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**VOLUME 10 NUMBER 36** **FEBRUARY 11-17, 2010**

# Circus Vargas coming to East County

**T**he art of circus — Circus Vargas 2010 illustrates circus as an art form, presenting quality family entertainment. Circus Vargas unites skilled serious performers with the innocence and silliness of truly comedic circus clowns. This latest edition of Circus Vargas bridges the gap between old tradition and modern innovation.

Prior to every show, Jon Weiss is front and center, welcoming the audience and inviting the children (of all ages) into center ring to feel what life is like under the Big Top. Join the fun with Jon as he guides everyone on a crash course in circus skills such as juggling, feather balancing and hula-hooping!

Circus Vargas comes to El Cajon February 25 through March 8 at the Westfield Parkway Plaza. See page 15 for more dates and times.



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# Local News & Events

Community at Large

## Local plastic surgeon gives back with his time and talent

by Judith Acton Ayala

Dr. Ervin S. Wheeler, M.D., F.A.C.S., is much more than a “Top Plastic Surgeon” (*San Diego Magazine*) in the County. He’s very proud of his profession where he improves people’s physical appearance and self-esteem by providing safe, natural-looking, and

aesthetically pleasing face and body enhancement at his state-of-the-art Aesthetic Plastic Surgery Center in La Mesa.

Wheeler’s commitment to his trade, however, goes far beyond the clients who walk through his door. He actually travels south of the border in Mexico where he volunteers his time and talents several times

a year repairing children’s cleft-lips and palates. He does this free of charge.

“It’s kind of cliché, but I want to give back,” Wheeler said. “I have the ability to do these things.” Wheeler has seen a great need in Mexico for the kind of help he can offer because many people fall outside the country’s health

care system. Wheeler works through an organization called Interface, which originated through UCSD but is now a privately run organization. He’s been a plastic surgeon, and doing humanitarian work for 30 years.

Wheeler normally makes three to five trips a year to Mexico to help the less fortunate, but because of cut-backs due to the economy; he’s had to limit his trips to three times a year. His work is funded mostly through donations from private San Diego County citizens.



Dr. Ervin S. Wheeler.

He, the nurses and anesthesiologists average three to five days per trip. Most recently, the team has gone to Mexicali and La Piedad. Working from local hospitals, they normally help 30 to 40 children, but sometimes up to 100 children per weekend. The team goes

beyond just showing up. “We bring our own equipment rather than using the Mexican hospitals’ equipment,” Wheeler said.

his humanitarian efforts more rewarding than they already are.

*San Diego Magazine* awarded its coveted title of “Top Plastic Surgeon” to Wheeler in 2005 because of his exceptional skills, his outstanding record for safety, and his dedication to his profession. In addition to his La Mesa practice, Wheeler trains future plastic surgeons as an Associate Professor at the University of California’s School of Medicine in San Diego. There he can stay on top of plastic surgery advancements and contribute to the future of medicine. Wheeler also works as a consultant to Cytori Therapeutics to develop adult stem cell treatments for cardiovascular, spine, and gastrointestinal disorders, and to find new approaches for aesthetic and reconstructive surgery using adult stem cells.

“The couple was of Indian heritage from a small village in rural Mexico, and had not been allowed to marry because the man had a physical deformity,” said Wheeler, who expressed that stories like these make

Aesthetic Plastic Surgery Center, 8690 Center Drive, La Mesa. For more info call (619) 697-0227 or visit [www.wheelermd.com](http://www.wheelermd.com)

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Drawing will be held February 15, 2010 at 12:00pm. See Club La Posta for details.

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The East County Gazette would like to welcome Judy Acton Ayala to the Gazette team with her new 'Community at Large' column.

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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.

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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights —

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

## Don't Forget Your Valentine!

**V**alentine's Day is Sunday, February 14! Please plan accordingly...

## Upcoming holiday schedule

All City offices will be closed on Monday, Feb. 15, in observance of President's Day.

## Wells Park - last chance for input!

This is the LAST CHANCE to be involved in planning the "new and improved" Wells Park! We need your input. The City of El Cajon is applying for a competitive grant that will be used to completely revitalize Wells Park. Funding was made available when California voters passed Proposition 84 in 2006. Many have already given us some great ideas for the Park. We need your help. What would you like to see added, removed or changed in Wells Park? Please come share your ideas with us!

Friday, Feb. 12, 2010, at 11:30 a.m., Wells Recreation Center Meeting Room, 1153 E. Madison Avenue, El Cajon

Refreshments will be served. The City of El Cajon Recreation department develops youth, supports families, and provides safe places.

## Ethics in Business event

Sponsored by the Chamber's Business Education Committee, it's a half-day event for Grossmont Union High School District senior business students presenting ethical dilemmas and facilitation of discussions on ethics. Volunteer facilitators are needed for this half-day event. Help us be part of the solution. There will be comprehensive training sessions for facilitators - your choice of date, Tuesday, February 16, at 4:00 p.m.; or Wednesday, Feb. 17, at 4 p.m. There will be a short session at 7:30 a.m. on day of event at the Ronald Reagan Community Center, 195 E. Douglas Avenue. For more information call (619) 440-6161.

## Job Fair

If anyone is looking for a job, tell them about Congressman Duncan Hunter's job fair! It's being held in conjunction with the East County Career Center.

The event is scheduled for February 19 from 9 a.m. to 12 p.m. at the Ronald Reagan Community Center, 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.

## Walking in City of El Cajon Parks: The budget-friendly way to better health!

Is the cost of a gym membership keeping you from getting exercise? El Cajon City parks are the perfect place for your easiest exercise system - walking! The benefits of walking are numerous: 1) walking can add years to your life and it's free, and, 2) walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. Fact: In one study, women who walked briskly (3-4 mph) at least three hours a week, cut their risk of heart attack and stroke by more than half. Walking is easy on the mind, lessens stress and helps lighten depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improved. Just put on a pair of sturdy, comfortable shoes and go! Check the City's website to view pictures and descriptions of our local parks at [www.elcajonrec.org](http://www.elcajonrec.org) and clicking on "Parks" 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).

## American Cancer Society Relay For Life

Our El Cajon Relay for Life event is scheduled for June 6 and 7 at El Cajon Valley High School. But you can get a jump-start on the festivities by coming to our Flapjack Break-

fast Fundraiser on February 27 at the Rancho San Diego Applebee's from 8 to 10 a.m. Tickets are \$10 per person. The breakfast includes pancakes, syrup, butter, scrambled eggs, bacon, sausage, milk, juice and coffee. For tickets, call Sharon Greiner at (619) 440-1206. Relay for Life is important to our community by raising funds for the American Cancer Society so that they may continue with research, education, advocacy and services for those going through cancer treatments. We are fighting this disease and with your help, maybe some day we will beat it! Please come to the Flapjack Breakfast and join or start your own Relay for Life Team. To sign up, donate or get more information go to <http://relay.acsevents.org>.

## 98th Inaugural Gala and Awards Dinner

The San Diego East County Chamber of Commerce is holding their 98th Inaugural Gala and Awards Dinner on Friday, Feb. 26 at 6 p.m. at the Barona Resort & Casino Convention Center. The event is \$75 per person. This is the largest fundraiser of the year for the Chamber. Funds raised will help support the organization's programs and special events. This event is an excellent way for area businesses to be recognized by donating a gift certificate or gift item from their business to this event for the silent auction. For more information please call (619) 440-6161,

or visit their website at [www.eastcountychamber.org](http://www.eastcountychamber.org).

## Lend A Hand In February

Take a couple of hours and join your neighbors and local groups in our City by helping to remove trash and graffiti in our community. The next Lend A Hand is this coming Saturday morning, Feb. 27, from 9 to 11 a.m. at the corner of East Camden Avenue and Lincoln Avenue. This is a great way to teach your children how to care for the community and inspire others to get involved. It's also a good time to clean the garage! Once again, the El Cajon CDC will be accepting your non-working electronics, or E-Waste, for proper disposal and San Diego Rescue Mission will be present to turn your usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, and working electronics to the event. Please RSVP for the clean up by calling (619) 401-8858.

## See the Public Safety Center Construction from the computer

If you'd like to see the progress being made on the Public Safety Center project next to City Hall, you can go online to see a time-lapse video at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and go to the "What's New" section or call the PSC Construction hotline at (619) 441-5524 for updates.

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## Winter Registration for Recreation Programs

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

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

Log onto the Recreation Department's web page for more information on registration dates, registration tips and more at [www.elcajonrec.org](http://www.elcajonrec.org) today!

## Save the Date! Recital 2010

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

## Get Fit in 2010 - Zumba!

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

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

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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County

## San Diego Gas Price Update from SanDiegoGasPrices.com

February 8 the average retail gasoline prices in San Diego moved just 0.9 cents per gallon in the past week, averaging \$2.92/g today. This compares with the national average that has stayed flat, moving just 0.4 cents per gallon in the last week to \$2.66/g, according to gasoline price website SanDiegoGasPrices.com.

Including the change in gas prices in San Diego during the past week, prices today are 73.5 cents per gallon higher than the same day one year ago and are 8.3 cents per gallon lower than a month ago. The national average has decreased 6.0 cents per gallon during the last

month and stands 76.1 cents per gallon higher than this day a year ago.

GasBuddy.com operates over 200 live gasoline price-tracking websites, including SanDiegoGasPrices.com. GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.

## Alpine's Princess Pageant

The Alpine Princess Pageants have been a tradition for over 20 years...each year young ladies ages 6-12 years old come together to learn new social graces, to experience speaking while on stage in front of an audience, to learn the importance of good grooming

and experience the excitement of pageant night.

