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**VOLUME 10 NUMBER 37** **FEBRUARY 18-24, 2010**

## El Cajon Citizen of the Year announced



The Rotary Club of El Cajon and the El Cajon Valley Host Lions Club presented the 2009 El Cajon Citizen of the Year Awards and Luncheon on Tuesday, Feb. 16 at the Ronald Reagan Center. Four nominees were selected with Lauri Riley being named "Citizen of the Year." Riley was nominated by the Rotary Club of El Cajon, Stoney's Kids and Boys & Girls Club of East County. Nominee Benjamin Trovaten was nominated by Home of Guiding Hands, Sam "Sparrow" Mejia, nominated by Mother Goose Parade Association and Joe Mackey, nominated by St. Madeleine Sophie's Center. All of these nominees are community treasures as they donate countless hours of their time to better the community. Pictured above is (left to right): Sam "Sparrow" Mejia, County Supervisor Dianne Jacob, Citizen of the Year Lauri Riley and Benjamin Trovaten. Joe Mackey is not pictured. Congratulations to all the nominees and Lauri Riley for being named 'Citizen of the Year.' Photo by Debbie Norman



Cygnnet Theatre Company presents 'The Piano Lesson'  
See page 9 for review.

### What's new in theatres?

Read about  
'The Wolfman,'  
by Diana Saenger  
on  
page 9



### What's new in autos?



Read about  
Mitsubishi Lancer ES  
by Dave Stall  
on  
page 10

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# Local News & Events

## Year as Chair loaded with challenges



by County Supervisor  
Dianne Jacob

Last month, Supervisor Jacob wrapped up her fourth tour as Chair of the Board of Supervisors, an honorary position that traditionally rotates among Board members. As the County's official representative on legislative matters, the job entails a lot of extra work. Recently

Supervisor Jacob took time to reflect on her year as chair.

When I delivered my State of the County Address last February, our County was in solid financial shape. However, we were battenning down the hatches for three different storms, each potentially catastrophic: declining revenues, massive Wall Street losses and, of course, the State budget.

The threat was unprecedented. The solvency of our County was at stake. I stated that the County would use innovation, technology, creativity and outsourcing to survive. I said we would likely be a smaller government, doing more with less, but our doors would stay open.

Turns out the financial challenges were worse than we anticipated. We spent 11 long months defending our budget. Today, our credit rating is AAA and we retain our title as one of the best managed local governments in the nation. Meanwhile, our pension fund

has a AAA rating and funded ratio of 91.5 percent. We held the line in 2009!

### Protecting Public Finances

We managed the financial crisis with what has become our Board's trademark: strict fiscal discipline. In February, we made an angry trip to Sacramento to shake-up the Legislature and demand true structural reform.

Together, we blocked Sacramento from cutting cash aid payments to 63,000 vulnerable children. We also carried through on our commitment to outsource certain positions in order to keep those services alive.

Our employee unions recognized the gravity of last year's budget crisis and together, we reached labor agreements with all of our unions. An under-recognized accomplishment, we rolled back pension benefits for all new hires to what they were in the 1970s.

As quickly as we received

Federal Stimulus dollars, we got them out the door to spark the local economy.

### Infrastructure Matters

To position our government to perform core services into the future, we broke ground on the first phase of the new \$500 million Operations Center. This is the largest infrastructure project in the history of the County. And, we opened the new \$73 million Medical Examiner & Forensic Center on-time, under budget and paid for in cash.

### Public Safety Top Priority

In a seamless and organized process, we appointed a new Sheriff after the retirement of our friend and colleague Bill Kolender.

When the lease expired on the Superscoopers, we found a better deal. We invested in year-round firefighting aircraft through the Aerial Fire Protection Program recommended by the Unified Disaster Council.

We put in place tougher brush abatement and vegeta-

tion management plans to stop wildfires before they start and we funded a sweeping review of the region's \$450 million fire protection system to find out what's working and what needs to change.

Using a model developed by the San Diego Gang Commission, we're launching an innovative venture to fight gangs in East County. I can't give too much away but let's just say community and faith-based groups are working with law enforcement to fight back!

Also, we were the driving force behind state legislation to stop repeat DUI offenders with ignition interlocks.

### Public Health Put to the Test

How do you alert the public to a surprise health threat without causing unnecessary panic? The County managed the H1N1 outbreak with flying colors. We had a plan and stuck to it. Our strong, existing partnerships with schools and the region's network of provid-

ers helped disseminate the vaccine in an orderly fashion.

When the federal government fumbled on the supply-side, we stayed calm and were careful not to be alarmists.

Last year, a Union-Tribune investigation revealed conflict-of-interest concerns at the First Five Commission. In response, we overhauled Commission rules to maintain integrity. That's important because the Commission is entrusted with administering precious Prop.10 revenue.

We devised a strategic plan to be laser-focused with those First Five dollars. We're going to put them in the places where the problems are; where they will do the most good for most kids.

We opened the new \$123.5 million Edgemoor Hospital for our weakest residents. The more efficient facility was funded in part by federal dollars and saves taxpayers \$4.1

See JACOB page 5

### A Plea For Anti-Discrimination Marie Antoniette Manuel

With Obama's election as President, some people argue that the society in which we live in now is considered post-racial, in other words, that race matters less to us than it used to, but I, for one, would beg to differ.

I allude back to a case that occurred last year in Marshall County, Alabama, wherein a trailer owner and rental manager evoked outright the fair housing rights of his tenant by discriminating against the tenant's African American boyfriend. Apparently, rental manager Phillip Maze was under the impression that no federal law could prevent him from evicting people based on the tenant's race or the race of his/her friends.

The Fair Housing Act, however, protects just that. According to this law, Maze was not allowed to discriminate based on race or color of neither the tenant nor the tenant's friends.

It appalls me that such an event happened and not even a year ago. Racial discrimination is still fully present in our society; having a biracial president does not all of a sudden mean we have fixed any of our race issues. Especially with ongoing arguments about immigration and the border, it is vital that we respect equal rights and anti-discrimination.

This is an issue that hits close to home especially for us San Diegans since we are right next to the border and are the forefront audience to the violence and discrimination that occurs toward these immigrants. There are people who readily create misconceptions about immigrants based on their race and color and use them as basis for discrimination.

If we want, as a nation, to be truly understood as a post-racial society, then we have to progress and break these barriers. We have to fully implement and enforce these fair rights laws in order to do away with discrimination. The Center for Social Advocacy is here to help you with any housing discrimination issue you might have. All of our services are free and we have bilingual housing counselors awaiting you call. For more information call CSA at (619) 444-5700 and ask to speak to a housing counselor.

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### Mother Goose Parade Association Annual Membership Meeting Wednesday, February 24 6:00 p.m.



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The shelter is closed Sunday and Monday.

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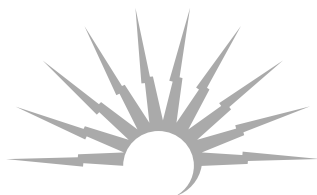
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# Sunrise Powerlink® Community Councils



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The California Public Utilities Commission approved the Sunrise Powerlink transmission line in December 2008. The project will deliver clean, reliable power to San Diego County from the Imperial Valley. To keep the public informed, SDG&E® formed seven Community Councils along the approved route. The purpose is to work with community leaders, provide accurate information and to develop ideas for minimizing project inconveniences during construction. All meetings are open to the public.

## **What is discussed at these meetings?**

SDG&E provides a presentation on topics determined at previous meetings. This is followed by a question and answer session. Future meetings topics are determined by the attendees.

## **How were members selected for the Councils?**

Council members were selected from a diverse cross-section of residents, civic and environmental groups, government agencies, planning groups and business associations from communities along the route. All Community Council meetings are open to the public.

