

# EAST COUNTY GAZETTE

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VOLUME 10  
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Feeling a little down?



See the Gazette picture gallery for more  
Western Days photos pages 15 & 16

## A bird of another feather



A bird of another feather, Mother Goose, showed up at the Lakeside Western Days Parade, excited to start planning for her own parade. Her first fund raising event to help support the Mother Goose Parade is scheduled Tuesday, May 4 at Mangia Bene's Restaurant in El Cajon from 5 to 8 p.m. Mother Goose's feathers are ruffled with excitement in anticipation of her pasta dinner with her flock of friends. For more information on the dinner, call (619) 444-8712 or (619) 444-5774. Photo credit: Ron Cook

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# Local News & Events

## Grateful hearts showed their support for the Alpine Veterans Wall of Honor

by Diana Saenger

East County residents showed up at the Alpine Veterans Wall of Honor fundraiser last week with generous minds and grateful hearts for local veterans. The event, spearheaded by Chairperson Dan Foster, was a rousing and passionate affair that heralded the actions of U.S.

Veterans and presented the ideas behind a wall and a walk that will be built at the Alpine Community Center. Attendees filled the DreamCatcher lounge that was aglow with patriotic décor and spirit.

"We were so pleased by the number of people who showed up and touched by their generosity," Foster said.

The evening began with a moving Pledge of Allegiance led by Alpine Veterans Wall of Honor committee member Larry Curtis. Moderator Herb Cawthorne did an excellent job of steering the many eloquent and touching speeches presented throughout the night which included speakers Rear Admiral Ted Steele, Al Martinez, Oscar Knight III, Duncan Hunter

and Nick Popaditch, a retired and decorated U.S. Marine. Popaditch was wounded and totally blinded in combat in the battle of Fallujah. He was awarded the Silver Star for gallantry and the Purple Heart, and has gained back sight in one eye.

Among the recollections from the men who served,



Duncan Hunter & Nick Popaditch. Photo Credit: by Diana Saenger

one of the most touching was Foster. Himself a Veteran of the Vietnam War, he spoke of a visit with Pine Valley's 100-year-old Lieutenant John William Finn, a retired officer of the United States Navy who received the Medal of Honor in recognition of heroism and distinguished service during the Japanese attack on Pearl Harbor on December 7, 1941. Foster was happy to report that Finn, also the only living Pearl-Harbor-Day Medal of Honor recipient, will have the honor of the first name on the wall.

Forces who served was overlooked; there was even a table set in remembrance of the POWs and soldiers who served in war and did not return home. As Hawthorne thanked Viejas for their generous support of the Wall of Honor project, donor after donor offered checks and made pledges of financial support for the wall. Foster said it's too early to release the total donations as they are still coming in, but he's amazed at those who continue to pledge support.

No member of the Armed "I'm getting calls from local See WALL OF HONOR page 21

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The shelter is open to the public from 10 AM to 5:30 PM,  
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The shelter is closed Sunday and Monday.

The El Cajon Animal Shelter is not a part of the  
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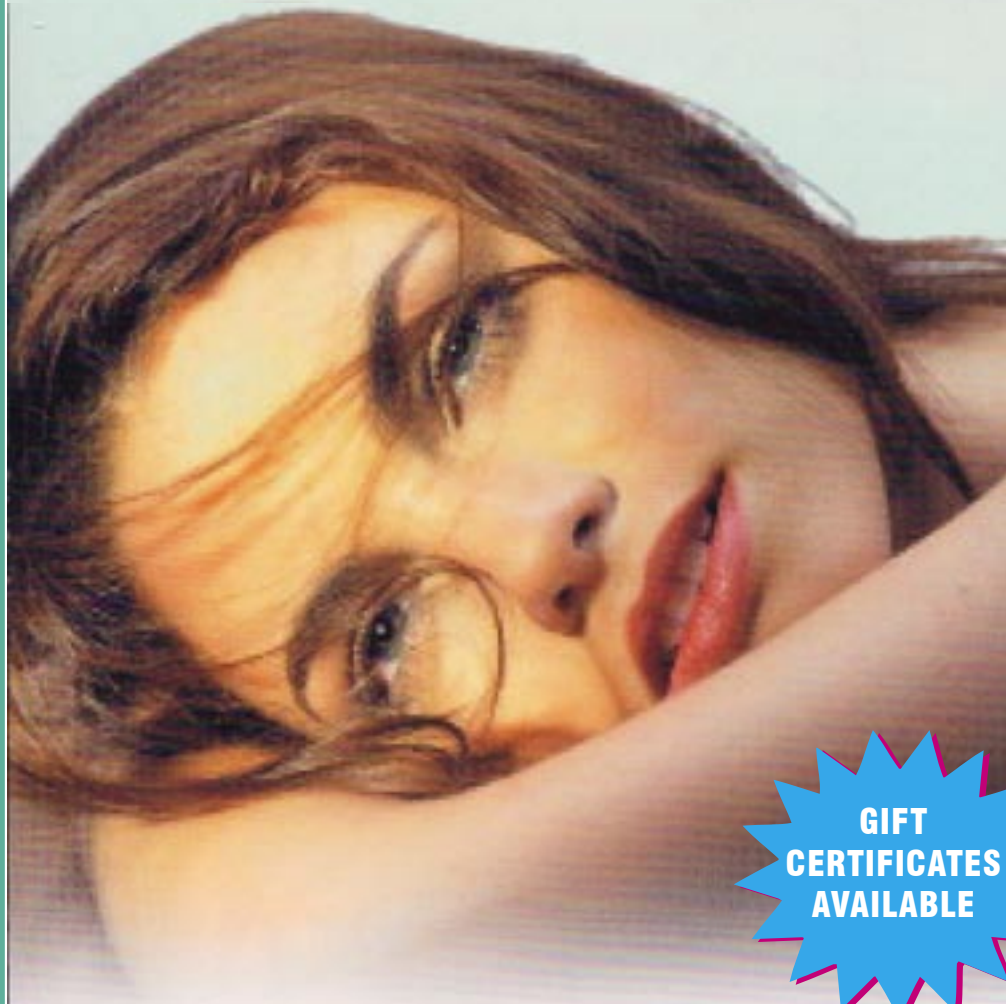
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— LOCAL NEWS & EVENTS —

