levels are usually lowest in March.

**Watch Out for Supplements** – While supplements are readily available in stores, not all supplements are created equal. Vitamin D3, or cholecalciferol, is the most effective form of Vitamin D supplement. Almost all milk contains Vitamin D3. Check the label. For more information visit [www.gotmilk.com](http://www.gotmilk.com).

## Laughter is the Best Medicine



Cowboy after O.S.H.A.

Submitted by S. Dows of El Cajon.  
If you have a funny (clean) joke you would like to share, e-mail it to: [editor@ecgazette.com](mailto:editor@ecgazette.com)



## Health... Just Common Horse Sense

by Dr. Donald Adema

**H**ospice care experienced on the other side of the bed certainly heightens your awareness of the effort involved. Last week my son and I traveled to northern California and organized hospice care for my father. Of course, this also involves bringing a diverse family together while supporting your mother and assisting in the end of life decisions. In my father's case, the entire hospice moment occurred over three days in a hospital environment. This is not what was hoped for but the hospital staff were successful at shifting gears from cure to comfort. He is gone now and resting with the Lord.

In two days I meet with my Avalon Hospice team. That will be challenging as I am sure there will be moments of closure during the meeting, especially as we remember those who have passed during our chaplain's prayers. And yet, there will also be moments of joy as we recall the funny family interactions and patient responses and successful comfort care interventions.

Please consider offering support on any kind to hospice organizations. They truly go above and beyond the call of duty and reimbursement.

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

## SHARP SENIOR FEBRUARY PROGRAMS

**G**rossmont 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](http://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.



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## Beautiful images and great stories in the IMAX film 'The Greatest Places'

by Diana Saenger

There are so many great places in the world; it's a matter of opinion as to which is the absolute best. The new IMAX film *The Greatest Places* at the Reuben H. Fleet Science Center solves part of this problem by capturing some of the most unusual, beautiful, moving and surprising places in the world.

What I like about this MacGillivray Freeman film is that it spotlights areas in places we've heard or seen before but maybe catching a glimpse or offering some information about the place we didn't know about.

We've seen hundreds of visuals of swirling desert sands and the creepy-crawly inhab-

See **GREATEST PLACES** page 12

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— Class Act Dining & Entertainment —

# Greatest Places ...

Continued from page 10

itants that lie beneath those sands; but have you ever-seen a shot of the hot Namib Desert – home to the world’s tallest sand dunes – that runs right into an ocean? Strange trees are common all over the earth, yet the sometimes-called upside down trees on Madagascar are actually unique and lovely. They are called this because the tops of the 1000-years-old trees look like roots. The fascinating lemurs with their odd colors and funny behavior are also very engaging in the film.

When the first sight of the astoundingly beautiful giant icebergs appear in *The Greatest Places*, one assumes it’s Alaska, but actually it’s Greenland. And the kayakers in the smooth water only yards away from what could be a caving iceberg, is quite intriguing. The Iguazu’s immense area consisting of 200 waterfalls can never be seen too often. Their obvious power is bewildering. In scenes of the mighty Amazon River, we learn this serves nine nations as a major transporta-

tion port to deliver food and grow crops.

*The Greatest Places* not only focuses on places, but some people as well. The Tibet’s Chang Tang Plateau scenes explore the region, the monasteries and some of the unique Tibetan people and the way they live. Creatures and animals are a vital of our earth and the film has plenty of those. The Okavango Delta in Botswana is home to many wild animals – elephants, water buffalo, lions and more – that are beautifully photographed in the film in their raw nature. The incredible IMAX camera and cinematic skills by cinematographer Chris Thomas, make these lovely animals appear as close as our back yards.

Directed by Mal Wolfe, *The Greatest Places* is a wonderful family film that both entertains and educates how our planet is so universal. For more information call (619) 238-1233 or visit our Web site at [www.rhfleet.org](http://www.rhfleet.org).