This year's pageant theme will be "Girls just wanna have fun"...Orientation and the first rehearsal will be held Thursday, Feb. 18, 6 p.m. at the Alpine Community Center...girls ages 6 - 12 years of age that live or attend school in the communities of Alpine, Blossom Valley, Crest, Dehesa, and Harbison Canyon are eligible to participate, each young lady must be accompanied by a parent or guardian to the first rehearsal.

The on stage Pageant finale will be at Alpine Elementary School on Sunday, March 14. Last years pageant was a sell-out, with standing room only...Pageant Finale Tickets will be available Thursday, Feb. 18.

For an application or additional information visit the following website: <http://www.princesspageants.org/entryform2010website.pdf> or call Mrs. Billie Sangster at 619-390-0061.

## Victorian Tea

The Alpine Womans Club cordially invites everyone to the Seventeenth Annual Victoria Tea to be held at the Alpine Woman's Club. Saturday Feb. 27, located at 2156 Alpine Boulevard in Alpine..

The 12noon seating is full. Hurry to reserve your seat for 3 p.m.

Door Prizes and Opportunity Drawings. Victorian Dress is optional Tickets: are \$25

For information and ticket sales call: Sandra Wise at (619)-659-0129.

## Cajon Valley Republican Women Federation to meet

The Cajon Valley Republican Business Women Federated will meet on Thursday, Feb. 18 at 7 a.m. at the Jamacha Grill, 777 Jamacha Road, El Cajon. New members are always welcome. Contact President Lorraine Place [lorplace@cox.net](mailto:lorplace@cox.net) for information.

## Alpine Kiwanis

The Kiwanis Club of Alpine is proud to announce that one of its members Rod Galloway is going to entertain some of the children and their parents at The Ronald McDonald House in San Diego. The event which Rod calls "The Living Room Show" is being held in McDonalds Cafeteria from 5:30 to 7:30 p.m. on February 19.

Rod Galloway is an Alpine Famers Insurance Agent and enjoys entertaining with his guitar. Rod has recently joined the Alpine Kiwanis Club and is always the first to volunteer, especially when children are involved.

Ronald McDonalds has offered dinner for \$3 to people who wish to attend Rod's performance. The Kiwanis Club of Alpine works closely with McDonalds in providing needed items for their facility throughout the year. McDonalds is located at 2929 Children's Way, right across the street from Rady's Childrens Hospital. For further information please contact the Event Chairman, Dick Rabell at (619) 445-5712.



2009 Miss Alpine Queen and court. Photo courtesy of Alpine Princess Pageants

# Lakeside round-up

by Patt Bixby

## Dates to Remember

**Feb. 11, 18, 25-** Lakeside Farmers Market, Vine and Lake-shore

**Feb. 20-21-** Off -Road Days at Lakeside Rodeo Grounds. 9 a.m. to 5 p.m. Admission \$10, under 16 is free.

**Feb. 25-** Lakeside Chamber of Commerce business Mixer held at vacationer R.V. Resort at 1581 East Main St. (West of El Cajon Ford) 6 to 7:30 p.m. \$5 at the door.

## Chamber accepting nominations

The Lakeside Chamber of Commerce is currently accepting nominations to fill two upcoming vacancies on the Chamber Board of Directors team.

## Inaugural Lakeside Community Conversation

Come and voice your concerns regarding alcohol and drug activity, abandoned vehicles, illegal dumping, public safety, graffiti and gangs at the 1<sup>st</sup> annual Lakeside Community Conversation which will be held March 2 at 4 p.m. at the lakeside Community Center.

Guest speakers will include: The San Diego County Sheriff's Department, Lakeside Fire Protection District, the Lakeside Chamber of Commerce and California Highway Patrol.

For more information contact: Alyssa Dean, Crime Prevention Specialist, Santee Sheriff's 619-956-4021 or email [alysa.dean@sdsheriff.org](mailto:alysa.dean@sdsheriff.org).

## GOLDEN ACORN CASINO

### On-going happenings ...

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**Call 619-938-6012 for details.**

## NOW, FOCUS ON FEBRUARY

**Saturday, February 13, 2010 - come try your luck on our LUCKY ENVELOPE TREE at 10pm.**

**Earn 110 GOLD points and you'll get your chance.**

**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 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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# For Health's Sake

## Exercise: Good for the brain

**Y**ou've heard that memory, as well as the ability to think and process information quickly, diminishes with age. You know the feeling. You come face to face with a longtime acquaintance and her name sticks on the tip of your tongue. Or, you suddenly draw a blank when dialing a telephone number you've known for years.

Many of us experience memory glitches and accept these occurrences as a normal sign of aging that will only worsen over time. However, there are things we can do to stay sharp. New studies show that exercise actually improves memory and cognitive ability.

According to Dr. Steven Weiniger, author of *Stand Taller ~ Live Longer: An Anti-Aging Strategy*, "Current research shows physical fitness has a positive effect on mental fitness. Regular exercise is a powerful strategy for improving memory, as well as reduc-

ing the risks of illness that could lead to memory loss."

A 2006 study reported in the *Annals of Internal Medicine* found that people ages 65 and older that exercised at least three times per week had a 30-40% lower risk of dementia than those in their age group who did not exercise.

"You cannot ignore the mind-body connection. Research shows consistent exercise reduces the risk of developing dementia and Alzheimer's. As important to note is that not exercising increases the risk of these illnesses. For the sake of the brain and the body, move it to keep it," says Dr. Weiniger.

Here are some easy ways to get started:

**1. Walk.** Find excuses to walk every day. Stroll to the mailbox; always choose parking spots that are further from your desired destination, walk around the house while chat-

ting on the phone. If you've already developed a daily walking routine, increase the distance and duration of your trips.

**2. Explore.** Now is a great time to discover new interests that involve active participation. Start a garden, participate in nature walks, volunteer in your community, or join a social group that organizes regular outings.

**3. Partner.** Schedule a regular walk with a good friend;

plan picnic lunches that begin and end with a walk in the park; sign up for a yoga, tai chi or posture exercise class. Commit to stay fit together.

Exercise your brain by moving your body. Start now, be consistent and gradually increase activity to stay fit in body and mind.

Author: Renee North, CPEP, NASM-CPT is a health and fitness consultant who trains wellness professionals for [www.BodyZone.com](http://www.BodyZone.com).

### 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).

#### A HEALTHY HEART MEANS A HEALTHY LIFE

Learn about what may put you at risk for heart disease and steps to take to maintain a healthy heart from Ruth Shaffer, Registered Nurse, Sharp Grossmont Cardiac Rehabilitation on Thursday, Feb. 18 from 10 to 11 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

#### FREE BLOOD PRESSURE SCREENING

No appointment necessary. Open to the public. For information, call (619) 740-4214. — La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, February 19, 9:30 to 11 a.m.

#### HEALTHY AGING PODCASTS

The Sharp Senior Resource Centers announce our new online Healthy Aging series. These audio and video presentations provide important information on senior resources, fall prevention, exercise, medications, maintaining brain health, and much more — to help seniors live a healthy and independent life. Visit [www.sharp.com/seniors](http://www.sharp.com/seniors) today. The Healthy Aging Series is sponsored by a generous grant from the PacificCare/UnitedHealthcare Charitable Commitment Program.

#### Project C.A.R.E.

##### Community Action to Reach the Elderly

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Free services include a daily computerized telephone call, Vial of Life, Safe Return and more. The Senior Resource Center makes daily phone calls to seniors to be sure they are ok. The Retired Senior Volunteer Patrol will visit or call seniors. Call (619) 740-4214 for details.



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## Barona Band of Mission Indians makes \$150,000 Donation

**B**ill Lennartz, president and CEO of Ronald McDonald House Charities of San Diego (RM-HCSD), announced today that the Barona Band of Mission Indians has made a generous capital campaign donation of \$150,000 to the Ronald McDonald House. The Ronald McDonald House provides a "home away from home" for families with sick children in area hospitals.

Barona's contribution will be used to help pay for the newly built Ronald McDonald House. In addition to their donation, Barona will also design and build a special outside courtyard for families who are staying at the House or utilizing the Family Care Center during the day. Designed to be a beautiful and serene place for parents and families to relax and find comfort, Barona has named the courtyard "Ewaa Ketuy" which is "Place of Peace" in their language, 'lipay.

"Barona's investment in the new Ronald McDonald House will have a lasting impact on generations of families with seriously ill children," said Lennartz. "We are so grateful to Barona for their generous donation and look forward to our families finding special refuge in the new meditation area."

A formal unveiling and naming ceremony for the "Ewaa Ketuy" will be held at the Ronald McDonald House when it officially opens this spring.

"The Barona Band of Mission Indians is proud to support organizations that make a difference in the lives of children in our community," said Edwin "Thorpe" Romero, chairman of the Barona Band of Mission Indians. "Creating this space at the new Ronald McDonald House was a special opportunity and we hope it will be a place of comfort and reflection for years to come."

## Laughter is the Best Medicine

### Songs

**O**ne Sunday morning, a priest decided to do something a little different. He said "Today, in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind -- the pastor shouted out

'CROSS.'

Immediately the congregation started singing in unison, 'THE OLD RUGGED CROSS.'

The pastor hollered out 'GRACE.' The congregation began to sing 'AMAZING GRACE, how sweet the sound.'

The pastor said 'POWER.' The congregation sang 'THERE IS POWER IN THE BLOOD.'

The pastor said 'SEX' The congregation fell into total silence.

Everyone was in shock. They all nervously began to look around at each other afraid to say anything.

Then all of a sudden, way from in the back of the church, a little old 87 year old grandmother stood up and began to sing

'MEMORIES.'