# El Cajon highlights

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

## Arbor Day Celebration

Join us for our Annual Arbor Day Celebration this coming Friday, April 30, 3 p.m., next to the Ronald Reagan Community Center, 195 East Douglas Avenue in El Cajon. The El Cajon Woman's Club will again be providing some light refreshments, and they are providing the tree for the tree planting ceremony. The public is welcome to this special event!

## Special days in May

The El Cajon City Council has declared May 2 through the 8 as Municipal Clerks' Week in the City of El Cajon. This honors the office of Municipal clerks, and honors our own City Clerk Kathie Rutledge and her staff as the professional link between the residents, the local governing bodies and agencies of government. The Proclamation was made at Tuesday's City Council meeting. The City Council also proclaimed Wednesday, May 5, as Law Enforcement Memorial Day to honor all San Diego County Law Enforcement, especially those who have given their lives in the line of duty. Accepting the Proclamation was El Cajon Police Captain Jim Redman.

## The Prescott Promenade is changing

Planned renovations have begun at the Prescott Promenade, and this has closed access to the Promenade area for the next few months. A small billboard posted at the site shows an artist rendering of the enhancements planned. Pedestrians will not be able to travel through the area between Douglas Avenue and East Main Street. Detours posted direct pedestrians to use Claydelle or Magnolia Avenues as alternates. Work on the Promenade is expected to be completed by mid July – weather and equipment permitting.

Please note: This will not affect shopping or restaurants on East Main Street – they will still be open for your shopping and dining pleasure!

## Sector Watch Community Forums starting May 4

The El Cajon Police Department will again be holding five Community Neighbor-

hood Forums called "Sector Watch". These meetings were very well received in the past and will again involve all five sectors in the City. This is an opportunity for residents to ask Police and other City department representatives their questions, or to voice any concerns they may have about their neighborhood. Topics addressed at previous forums have been traffic, graffiti and gangs, while several residents came to say "thank you" for a job well done. It is also a perfect opportunity for residents to sign up for a Neighborhood Watch program.

Police Community Forums are scheduled for the following sectors:

Sector 6 - May 4 – 6:30 p.m.  
 – Fletcher Hills Elementary School, 2330 Center Place

Sector 7 - May 11 – 6 p.m.  
 – Bostonia Elementary School, 1390 Broadway

Sector 8 - May 18 – 6 p.m.  
 – First Presbyterian Church, 500 Farragut Circle

Sector 9 - May 26 – 6 p.m.  
 – Meridian Elementary School, 651 S. Third

Sector 10 - June 2 – 6 p.m.  
 – Toyota of El Cajon, 965 Arnele Avenue

If you are wondering which sector you live in, visit [www.elcajonneighbors.org](http://www.elcajonneighbors.org) and click on "Where is my sector" on the left hand side of the opening page.

## Don't miss the next Crime Prevention Class for Apartment Managers

On May 6, the El Cajon Police Department will hold their next Crime Free Multi-Housing training program, a state-of-the-art crime prevention program designed to reduce crime, drugs, and gangs in apartment properties. Property owners, managers, leasing staff, maintenance personnel, and others in the management team are encouraged to attend this 8-hour training program. This free program is now in over 2000 cities throughout the United States and in seven different countries. The class will be held from 8 a.m. to 5 p.m. at the Ronald Reagan Community Center in El Cajon.

Newly certified participants are now recognized at El Cajon City Council meetings. The Crime Free Multi-Housing

Program consists of three training phases that are completed under the supervision of the El Cajon Police Department. The benefits of this program are reduced calls for service, a more stable tenant base, and it creates a sense of community for tenants living in an apartment environment. For more information or to register please call Samantha Hook at (619) 579-4227.