A beautiful night scene of the upside-down trees in Madagascar. Photo Credit: MacGillivray Freeman Films

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**The Greatest Places**  
Studio: MacGillivray  
Freeman Films  
Gazette Rating: B+  
MPAA: "G" for general  
audience  
Who Should Go: Any-  
one interested in our  
planet



## Jumping Over the record

Lakeside Farms elementary school participated along with most California schools in breaking the Australian Guinness World Record for people jumping rope at the same time. The event took place at 9 a.m. PST on February 1, 2010. Australian record was 59,000 people. The new record is 88,000. Photo credit: Patt Bixby

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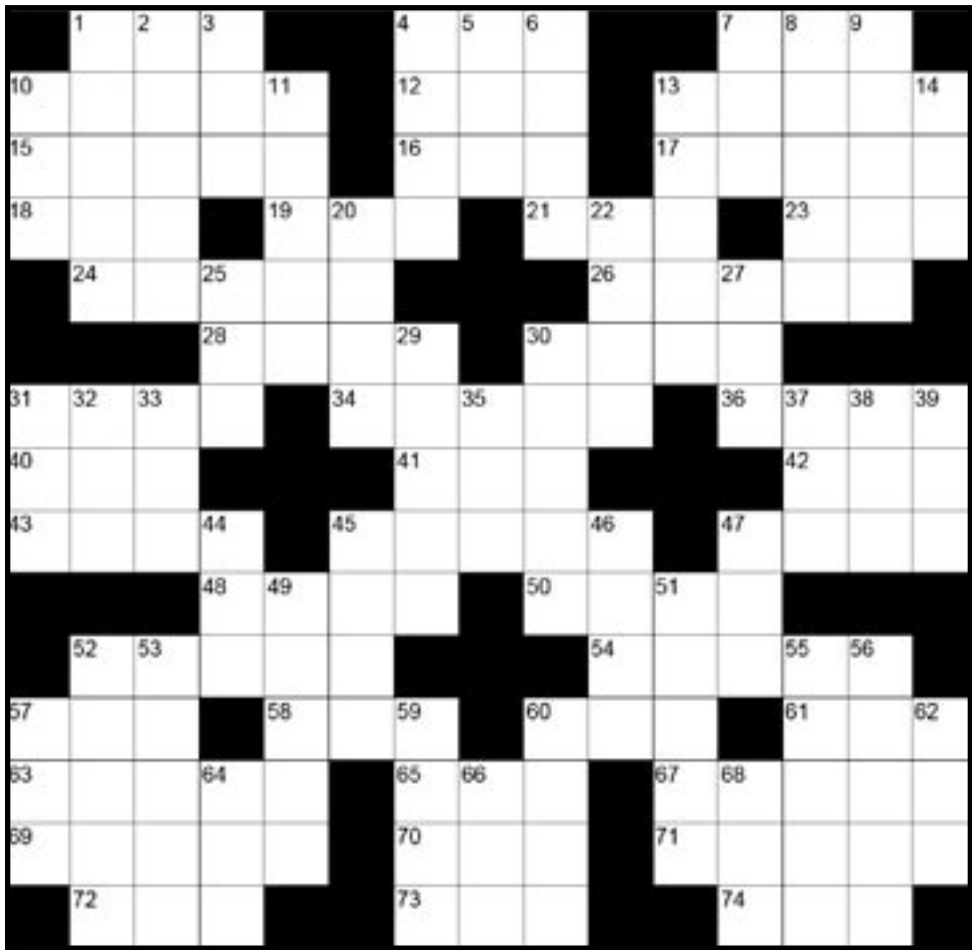
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36 Some (2 wds.)

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41 Moose relative

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43 Member of an Arizona Indian tribe

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47 Valentines Day color

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50 Insane

52 Fawn

54 Tales

57 Baby fox

58 Abort
- 60 Hertz

61 Shoshonean

63 European country

65 North American country

67 Cargo ship

69 Cafes

70 Monosodium glutamate

71 Mr. Ryan

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74 Affirmative gesture
- 25 Deli order

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64 Rim

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# MOTOR AND SPORTS

## 2010 Mazda 6 GT

by Dave Stall

**M**azda did a redo last year and the changes to the 2010 Mazda 6 this year are minor. The changes occur in trim levels and more packages. My tester from Mazda is the GT version and with it you get a lot of upgrades, but let's start with the car itself, a five

passenger family hauler or a salesman's type car, just a great all a rounder. This car came with a very peppy V6 producing 272 horsepower out of a 3.7-liter V6, backed by a 6-speed automatic transmission that shifted very nicely. Want to manual shift? Just slip the shifter to the left and now the driver can manually shift the Mazda 6. Back to

the engine, fuel mileage with this combination is decent, 17 city and 25 freeway. I was surprised the Mazda 6 wasn't in the 30's when it came to freeway miles, but I assume the get-up-and-go took its place.