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

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# Valentine's Day page 12



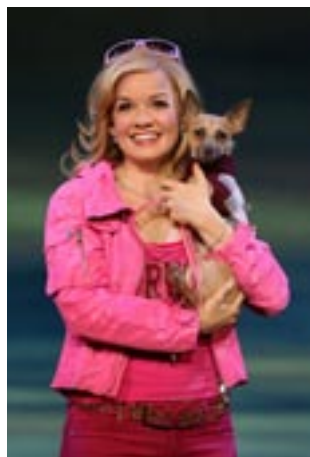
EAST COUNTY  
GAZETTE  
**CLASS ACT**  
DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 10, NO. 36, FEBRUARY 11, 2010



# Out and about in the County

## 'Legally Blonde The Musical' begins national tour



Becky Gulsvig stars as Elle in *Legally Blonde The Musical*. Photo: Joan Marcus

UCLA Sorority star Elle Woods doesn't take "no" for an answer. So when her boyfriend dumps her for someone more "serious," Elle puts down the credit card, hits the books, and sets

out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style.

In its first year on Broadway, *Legally Blonde The Musical* earned seven 2007 Tony Award-nominations, 10 2007 Drama Desk Award nominations, a 2007 Outer Critics Circle Award. The show received three 2009 Touring Broadway Awards in 2009 for Best New Musical, Best Production Design and Best Choreography of a Touring Production.

Becky Gulsvig, the Elle understudy in the original Broadway cast, is Elle Woods in the tour. Fans of the MTV reality show *Legally Blonde The Musical: The Search for Elle Woods*, which premiered on June 2, 2008, will recognize a familiar face in the tour casting:

Third runner-up and fan favorite Rhiannon Hansen appears as Elle's best friend Margot. Joining Gulsvig and Hansen are DB Bonds as Emmett, Natalie Joy Johnson as Paulette, Jeff McLean as Warner, Megan Lewis as Vivienne, Coleen Sexton as Brooke, Michael Rupert as Professor Callahan, Tiffany Engen as Serena, Lucia Spina as Enid and Candice Marie Woods as Pilar.

As on Broadway, Tony Award-winner Jerry Mitchell is the director and choreographer. Music and lyrics are by both Laurence O'Keefe and Nell Benjamin, and the book is by Heather Hach. The production features scenic design by David Rockwell, costume design by Gregg Barnes, lighting design by Kenneth Posner and Paul Miller, orchestrations by Christopher Jahnke and sound design by ACME Sound Partners.

## Coming up soon at Viejas Casino

by Diana Saenger

**Detroit Underground w/ Dj 2Rille: The DreamCatcher at Viejas, Friday February 12, 9 p.m. - 1:30 a.m., free**

Detroit Underground is one of San Diego's top cover bands. Playing all the favorite hits from yesterday to today.



Izon Eden. Photo credit: courtesy

**Izon Eden: The V Lounge, Friday February 12, 8 p.m. - 1 a.m., free**

Izon Eden is the musical blend of Dayton Borders & Patty Holley, two artists from different backgrounds who come together to create a rich and powerful sound of lead vocals and harmonies. Izon Eden is supported by an amazing rhythm section consisting of Tim Campbell on Bass and Eric Brisse on drums. Dayton Borders is an accomplished vocalist and multi-instrumentalist who plays guitars, including 12 string, keyboards, sitar, analog as well as virtual synthesis. Patty Holley is an accomplished vocalist, actress and dancer who studied performance techniques at the Circle in the Square Theatre School in New York. Patty has appeared in productions, On and Off-Broadway, and many regional theaters.

**Siren's Crush: The V Lounge, Saturday February 13, 8 p.m. - 1 a.m., free**

Siren's Crush has established itself as Southern California's hottest new top-40 act. This energetic, 7-10 piece band has officially set a new standard in live event entertainment. The key to the group's success is their front lineup consisting of the most talented and sought-after female vocalists on the west coast. These Lovely young "Sirens" have an undeniable star power quality which is gaining them a fan base all over North America. They electrify their audiences with powerful vocal harmonies, charismatic stage presence, dazzling wardrobe, concert level choreography and

crowd pleasing energy. Siren's Crush covers a wide range of musical genres from every decade. Being a "true" Top 40 act, they pride themselves on their vast musical knowledge and feature songs from the '50s to today's hottest hits. Siren's Crush is living proof that a top 40 act can look and sound like today's hottest stars.

**Fresh: The DreamCatcher at Viejas, Saturday February 13, 9 p.m. - 1:30 a.m., free**

Bands come and go these days, and it's rare a band with the youth, talent, image, and versatility can perform the hottest Latin, Rock, R&B, Hip-Hop, and make the sound believable. Fresh is based out of Los Angeles and the musicians are one of a kind. Members of Fresh have shared the stage or worked with artists and bands such as Marc Anthony, Christina Aguilera, Ruben Blades, Brian McKnight, Daddy Yankee and many others. The diverse mix of Fresh and their high energy makes them who they are in the music scene.

**The \$10K David Patrone Swing Dance Competition: The DreamCatcher at Viejas Sunday, February 14, 5 - 9 p.m. free**

There will be two 20-minute band breaks between 6 and 9 p.m. The dance competition will

take place during these breaks. Guests wanting to enter the competition can register in the DreamCatcher each Sunday when doors open at 4:45 p.m. First Place \$5000, Second Place \$3000, Third Place \$2000. Event is free to attend, free to compete, 21 and up only.

**David Sanborn: The DreamCatcher at Viejas, February 19, 8 p.m., Tickets: \$25 - \$35.**

Few music fans have not heard of American alto saxophonist David Sanborn. Primarily recording in jazz with a blend of instrumental pop and R&B, his work has covered many genres. Sanborn's modern saxophone sound has significantly influenced a generation. Though Sanborn has worked in many genres, his solo recordings typically blend jazz with instrumental pop and R&B. He released his first solo album *Taking Off* in 1975, but has been playing the saxophone since before he was in high school. Sanborn was influenced by blues artists in the Midwest and has a notable repertoire of album releases including *Pearls*, *Songs From The Night Before*, *Closer* and a fan favorite and a tribute to Ray Charles, *Here and Gone*.

More info at (619) 659-1996, (619) 220-TIXS, ticketmaster.com, [www.viejas.com](http://www.viejas.com)

**ON THE COVER:** Stars of 'Valentine's Day.' See page 12 for movie review.

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EAST COUNTY  
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# CLASS ACT

## DINING & ENTERTAINMENT GUIDE

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**Photographers: Kathy Foster**

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## — AT THE MOVIES —

# 'Dear John' should have been a made-for-TV-movie

by Michael Black

Most everyone knows what a Dear John letter is. The dreaded missive breaks a man's heart when he knows what's about to happen before he even opens the letter. *Dear John* is adapted from the book written by Nicholas Sparks who also created the tear-jerkers *The Notebook* and *Message in a Bottle*.

While special ops soldier John Tyree (Channing Tatum) is enjoying his two week vacation, he runs into Savannah Curtis (Amanda Seyfried), and they immediately strike up a relationship. The two weeks go by quickly, and they vow to keep in constant touch via snail mail. Each one eagerly awaits the one-year mark when John is released from duty. But circumstances change when

the 9-11 tragedy occurs, and John is asked to re-enlist. He must decide between duty and love.

I don't know a good reason why this movie is in the theaters and not on the Lifetime channel. There's no nudity, language, or memorable action scenes to speak of. Tatum's commanding presence and Seyfried's infectious smile is not good enough reason for single men to spend money on a ticket. Of course, the target audience is women, and at least from the reactions of women sitting next to me in the theater, it was well received.

Performances by the cast are sufficient. Seyfried is pleasant and has a good onscreen chemistry with Tatum. The best performance is from Richard Jenkins as John's father. There is a scene with him and his son

that should get the waterworks going, so have those tissues ready. *Dear John* is mediocre, a tad boring at times and slightly predictable, but does deliver the necessary qualities to touch a few hearts for those who can relate to this scenario — especially military wives and girlfriends.



## Dear John

Studio: Sony Pictures

Gazette Rating: C

MPAA: "PG-13" for some sensuality and violence

Who Should Go:  
Nicholas Sparks' fans



Channing Tatum and Amanda Seyfried star in *Dear John*. Photo Credits: Scott Garfield

## Open auditions announced for 'Senior Follies'

CCT Musical Theater will hold open auditions for its 4<sup>th</sup> annual *Senior Follies* February 13 - 14 at the CCT rehearsal warehouse located at 1545 Pioneer Way in El Cajon. To audition for *High School Reunion* singers, dancers and actors who will be at least 55 years of age by June 24, 2010 should call (619) 588-0206 or 800-696-1929 for an audition appointment. This year's *Senior Follies* takes an exciting trip back to one's high school reunion.

All roles are open. Each person should be prepared to perform an accompanied, one-minute vocal audition. An accompanist will be provided. Bring sheet music or a cued accompaniment tape and a current photo, which cannot be returned.

Vocal auditions are Friday, March 12 from 6 - 9 p.m. with movement auditions following each group of 10 vocal auditions. Tap auditions are Saturday, March 13 at 10 a.m. and the auditions for showgirls/kickline are on Saturday at 11:15 a.m. Wear dance shoes and comfortable clothes. (Vocal auditions not required for those seeking dance only roles.) All auditions are at the CCT rehearsal warehouse located at 1545 Pioneer Way (between Fletcher Parkway and Bradley) in El Cajon.

Showcase your specialty skill.

Do you play the harmonica, juggle, ride a unicycle, fiddle, or do gymnastics? We are looking for unique talent. 18 dancers with strong tap and clogging skills are needed for the kick line and seven lovely women are needed for showgirls (must be a minimum of 5'6 tall and able to wear a headdress weighing up to seven pounds and a backpack weight up to 15 pounds. Not recommended for those with neck or back problems).

CCT's Box Office is located at 1545 Pioneer Way in El Cajon and is open Monday through Friday from 9 a.m. to 5 p.m.. To make an audition appointment or for more information, phone (619) 588-0206 or (800) 696-1929.