## Health Fair in May

On Saturday, May 8 the Cajon Valley Council of PTA's is hosting a Community Health & Safety Fair at Cajon Valley Middle School, located at 550 E. Park Avenue from 9 a.m. to 2 p.m. Come early and enjoy a Kiwanis breakfast! You'll see numerous health and safety displays from various organizations. For more information please call (619) 334-3729.

## Holy Trinity Annual Jamboree coming soon

The 2010 Cajon Valley Jamboree will be taking place May 21, 22, and 23 at Holy Trinity Church, 405 Ballard Street in El Cajon. Admission is FREE with LIVE entertainment, rides, food, crafters, live auction as well as a silent auction. Hours: Friday, May 21 - 5 to 10 p.m., Saturday, May 22 - 9 a.m. to 10 p.m., and Sunday - May 23 - 9 a.m. to 5 p.m. For more information on the entertainment and program activity visit [www.cajonvalleyjamboree.com](http://www.cajonvalleyjamboree.com).

## Commute with Pedal Power on Bike to Work Day!

Join thousands of County residents on Friday, May 21, for National Bike to Work Day (BTWD)! Register now at [www.iCommuteSD.com](http://www.iCommuteSD.com) to be eligible for prizes, such as spa gift certificates or an electric bicycle, and print out your receipt for a free BTWD t-shirt! Cruise by one of dozens of pit stops to refuel with beverages, free energizing snacks, and lots of encouragement! Pit stops are open from 6 a.m. to 9 a.m. on Friday, May 21. Check [www.icommutesd.com](http://www.icommutesd.com) often to see which pit stops are on your route. The City of El Cajon will have their Pit Stop at the corner of Sulzfeld and East Main Street.

New for 2010 is the Bike to Work Day Corporate Challenge where companies and organizations strive to have the highest percentage of employees ride on BTWD. Get your company involved - winning companies will receive a

recognition meal for everyone who participates! More information is available at [www.iCommuteSD.com](http://www.iCommuteSD.com).

Never ridden your bike to work before? Visit [www.iCommuteSD.com](http://www.iCommuteSD.com) to get all the resources you'll need to get started, from bike maps to how to take your bike on transit. This year's event is sponsored by SANDAG and presented by San Diego County Credit Union. Bike to Work Day could not happen without our many sponsors - please be sure to show them your support. If you would like more information about BTWD or bicycle commuting, e-mail iCommute at [biking@sandag.org](mailto:biking@sandag.org), or call 511 and say, "iCommute."

## Painting the town by painting a mural in El Cajon

Saturday, May 29, will be a Lend A Hand Neighborhood Enhancement project event from 8 a.m. to 2 p.m., featuring volunteer-friendly mural

painting projects in the vicinity of the Cajon Valley Middle School ballpark. Volunteers, participants, sponsors, and materials are still needed for all events. Volunteer your time, materials, or expertise. Or support Lend A Hand with a financial donation. To participate, please register in advance by calling Christina Burke, the El Cajon CDC Community Development Coordinator, at (619) 401-8858 or email her at [Christina@downtownelcajon.com](mailto:Christina@downtownelcajon.com).

*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.*

## Help support this year's Mother Goose Parade "Gobble with the Goose"

**Tuesday, May 4  
 5-8 pm  
 Mangia Bene's Restaurant  
 221 E. Main Street  
 El Cajon**

Tickets available now by calling (619) 444-8712 or stopping by the office at 1130 Broadway, El Cajon. Tickets prices: \$15 adults provides meal drink (non-alcoholic). \$12 members and children under 18.

Tickets will also be available at the door Tuesday, May 4 at 5 p.m.

## You may be eligible for a refund on your California Tax .....Return.....

Did you have Mortgage Forgiveness Debt on your Federal return but have to pay California tax? If so, you can now file for a refund in California. On April 12, 2010 California law changed allowing mortgage forgiveness going back to 2007. Call or email for help with filing your amended California return.

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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County



The Tenth Annual Alpine Challenge bike ride took place on Saturday Morning April 24. Over 400 riders started out on three different rides, 25, 60 and 72 miles through the back country of San Diego. Starting at the Viejas Outlet center and returning back to the same location. Riders were greeted with medals and gift bags filled with items from sponsor's. Pictured are Alpine's Royalty who helped congratulate each rider as they crossed the finish line, and one of the first teams to cross the finish the "South Bay Krankers". All proceeds benefit Rady Children's Hospital and The Alpine Scholarship fund. Photo credit: Kathy Foster

## It's Sage & Songbirds Festival this weekend

**M**asses of garden and outdoor-lovers are expected to converge on Alpine this weekend for the 13th Annual Sage & Songbirds Festival.

Garden Tour - Hundreds of local folks — and even more visitors to Alpine--will be cruising the local streets en route to six private home gardens being spotlighted on this year's Sage & Songbirds Garden Tour, April 30-May 2.