### **Community Councils**

Imperial Valley  
Jacumba  
Boulevard  
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Alpine  
Lakeside  
City of San Diego

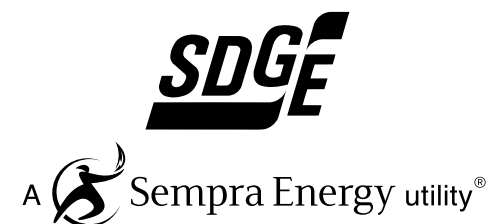
## **What role do Community Council members play in the project?**

The goal is for members to represent their communities, sharing information learned about the project. They will also help SDG&E identify potential concerns and needed changes to activities or events in areas along the route.

## **When are the meetings held?**

Meeting schedules are determined by each Council, depending on how often the group would like to convene. Future meeting dates will be posted on our website at [sdge.com/sunrisepowerlink](http://sdge.com/sunrisepowerlink).

For more information about the Community Councils, please visit [sdge.com/sunrisepowerlink](http://sdge.com/sunrisepowerlink), or call Todd Voorhees at 858.650.6123.



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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights —

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

## Job Fair this Friday

**J**ob-hunting? Then stop by 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.

## Relay For Life Breakfast

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 Breakfast 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>.

## Olaf Wieghorst Museum Roundup Dinner

The Barona Resort & Casino

"Oaktree Room" will be the setting of the Olaf Wieghorst Annual Roundup Dinner on Friday, Feb. 19, at 5:30 p.m. Hors d'oeuvres, a sit down dinner, live & silent auctions and much more! The featured entertainment will be Tom Hiatt & The Sundown Riders. Western Attire is suggested. R.S.V.P. by February 15, 2010. Contact the Olaf Wieghorst Museum at (619) 590-3431 for further information.

## Reserve your spot for 98<sup>th</sup> Inaugural Gala & Awards Dinner

The San Diego East County Chamber of Commerce is holding their 98<sup>th</sup> 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 call (619) 440-6161, or visit their website at [www.eastcountychamber.org](http://www.eastcountychamber.org).

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

Why pay for an expensive gym membership when you can exercise by walking at one of our beautiful parks! 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).

## Register for The Reverse 9-1-1 System

Don't forget, you can also register your cell phone number and email accounts with [www.AlertSanDiego](http://www.AlertSanDiego) as part of the reverse 9-1-1 system. During the recent firestorms we saw a number of residents who had to leave their homes without the time to adequately pack their belongings. Information on what residents need to do before, during, and after a disaster is included in the Family Disaster Plan that can be found at [www.ReadySanDiego.org](http://www.ReadySanDiego.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, February 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. In March, Lend A Hand Day is March 27, in the area of Roanoke and Park Avenue. RSVP for the clean up by calling (619) 401-8858.

## Time change in March

Sunday, March 14 is Daylight Saving Time. We will be moving our clocks ahead one hour before you go to sleep Saturday night. Also a good time to remember to change the batteries in our smoke alarms!

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

# Jacob ...

## Continued from page 2

million annually in operating costs.

We got to work rooting out waste, fraud and abuse within the state's In-home Support Services program. We're now requiring background checks and fingerprinting. Similar reforms are being made at the State level.

## Green Revolution

In December, we plugged into the CaliforniaFIRST program. Soon, San Diegans will be able to spread the cost of rooftop solar electric systems over 20 years on their property tax bill. Similarly, we sponsored State legislation signed into law in October to compensate solar customers for surplus solar energy.

The new County Operations Center will meet the U.S. Green Building Council LEED standards. It will be the largest LEED campus anywhere in the County, public or private.

We adopted an ordinance mandating waterwise and firewise landscaping on all new development.

To top it off, we won the 2009 "Organizational Excellence

SANDEE" award from the California Center for Sustainable Energy and beat out all

other governments in the region for the highest honor of the night.

## The Finest Quality of Life

We debuted the Lakeside Baseball Park in a community that really needed something to boost its spirits. It's got classic ballpark architecture and state-of-the-art turf on its diamonds.

We secured a State historic landmark designation for Camp Lockett, the WWII Army base in Campo that was the last home of the famed Buffalo Soldiers.

We broke ground on replacement libraries for Ramona and Fallbrook.

We're in talks with Mayor Sanders to explore funding options for a new Chargers stadium. I need to stress that any deal will have to be a good deal for taxpayers.

Finally, in 2009, we added nearly 1000 acres of public parkland. It will have riding and hiking trails so that San Diego families can get out there and take in the natural wonders of our great County!

Dianne Jacob represents the Second District on the San Diego County Board of Supervisors which encompasses all of East County including Julian, Ramona and the City of Poway.

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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County

## Home of Guiding Hands 'Explore Quest for the Forbidden Temple' raises \$92,000

Guests and sponsors of the 36<sup>th</sup> Annual Heart & Hand Gala rallied for San Diegans with developmental disabilities on Saturday, Feb. 6, by raising more than \$92,000 for Home of Guiding Hands (HGH). Home of Guiding Hands operates 28 homes throughout San Diego County for adults with autism, epilepsy, and cerebral palsy and provides respite and a variety of support programs for children and adults; it is one of the oldest agencies serving people with developmental disabilities in the region.

Longtime supporter Grossmont Healthcare District presented the gala, held at Loews Coronado Bay Resort, which featured an "Explore-Quest for the Forbidden Temple" theme. With the generosity of American Airlines, attendees were given an opportunity to become world travelers and explore the sights and sounds from around the world. Rachel Carney, HGH Events Coordinator proclaimed, "You could feel the excitement in the air and it was obvious how much fun

guests were having. It's amazing when you can celebrate with friends and family, while raising much needed funds for such a wonderful organization. The evening was a true success."

Flamenco music played by guitarists Mark LeSage and Scot Taberin provided the perfect ambiance while guests collected valuables at the treasure chest, looked into their future by having their palms read, and bid on exciting auction packages. Performances by dancers "The Shimmy Sisters," representing the Middle East, and Sininho Samba, a Brazilian drum and dance group, added to the excitement of the evening. "We were so pleased to see so many old friends and new faces, even in a tough economy it shows that people will support the causes they believe in," said Rick Doremus, board chair.

Music was provided by perennial favorites The Heroes; special guest Carol LeBeau acted as Mistress of Ceremonies. Ann and Don Walker, longtime HGH friends and supporters, were recognized during the program as the 2010 Gala Honorees. Carol A. Fitzgibbons, HGH Executive Director praised the Walkers: "Ann and Don give all of us

memorable examples of what is meant by caring, loving and supporting others. We were so pleased to honor them and their family." A special video created by their grandson Jason Walker highlighted their lives and dedication to their community over the years.

Presenting sponsor Grossmont Healthcare District was also recognized for its generosity to Home of Guiding Hands. Throughout the years, it has donated more than \$695,000 to help improve the lives of people with developmental disabilities and their families. Ms. Gloria Chadwick, President of the district board, accepted a plaque in recognition of their continued support.

Other major sponsors included: Heramb Charitable Foundation and Doris Heramb, The Stephen and Lynne Doyle Family Foundation, Union Bank, Viejas Band of Kumeyaay Indians, Barona Band of Mission Indians, BIA Cares, Wells Fargo Bank, Quick Dry Flood Services, San Diego County Credit Union, and Delsen and Company LLP. HGH also recognized the gracious support of American Airlines, Southwinds Travel & Tours, Nannai Beach Resort, Tourplans Viagens e Turismo, and Grand Velas All



**L-R: Billie Sangster, Executive Director, Council for Youth Empowerment, (CYE) Cinderella (Miss Alpine), Jenelle Guevara, CYE; Tinkerbell (Robin Senne, CYE), Gelia Cook, Board Member, Lakeside School District. Photographer: Kathy Foster**

Suites & Spa Resort Riviera Maya, Cancun Mexico.