Christian Community Theater (CCT Musical Theater) is a non-profit educational corporation presenting high-quality, family entertainment since 1980. CCT also manages Christian Youth Theater (CYT), an after-school theater arts program, which currently enrolls more than 1,000 students ages 4-18 each term in eight San Diego locations and the Temecula Valley. CYT has a growing network of families who value children, support the arts, and believe in traditional family values. CYT does not discriminate on the basis of race or religion. Additional CYT programs are currently active across the nation. For more information phone (619) 588-0206 or (800) 696-1929, or visit our website at [www.cctmusicaltheater.org](http://www.cctmusicaltheater.org).

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## — AT THE MOVIES —

# Mega star power but still trite

by Diana Saenger

Director/writer/producer Garry Marshall, a prominent filmmaker involved with the *Happy Days*, *Mork & Mindy* and *Laverne & Shirley* TV series as well as many others, likes feel good movies. *Pretty Woman*, *The Princess Diaries*, and *Runaway Bride* are a few of the films he's directed. His strength in Hollywood is among only a few filmmakers who could draw the enormous cast starring in his new film, *Valentine's Day*.

The title pretty much gives away the plot of the movie. It's a push-pull story about romance revolved around flowers, gifts, candy, cards, and who gets them and who doesn't. Ashton Kutcher plays Reed Bennett, a flower shop

owner whose escapades on the big day are like the six degrees of separation with the other short storylines. There's Morley (Jessica Alba), the girl he decides to pursue to on Valentine's Day. His best friend is Julia (Jennifer Garner), and Reed must figure out to tell her that Dr. Copeland (Patrick Dempsey), the man she thinks is her dream come true, is actually married with kids. We meet talent agent receptionist Liz (Anne Hathaway), — aka a phone sex diva part time — who goes to work for Paula (Queen Latifah) and falls for fellow employee Josh (Topher Grace).

When Alphonso (George Lopez), Reed's good friend and one of the floral delivery men, drops off flowers all over town, he manages to get into a little trouble. Actually, its



Jennifer Garner and Ashton Kutcher star in *Valentine's Day*. Photo Credit: Ron Batzdorff / Warner Bros. Pictures

football star Sean Jackson (Eric Dane), who has just lost his contract that bumps into the floral van. Sport's reporter Kevin Moore (Jamie Foxx) immediately jumps on the air

about Sean's news. He's very anti-Valentine's Day but sees a glimmer of hope to change his tune when he attends Kara's (Jessica Biel) I Hate Valentine's Day party.

There are romances between young kids played by Taylor Lautner, Taylor Swift, Emma Roberts and Carter Jenkins. And older folks including Kathy Bates, Hector Elizondo and

Shirley MacLaine have their screen time. Julia Roberts and Bradley Cooper have a nice character arc, but it's young Bryce Robinson who's the real scene-stealer.

*Valentine's Day* is exactly what it's intended to be — a fun movie based on a timely romantic holiday with mega-stars of all ages to draw diverse audiences into the theater. It's a good date movie for singles and couples, with nothing serious to dodge or think about.

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**REEL FACTS**

**Valentine's Day**

**Studio:** Warner Bros. Pictures

**Gazette Rating:** C

**MPAA:** "PG-13" for some sexual material and brief partial nudity

**Who Should Go:** singles and couples looking for mindless entertainment



## — AT THE MOVIES —

# 'From Paris With Love' wastes its star power with predictable script

Review by Diana Saenger

**M**ovie fans love John Travolta. Longtime fans were charmed by the 1950s doo-wop slicked hair baddie in *Grease* or the hilarious Vinnie Barbarino in the TV series *Welcome Back Carter*. Who doesn't think about Travolta in his white suit when hearing the music score to *Saturday Night Fever*? Newer fans gained respect for his talent in the Oscar-nominated *Pulp Fiction*. Unfortunately, *From Paris with Love* is another mediocre movie slice in Travolta's film pie, but I can't deny it's a joy to see him again on the big screen. Whether viewers will enjoy the film depends on one's taste in movies. If excessive violence and more bodies gunned down than bullets in a sub-machine gun get your adrenalin jumping, than *From Paris with Love* might be for you.

James Reece (Jonathan Rhys Meyers), an American living in Paris, is the assistant to U.S. Ambassador Bennington (Richard Durden), but he really wants to be a spy. Unknown by Bennington, Reece is on the call-waiting list to be a real CIA secret operative. His first test involves getting a hidden mic into one of Bennington's high profile government meetings. With no game plan ahead of time, chewing gun comes to his rescue.

While enjoying blissful romantic days with his French girlfriend Caroline (Kasia Smutniak), Reece receives the call he's been waiting for. He's to report to the airport and help an undercover operative get through customs. That's where Reece meets the bald-headed, ear-ring wearing Charlie Wax (Travolta) who looks like a thug and refuses to surrender his numerous cans of energy drinks to customs.

Reece comes to the rescue and learns in the car on their way to their assignment why those cans were important. When the guys enter a Chinese restaurant and Wax kills every employee – and more that emerge from hidden places – Reece isn't sure what to make of his new partner.

Wax and Reese are like Dirty Harry and Rambo one minute and Jackie Chan and Owen Wilson (*Shanghai Knights*) the next. Their work involves exploiting and killing numerous drug runners and terrorists of various ethnic

origins. In between the blood baths, a few moments of humor occur.

One such moment comes in a scene where Wax shoots up the Chinese restaurant so thoroughly that cocaine rains down from the ceiling. Wax empties a large vase of flowers, collects some of the cocaine and hands the vase to Reece, who ridiculously holds on to it through many unrealistic action scenes. Another shows Max sitting in the window of a moving car while hanging on to a bazooka and trying to shoot a suspected terrorist in another moving car. Implausible, but at least laughable.

As far as Travolta goes, he's the same character he was in *The Taking of Pelham 1 2 3*, only this time he's on the other side of the badge. His character is all over the place but because Travolta feels he's this operative, we do too. Caroline is a beautiful young girl who makes dresses out of their apartment curtains and is as smitten with Reece as he is with her. Smutniak has a great chemistry with Rhys Meyers.

After watching the Golden Globe winning (*Elvis*) and nominated-twice Rhys Meyers in *The Tudors* TV series, I believe he set the bar for his other performances exceptionally high. Happily, I found his portrayal fit the character in *From Paris with Love*. He has an excellent rapport with Travolta, is amusing in the comedy scenes and quite believable in more emotional sequences near the end of the film.

*From Paris with Love* offers nothing new for its genre. Adi Hasak's screenplay from a



Jonathan Rhys Meyers and John Travolta star in *From Paris with Love*. Photo Credits: Rico Torres

story by Luc Besson includes few surprises and often raises unanswered questions. Still,

the movie gives viewers a chance to see Travolta and Rhys Meyers together on the

big screen, so that might be all fans need to make them hit the theater.



## Win a Tooth Fairy Prize Basket!

Donate new toothbrushes, toothpaste or Personal hygiene products (shampoo, soap, deodorant...) items at the Parkway Plaza Regal 18 theater now thru February 20 & enter to win a Tooth Fairy prize basket! (Which includes 4 theater passes-Shirts,\$500 gift certificate to Dental Arts Dentistry,\$20 Savings Bond from Wells Fargo & all sorts of goodies!!!!).

**Donated items will benefit Family Services for the Salvation Army.**




## Tooth Fairy IN THEATERS JAN. 22

### REEL FACTS

**From Paris with Love**

**Studio:** Lionsgate Films

**Gazette Rating:** C

**MPAA:** Rated "R" for violence, language and mature themes

**Who Should Go:** Travolta or Rhys Meyers fans

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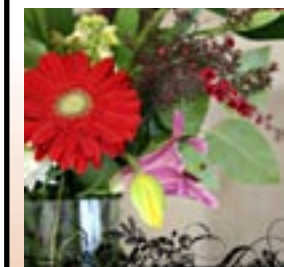
**\$4 OFF**  
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Valentine's  
Day



Complimentary  
Flower



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El Cajon

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We learned that a small amount of...



# Newspaper Fun!

www.readingclubfun.com

Annimills LLC © 2010 V7-N7

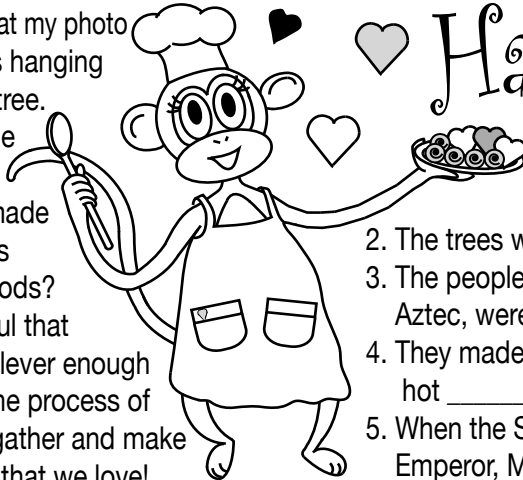
...dark chocolate each day is good for your heart.



I love to look at my photo of cacao pods hanging on the cacao tree.

Isn't it strange to think that chocolate is made from the seeds inside these pods?