The suspension was very well tuned, with 18-inch all season tires, a little rough in the early morning, but once the tires heat up and the suspension loosens up it is a very pleasant ride. The Mazda 6 came with seat heaters which



The 2010 Mazda 6 GT. Photo by Dave Stall

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Inside the 2010 Mazda 6 GT. Photo by Dave Stall

I really appreciated when it was cold. Sitting in the driver seat in the daytime or nighttime your position is pretty good from a viewing point of view; seats also adjust eight ways electrically. The dash lights at night are great and daytime illumination is good and it is easy to read and operate all the controls whether there on the steering wheel or the center dash console. There are power seats with the seat controls, a little farther back on the lower seat sill then I'm used to but they worked just fine. Another feature on the driver seat is a manually adjustable thigh support. The seats are wrapped in leather along with the shift knob and steering wheel. The center consol isn't the biggest in

the industry and the lid slides forward for a more comfortable arm rest.

The Mazda 6 is an all around good versatile car with all the creature comforts you would expect from a car that will set one back \$28,390 plus tax and license. What the buyer gets with "standard" would make just about any driver happy; safety features are all over the place, front air bags, and side curtain air bags for front and rear passengers, side impact zones. Also comes with a construction technique that uses a "Triple H Body Construction" (See your local dealer for more information on this system).

The sound system was great with a Bose sound system containing AM/FM/CD/MP3/Satellite Radio and comes with 10 speakers. Other standard features worth mentioning are trip computer, 60/40 split rear seat, tilt and telescoping steering wheel, Tire Pressure Monitoring System, carpeted floor mats, and remote keyless entry.

How does the Mazda 6 handle the open road? Excellent, thanks to the tuned suspension and the addition of sway bars front and rear. Now my tester did have a few options one might want to think about like Navigation, a Technical Package, which consists of Advanced keyless entry, (walk up to the car and it recognizes the key fob in the pocket, purse or grab bag and unlocks the doors automatically), driver seat memory, heated and auto dimming outside mirrors, Auto on/off headlights, push button engine start/stop, power passenger seat, auto dimming inside rear view mirror, Led rear combination lights, and a multi information display. With theses added options you price tag jumps to \$33,220, still not bad if add on's are desired.

Check out the 2010 Mazda 6, see if this car meets the family needs.

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



**FEB. 6 QUALCOMM STADIUM**  
**7:00 PM**



### SOCCER SKILLS CLINIC



**FREE SOCCER SKILLS CLINIC PRESENTED BY  
QUEST SOCCER CLUB AND AYSO MATRIX**

**OPEN TO PLAYERS OF ALL AGES AND ABILITIES**



CLINIC TO FOCUS ON INDIVIDUAL TECHNICAL SKILLS, INCLUDING FOOTWORK, FIRST TOUCH AND SHOOTING. SESSIONS WILL COMBINE WARMUP, TECHNICAL DRILLS/GAMES AND AGE/SKILL APPROPRIATE SCRIMMAGES.

PLAYERS NEED TO BRING CLEATS, BALL, WATER, AND SHINGUARDS. PARENTS WILL NEED TO COMPLETE A MEDICAL RELEASE WAIVER PRIOR TO PLAYER PARTICIPATION.