## Sell-out crowd generates \$1,000 for Lakeside elementary schools

Dapper Dads and Granddads escorted dazzling daughters from Lakeside's elementary schools to the 6<sup>th</sup> Annual Lakeside Father/Daughter Sweetheart Dance, Friday evening, Feb. 5, at the Lakeside Community Center. This event, which has become a tradition in Lakeside is organized each year by The Council for Youth Empowerment. Their mission in creating the Dance was to bring students together from all area schools for an evening of fun and to generate funding for educational programs whose budget is limited. Proceeds from the annual Sweetheart Dance have provided funding toward Peacekeepers' programs, literacy and the arts.

Each year the event has grown, The Council has been able to increase their donation. This year was no exception as Jenelle Guevara Treasurer for The Council for Youth Empowerment presented to Gelia Cook, Vice President, Lakeside Union School District, Board of Trustees, a check in the amount of \$1,000.00. Cook introduced LUSD Board Member, Kevin Howe, who was among the 320 attendees with his granddaughter. Over the applause from the crowd, Cook announced that she would be meeting with each school to define the best area of need for the donation with emphasis on physical education and healthy lifestyles for our youth.

"What makes the Dance such

a rewarding experience is the community coming together for a common goal and seeing the girls grow up who have been to the dance each year", stated Lucinda Millar, CYE Board Member. The success of this event is attributed to the generous donations from

our Community Sponsors, and support from the many families who help us make a difference in Lakeside and create a memory to last a lifetime. For further information about The Council for Youth Empowerment, go online to [www.princesspageants.org](http://www.princesspageants.org).

## Lakeside round-up

### Lakeside Union School District Board meeting

by Patt Bixby

At the February 11 District Board meeting, the Lakeside Union School Board members thanked members of the Confucius Institute at SDSU for their partnership and support with Mandarin language development. The group, along with the Lakeside Union School District Board of Trustees signed a Partnership Agreement. Olympia Kyriakidis and Denise Goulart discussed the World Language Program and shared a power point presentation.

The Board recognized Trinty Jackson, a fifth grader at Lindo Park Elementary School, who was selected as Honorary Colonel of Lakeside; Susan Hewitt from Lindo Park for receiving an outstanding teacher award from California Council for Social Studies; and Nancy McGee, Readiness and Emergency Management Grant Coordinator for her assistance in completing a district wide management plan.

The Special Education School year was extended for 20 days from June 23 - July 27, 2010 at the following schools:

(Monday-Thursday) at Wintergardens (infants); Lemon Crest (K-5) and Lakeside Middle School (6-8).

Kamran Azimzadeh, representative of the Lakeside Union School District, discussed Governor Arnold Schwarzenegger's proposed budget. Azimzadeh explained the district experienced a \$1.6 million deficit which will continue to rise each year if necessary cuts are not made. Potential cost-saving measures include increasing class sizes, benefit cost share, reduced salaries, furlough days and discontinuing transportation to regular education students. The Board decided further discussion was necessary regarding budget cuts. Lakeside Unions School District Superintendent Steve Halfaker thanked the school principals for their creativity and variety in offering intervention programs which required less state funding.

### Dates to Remember

**Feb. 18, 25-** Lakeside Farmers Market, Vine and Lakeshore

**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.

## GOLDEN ACORN CASINO

**Thank you for your TERRIFIC response to our Lunar New Year festivities.  
The Chinese Acrobats from Heibei were indeed something to see.  
Thank you again.**

### FINISHING OFF FEBRUARY

**Friday ends with Payday Friday and more BINGO.  
Don't forget Tuesdays and Thursdays are our special Senior Days.  
We'll have another final week of February promotions with a special  
GIFT DAY on Friday the 26th.**

### MOVING ON TO MARCH

**We'll have the same promo days as in February, with BINGO on Tuesdays and  
Fridays and Senior Days on Tuesdays and Thursdays.  
You'll also see Flurry and Cash, Hot Slots, and our  
Black Jack Double Bonus tournaments.  
We will also have a MARCH MADNESS promotion to celebrate March 21st time  
change and 1st day of SPRING.**

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# For Health's Sake

## Kids collect coins to support cancer research

**M**ore than 200,000 students throughout San Diego County soon will share more than their "two cents" as they collect spare change to benefit The Leukemia & Lymphoma Society's (LLS) School & Youth campaign during Olive Garden's 16th-annual Pasta for Pennies program. Last year, Olive Garden's Pasta for Pennies collected \$5.3 million nationally, bringing the total amount donated since the program's inception to more than \$47 million.

Students in first- through 12th-grade from more than 240 schools in San Diego County will participate in Pasta for Pennies by donating their pocket change to fill collection jars in their classrooms during a three-week period in the school year. Local Olive Garden restaurant teams proudly reward the top fundraising class in each participating school with a pasta party.

"We are grateful to the many

students, teachers and parents who helped us raise more than \$297,000 through Olive Garden's Pasta for Pennies last year," said Jenna Korb, executive director for the LLS San Diego Chapter. "It is through their hard work and generous donations that we continue to advance our goal of curing blood cancers."

Local Olive Garden restaurants will host kick-off lunches for representatives from schools participating in Pasta for Pennies. Olive Garden also provides marketing support and materials for 45 participating LLS chapters nationally.

"Our nation's young people can accomplish great things as evidenced by the students who pledge their time and spare change in support of our Pasta for Pennies program each year," said Dave Pickens, Olive Garden president. "We are proud of their dedication to our program and The Leukemia &

Lymphoma Society and look forward to another successful fundraising year."

The Leukemia & Lymphoma Society® (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services. Founded in 1949 and headquartered in White Plains, NY, LLS has chapters throughout the

United States and Canada. To learn more, visit [www.LLS.org](http://www.LLS.org) or contact the Information Resource Center at (800) 955-4572, Monday through Friday, 6 a.m. to 3 p.m.

Olive Garden is the leading restaurant in the Italian dining segment with 702 restaurants, more than 87,000 employees and \$3.3 billion in annual sales. Olive Garden is a division of Darden Restaurants Inc. (NYSE: [DRI](http://DRI)), the world's largest company-owned and operated full-service restaurant company. For more information, visit Olive Garden's Web site at [OliveGarden.com](http://OliveGarden.com).

## Laughter is the Best Medicine

### Getting older

**A**n elderly gentleman. Had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100 percent.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

**A**n elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What is the name of that flower you give to someone you love?'

You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Have a funny clean joke to share? Send it to: [Jokes@ecgazette.com](mailto:Jokes@ecgazette.com).

## SHARP SENIOR FEBRUARY & MARCH 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).

### 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, Feb. 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.

### GET A RESTFUL, REFRESHING SLEEP

Do you or your partner have trouble sleeping through the night? Snoring? Too much or too little sleep can affect your overall health. Learn from our experts at the Sharp Grossmont Sleep Disorder Center about ways to get a good night's sleep. Monday, March 15 from 10 to 11:30 a.m. at the Grossmont District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

### AGING: PLANNING & COPING

#### A FREE CONFERENCE FOR SENIORS & FAMILIES

This free seminar will help you plan ahead and know your resources. Learn from experts in the field of aging and health care in order to navigate your "Golden Years" more effectively. Topics include: health care reform, advance directives, financial concerns, end of life care, and much more. Thursday, March 18 from 8:30 a.m. to 2:30 p.m. at the La Mesa Community Center, 4975 Memorial Dr., La Mesa. Sponsored by Sharp Grossmont Hospital, Sharp HospiceCare, East County Action Network, City of La Mesa, Grossmont Gardens, ActivCare La Mesa and LivHome. Free continental breakfast and lunch. Reservation required. Call 1-800-827-4277.