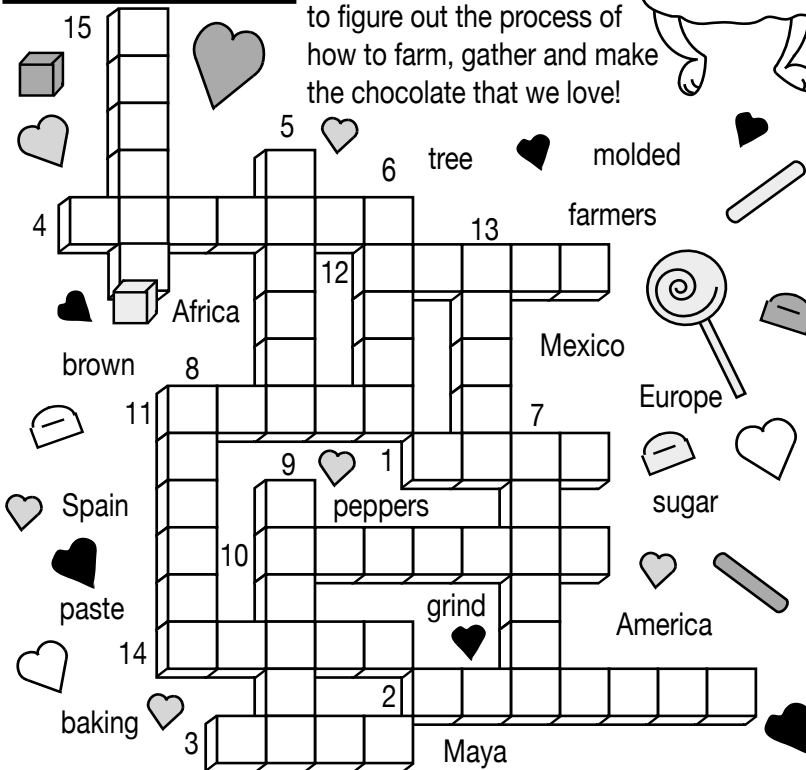
I'm so grateful that people were clever enough to figure out the process of how to farm, gather and make the chocolate that we love!



## Happy Valentine's Day!

Read the clues and fill in the puzzle to learn how chocolate is made:

- Chocolate is made from the bean of the cacao \_\_\_\_\_.
- The trees were first found in the rain forests of South and Central \_\_\_\_\_.
- The people of Mexico and Central America, which included the \_\_\_\_\_ and Aztec, were the first known to make chocolate.
- They made a chocolate drink that was not very sweet and sometimes had hot \_\_\_\_\_ in it.
- When the Spanish explorer Hernando Cortez came to \_\_\_\_\_, the Aztec Emperor, Montezuma, served hot chocolate.
- The Spanish brought the beans back to \_\_\_\_\_ where people made up new recipes using the chocolate.
- It took about 100 years - especially with sugar added - for the chocolate drink to become a favorite throughout \_\_\_\_\_.
- An Irish chocolate-maker, John Hanan, brought beans from the West Indies to Massachusetts. With his partner, Dr. James Baker, he built the first chocolate mill and made chocolate squares for \_\_\_\_\_. You might still find some of this famous chocolate in your cupboard today.
- Today, cacao trees are farmed in many countries with warm and wet weather. \_\_\_\_\_ is the world's largest producer.
- Pods growing off the trunk of the cacao tree are harvested by hand by \_\_\_\_\_.
- The white beans from the pods are dried to a \_\_\_\_\_ color in the sun.
- The inside of beans (nibs) are gathered and crushed into thick chocolate "\_\_\_\_\_".
- The chocolate "paste" is mixed with \_\_\_\_\_, cocoa butter and vanilla.
- Next, the mixture is put into a conching machine to \_\_\_\_\_ the paste into tiny bits and create smooth, creamy chocolate to eat.
- The chocolate is \_\_\_\_\_ into our favorite bars by Hershey, Mars, Cadbury and other companies.



### The Sweetest Treat!

Unscramble the letters to see 6 things people give for Valentine's Day. Next, unscramble the letters in the hearts to find out the world's favorite candy

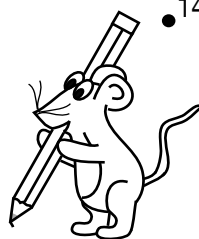
- D Y C N A
- C D A S R
- E L O V
- O R S E
- A E H T R
- P C I U D

What is a favorite candy all over the world?



### What Am I?

- I pump your blood
- I have 4 chambers
- I am a muscle
- I am roughly the size of your fist
- I am in all mammals
- I make the sound 'lub dub, lub dub'



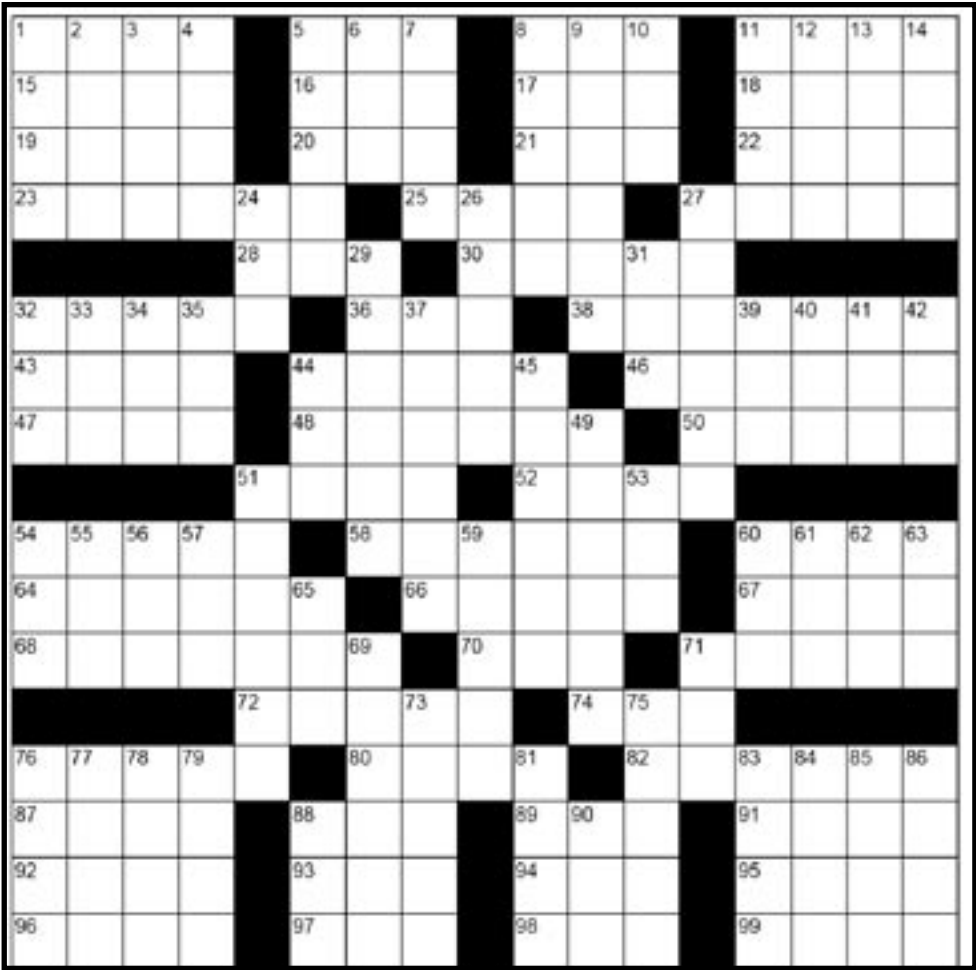
Our Free Winter Outdoor and Indoor Sports and Activities Puzzles are ready for your family.

Look for the special extra puzzle about Football Teams, too, on our website: [www.readingclubfun.com](http://www.readingclubfun.com)



Puzzles & Comics

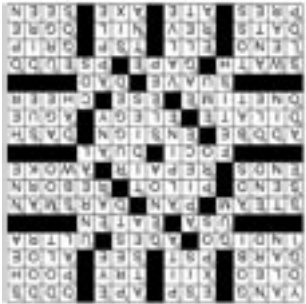
CROSSWORD PUZZLE



- Across
- |   |                  |    |                    |    |                     |
|---|------------------|----|--------------------|----|---------------------|
| 1 | South southeast  | 9  | Biblical tower     | 17 | Goof                |
| 4 | Spanish 'friend' | 14 | Neither's partner  | 18 | Lore                |
|   |                  | 15 | Table cloth fabric | 19 | Boxing division     |
|   |                  | 16 | Fanatical          | 20 | Light bulb inventor |

- |    |                                     |    |                 |    |                               |
|----|-------------------------------------|----|-----------------|----|-------------------------------|
| 22 | Island                              | 57 | Not present     | 26 | Extension (abbr.)             |
| 24 | Element                             | 59 | Asian nation    | 28 | Aegis                         |
| 25 | Reminder                            | 62 | Duke's domain   | 29 | Yelp                          |
| 27 | Compass point                       | 65 | Contend         | 30 | Time zone                     |
| 31 | Nervous                             | 66 | Liquid          | 32 | Big Apple (abbr.)             |
| 32 | Vetoes                              | 67 | Heron           | 35 | Rive                          |
| 33 | Car fuel                            | 68 | Hearing part    | 36 | Unhappy                       |
| 34 | Meeting                             | 69 | Male deer       | 37 | Assumes the proposal position |
| 36 | Woman's work wear                   | 70 | What a poem has | 38 | Bunsen burner                 |
| 38 | Principles                          | 71 | Cagy            | 39 | Star ____                     |
| 40 | City                                |    |                 | 40 | Bite                          |
| 42 | Throat infection                    |    |                 | 41 | Pain unit                     |
| 43 | Positive electrode                  |    |                 | 42 | Plant                         |
| 44 | Less than two                       |    |                 | 43 | Flurry                        |
| 45 | Award                               |    |                 | 45 | McDonald's "Big ____"         |
| 47 | Writer Bombeck                      |    |                 | 46 | Dodger                        |
| 51 | Churned water from a boat           |    |                 | 48 | Recently handicapped actor    |
| 53 | Avouch                              |    |                 | 49 | Humble                        |
| 54 | Stare                               |    |                 | 50 | Aorta                         |
| 55 | Young Women's Christian Association |    |                 | 52 | Looking at                    |
- Down
- |    |                          |    |                      |
|----|--------------------------|----|----------------------|
| 1  | What pepper makes you do | 57 | Excuse me!           |
| 2  | Squalid                  | 58 | Computer memory unit |
| 3  | Errant                   | 59 | Tax agency           |
| 4  | Singing voice            | 60 | Eccentric            |
| 5  | Presence                 | 61 | Genetic code         |
| 6  | Lodge                    | 63 | Expression           |
| 7  | "To the right!"          | 64 | Whoop                |
| 8  | Timely (2 wds.)          |    |                      |
| 9  | Tree growth              |    |                      |
| 10 | Soothing agents          |    |                      |
| 11 | Heat unit                |    |                      |
| 12 | Gray sea eagle           |    |                      |
| 13 | Boy                      |    |                      |
| 21 | Grass cutting tool       |    |                      |
| 23 | Distress call            |    |                      |
| 25 | Want                     |    |                      |