The gardens feature unique art, sculptures, water features, hardscapes, pathways, plants and much more. One site is a raptor rehabilitation facility, offering an up-close look at owls, hawks, eagles and other live birds-of-prey.

Tickets for the self-guided tour are \$15 per person, and will be available during the event at The Vine Bistro, 2502 Alpine Blvd. A map is included with ticket purchase, and provides admission to all 6 sites. Gardens are open from 10 a.m. to 4 p.m. each day.

Festival at Viejas Outlet Center - Thousands of visitors are expected at Viejas Outlet Center where the Sage & Songbirds Festival takes place in the Center's Show Court on May 1 and 2. Admission is free.

Festival hours are 10 a.m. to 4 p.m. on May 2, and 10 a.m. to 3 p.m. on May 3.

A live butterfly release is scheduled for noon, both Saturday and Sunday.

Over 40 vendors of unique garden-related items will showcase their wares--a perfect opportunity for Mother's Day shopping!

An opportunity drawing featuring dozens of prizes, including 4-packs of tickets to Disneyland and California Adventure, San Diego Zoo, and gift certificates from many local merchants and restaurants will be held. Opportunity drawing tickets are \$1 each and may be purchased at the Festival. Winners will be announced just prior to the close of the event, Sunday afternoon.

The Festival and Garden Tour are sponsored by Viejas Outlet Center and San Diego Home/Garden Lifestyles Magazine. Additional sponsors include Rand Engineering, Studio Soledad and Norm and Esther Croteau.

The events are presented by CHIRP for Garden Wildlife, Inc., a local non-profit organization. Proceeds benefit habitat education programs for our schoolyards and backyards.

For additional information visit [www.chirp.org](http://www.chirp.org) or phone (619) 445-8352.

## Elks Lodge Award Winners

Three local students who competed in the Elks National History Day contest, "American History" were recognized at the El Cajon Elks Lodge's meeting on April 26. The students submitted essays on various topics.

Juan Carlos Fernandez took 1<sup>st</sup> Place of \$50 for his article on Political Cartoons; Sarah Smith took 2<sup>nd</sup> Place of \$25 for her article on Barbed Wire "Devils' Rope;" and Caressa



(L-R) Exalted Ruler Nancy Kulinski, award winners Caressa Robinson, Sarah Smith, Juan Carlos Fernandez and Representative for the San Diego County section of the competition, Ron Wagner.

Robinson took 3<sup>rd</sup> Place of \$25 for her article on Democracy. The students are now eligible for the State competition to be held in Pasadena May 7-9.

## Lakeside round-up

by Patt Bixby

### Lakeside Union School District meeting

**S**PELLING Bee winners from Tierra Del Sol Middle School were recognized during the April School Board Meeting. The winners were Kayla Solomon (6<sup>th</sup>); Kenneth Eaton (7<sup>th</sup>); and the Champion Sarah Gregor (8<sup>th</sup>).

Jason Roberts co-chairman of the Lakeside Skate Park Committee discussed plans for a skate park at Lindo Lake Park. The skateboard committee is asking for support from the School District as well as the Community. A resolution honoring school volunteers as their generous service to the students and schools of Lakeside was adopted.

The board approved the 2009-2010 Collective Bargaining Agreement with the Lakeside Teachers Association for compensation and benefits.

The district was authorized to offer \$10,000 retirement incentive to classified employees who retire by June 30, 2010. The incentive waved be probated on a full time equivalency and there must be at least six employees who take the retirement incentive.

### Graffiti in Lakeside

The Lakeside Chamber of Commerce is partnering up with the Sheriff's Department to form a Lakeside Citizens Group, which will help stamp out graffiti in the community. Volunteers are being sought who are willing to help form the new group.

Members of the new group will keep an eye on the community for graffiti. If they see graffiti, they are asked to visit the chamber website at [www.lakesideca.com](http://www.lakesideca.com) and click on the link for Graffiti reporting and post information on where the graffiti is located. If there is no address, give a detailed description of the location. The Chamber will forward the information to the Sheriff's Department. Then the Sheriff's Department will go to the Graffiti site and take pictures, which can be used as evidence if the individuals are caught "Tagging."

After the graffiti has been photographed, volunteers from the Lakeside Citizens group will go to the location and remove the graffiti. To join the new Lakeside Citizens Group contact the Chamber of Commerce at (619) 561-1031.

### Dates to Remember

**April 30-May 1:** OLPH- Happy Days Car Show and Festival at 13208 Lakeshore Dr. Corner of Lakeshore and Pino Drive. Car show participants: Saturday gates open at 8.am, registration until 10 a.m.

**May 3:** Lakeside Chamber meeting at 6:30 at the Community Center.

**May 6-13-20-27:** Lakeside Farms Market Lakeshore and Vine st.

**May 5 and 19:** Lakeside Planning Group Meetings 7p.m. at Community Center

## GOLDEN ACORN CASINO

What is happening along the back country borders? For starters, our expanded bus service is up and operating daily and evenings 7 days a week from Chula Vista, National City, El Cajon, Spring Valley, Calexico and El Centro.