### CLUB 65 MEMBER ORIENTATION

Are you familiar with the benefits of CLUB 65 membership offered through the Sharp Grossmont Hospital Senior Resource Center? Learn about this free program, including discounts and special programs for seniors from Andrea Holmberg, Program Coordinator. New, current & future members are welcome. Monday, March 22 from 10 to 11:30 a.m. at the Grossmont District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

### Learn & Live Seminar: Colon Cancer Awareness

Excluding skin cancers, colorectal cancer (also known as colon cancer) is the third most diagnosed cancer in both men and women in the United States. Sharp Grossmont Hospital is hosting a colon cancer awareness seminar. Learn about cancer risk factors, the importance of colon cancer screening and how to prevent the disease.

This event takes place on Tuesday, March 9 from 5:30 to 7 p.m. at the Grossmont Healthcare District Center, 9001 Wakarusa Street, La Mesa 91942. Free to the public. Please register at 1-800-827-4277, or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

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# Class Act Dining & Entertainment

## Remake of 'The Wolfman' doesn't touch the original

by Diana Saenger

If you're going to remake a classic horror film, then do it better or not at all. That's why I have a negative

opinion of *The Wolfman*, a remake of the 1941 movie starring Lon Chaney Jr. as Lawrence Talbot, a man bitten by a werewolf who becomes one of these creatures when the moon is full.



**The Wolfman Studio:** Universal Pictures  
**Gazette Rating:** C -  
**MPAA:** "R" for violence, gore and mature themes.  
**Who Should Go:** Hugo Weaving fans

Being a classic film fan as well as operating a classic film website, I was skeptical about this remake from the beginning. However, the casting of exceptional actors such as Benicio Del Toro, Anthony Hopkins and Emily Blunt offered a glimmer of hope.

Since 1935, Universal's monster films, including *The Wolf Man*, *The Werewolf of London*, *The Mummy*, *Dracula* and *Frankenstein*, have been remade many times. Admit-

tedly, the shock and fright appeal of those earlier movies doesn't have the same impact on viewers of today, who are used to special effects and excessive gore to pump up the adrenaline.

The storyline in the new remake has been extended from the original. In the new film we learn more about why Lawrence left his home, eventually why and how his beloved mother died, and more than I wanted to know about his father Sir John Talbot (Hopkins). The chase

of the monster is broadened to a big city outside of the moors and a surprise romance – which feels forced – is part of the story.

On the positive side, the new wolfman character looks great. Six-time Academy Award-winning creature effects designer Rick Baker superbly completes the monster's special makeup effects. When Del Toro turns into the wolfman, he's far more fierce looking than Chaney was in the original film. In fact, in some scenes he feels over the top – neither resembling a man or a wolf but something more vicious. Baker and other makeup artists excel at Del Toro's slow, intriguing transformation from man to monster in a more detailed way than the original offered, and I did find that intriguing to watch.

Setting the film in Victorian England in the year 1890 was a smart move, as the part of the scare factor of the original film involved those foggy, creepy nights in the moors where the werewolf waited for his prey. Production designer Rick Heinrich stepped up to the plate with his designs in the 2010 film. The Talbot family manor of 1941 was reminiscent of a Gothic abode that fit the feel of the story. However, the lavish mansion chosen for the new film – the 1500s Andrew Robert Buxton Cavendish house in Derbyshire – seems a little too big for a family of two or three. In one of the scenes where fire ravages the home, a side view of the "supposed house" appeared more like a hotel to me.

Performances in the film are uneven. With his normally brooding looks, Del Toro comes across as a good fit for the confused character who returns to Blackmoor after his brother is viciously killed by an animal. Leaving his theatrical stage in London, Lawrence returns as the



Robert East, Benicio Del Toro, Emily Blunt and Anthony Hopkins star in *The Wolfman*. Photo Credit: Frank Connor / Universal Pictures

prodigal son who must face his cantankerous father and console his brother's grieving fiancée, Gwen (Emily Blunt). I bought Del Toro's portrayal of the werewolf, and Blunt plays her poorly written and unbelievable part well.

As a young child, I thought the gypsy woman in the 1941 film was played exceptionally well by Maria Ouspenskaya. She intrigued me the most about the story because her role enhanced the mystique concerning the legend of the lycanthropic myth. Although the remake includes a gypsy woman (Geraldine Chaplin),

her part is insignificant. Hugo Weaving is believable as Inspector Aberline.

I had the most trouble suspending disbelief regarding Hopkins' character. Hopkins is clearly Hopkins here, and the extension of his role in the story kept me asking why.

Why also are viewers supposed to buy into these scenarios so easily? A woman falling for her fiancée's brother so quickly, for example. If Sir John had to bite someone – why not the fiancée since she was around far longer than the returning Lawrence? Since the original story

has a built-in humility in regards to Lawrence and Sir John as sympathetic victims, why is this John more like Hannibal Lecter? And why is John in total control of when he attacks a victim but has no remorse about his son's actions?

*The Wolfman* may have some appeal to those unaware of the classic films. However, because the remake lacks significant shock- and-awe effects present in most films today, they too may be disappointed. Universal recently released a new edition of the classic 1941 film on DVD, and I wholeheartedly recommend watching that instead.

## Cygnnet Theatre Company's 'The Piano Lesson'

by Diana Saenger

August Wilson was a noted American playwright who won two Pulitzer Prizes for his drama and 10-decade play series *The Pittsburgh Cycle*. Among his other well known works are *Fences* (1985), which earned Wilson a Pulitzer Prize and a Tony Award, *The Piano Lesson* (1990), earning him another Pulitzer Prize and the New York Drama Critics' Circle Award, *Ma Rainey's Black Bottom*, and *Joe Turner's Come and Gone*. The wonderful family drama *The Piano Lesson* is playing at Old Town's Cygnnet Theatre through February 28.

An all-star cast poignantly and energetically brings this tale of a 1930's family to life. Berniece has left the south where life was a struggle for a single mother and now lives in Pittsburgh with her Uncle Doaker (Antonio T.J. Johnson) and her daughter. Life is on an even keel until Berniece's brother, Boy Willie (Mark Christopher Lawrence), shows up with his friend Lymon (Laurence Brown). They came to sell a truck load of watermelons but Boy Willie has a score to settle back home and he wants to sell the family piano he and Berniece own together so he can buy some land.

What unfolds is part comedy, part drama as several characters come in and out of the story. Wilson infused his stories with a rich Norman Rockwell quality that comes alive on stage much as the famous artist's sketches did on canvas. This exceptional cast was superb in every way. *The Piano Lesson* is an important part of Americana and true enjoyment to watch.

**ON-STAGE TO GO**  
**The Piano Lesson**  
**Where:** Cygnnet Theatre's Old Town Stage, 4040 Twiggs Street, San Diego  
**When:** Now – February 28, 2010  
**Tickets:** \$17 - \$46 with some discounts (619) 337-1525 or [www.cygnnettheatre.com](http://www.cygnnettheatre.com)

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## 2010 Mitsubishi Lancer ES

by Dave Stall

**W**ith all the cars and trucks I drive, once in awhile I come across a diamond in the ruff – most recently that's the 2010

Mitsubishi Lancer ES. This five-passenger sedan was a blast to drive. It had a peppy four cylinder engine backed by a five speed manual transmission. The engine puts out 152 horsepower and 146 pound



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foot of torque. It could have used another gear in the butter smooth shifting five speed manual transmission, but I had no problem cruising at 70 to 80 miles per hour. With plenty of get-up-and-go it's very comfortable to drive.

The driver and passenger seats were covered in cloth which worked out just fine for chilly mornings. I could have used heated seats but that would put the car's price more than \$20,000. It bases out at \$16,990, my tester had a few options all cosmetic, such as fog lights, a rear spoiler exhaust tips, and a leather wrapped steering wheel.