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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:**  
**STREET RESURFACING 2010**  
**RUBBERIZED SLURRY**  
**Engineering Job No. 3309**  
**Bid No. 024-10**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on March 11, 2010**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on March 11, 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](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$ 14.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on March 2, 2010 at 10:00 a.m. at City Hall, 5th Floor Conference Room, 200 Civic Center Way, El Cajon, CA. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

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 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  
February 11, 2010

East County Gazette- GIE030790  
02/11, 02/18/10



Following is a summary of an Ordinance introduced at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on February 9, 2010. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. \_\_\_\_

**AN ORDINANCE REPEALING CHAPTER 16.60 OF TITLE 16 OF THE EL CAJON MUNICIPAL CODE AND ADDING A NEW CHAPTER 16.60 TO TITLE 16 OF THE EL CAJON MUNICIPAL CODE REGARDING THE CITY OF EL CAJON STANDARD URBAN STORM WATER MITIGATION PLAN.**

On January 24, 2007, the San Diego Regional Water Quality Control Board adopted Order No. R9-2007-0001, which amended its Order No. 2001-01, regulating storm water discharges and pollutants in urban runoff in the city of El Cajon and throughout the County of San Diego, in accordance with its National Pollutant Discharge Elimination System (NPDES) Permit No. CAS0108758. Order No. R9-2007-0001 continues the mandate established by Order No. 2001-01 by requiring that the city of El Cajon adopt ordinances and regulations to prevent the discharge of pollutants from urban runoff into the rivers and bays within the County of San Diego, and into the Pacific Ocean. Part of Order No. R9-2007-0001 is the requirement that the various public agencies within the County, having jurisdiction over the control of storm waters that originate in and pass through each jurisdiction, have a consistent, multi-jurisdictional plan for mitigating the impact of storm waters that may ultimately reach rivers and bays, and the Pacific Ocean, in San Diego County.

This ordinance implements Order No. R9-2007-0001 in the city of El Cajon by amending and updating Chapter 16.60, adopting a standard urban storm water mitigation plan, consistent with the other jurisdictions in San Diego County, regulating the discharge of storm water and non-storm water into the city's storm water system at the time of development or redevelopment of land within the city. This ordinance updates and expands storm water requirements for new development and redevelopment within the city of El Cajon, which would otherwise lead to the discharge of pollution into the city's storm water system and, thereafter, into the rivers and bays in the county, and into the Pacific Ocean.

Kathie J. Rutledge, CMC  
City Clerk  
(619) 441-1763

East County Gazette- GIE030790  
02/11//10



NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, February 22, 2010** in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following item:

**PROPOSED STREET NAME CHANGE – JIMMIE JOHNSON AVENUE**, as initiated by the City of El Cajon, to change the street name of that portion of North Johnson Avenue between Arnele Avenue and Fletcher Parkway to Jimmie Johnson Avenue.

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

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

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

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

DATE: February 4, 2010

City of El Cajon  
Planning Division  
Fax: (619) 441-1743  
Ph: (619) 441-1741

East County Gazette- GIE030790  
02/11//10

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002677**

FICTITIOUS BUSINESS NAME(S): Rebel Tattoo  
Located at: 10229 Ashwood St. #1, Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The business is not yet started.  
This business is hereby registered by the following: 1. Dwight Fregia 10229 Ashwood St. #1, Lakeside, CA 92040; 2. Pamela Fregia 10229 Ashwood St. #1, Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002576**

FICTITIOUS BUSINESS NAME(S): La Mesa Transcription  
Located at: 5590 Lake Park Way, La Mesa, CA 91942  
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. Pamela Hall 5590 Lake Park Way, La Mesa, CA 91942  
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

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NOTICE OF PUBLIC HEARING

The El Cajon City Council will hold a public hearing at **7:00 p.m., Tuesday, February 23, 2010** in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following items:

**Specific Plan No. 518 and Tentative Parcel Map No. 644**, as submitted by Dennis Tuttle, requesting to subdivide an existing lot into two lots and to create a panhandle lot for access to one of the lots. The subject property is located on the south side of Granite Hills Drive between South Second and Dorothy Streets, and is addressed 1203 Granite Hills Drive. On January 25, 2010, the Planning Commission adopted Resolution Nos. 10599 and 10600, recommending City Council approval of Specific Plan No. 518 and Tentative Parcel Map No. 644, subject to conditions. If you have any questions or wish any additional information about the project, please contact NOAH ALVEY at (619) 441-1773 or via email at [nalvey@ci.el-cajon.ca.us](mailto:nalvey@ci.el-cajon.ca.us) and reference "SP 518 & TPM 644" in the subject line.

**Zoning Ordinance Amendment No. 415**, as initiated by the City of El Cajon, requesting to amend the Zoning Ordinance (Title 17 of the El Cajon Municipal Code) to add Section 17.64.253 and Chapter 17.94 regarding water-efficient landscaping. On January 25, 2010, the Planning Commission adopted Resolution No. 10598, recommending City Council approval of Zoning Ordinance Amendment No. 415. If you have any questions or wish any additional information about the project, please contact ERIC CRAIG at (619) 441-1782 or via email at [ecraig@ci.el-cajon.ca.us](mailto:ecraig@ci.el-cajon.ca.us) and reference "ZO 415" in the Subject Line.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the City Council meeting, please contact the City Clerk's office at (619) 441-1763 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearing, or in written correspondence delivered to the City Clerk at, or prior to the Public Hearings described in this notice.

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

Kathie J. Rutledge, CMC  
City Clerk  
(619) 441-1763

City of El Cajon  
Planning Division  
Fax: (619) 441-1743  
Ph: (619) 441-1741

East County Gazette- GIE030790  
02/11//10

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003000**

FICTITIOUS BUSINESS NAME(S): Route 94 Vehicle Registration Service  
Located at: 12868 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 February 2, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003003**

FICTITIOUS BUSINESS NAME(S): Simple Construct  
Located at: 2897 Helix St., Spring Valley, CA 91977  
This business is conducted by: Husband and Wife  
The first day of business was: April 1, 2009  
This business is hereby registered by the following: 1. Rebecca Taylor 2897 Helix St., Spring Valley, CA 91977; 2. Michael Long 2897 Helix St., Spring Valley, CA 91977  
This statement was filed with Recorder/ County Clerk of San Diego County on February 02, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001318**

FICTITIOUS BUSINESS NAME(S): Woodside Tobacco & Check Cashing  
Located at: 12235 Woodside Ave., Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Janet Khairo 9484 Erie Pl., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on Jan. 15, 2010.

East County Gazette- GIE030790  
01/21, 01/28, 02/04, 02/11, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003106**

FICTITIOUS BUSINESS NAME(S): San Diego Custom Iron  
Located at: 8733 Magnolia Ave. #134, Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: February 2, 2010  
This business is hereby registered by the following: 1. Luis Lazalde 4232 Lois St., La Mesa, CA 91941  
This statement was filed with Recorder/ County Clerk of San Diego County on February 03, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 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. 2010-001034**

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

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**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. 2010-000455**  
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. 2010-001303**  
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. 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. 2010-001034**  
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

**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  
ANGELAMAE 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

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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 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. 2009-002787**  
FICTITIOUS BUSINESS NAME(S): Holley  
Equipment co.  
Located at: 1225 No 2<sup>nd</sup> St., El Cajon, CA  
92021  
This business is conducted by: An Individual  
The first day of business was: February  
1, 1980  
This business is hereby registered by the  
following: Leon F. Lukavsky 1561 Fair Glen  
Rd., El Cajon, CA 92019  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 1, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 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. 2010-000606**  
FICTITIOUS BUSINESS NAME(S): Savan  
Realty and Lending  
Located at: 8753 Broadway Ste. E, La Mesa,  
CA 91941  
This business is conducted by: An Individual  
The first day of business was: June 30, 2008  
This business is hereby registered by the  
following: 1. Thipsavanh Soukhavone  
4861 Jarrett Ct., San Diego, CA 92113  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 08, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-002773**  
FICTITIOUS BUSINESS NAME(S): Trotter  
Door and Trim, Inc.  
Located at: 8186 Commercial Street, La  
Mesa, CA 91942  
This business is conducted by: A  
Corporation  
The first day of business was: January 4,  
2010  
This business is hereby registered by the  
following:  
Trotter Door and Trim, Inc. 8186 Commercial  
Street, La Mesa, CA 91942  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 1, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-001322**  
FICTITIOUS BUSINESS NAME(S): Boosted  
Green Energys  
Located at: 6449 Dehesa Rd., El Cajon,  
CA 92019  
This business is conducted by: A General  
Partnership  
The business has not yet started.  
This business is hereby registered by the  
following:  
Donna Anhalt 6449 Dehesa Rd., El Cajon,  
CA 92019  
Eva Parry 249 South Highway 101 #220,  
Solana Beach, CA 92075  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 15, 2010.  
East County Gazette- GIE030790  
2/04, 2/11, 2/18, 2/25, 2010

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CA 92021

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**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**

**CASE NO.37-2010-00065412-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION  
OF: SHARIF ALAMI FOR CHANGE OF  
NAME PETITIONER: SHARIF ALAMI HAS  
FILED FOR AN ORDER TO CHANGE  
NAME FROM:

SHARIF ALAMI

TO: SHARIF MARTIN TOMASELLO  
THE COURT ORDERS that all persons  
interested in this matter shall appear before  
this court (San Diego Superior Court, 250  
EAST 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  
FEBRUARY 4, 2010.