Call for reservations and schedules at 1-800-254-3423.

Pay \$10 for the ride, but receive \$20 in free play or table match play.

**BINGO** goes on Mondays and Wednesdays at 2pm and Tuesday, Thursday, and Friday at 11am in the Showroom. Senior Days are Tuesdays and Thursdays and we have special promotions going on every day. Call us at 619-938-6012 and we'll tell you all about everything.

The **HEADLINER** is . . . the Golden Acorn Casino and the Mountain Empire Community Theater will present the "BATTLE OF PUEBLA" reenactment in front of the Casino on Saturday, May 1 at 11am and 3pm and Sunday, May 2 at 1pm and 3pm. Remember, that was the battle General Zaragosa routed the French from Mexico. This special presentation is to welcome the 4th annual Campo Lake Morena Round Up. Show your admission wristband from the Round Up at the Player's Gold Club and receive \$5 FreePlay.

Join us to celebrate **CINCO DE MAYO** May 5 at our all day celebration! Since we all live along the border, we get to celebrate **EVERYBODY'S** holidays. At 7:30pm, we will present Ana Luz performing her Selena's Tribute on the Casino floor. At 9pm to 1am, Tony Obezo and his very popular Tropic II band will perform. Tony always draws a big crowd. We are featuring 99 cent Chavelas and \$2.00 Margaritas and \$2 Tequila Shots. Finally, earn 150 Gold Points and receive a Cinco de Mayo shirt!

And, of course, the all important Mother's Day meal special will be served Sunday, May 9, 2010 beginning at 11am and going until 10pm. For starters, Lobster Bisque or House Salad. Main course is Bacon-wrapped Filet Mignon with a Mushroom Cabernet Sauce, Lobster Thermidor, Asparagus, and your choice of Baked Potato or Garlic Truffle Mashed Potatoes. Dessert is Dessert du Jour. You pay \$19.99 - you receive \$5.00 FreePlay, so that equals \$14.99 for Player's Gold Club Members.

To wind all this up, remember, MMA Cage Fighting will be on Saturday, May 29th and the 2nd Annual Summer Fair and Rodeo will be on Saturday, June 26th.

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In addition to a down payment, purchasers also need cash for closing costs (the final costs associated with closing the loan). Several newly emerging loan programs not only allow the purchase of a home with no money down but also underwrite closing costs.

Not everyone, however, elects to purchase with little or no money down. Less money down means higher monthly mortgage payments, so most home buyers choose to buy with some cash up front.



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# For Health's Sake

## Take the first step to achieving better health

**E**ver wonder how many steps in a day you take? The Surgeon General recommends 10,000 steps a day for optimal health. This is equivalent to 30 minutes of activity. Studies show that by exercising 30 minutes a day, or 10,000 steps reduces the risk for disease and aids to a longer, healthier life and adding a pedometer to your wardrobe could help you achieve your steps.

Do pedometers really work to get people walking? Yes, according to a study conducted by Dr. Steven Stovitz of the University of Minnesota in 2004. The study split 94 sed-

entary patients into two groups. Both heard their physician tell them about the benefits of physical activity and got a one-page handout and a follow-up phone call from a health educator. One group also received a pedometer and were asked to record their steps every day for 9 weeks. Both groups were followed for their self-reported walking activity.

Both groups significantly increased the number of city blocks they walked per day and taking the stairs vs. the elevator, but the pedometer group was way out ahead of those without pedometers. Those with pedometers increased their steps

by about 2,100 per day, or 20 minutes of steady walking, a 30 percent increase in daily steps. They walked almost twice as many blocks as those without pedometers.

"If you add just 2,000 more steps a day to your regular activities, you may never gain another pound," says research by Dr. James O. Hill of the Center for Human Nutrition at the University of Colorado Health Sciences Center. "To lose weight, add in more steps."

Sedentary people in the USA generally move only 2,000-3,000 steps a day. Previous studies have shown that moving 6,000 steps a day significantly reduces risk of

death, and 8,000-10,000 a day promotes weight loss.

Studies showed that for 6-12 year olds, girls needed 12,000 steps/day and boys needed 15,000 steps/day to stay in a healthy Body Mass Index - BMI. The study reviewed research of almost 2,000 children in the USA, Australia, and Sweden. The study was published in the June, 2004 "Preventative Medicine" by Catrine Tudor-Locke Ph.D. and associates.

While diet contributes to childhood obesity, activity seems to be the key for a child to grow with a healthy weight. Parents can make a game of increasing activity by giving their child a pedometer and

encouraging them to increase their daily steps. Steps will be counted when a child walks, runs or jumps, although not while biking or skateboarding.

Classification of pedometer-determined physical activity in healthy adults:

1) Under 5000 steps/day may be used as a "sedentary lifestyle index"

2) 5,000-7,499 steps/day is typical of daily activity excluding sports/exercise and might be considered "low active."