The option package in my tester had a premium sound

**See LANCER page 12**



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## — MOTORandSPORTS —

# Live Boxing 2010 — Mexico vs. Philippines

by Chuck Karaszia

Continuing their quest to bring quality live boxing to San Diego, Bobby D. in association with Jorge Marron Productions, brings on February 25, a battle "War of Wills" at the luxurious Four Points Sheraton in Kearney Mesa San Diego.

This leather-on-leather slugfest represents Philippine born natives and Mexican nationals to ever put on boxing gloves proudly representing their native homeland.

For Mexico in the main event is 28-year-old Jaime Orrantia from Sinaloa, Mexico, the same city that bred World Champions Humberto "Zorrilla" Soto, Rafael Urias, and Antonio DeMarco.

Orrantia, a 28-year-old with 43 professional fights, is a seasoned veteran. Coming

off consecutive knockout wins against Abel Sepulveda and Ruben Longoria (17-20-10) going the distance against Jorge Paez, losing a close decision speaks volumes.

Representing the Philippines is unbeaten Mercilo Gesta (16-0-7) of Cibu City.

World renown the Philippine born welterweight is from the same region as Manny Pacquino, General Santos City, who has captured the attention and admiration as the best fighter in the world "pound-for-pound."

Gesto will fight Ghana's Joshua Clottey on March 13 at Cowboy Stadium.

Mercito Gusta and "Marvelous" Marvin Sonsona are the next generation of Philippine fighters to contend for the world-championship.

Gesta (16-0-1) went 10-rounds in 2005 a unanimous decision against Alex Guevara. Fighting against the son of 2-time World Champion Wilfredo Vasquez Jr, (14-0, 12 KO's) Feb. 27 on pay-per-view, will be an entertaining slugfest.

On the second 8-round semi-event card will be the hard-punching Jose "Tapias" Araiza (30-11, 20 KO's) of Tacate, Mexico against journeyman Benji Garcia of Zaponan, Jalisco, Mexico (15-12, 2 KO's).

Also on the card are Amaris "La Reyna" Quintana with a rematch against Melissa Mc-Morrow.

These female fighters had the crowd on their feet on their last fight throwing money in the ring in their last 4-round draw decision.

Antonio Orozco will then risk

his unbeaten record in 30 fights against cagey veteran Christian Favela.

Eight bouts of exciting and entertaining fights are sched-

uled at 7:30 at the Four Points by Sheraton on Aero Drive.

Fight fans, where are you?

Parking is free.

## Lancer ...

Continued from page 10



receptacles for all those distraction devises we should really leave at home!

The Lancer has a short wheel base which makes it a great car for city driving and parking, a trunk that is bigger than most. Safety is paramount with dual front airbags, front seat mounted side air bags, side curtain air bags, driver side knee air bag, front crumple zones, adjustable rear headrests, a safety latch system for the kids, tire pressure monitoring system, daytime running lights, engine immobilizer, anti-theft alarm system, active stability control, and traction control.

system including a 710-watt Rockford-Fosgate Punch System, nine speakers including a 10-inch subwoofer. The sound system also came with Sirius Satellite radio with two of the first three months free. There's also a MP3 connection and it included a sunroof and keyless ignition.

But even with all the options the manufacturer put on the Lancer it still was just a tad over \$23,000 plus tax and license. Sitting behind the wheel, the dash had great visibility and at night the lighting was perfect. To operate the radio and climate control was easy and non-cluttered. The center console is nice with and storage galore and 12-volt

This car is very well equipped and the list goes on. Take a driver down to the local Mitsubishi dealer and take one out for a spin. I would opt for the sound system; I would pass on the sunroof as I'm just not a sun roof kind of guy. Don't forget to tune into KCBQ AM 1170 and check out my "You Auto Know Show" where I will be doing a live road test review.



A look inside the Lancer ES. Photos by Dave Stall

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JANUARY 22, 2010 FROM 5:30 TO 7:00pm**

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

**Pernicano's**  
Since 1946

**Italian Restaurant  
Pizza**

**Celebrating  
over 63 Years  
of service to East  
County diners**

**\$4 OFF  
ANY  
LARGE  
PIZZA  
with coupon  
exp. 02/28/10**

**\$2 OFF  
ANY  
SMALL  
PIZZA  
with coupon  
exp. 02/28/10**

### LUNCH SPECIALS

(Includes Salad and Garlic Bread)  
Spaghetti ..... \$7.95  
Lasagna ..... \$8.95

### Dinner Specials

(Includes Salad and dinner roll)

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

CATERING FOR PICK UP,  
UP TO 100 PEOPLE

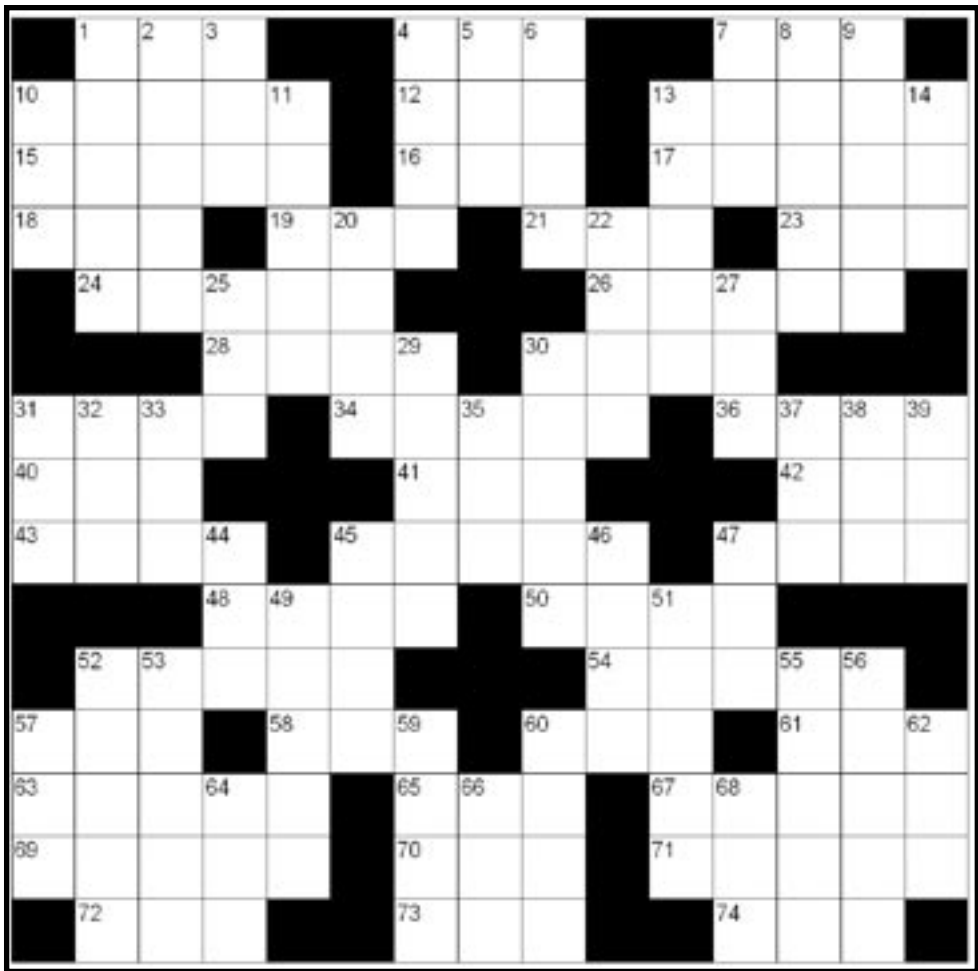
**ORDERS TO GO  
619-444-4546**

1588 E. Main Street  
El Cajon

Open 7 Days 11 am



Puzzles & Comics



CROSSWORD PUZZLE

- Across
- |   |               |    |                      |    |                        |
|---|---------------|----|----------------------|----|------------------------|
| 1 | Chitchat      | 7  | BB association       | 15 | __ Gras                |
| 4 | Play on words | 10 | Gang                 | 16 | Revolutions per minute |
|   |               | 12 | Flightless bird      | 17 | Gulf                   |
|   |               | 13 | Common Catholic name | 18 | Explosive              |