SESSIONS TO BE HELD ON FRIDAYS AT  
MONTGOMERY MIDDLE SCHOOL AND  
KENNEDY PARK IN EL CAJON



**FIRST SESSION SCHEDULED FOR FRIDAY,  
JANUARY 22, 2010 FROM 5:30 TO 7:00pm**


FOR MORE INFO SEE THE QUEST SOCCER CLUB WEBSITE  
[WWW.QUESTSOCCERCLUB.COM](http://WWW.QUESTSOCCERCLUB.COM)

**WEATHER PERMITTING**



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**  
**1<sup>st</sup> 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](http://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](http://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 1<sup>st</sup> 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**  
**1<sup>st</sup> 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](http://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](http://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 1<sup>st</sup> 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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**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**  
**CASE NO.37-2010-00065313-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION  
OF: FLORANTE RIVERA AND ROWENA  
RIVERA ON BEHALF OF MINORS ANGELA  
MAE SAMSON AND CHANEL ROSS  
SAMSON FOR CHANGE OF NAME  
PETITIONER: FLORANTE RIVERA AND  
ROWENA RIVERA ON BEHALF OF MINORS  
ANGELA MAE SAMSON AND CHANEL ROSS  
SAMSON HAS FILED FOR AN ORDER TO  
CHANGE NAME FROM:  
ANGELA MAE SAMSON  
TO: ANGELA SAMSON RIVERA  
AND: CHANEL ROSS SAMSON  
TO: CHANEL SAMSON RIVERA  
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 24, 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 27, 2010.  
East County Gazette – GIE030790  
2/04, 2/11, 2/18, 2/25, 2010



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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

**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 Yousif 1285 E. Washington Ave., Apt. 1, El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on December 30, 2009.  
East County Gazette- GIE030790  
01/07, 01/14, 01/21, 01/28, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 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**



I have noticed there have been so many earthquakes recently, especially the destructive one in Haiti. I have to admit, I am afraid, is the world going to end in 2012?  
**Signed, *Afraid of the End***

**Dear *Afraid,***

Jesus did talk about this subject in the book of Matthew 24, He was warning us to look for the signs of the end and His return. Yes, He talked about earthquakes being, "the beginning of sorrows," then he listed many other signs to look for. When asked by His disciples, Jesus clearly said, no one knows the day or the hour of the end or of His return. History has proven those wrong who have predicted an exact date, they only spread fear. Jesus wanted us to know the signs so we can be ready for His coming. How can we be ready?

Receive Jesus Christ as your Lord and Savior.  
*"For God so loved the world, that He gave his only begotten Son that whosoever would believe on Him would not perish but have everlasting life."* John 3:16  
We will not perish whether by death, earthquake, any form of disaster or ending when we believe on Jesus. Believing in Jesus means to commit your life to that belief; to live for the Lord and follow His commandments. Our promise after death is eternal life in Heaven, where there is no more sickness, no more tears, and no more pain.

There is a natural tendency to be afraid when your future is uncertain; the Bible says that God's Word is a lamp unto our feet and a light to our path. Jesus loves you and He will give you a peace deep down inside when you surrender your life to Him, *"Trust in the Lord, and lean not on your own understanding, in all your ways acknowledge Him and He will direct your paths."* Proverbs 3:3.  
Christ brings hope now and in the times to come, He will give you peace in the midst of any storm, do not fear! Send: questions@drluauna.com

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Tuesday - 7:00 p.m. – Men Only Deacon Peter Zindler  
Wednesday - 7:00 p.m.  
Friday - 7:00 p.m.

**Dr. Luauna's Television Program** San Diego Co Channel 18 & 23 Tuesday at 9 p.m. Cox Cable Channel 19 Wednesday at 5 p.m. Time Warner  
PO Box 2800, Ramona, California 92065  
Call 760-789-6207

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# Our Best Friends

## New foster dog ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

### Dear Trainer,

I am a new dog "foster mom" for a local rescue group and I want to do the best thing for my foster dogs. Do you have any ideas or tips about bringing dogs to my home, and what should I be telling potential adopters about any behavior problems?

Signed,  
Foster Mom

### Dear Foster Mom,

How wonderful of you to open up your home to help a homeless dog-- we need more foster homes in this world.