3) 7,500-9,999 likely includes some exercise or walking (and/or a job that requires more walking) and might be

considered "somewhat active."

4) 10,000 steps/day indicates the point that should be used to classify individuals as "active."

5) Individuals who take more than 12,500 steps/day are likely to be classified as "highly active."

Want to know how many steps you take? State Farm Insurance is making an effort to help their communities stay fit. For a limited time, Jennifer K. Langley at State Farm Insurance in El Cajon is giving away pedometers at 365 Broadway, Suite 202 El Cajon. Jennifer has been a State Farm agent in the East County community for 20 years. She can be reached by calling (619) 442-9419. Walk, don't run, to see Jennifer and get started on the first step.

**Laughter is the Best Medicine**

### Pregnant at 71

A woman went to the doctor's office where she was seen by one of the younger doctors.

After about four minutes in the examination room, she burst out screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story.

After listening, he had her sit down and relax in another room.

The older doctor marched down the hallway back to where the young doctor was writing on his clipboard.

"What's the matter with you?" the older doctor demanded.

"Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing and without looking up said,

"Does she still have the hiccups?"

Submitted by Jack Leary of El Cajon.

Have a funny "clean" joke you'd like to share? Send to: jokes@ecgazette.com.

### Overactive Bladder...



Your senior years should be spent having fun... not on the run.

As we age, OAB symptoms such as sudden urges to urinate and frequent wetting episodes become more common.

If you are frustrated living with OAB, you may be interested in a research study we are conducting to evaluate an approved medication for overactive bladder.

#### We are looking for male and female participants who:

- are age 65 or older
- have experienced overactive bladder symptoms for at least 3 months
- have strong, sudden urges to urinate
- experience frequent wetting episodes
- have health problems related to aging

#### If qualified, you:

- will attend five office visits over a 14-week period
- will receive the study medication or a placebo (an inactive look-alike pill) and study-related care at no cost.
- may be compensated for time and travel

For more information please contact:

Grossmont Center for Clinical Research  
8851 Center Dr., Suite 206  
La Mesa, CA 91942  
619-589-4100

### Congratulations to High School Scholars from the Grossmont Healthcare District

The Grossmont Healthcare District, a public agency that supports various health-related community programs and services in San Diego's East County region, is proud to present \$76,500 in scholarships to high school students interested in a healthcare professions career. These students were selected by school administrators for their academic excellence, outstanding citizenship and a desire to improve our world in the healthcare field. Congratulations to these students from our local East County high schools.

#### CHAPARRAL

☺ Tiffanie Novak  
☺ Adenia Lopez

#### EL CAJON VALLEY

☺ Savi Toma  
☺ Artemis Cushu

#### EL CAPITAN

☺ Rebecca Dehnel  
☺ Kayley Uden

#### GRANITE HILLS

☺ Jasmine Payne  
☺ Sarah Triglia

#### GROSSMONT

☺ Breanne Haeger  
☺ Regina Landaal

#### GROSSMONT MIDDLE COLLEGE

☺ Miriam Alpert  
☺ Rebecca Luna

#### HELIX CHARTER

☺ Dionisio Esteban  
☺ Bill Quach

#### MONTE VISTA

☺ Carlos Bugarin  
☺ Andrea Ramirez

#### MOUNT MIGUEL

☺ Sayed Talibi  
☺ Jacquelyn Acuna-Brown

#### SANTANA

☺ Alicia Morris  
☺ Gulafroz Ahmadi

#### STEELE CANYON CHARTER

☺ AJ Blank  
☺ Reena Saif

#### VALHALLA

☺ Fadi Hindi  
☺ Karilyn McGraw

#### WEST HILLS

☺ Alkrizzia Vallapando  
☺ Kaylie Gilchrist

#### CHRISTIAN

☺ Kayle Fields  
☺ Kaylee Jones

#### MOUNTAIN EMPIRE

☺ Sarah Daniels  
☺ Garrett Craighead

#### RIVER VALLEY CHARTER

☺ John-Patrick Martin  
☺ Maura Anderson

#### PATRICK HENRY

☺ Matthew Abrams  
☺ Nicole Sala

The Grossmont Healthcare District, formed in 1952 to build and operate Grossmont Hospital, serves as landlord of Sharp Grossmont Hospital, including ownership of the property and buildings on behalf of East County taxpayers. The District is governed by a five-member board of directors, each elected to four-year terms, who represent more than 500,000 people residing within the District's 750 square miles in San Diego's East County. For more about GHD, visit [www.grossmonthealthcare.org](http://www.grossmonthealthcare.org).