- |    |                     |    |                                  |    |                          |
|----|---------------------|----|----------------------------------|----|--------------------------|
| 19 | Self                | 58 | Yield                            | 20 | Jewels                   |
| 21 | Cave dweller        | 60 | Picnic visitor                   | 22 | Association (abbr.)      |
| 23 | Both                | 61 | Western Athletic Conference      | 25 | Her                      |
| 24 | Palate              | 63 | What the cowboy did to the steer | 27 | Sight organ              |
| 26 | Set                 | 65 | Shade tree                       | 29 | Nominates                |
| 28 | Church song         | 67 | Twirp                            | 30 | Root beer brand (3 wds.) |
| 30 | Ashen               | 69 | Leg joints                       | 31 | Central Standard Time    |
| 31 | Invoke              | 70 | Place                            | 32 | Caesar's three           |
| 34 | Plastic wrap        | 71 | Dye                              | 33 | Cooking measurement      |
| 36 | Soothe              | 72 | Building addition                | 35 | Caviar                   |
| 40 | Sister for short    | 73 | Sign of the zodiac               | 37 | Curve                    |
| 41 | Day of wk.          | 74 | Affirmation                      | 38 | Sun's name               |
| 42 | Decay               |    |                                  | 39 | Terminal abbr.           |
| 43 | Falls over          |    |                                  | 44 | Short-term memory        |
| 45 | Full of swamp grass |    |                                  | 45 | Traveled by horse        |
| 47 | Ca. University      |    |                                  | 46 | Story                    |
| 48 | Duces               |    |                                  | 47 | Ship initials            |
| 50 | Gobs                |    |                                  | 49 | Breezes                  |
| 52 | Shy                 |    |                                  | 51 | From Holland             |
| 54 | Unskilled           |    |                                  | 52 | Cut of beef              |
| 57 | Computer makers     |    |                                  | 53 | Move forward             |
- Down
- |    |                             |    |                             |
|----|-----------------------------|----|-----------------------------|
| 1  | General Ulysses             | 55 | Strong cord                 |
| 2  | Artery                      | 56 | Fibers                      |
| 3  | Unfold                      | 57 | Annoy                       |
| 4  | Brand of coffee alternative | 59 | Duck                        |
| 5  | Sports official             | 60 | Bullets                     |
| 6  | Very cold                   | 62 | Certified public accountant |
| 7  | Nail                        | 64 | Moray                       |
| 8  | Singer Adams                | 66 | Palter                      |
| 9  | Hallway                     | 68 | __ you! (attention getter)  |
| 10 | Time zone                   |    |                             |
| 11 | Reverence                   |    |                             |
| 13 | Fuzee                       |    |                             |
| 14 | Sign language               |    |                             |

SOLUTIONS



OUTZKIRTS

By: David & Doreen Dotson

OUTZKIRTS.COM

HEY NOOGAN, WHICH WAY TO THE BEACH?

IT'S THAT WAY.

Moose Lake

By Steve Krueger

You shrunk your hot dog costume in the wash? What are the yellow dots?

Mustard.

I look ridiculous! I didn't even want to do this in the first place! I'm going home to change!

What in the world is Sandy wearing?

An itsy bitsy teenie weenie yellow polka dotted wienie.

Tabares

presenting an all new 2010 show

CIRCUS VARGAS

THE BIG ONE IS BACK!

California's Own Circus!

National City

Westfield Plaza Bonita

Feb. 18-22

El Cajon

Westfield Parkway

Feb. 25-Mar. 8

Vista

Hwy 78 at Vista Village Dr.

March 11-15

Mira Mesa

Mira Mesa Community Park

March 18-22

Temecula

Temecula Promenade

March 25-29

Tickets & Info at [www.CircusVargas.org](http://www.CircusVargas.org)

or the Circus Ticket Office or call 877-GOTFUN!

Discounts Coupons available at

ULTRA PIZZA

PAPA JOHN'S

BANCO POPULAR

NORTHGATE MARKET

San Diego Blood Bank

# 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

## A G E N D A

### Alpine Community Planning Group

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

### NOTICE OF REGULAR MEETING

Thursday, Feb. 25, 2010

6:30 P.M.

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

- I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey

George Barnett

Jim Easterling

Joe Ford

Greg Fox

Roger Garay

John Hood

Cory Kill

Travis Lyon

Jennifer Martinez

Richard Saldano

Vacant (seat 12)

Kippy Thomas

Scott Tuchman

Dana Zeno
- IV. Approval of Minutes / Correspondence / Announcements

1. Amended Minutes: January 2010

2. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Discussion & Vote: Election & Recommendation for Seat 12 vacancy.

2. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to or from APG Sub-Committees.

Organized / Special Presentations:

1. SDG&E - Presentation regarding the current installation of "Smart Meters" on Alpine Homes.

2. SDG&E - Presentation regarding the traffic control plan that has been developed for the Sun Rise Power Link construction along Alpine Blvd.

3. County DPW presentation – Preliminary Engineering Report for Alpine Boulevard.

Consent Calendar

1. Circulation

1. Discussion and Vote: None

2. Communications

1. Discussion and Vote: None

4. Private Actions

1) Discussion and Vote: None

2) Discussion and Vote: None

3) Discussion and Vote: None
5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote: None

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): SRPL Ad Hoc Subcommittees written letter for SDG&E and the CPUC

VIII. Subcommittee Reports (Including Alpine Design Review Board)

1. Private Actions

2. Trails & Conservation

3. Parks & Recreation

4. Public Facilities & Services & Major Public Policy

5. Circulation

6. Communication

7. Alpine Design Review Board

8. Alpine Safety ADHOC

9. Alpine Incorporation Ad Hoc

10. Albertson Park ADHOC

11. Alpine High School ADHOC

12. SRPL Ad Hoc

Richard Saldano

Scott Tuchman

Brad Bailey

John Hood

Greg Fox

Vacant

Kippy Thomas

Jennifer Martinez

Vacant

Brad Bailey

Greg Fox

George Barnett
- IX. Officers Reports

A. Chairman

B. Vice Chairman

C. Secretary

D. Immediate Past Chair

Greg Fox

Brad Bailey

Jennifer Martinez

Dana Zeno
- X. Open Discussion 2 (Only if Necessary)

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

A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)
- XII. Approval of Expenses / Expenditures
- XIII. Announcement of Sub-Committee Meetings

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

1. Thursday, March 25, 2010 at 6:30 P.M.
- XV. Adjournment of Meeting



# LEGAL NOTICES



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



CITY OF EL CAJON

**NOTICE INVITING SEALED BIDS**  
**PUBLIC PROJECT: PRESCOTT**  
**PROMENADE IMPROVEMENTS 2010**  
**ENGINEERING JOB NO. 3293**  
**BID NO. 020-10**

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

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on March 12, 2010**

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$36.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

Apre-bid conference will be held on **February 25, 2010 at 2:00 p.m.** at City Hall 5th Floor, Conference Room, located at 200 Civic Center Way, El Cajon. 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 18, 2010

East County Gazette- GIE030790  
 02/18, 02/25/10



**NOTICE OF JOINT PUBLIC HEARING**  
**DISPOSITION AND DEVELOPMENT**  
**AGREEMENT (DDA)**  
**BETWEEN EL CAJON**  
**REDEVELOPMENT AGENCY**  
**AND THE CHAMBERS SENIOR**  
**RESIDENCE, L.P.**

On **March 9, 2010, at 3:00 p.m.**, or soon thereafter as the matter may be heard, in the City Council Chambers, El Cajon City Hall, located at 200 Civic Center Way, El Cajon, California. The City Council of the City of El Cajon and the El Cajon Redevelopment Agency ("Agency") will hold a public hearing to consider a proposed Disposition and Development Agreement ("DDA") by and between the Agency and the Chambers Senior Residence, L.P. The proposed DDA and a Summary Report prepared pursuant to California Health and Safety Code Section 33433 are available for public inspection at the City Clerk's Office, at the above address, during office hours (8:00 a.m. to 5:00 p.m., Monday through Friday). Further information concerning this matter may also be obtained by contacting David Cooksy, Director of Redevelopment and Housing, at (619) 441-1710. If you challenge the DDA in court, you may be limited to raising only those issues which you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council and the Agency prior to the public hearing.