As a past foster of both dogs and cats, the following is what I would regard as some of the most important things to consider:

1. Feed a super premium food to insure optimal behavioral health. The following link has an article I wrote about how diet effects behavior: <http://www.wholedogtraining.com/Food%20Article.pdf> which should give you lots of information about why and what foods are really good ones to ensure that your foster dog is getting a diet that is not adding to any problems that you might face. It's always best to start with an even playing field, so to speak and make sure the food is not adding to any behavior problems your foster dog might be experiencing.

2. Also important is to keep in mind that the first three to four weeks are the hardest on dogs when going to a new home, and that is when consistency should abound—there is time to loosen restrictions later, but for now, have clear ideas about what is acceptable in your home, as well as in a future home.

### Some considerations:

- Where the dog will sleep?
- Will he/she be allowed on furniture (it might be fine in your home, but not necessarily in an adopter's home)?
- What areas in your home will your foster dog be allowed?
- Do you have a housetraining plan, (even if the dog was housetrained, he/she will probably need a refresher course in a new place)?
- Do you know what you will do if the dog needs some behavior modification?

Planning for your new foster dog will help the dog settle in easier, and he/she will be ready to find a new home quicker as a result.

### The adoption process:

Once you have found a potential adopter for your foster dog, it will be important to explain to them how to prevent behavior problems, as well as how to deal with any known problems that you must honestly disclose.

You will want your adopters to decide ahead of time what the boundaries for their new dog will be, just as you did when you first brought your foster dog home. Adopters often feel as though they have to over-compensate with attention, "love", and freedom, since they are "rescue" dogs. Unfortunately, this show of affection often sets the tone for later behavior problems when the adopters get back to their normal schedules. This leaves many dogs confused about why the rules have changed. Separation anxiety is an example of a common problem among dogs that have been rehomed; the family devotes lots of time to the new dog, only to go back to work or school without any practice of them coming and going. The dog doesn't understand where everyone went and may become anxious enough to eliminate in the house, or destroy property trying to relieve his/her stress.

Also, remind adopters that their new dog will need time to adjust to them first so do not "throw a party," so to speak for the new dog. He/she is going to need time to adjust to the new environment and the humans that live there and inviting lots of people over to meet the new dog has resulted in far too many disappointments and even bites when the new dog is overwhelmed by all the activity and people wanting to play with him. There is plenty of time for that after the dog has his bearings.

The same would be true of taking the dog to a dog park, groomers, dog day care, etc. Dogs face the same stress hormones that we do when our lives are crazy with things like moving to a new place—but we cannot explain to the dog what is going on. It can take up to a month for the chemicals to calm down again, so please explain that during this time, the dog is in a heightened state of stress, which means his tolerances are less than normal, and he/she more likely to lash out if feeling overwhelmed.

Offer lots of support by giving your adopters access to you or your rescue group's resource people in case there are any problems. More importantly, be willing to do follow up calls to see how things are going. The statistics show that by the time a person is ready to give up a dog due to behavior issues, it is nearly impossible to

change their minds. Therefore, it is important to keep in touch with your adopters so they can be directed to the correct resources to help them with arising issues before frustration sets in. Many rescue groups charge a refundable fee that nudges adopters to seek positive reinforcement training classes, or Acclimation Training consultations to help them with any problems that might arise, so talk to your group to see if this is something you can set up before an adoption.

Finally, there is a local Yahoo Group that is a support system to our community to help with behavior and training problems, or if people would

just like to learn more about dogs. There are some great trainers on this board, and any questions you or your future adopters might have can be posed on this site. Encourage your adopters to join at: <http://groups.yahoo.com/group/Dog-BeGood/>

I hope this gives you some thoughts and ideas about successfully housing and then re-homing your foster dog(s). Good luck and thank you for helping the pet over-population crisis by giving a dog a 2<sup>nd</sup> chance at life.

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

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## 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](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.

Colombo is an energetic 2-yr old Hound blend, and he's a true gentleman! He weighs 57 pounds, plays nicely with other dogs and with people - including children. Colombo enjoys going on outings and also appreciates hanging around the house. He is a FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) spotlight dog. For more information, call 858-205-9974. His \$69 adoption fee includes neuter, microchip, license, and vaccinations.



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