Grossmont Healthcare District





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Thurs.: Ravioli (meat or cheese) ..... \$9.50  
Fri.: Tortellini (chicken, cheese or spinach)..... \$8.85  
Sat.: Half & Half ..... \$8.85  
Sun.: Lasagna..... \$10.45

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— LOCAL EVENTS —

# Out and about in the County

**Through June 20: Viejas Casino Hosts 4th Annual Ultimate Music Challenge.** -nine of the area's best cover bands will compete at Viejas Casino's DreamCatcher Lounge every Sunday from 6 p.m. to 10 p.m. For more information, including dates, times and participating cover bands, visit <http://www.ultimatemusicchallenge.com/dates.html>

**May 1-2: Alpine's 13th Annual Sage & Songbirds Festival & Garden Tour,** "The Hills are Alive with Butterflies," at Viejas Outlet Center, 10 a.m. - 4 p.m. Saturday, May 1; 10 a.m. - 3 p.m. Sunday, May 2. Free admission for everyone. Free Educational Seminars. Free Live Butterfly Exhibit. Free release of hundreds of live butterflies both days. Dozens of vendors of quality garden-related items (and just before Mother's Day!) Opportunity drawings and more. Vendors of garden-related items are invited to participate in the 2-day Sage & Songbirds Festival, May 1-2, in the high-visibility Show Court at the award-winning Viejas Outlet Center. For more information call (619) 445-8352 or email [info@chirp.org](mailto:info@chirp.org) or visit [www.chirp.org](http://www.chirp.org)

**May 2: 20th Annual Vintage Alpine — A Wine Experience in the Country 1 - 4pm.** Explore good food and fine wines in the tranquil setting of Summers Past Farms, nestled in the foothills of eastern San Diego County at Summers Past Farms, 15602 Olde Hwy 80, Flinn Springs. Vintage Alpine began in 1990 and is now one of the largest events of its kind in San Diego County. Each year, more than 500 people of discerning taste from all over the Southwest attend this upscale event. This event features numerous wineries, offering tastings of 40 plus wines from a variety of appellations. Many of the fine restaurants in the San Diego area provide specialty foods for sampling making this a true taste sensation. Besides the wonderful taste sensations, Vintage Alpine also features relaxing live music in a beautiful garden setting, a silent auction, and chances for attendees to meet wine and food specialists and discover new favorites. Tickets \$50 at the door.

**May 8: San Diego River 5K Run a benefit for Lakeside's River Park Conservancy** - Hundreds of runners and walkers will gather on Saturday, May 8th to celebrate the 3rd Annual Run for the San Diego River 5K Trail Run/Walk. The event, which benefits Lakeside's River Park Conservancy, starts at 8am at the corner of Channel Rd and Maplevue St in Lakeside (just off Hwy 67). The 5K course is all off-road, has gentle rolling hills, beautiful views of El Capitan and winds along the San Diego River. Competitive runners will find a great trail run and walkers and families will find the shade and beauty of the San Diego River and its ponds. Dogs on leashes are welcome and the event is family friendly. Registration is available online at [www.lakesideriverpark.org](http://www.lakesideriverpark.org) or by calling the River Park at 619-443-4770. The entry fee is \$25 for Adults and \$15 for Kids 12 & Under and includes a great t-shirt, post-race refreshments, live entertainment and fun kids' activities. Don't miss out on this great local event that celebrates local efforts to preserve and restore the biological integrity and beauty of the San Diego River!

**May 4: Mother Goose "Gobble with the Goose" fund raising event** at Mangia Bene Ristorante Italiano from 5 to 8 p.m. Dinner and a drink (non-alcoholic) \$15 adults, \$12 members and children under 18. All proceeds go to the Mother Goose Parade. Pre-sale of tickets are available at 1130 Broadway, El Cajon or by calling (619) 444-8712. Tickets will also be available at the door.

**May 22: The First Annual "Gunsmoke,"** a night of gamblin and carousin at the Long branch Saloon in Dodge City will be held Saturday at 6 pm in the El Cajon Community Center. Old West with Casino style gaming, great prizes, 50-50 drawing and costume contest. Cost is \$50 per person, which includes \$100 worth of gambling chips and Heavy hors d'oeuvres provided by Downtown Cafe. All proceeds go to the Lions Free sight tests and glasses for the El Cajon Valley School Children. Table sponsorships starting at \$100 are available.

**May 8: 50 FAMILY RUMMAGE SALE** from 7 a.m. till 4 p.m. in the front parking lot at Grossmont High School. come shop you may find a treasure.

**May 8: Boy Scouts Fund Raising Event - Large multi-family garage sale.** 7 a.m. - 2 p.m. at San Carlos Methodist Church 6554 Cowles Mountain Blvd. San Diego 92119 Items for sale include furniture, tools, electronics, kitchen ware, collectibles, brick a brac, as well as a bake sale and \$1.00 rootbeer floats.

### ONGOING

**A drop-in after school program** open to all teens in grades 6-12, up to age 17 is held at the Santee Teen Center at the Lakes. The experienced staff is committed to providing a safe, friendly environment with plenty of outdoor and indoor recreation activities! Become a fan of the Santee Teen Center on [Facebook](http://Facebook) to check out our most up to date information!