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

East County Gazette- GIE030790  
 02/18, 02/25, 03/04/10

**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

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2010-00222**

FICTITIOUS BUSINESS NAME(S): Elite Car Sales, LLC  
 Located at: 6920 Miramar Rd., San Diego, CA 92121  
 This business is conducted by: A Limited Liability Company  
 The business has not yet started.  
 This business is hereby registered by the following: Elite Car Sales, LLC 38865 Cherry Point Ln., Murrieta, CA 92563  
 This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010.

East County Gazette- GIE030790  
 2/18, 2/25, 3/04, 3/11, 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. 2010-002677**

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. 2010-001420**

FICTITIOUS BUSINESS NAME(S): Summit Ridge Professional Development  
 Located at: 6885 Summit Ridge Way, San Diego, CA 92120  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Dr. Sandra Bonura 6885 Summit Ridge Way, San Diego, CA 92120  
 This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2010.

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

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## APG Vacancy

**ALPINE** — The Alpine Planning Group is looking for an interested individual to fill one open seat on the 15-member board. The APG is responsible for advising the county on issues of planning and land-use in the area.

General meetings are held on the fourth Thursday of every month, 6:30 p.m. at the Alpine Community Center.

Interested individuals should attend the next APG meeting on Thursday, February 25, 2010, to present themselves as a candidate. For more information please contact APG chairman Greg Fox at GregRFoxJr@aol.com.

**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. 2010-003000**

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. 2010-002627**

FICTITIOUS BUSINESS NAME(S): Bob's Big Boy  
 Located at: 937 Parkway Plaza, El Cajon, CA 92020  
 This business is conducted by: A Limited Liability Company  
 The first day of business was: December 17, 2009  
 This business is hereby registered by the following: 1. El Cajon Operating 31742 Los Rios Street, San Juan Capistrano, CA 92675  
 El Cajon Operating, California  
 This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.

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

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2010-003946**

FICTITIOUS BUSINESS NAME(S): LoyalPetLoss.com  
 Located at: 122 So. Stephanie Lane, El Cajon, CA 92019  
 This business is conducted by: Husband and Wife  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Georgette Weitz 122 So. Stephanie Lane, El Cajon, CA 92019; 2. Darrell Weitz 122 So. Stephanie Lane, El Cajon, CA 92019  
 This statement was filed with Recorder/ County Clerk of San Diego County on February 10, 2010.

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

## HOME IMPROVEMENTS

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**PROPANE**

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**Budget Pay Available**  
**16245 Alpine Boulevard**  
**619-390-6304**



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— LEGAL NOTICES —

CITY OF EL CAJON PUBLIC NOTICE  
ONE-YEAR ACTION PLAN FOR FISCAL YEAR 2010-11  
CONTINUED FROM PAGE 16

C0903	City of El Cajon 200 Civic Center Way Phase II of City's ADA Plan, identify and prioritize ADA requirements and installation of ADA curb ramps throughout city.	03 – Public Facilities 570.201(c) – Capital Expenditure Grant L/M Area 24 CFR 570.207(a)(1)	\$25,000 ADA Transitional
CXXXX	Family Health Centers of San Diego 1111 W. Chase Avenue, El Cajon Expansion of Registration Area and improvements to Service Provider Room.	03P – Health Facilities 570.201( c) – Capital Expenditure Grant L/M Clientele 24 CFR 570.208(a)(2)(A)	\$60,000 Chase Avenue Clinic Registration Area Expansion
C0911	City of El Cajon 200 Civic Center Way 1153 E. Madison Avenue Community Policing activities.	05I – Crime Awareness 570.201(e) – Public Services Grant L/M Area 24 CFR 570.208(a)(1)(i)	\$67,387 Community Policing
CADMIN	City of El Cajon 200 Civic Center Way Administration of the CDBG program.	21A – General Program Administration 24 CFR 570.206 Grant	\$231,751 CDBG Administration
C0715	Center for Social Advocacy 277 E. Lexington Avenue, Suite A and various locations throughout the City. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 Grant	\$18,086 Fair Housing Activities
C0905	City of El Cajon 200 Civic Center Way City Hall and Council Chambers ADA Improvements	03 – Public Facilities 570.201(c) – Capital Expenditure Grant L/M Area 24 CFR 570.207(a)(1)	\$360,000 City Hall and Council Chambers ADA Improvements
C0724	Crisis House 1034 North Magnolia Avenue Homeless Services Homeless assistance and vouchers.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$40,000 Crisis House Homeless Prevention
C0712	Meals-On-Wheels 1488 Pioneer Way #4 Provide meals to elderly and disabled.	05A – Senior Services 570.201 (e) Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$10,000 Meals-on- Wheels El Cajon
C0713	Set Free Baptist Fellowship of San Diego 1527 E. Main Street Homeless Services Homeless assistance and vouchers.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$50,000 Emergency Voucher Program
C0XXX	Ecumenical Council of San Diego 3530 Camino Del Rio North, Suite 301 San Diego, CA 92108 Sites: 1034 N. Magnolia Avenue and 290 S. Magnolia Avenue, El Cajon, CA Homeless assistance and Case Management to individuals and families.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$10,000 Interfaith Shelter Program
C0XXX	San Diego Food Bank 9850 Distribution Avenue San Diego, CA 92121 Site: 1465 E. Madison Avenue, El Cajon, CA Provide food to people in need.	05 – Public Services (General) 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$9,990 Neighborhood Distribution Center (San Diego Food Bank)
Proposed HOME Projects for FY 2010-11			
H0715	Center for Social Advocacy 277 E. Lexington Avenue, Suite A and various locations throughout the City. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 Grant	\$6,027 Fair Housing Activities
HADMIN	City of El Cajon 200 Civic Center Way Administration of the HOME program.	21A – General Program Administration 24 CFR 92.207 Grant	\$78,943 HOME Administration
H0XXX	TBD Allocation of 15% of HOME Grant for a qualified CHDO for housing development activities. CHDO to be identified at a later time through RFP process.	13 – Direct Homeownership Assistance 92.205 – Required CHDO Set-Aside	\$127,455 15% CHDO Set-Aside
H0719	City of El Cajon 200 Civic Center Way Various locations throughout the City. First Time Homebuyer Program.	05R – Downpayment Assistance 24 CFR 92.254 – Loans	\$318,638 First Time Homebuyer Program
H0720	City of El Cajon 200 Civic Center Way Various locations throughout the City. Loan for rehabilitation of single family and mobile homes.	14A – Rehabilitation: Single Unit Residential 24 CFR 92.205(d) Loans	\$318,640 Rehab Loan Programs

Comments and requests for additional information may be directed to Xavier Velasco, Redevelopment and Housing Department, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020, (619) 441-1710.