East County Gazette – GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002210**

FICTITIOUS BUSINESS NAME(S): Classic  
Cheesecake Company  
Located at: 7868 Mission Vista Dr., San  
Diego, CA 92120  
This business is conducted by: An Individual  
The first day of business was: March 19,  
2009

This business is hereby registered by the  
following:  
Steven Snyder 7868 Mission Vista Dr., San  
Diego, CA 92120

This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 26, 2010

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002215**

FICTITIOUS BUSINESS NAME(S): Bread of  
Life Ministry of San Diego, Inc.  
Located at: 7868 Mission Vista Dr., San  
Diego, CA 92120  
This business is conducted by: A  
Corporation

The first day of business was: November  
11, 2004  
This business is hereby registered by the  
following: Bread of Life Ministry of San  
Diego, Inc. 267 Sunnybrook Lane, El Cajon,  
CA 92021

This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 26, 2010

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

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

**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 Kueinier 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.37-2010-00050942-CU-PT-NC**  
IN THE MATTER OF THE APPLICATION OF:  
DOMINIQUE BOLTON AND JEFF BOLTON  
ON BEHALF OF MINOR JULIANA LYLA  
BOLTON FOR CHANGE OF NAME  
PETITIONER: DOMINIQUE BOLTON AND  
JEFF BOLTON ON BEHALF OF MINOR  
JULIANALYLABOLTON HAS FILED FOR AN  
ORDER TO CHANGE NAME FROM:

JULIANA LYLA BOLTON  
TO: LYLA JOY BOLTON

THE COURT ORDERS that all persons  
interested in this matter shall appear before  
this court (San Diego Superior Court, NORTH  
COUNTY DIVISION 325 S. Melrose, Vista,  
CA 92081. Department 3, on MARCH 23,  
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  
FEBRUARY 3, 2010.

East County Gazette – GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-003000**

FICTITIOUS BUSINESS NAME(S): Route  
94 Vehicle Registration Service  
Located at: 12868 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  
February 2, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002380**

FICTITIOUS BUSINESS NAME(S): KOFU  
Art and Design  
Located at: 501 Kristen Crt., Encinitas, CA  
92024

This business is conducted by: An Individual  
The first day of business was: January 18,  
2010

This business is hereby registered by the  
following: Suellen McFerran 501 Kristen Crt.,  
Encinitas, CA 92024

This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 27, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001730**

FICTITIOUS BUSINESS NAME(S): Casa  
Palmera Care Center  
Located at: 14750 El Camino Real, Del Mar,  
CA 92014

This business is conducted by: A  
Corporation  
The first day of business was: September  
3, 2004

This business is hereby registered by the  
following: 1. Casa Palmera Care Center, Inc.  
14750 El Camino Real, Del Mar, CA 92014  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 21, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002948**

FICTITIOUS BUSINESS NAME(S): Mighty  
Jungle Media  
Located at: 9610 Hartland Circle, Santee,  
CA 92071

This business is conducted by: A General  
Partnership  
The business has not yet been started.

This business is hereby registered by the  
following: 1. Chris Galvan 9610 Hartland  
Circle, Santee, CA 92071; 2. James Meek  
1246 Tres Lomas Drive, El Cajon, CA 92021  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 02, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 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

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

**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. 2010-003401**

FICTITIOUS BUSINESS NAME(S):  
MANTRAP

Located at: 783 Arnele, El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: July 2, 2005  
This business is hereby registered by the  
following: 1. Yen-Thi-Mai 10817 El Nopal,  
Santee, CA 92071

This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 05, 2010.

East County Gazette- GIE030790  
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-001107**

FICTITIOUS BUSINESS NAME(S): a.)  
Superior Carpet & Floor Cleaning b.) First  
Rate Carpet & Floor Care  
Located at: 4659 Lisann St., San Diego,  
CA 92117

This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Jeffrey E. Guard 4659 Lisann  
St., San Diego, CA 92117

This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 13, 2010.

East County Gazette- GIE030790  
01/21, 01/28, 02/04, 2/11, 2010



**Dear Dr. Luauna**

*Dear Dr. Luauna,*

I am writing you; because I  
have been so broken these days,  
hurting and with mixed  
emotions. I love the Lord, but  
for some reason it seems like  
people around me hate  
Christianity. Every time I turn

around people are mocking me, and making fun of  
me, they laugh and say, “Oh, the Church LADY is  
in our presence, careful what you say.” They say  
things behind my back all the time I just don’t  
know what to do? **HELP!** *Signed Made Fun Of*

*Dear Made Fun Of,*

I know at times people can be pretty ROUGH, and  
down right mean. You must be doing something  
right, they recognize you are a Christian! Just  
remember what Jesus said, “Count it all joy, when  
they say all manner of evil about you for His name  
sake.” *(Matthew 5:11)* Remember, Paul the  
Apostle was hidden, and placed in a basket and  
lowered down a wall, to escape those who wanted  
to kill him for his belief in Jesus. *(Acts 9:23-25)*  
We are coming to a time when many will say all  
kinds of things because they are in darkness,  
blinded by sin. Jesus is our shield, *(Psalm 3:1-3)*,  
this is why we pray, one day when they reach their  
lowest point, and God will open the door for you  
to share the love of Jesus with them. **KEEP** your  
**EYES** up, our redemption draws nigh..! Smile,  
Jesus LOVES YOU!

**Send: questions@drluauna.com**

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Wednesdays 7:00 p.m.  
Fridays 7:00 p.m.

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Channel 19 Time Warner, Wednesday at 5 p.m.

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# MOTOR AND SPORTS

## Super Bowl Champs —Saints are dat good

by Chuck Karazsia

It took 43 years for this Mississippi delta bayou to prove that patience is a virtue. Its residents and fans are celebrating Mardi Gras early in 2010 thanks to the world-champion, that's right...world champion New Orleans Saints ... after laying claim to the title and hoisting the Vince Lombardi trophy high, humbling Peyton Manning and the Indianapolis Colts 31-17 in Super Bowl XLIV.

"Mardi Gras may never end," said a beaming, winning quarterback Drew Brees who was deservedly named Most Valuable Player based on his spectacular Super game-day performance, completing 32-of-39 passes for 288 yards, 2 touchdowns, no interceptions.

He finished second All-Time with highest Super Bowl pass completion percentage of 82.1 percent runner up to former New York Giants quarterback Phil Simms at 88.0 percent (now a CBS Sports lead analyst who called this game).

Drew Brees, a former Chargers starting quarterback, arrived in New Orleans in 2006 and was given a chance that no other team would while he recovered from a torn labrum surgery on a severely separated shoulder.

He was welcomed to a city and region that suffered through hurricane Katrina when winds and rain tore it to shreds, and flooding waters engulfed the majority of the community. In 2006, the Saints played all their games on the road except for one. No one

knew if the city or the football team could rebound...but rebound they did.

The New Orleans Saints rebuilt that year with nine free-agents.

The city rebuilt slowly with determination from its residents and support from a caring nation.

"We just continued to believe in ourselves and found a way to win," said Brees. "People were evacuating to places all over the country. Most left not knowing if New Orleans would ever come back."

Come back they did, both the city and their football team.

Overcoming a 10-point deficit, a 5-point underdog, the

Saints again after trailing by at least one touchdown in all three post-season games, emulated the never-say-die attitude of its city.

Down 10-0 early after quarter one (38-yard Stover field goal, 19-yard Manning to Garcon TD pass) the Saints got to within four points at the halftime intermission 10-6 on two (second year kicker) Hartley field goals of 46, and 44 yards.

The game would change because of another Payton... Saints Head Coach Sean Payton.

Calling a gutsy on-sides kick to start the 2nd half, momentum would soon turn in the Saints direction. This was to be the first ever Super Bowl pre-fourth quarter onside kick attempt. He even informed the referees of the kick before the game and the team of his plan at the intermission. Payton showed confidence in his kicker and the team. He also told the club in the locker room. "We're 30 minutes from being World Champions."

True to his word to start the third quarter and to everyone's surprise except the Saints, the onside kick went through the hands of the Colts Hank Baskett and was recovered at the New Orleans 42-yard line by Chris Reich giving New Orleans resurgent hope of a remarkable comeback.

Coach Payton also showed leadership and intellect when he challenged and won a critical fourth quarter 2-point conversion that was overturned in his favor giving New Orleans a 24-17 lead.

Down by 7 points in the fourth quarter, the Colts were driving hoping to tie it up. That's when New Orleans Saints Tracy Porter hopped in front of Reggie Wayne, Peyton Manning pass jetting 74-yards to the end zone putting the black-and-gold up 14-points sealing the victory. Manning drove his team down to the Saints 5-yard line but the drive ended when a fourth down pass fell incomplete. Let the party begin...

San Diego native, Helix High (player of the week from this paper), USC alumnus Reggie Bush played well catching four Drew Brees passes for 38-

yards while gaining 25-yards on five rushing attempts.

"Our coach is unbelievable," said a celebratory Drew Brees as his head coach was carried off the field.

Being the perfectionist that he is, Sean Payton had this to say hours after his teams victory. "Last night was great, yet there is still something that burns in you to separate yourself more."