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

East County Gazette- GIE030790  
02/18, 03/04/10

**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. 2010-003000**  
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. 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. 2010-002380**  
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. 2010-004128**  
FICTITIOUS BUSINESS NAME(S): Bauhaus  
Building Company  
Located at: 1608 Maria Ave., Spring Valley,  
CA 91977  
This business is conducted by: An Individual  
The first day of business was: March 20,  
2004  
This business is hereby registered by the  
following: Eric Schlosser 1608 Maria Ave.,  
Spring Valley, CA 91977  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 11, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-000756**  
FICTITIOUS BUSINESS NAME(S): Phoenix  
Specialty Printing  
Located at: 12233 Higgins Terrace,  
Lakeside, CA 92040  
This business is conducted by: Husband  
and Wife  
The business has not yet started.  
This business is hereby registered by  
the following: 1. Andrea C. Hunter 12233  
Higgins Terrace, Lakeside, CA 92040;  
2. Christopher M. Smith 12233 Higgins  
Terrace, Lakeside, CA 92040  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 11, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-002008**  
FICTITIOUS BUSINESS NAME(S): a.)  
Summit Publications b.) Aviculture Book  
Source  
Located at: 235 Garden Grove Ln., El Cajon,  
CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Patrick Gerald Coyle Jr., 235  
Garden Grove Ln., El Cajon, CA 92020  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 25, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2010-003401**  
FICTITIOUS BUSINESS NAME(S):  
MANTRAP  
Located at: 783 Arnelo, 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. 2010-001465**  
FICTITIOUS BUSINESS NAME(S): a.) Align  
by Design b.) Align and Design  
Located at: 4615 Date Ave., La Mesa, CA  
91941  
This business is conducted by: An Individual  
The first day of business was: February  
12, 2005  
This business is hereby registered by the  
following: 1. Matina Arriaga Kueiner 4615  
Date Ave., La Mesa, CA 91941  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
January 19, 2010  
East County Gazette- GIE030790  
1/28, 2/04, 2/11, 2/18, 2010

**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. 2010-003668**  
FICTITIOUS BUSINESS NAME(S):  
Performance Drywall & Insulation  
Located at: 4204 Jutland Dr. Ste. A-2, San  
Diego, CA 92117  
This business is conducted by: A  
Corporation  
The first day of business was: February  
8, 2010  
This business is hereby registered by the  
following: New Vision Drywall 4204 Jutland  
Dr. Ste. A-2, San Diego, CA 92117  
This statement was filed with Recorder/  
County Clerk of San Diego County on  
February 08, 2010.  
East County Gazette- GIE030790  
2/18, 2/25, 3/04, 3/11, 2010







# Our Best Friends

## Picking the right crate ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Trainer,

We are going to get our new rescue dog in a couple of weeks after he is neutered and recovered from Kennel Cough. We would like to crate train him but I'm not sure what type of crate is best. Our new dog is a 2-year-old boxer and lived outside most of his life, so not only will we need to work on his house training, we want to prevent him from having access to things he should have until he is more blended with our family. I'm pretty sure we have enough information about how to make the crate a happy place, but any tips on crating would be helpful.

Signed, Kenneled up

Dear Kenneled,

Whether you are working on housetraining, or preventing your couch from being eaten in your absence, crate training is a wonderful management tool if introduced and used correctly. Making the crate a comfortable and non-stressful place for your dog should be your goal when introducing the crate, and a few simple things will help you achieve that goal with minimal effort.

### Choosing the right kennel or crate for your dog

The type of crate you choose for your dog is important for your dog's safety and acceptance of being crated. The two most common styles are wire and airline-type, which

are the hard plastic crates. There are many others on the market; some which come in "designer" styles to match many decors. However, most crates are "knockoffs" or clones of others, and the two most common ones, the wire and airline-type will be addressed in this piece.

Both types of crates have advantages and disadvantages and you will need to determine which best suits your dog by looking at the following pros and cons of each type.

#### Wire crates:

##### Pros:

- Can be folded down for easy storage and placed under a bed or in the trunk of a car when traveling.
- For dogs that worry about you or the environment, these crate allow the dog full view of the room so they can keep an eye on things.
- Many come with a pull-out bottom tray for easy cleaning and some are adjustable for the size of the dog. These are great for growing puppies since they allow you to buy only one crate that will "grow" with the puppy.
- Allows good air circulation.
- Can be covered if needed.
- Many have one-handed lock systems for easy in and out.

##### Cons:

- For dogs that are overly stimulated by the environment, this type of kennel may

allow too much visual stimulus. These crates can be covered, but some dogs will pull the cover inside and shred it. Fortunately, there are commercial crate covers that are more difficult for dogs to pull through because they are form-fitted to the crate.

- Dogs that become panicked might dig or bite on the wires and bottom tray which can cause damage to paws or may break teeth.

- Airlines do not accept this type of crate if you needed to fly your dog somewhere.

- Since the wires can bend with excess pressure, dogs may escape easier from this style.

#### Airline-type crates:

##### Pros:

This type of crate provides more of a visual obstruction of the environment and is useful for dogs that need less stimulation in their day.

These crates also provide some noise dampening for dogs that are sensitive to sounds.

Major airlines have approved this type of kennel for flying dogs in the cargo area of planes, but check on each company's guidelines for flying animals.

##### Cons:

- These crates do not fold down and are more bulky to move, and the bigger ones do not fit well in smaller vehicles. They do, however, do well in the back of trucks if secured properly.

- Some dogs find this type of crate claustrophobic.

- If your house is not climate-controlled, these do not allow good air circulation during hot weather.

#### Tips for successful crate training:

Once you have decided which crate or kennel best suits your dog, you will then want to consider a couple of other things before you start training:

- Where to place the crate. Helping your dog become comfortable in several locations will optimize his comfort and make it easier if you travel with your dog since he will be familiar with his crate in lots of different places. When training your dog to the crate, move the crate to different rooms so your

dog is comfortable in lots of settings.

- What will you place on the bottom of the crate floor? If you find your new dog loves to shred lots of things then purchasing an expensive crate pad might not be the best option, but a couple of folded towels might do just fine.

- Plan to leave some distractions such as stuffed \*Kongs or rawhides in your dog's crate, but be sure you know your dog's chewing style before you leave any of these items in there. If your dog is a slow and steady chewer, then rawhides are a good choice, as are red-colored \*Kongs. On the other hand, if your dog is a voracious chewer that might ingest a whole rawhide in one sitting, this would not be a good choice as large pieces of rawhide can get trapped in a dog's stomach or intestines.

This type of dog would do better with one of the black Kongs that were designed for strong jaws, or the extra hard nylon-type bones. \*To learn how to make Kongs more challenging and fun for your dog, visit the Kong website: [www.kongcompany.com](http://www.kongcompany.com)

- Finally, your dog's crate should always be a safe place for your dog. Try to think of the crate your dog's "space," which means keeping other dogs, kids and random animals or people away from the crate when your dog is resting. After all, it wouldn't be much fun to have someone disturbing you when you are in your bed!

Good luck,

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

## ADOPT-A-PET



She's lovely, she's goofy, she's Stella! This 3-year old Husky blend weighs 44 pounds. Shy at first, she is very sweet with people, though overly-dominant with other dogs. Stella 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. Her \$69 adoption fee includes spay, microchip, license, and vaccinations.

Perdita is a 7-year-old brown/tan Chihuahua mix female. Perdita can't wait to find a special family to love. This gal is calm and easy-going, but can show you a frisky side too! She loves hanging out with human companions that she knows and trusts. With an affectionate nature, she's an adorable lap dog who loves being petted. Perdita will do well in a Chihuahua experienced home, including a home with children and other animals. In addition, Perdita may be a perfect match for an older pet parent who wants to take part in the San Diego Humane Society's [Seniors for Seniors Program](http://www.sdhumane.org). Her adoption fee is \$50 and includes her spay, current vaccinations and more! Perdita is available for adoption at the North Campus of the San Diego Humane Society, 2905 San Luis Rey Rd., Oceanside, CA 92058. (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org)



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