Super Bowl XLIV in Miami was an entertaining game, one of the best I can remember. These were two evenly matched teams with two potential first ballot future Hall-of-Fame quarterbacks and excellent coaching.

Sean Payton couldn't have coached a better game. Peyton Manning was Peyton Manning. He had his team in it until the final interception. Drew Brees proved he is a Hall-of-Fame Super Bowl MVP and couldn't have played a better game.

This Saints victory wasn't just another Super Bowl win. It was a long-awaited championship for an organization and fans that needed a rallying point. This was a culmination of their long hard fought efforts.

Yet the desire burns in their Head Coach, team, and city to repeat...

New Orleans is a city truly united by their team, and their team was united by them.

### Bumper-To-Bumper with Dave Stall

**Dave:** I just bought a 2006 Chevy Silverado 1500 from Carmax. I've had it only a week and when I test drove it the transmission shifted hard between gears. I asked the salesman and he said he would make me an appointment with service to check it out. I want a new transmission, this is a new truck, and I feel deserve it. What are my options? Dawn.

**Dawn:** Naturally you will feel that way but the ball is in Carmax's court. They will check out the transmission and since you have been driving it they may just repair or rebuild it. As long as they address the problem, fix it and you have a warranty you should be good to go. I have had no complaints on Carmax so I would proceed as per their directions and keep me in the loop if you need to.

**Dave:** I bought a 2010 Ford Flex. I love the car but it has a bunch of gremlins in it. It makes ding noises at times and the transmission flairs. I've had it back to them seven times but with no correction. The dealer has been great, I get a loaner every time and the owner of the dealership has met me personally in the service drive to make sure I'm taken care of. I appreciate all the dealer has done but my wife won't drive the car any more. What should we do? One more thing, I got \$3500 from the Cash for Clunkers Program which helped me buy the Flex, will I lose that on the replacement vehicle? Ralph.

**Ralph:** Much as I hate to bring it up but I think you have a solid Lemon Law Case where the manufacturer needs to take back the Flex and replace it with another Flex since you really like the car. It's a long process but if you stick to it you will end up with a new Flex. As far as the Cash for Clunkers issue that will be up to Ford Motor Company, make sure you put that in your letter when corresponding with Ford, good luck.

**Dave:** Do I have to run 91 octane gas in my Toyota FJ? Aida.

**Aida:** No, but be prepared for possible fuel injection contamination, poor fuel mileage and possible damage to your intake and exhaust valves if you don't. Using the correct fuel will pay for itself in the long run, trust me!




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## — MOTORandSPORTS —

# 2010 Nissan Altima 3.5 SR



2010 Nissan Altima 3.5 SR. Photo by Dave Stall

by Dave Stall

After driving the 2010 Altima SR for a few days I kept wondering if I could live with out the 3.5 SR Premium Package which sets buyers back \$2,380. Included in the package are leather accents in the seats and shift knob. The driver and passenger's seats have powered lumbar including seat heaters. Also included are Bluetooth, Bose Premium Sound System with nine speakers and XM radio, USB port with iPod hook up, 4.3 inch screen for navigation and back up camera, auto dimming rear view mirror, compass, Homelink (for those gates, lights

and garage door openers) and rear A/C vents for the rear passengers.

The next package put on my tester was the Sport Package, another \$2,370 which included a rear deck lid spoiler, fog lights, High Intensity Xenon headlights, dual zone A/C, and a power sun roof with sliding shade.

Are we done yet? Nope, now we have another bundle of goodies marked Technology Package which will set buyers back another \$1,780. This package includes Nissan Navigation System with touch screen, a 9.3 GB Music Hard

Drive XM, NavTraffic, Nav Weather, streaming audio DVD Player and a VTR jack.

If none of these items sound interesting the base Altima comes well equipped for a mere \$24,520 versus \$31,945 plus tax and license. Standard equipment is a long and comprehensive list including a 3.5-liter V6 that produces 270 horsepower and 20 miles per gallon in the city and 27 on the open road all with unleaded fuel. The Continuously Variable Transmission helps with gas mileage as well as giving the driver a feel of power when needed. There are front and rear sway bars for handling, power rack and pinion steering, independent front suspension, multi-link in the rear, disc brakes and a 17-inch tire and wheel package.

Safety is all around with the Nissan front air bag system, side impact air bags, roof mounted curtain air bag, and front seat active head rests, zone body construction with front and rear crumple zones. The Altima received only a four-star rating for frontal impact as per the NHTSA instead of five stars. Owners also get ABS braking, traction control, vehicle

dynamic control, tire pressure monitoring system, and vehicle security system,

Comfort abounds in the 8-way power cloth driver seat and 60/40 split rear seats, accented with wood and leather treatment, a leather-wrapped steering wheel with cruise control – with audio controls in the steering wheel – trip computer with outside temperature, and the list goes on.

Taking the Altima on the open road is a dream, even though I noticed a slight drag at times coming from the transmission, and I think that is CVT normality. The Altima accelerates to the freeway smoothly, passes the slow folks and it gets good mileage. The controls are easy to read and operate, there are minimum blind spots, and I love the warning system in the outside mirrors about on-coming traffic from either the left or right of the car. Back seat is comfortable for full-sized adults.

The Altima has been around since 1993, and has it come a long way, but so has all the other car manufacturers. Check out the all new Altima and take it for a drive.

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**February 14, 2010**

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Live Band on the Casino floor  
**9PM**







# Our Best Friends

## Dog piddles when excited ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

**Dear Trainer,**  
**W**e adopted a dog about a week ago and we are really enjoying her, however, she pees every time we come home from work. She seems to like us because she always turns over for a belly rub whenever we bend to pet her and talk to her after we get home, but as soon as we talk to her or try to rub her tummy she leaves a little puddle of urine. The shelter where we adopted her said she is healthy, so I don't think it is a medical issue. She is a poodle mix, about 15 pounds and 3 years old. Right now we tell her, "No pee," but the last time I did that she piddled even more. I'm not sure what to do, and we would appreciate any help you can give us.

Signed,  
Peeved at Pee

**Dear Peeved,**  
Congratulations on your new dog and kudos for adopting from a shelter. Your new dog hasn't really had the time needed to adjust to your home yet and submissive urination, as it is known, is not unusual for dogs when they are not sure about their relationship with humans, or other dogs for that matter.

Submissive urination is a puppy behavior that often continues into adulthood because it is incorrectly addressed as a normal behavior; rather it is often punished as a housetraining issue. For clarity, it is not a housetraining problem, rather a behavior related issue.

Puppies use submissive urination and the belly up posture as a way to communicate. They have different pheromones than adult dogs and they often show their belly and express small amounts of urine when they want to communicate that they are puppies, and subordinate to adult dogs or a humans. This also happens when a puppy feels social pressure from us or other dogs during extreme excitement. Both the belly up posture and the urination are considered "submissive" behaviors.

### Why it continues

The reason puppies don't always "grow out of it," is often related to how it is handled by humans when it happens. Because people don't want dog urine on their floors, many respond to the puppy when it happens with some sort of startle response. "No," is a common reaction, as is picking up the puppy and rushing him/her to their elimination area,

clapping hands, and sometimes spanking the puppy.

When the reason a puppy urinates is due to excitement, the common denominator driving the behavior is often an animated response toward the puppy's excitement; such as baby talk and overly excited petting, and it often happens, as in your situation, when people have been away for a time. Unfortunately, all of these responses can and do exacerbate the issue.

To help your dog get over this problem it's important to look at it from the dog's point of view. When you come home and your dog is super excited to see you, and then she piddles due to that excitement when you pet and talk to her she is trying to tell you that she is overwhelmed. Also, since she is new to your home, she is likely unsure about your intentions with the petting and the talking and so she is trying to communicate that she will submit to you with the peeing and the tummy up posture. Unfortunately, like many people, you have misinterpreted her intentions when she turns up belly up to you, and by trying to rub her tummy, you confirm to her that she must try harder to get

her communication "heard," and so she urinates.

As you found out, telling her, "No pee," made matters worse because your dog was doing everything in her power to relay that she didn't want to have any problems with you, via the urination, but then was scolded for doing so. When her communication resulted in the scolding, your dog tried even harder to get her message across, and urinated even more. As you can guess, it will become a cycle if this course of action continues.

### What to do now

Since your dog is trying to show you respect with her actions, it's time to honor her intentions and respond accordingly. Going forward, when you come home, simply ignore your dog as though

she were invisible. Go about your business and wait for the initial excitement to die down. This usually takes about 10-15 minutes, so that can be a gauge for you to use.

After you have been home for the suggested time, sit down and allow your dog to come to you for petting. Try not to bend over your dog as that can be a lot of social pressure for a submissive dog and she might feel the need to show you "in her way" that she will submit. Instead, don't make a lot of direct eye contact, keep your voice in a normal range, and pet her under the chin rather than the top of the head. If at any time she shows her belly to you, just walk away to let her know that you understand it was too much for her and you will stop trying to interact.

If you adhere to interacting with your new dog this way for a few weeks, she will learn that you "get it," and that you are safe. Once that is established, it won't take long for both behaviors to go away and your relationship will grow stronger as your time together passes.

Finally, support your new dog with good nutrition that helps maintain mental stability. Look for brands that are grain free and contain no corn, wheat or soy products. You can also look into supplementing your dog's diet with a fish oil to add more omega 3 fatty acids which are known to help maintain brain stability.

Good luck!

Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.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](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.



Tyson, a handsome 75-pound Rottweiler blend, is less than 2 years old and very athletic. He is sweet and friendly with people and with other dogs. Tyson loves toys, and it's fun to watch him at play. This big boy is ready for additional leash and obedience training, which should go well since he's very food motivated. Tyson 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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