**The Barona Cultural Center & Museum** is now open Tuesday through Friday from noon to 5 p.m. and on Saturday from 10 a.m. to 4 p.m. The museum will be closed on Sunday and Monday to focus on creating new exhibits and providing community outreach. Dedicated to preserving the Native American history of San Diego County, the Barona Cultural Center & Museum houses more than 3,000 artifacts, photographic displays and archives. The museum showcases many Indian traditions, such as birdsongs, language, gatherings, gaming and artwork and highlights the Barona Band of Mission Indians. In addition, the Barona Museum offers classes and tours for public and private schools, civic groups, clubs and other organizations. There is no charge for tours, and admission is free. For more information, visit [www.baronamuseum.org](http://www.baronamuseum.org) or call (619) 443-7003 ext. 2.

**Julian Doves & Desperados** every Sunday (weather permitting) 1 p.m., 2 p.m., 3 p.m.: Historic comedy skits located at the stage area between Cabbages & Kings and the Julian Market & Deli. For more information please contact Krisie at (760) 765-1857.

**Triangle Club's Old Time Melodrama** every Friday, Saturday & Sunday Friday at 7:15 p.m., Saturday at 1:15 p.m. and 7:15 p.m., Sunday at 1:15 p.m. Town Hall. visit: [www.julianmelodrama.com](http://www.julianmelodrama.com)

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— ON STAGE —

# New concert line-up at Viejas



George Benson

The DreamCatcher at Viejas Casino has announced an exciting concert schedule featuring an

eclectic line-up, from Country to Jazz and Rock to R&B.

The DreamCatcher concert schedule is as follows (tickets on sale now unless otherwise noted):

**Saturday, May 15:** Lisa Lisa with Klymaxx and Debbie Deb

**Thursday, June 10:** Country legend Merle Haggard (On sale April 30<sup>th</sup>)

**Friday, June 11:** Chick Corea Freedom Band with Kenny Garrett, Christian McBride, Roy Haynes

**Saturday, June 12:** The Temptations

**Friday, July 9:** Boyz II Men

**Saturday, July 10:** Vicki Lawrence & Mama: A Two Woman Show (On sale April 30<sup>th</sup>)

**Friday, August 13:** George Benson

**Sunday, August 15:** Los Lonely Boys

**Friday, August 27:** Asia

**Friday, October 8:** Keith Sweat

**Thursday, October 21:** Taj Mahal | Vieux Farka Toure



Merle Haggard

The DreamCatcher at Viejas Casino seats approximately 700 people and provides southern Californians a

unique opportunity to catch well-established music superstars, as well as rising stars, in an up-close and personal setting. Again this year, \$1 from every ticket sold will go to the Alpine School District's music and math programs.

Tickets to all concerts can be purchased at the V Shop inside the east entrance to the Viejas Casino, or online at <http://viejas.frontgatetickets.com/index.php>. Must be 21 and present a valid I.D.

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# 'The Losers' totally ridiculous

Review by Michael Black

**T**he Losers is a cross between the movies *A-Team* and *Mission Impossible*, but not even as entertaining. Riddled with horrible dialogue, cheap graphics and bad editing, and based on a 2003 comic book series I never heard of, the movie falls into the category of pure miss on any entertaining level.

The story follows the adventure of a US Elite Special Forces team sent into a Bolivian jungle to take out a drug smuggler. The operation goes awry when the operatives are betrayed by a powerful enemy insider known only as Max (Jason Patric, *My Sister's Keeper*). All are pronounced dead but really are stranded in Bolivia. With no money or plans, they get help from Aisha (Zoe Saldana, *Avatar*), a mysterious rich woman who wants to hire them to also get revenge on Max.

The five Elite Special Forces characters are performed by Jeffrey Dean Morgan, Idris Elba, Chris Eyans, Columbus Short, and Oscar Jaenada. They only faces I recognized were Evans (Johnny Storm in the *Fantastic Four*), and Morgan (the comedian in *The*



Jeffrey Dean Morgan, Idris Elba and Zoe Saldana star in *The Losers*. Photo credit: TM & © DC Comics / Warner Bros. Pictures.

*Watchmen*.) It isn't the actor's fault why this movie is horrible. It's due to the hackneyed dialogue and deadpan jokes that just are not funny. The action sequences are boring and a bit over the top as well.

Director Sylvain White is relatively new to the industry, and it shows. He uses too many slow motion effects, special edit cuts and freeze frames in an attempt to make it look like a visually exciting film. And any attempt to make

a movie look like a comic book, didn't work. *The Losers*, a relatively safe movie for teenagers compared to what's already out there, contains a few cuss words, a sex scene with no nudity and plenty of video game-like violence.

**Gazette correction:** *The movie review of Kick-Ass in the April 22 East County Gazette was incorrectly attributed to Diana Saenger but was written by Michael Black. The Gazette regrets the error.*

**REEL FACTS**

**The Losers**  
**Studio:** Warner Brothers Pictures  
**Gazette Grade:** D  
**MPAA:** "PG-13" for sequences of intense action and violence, a scene of sensuality and language.  
**Who Should Go:** The Losers comic book fans

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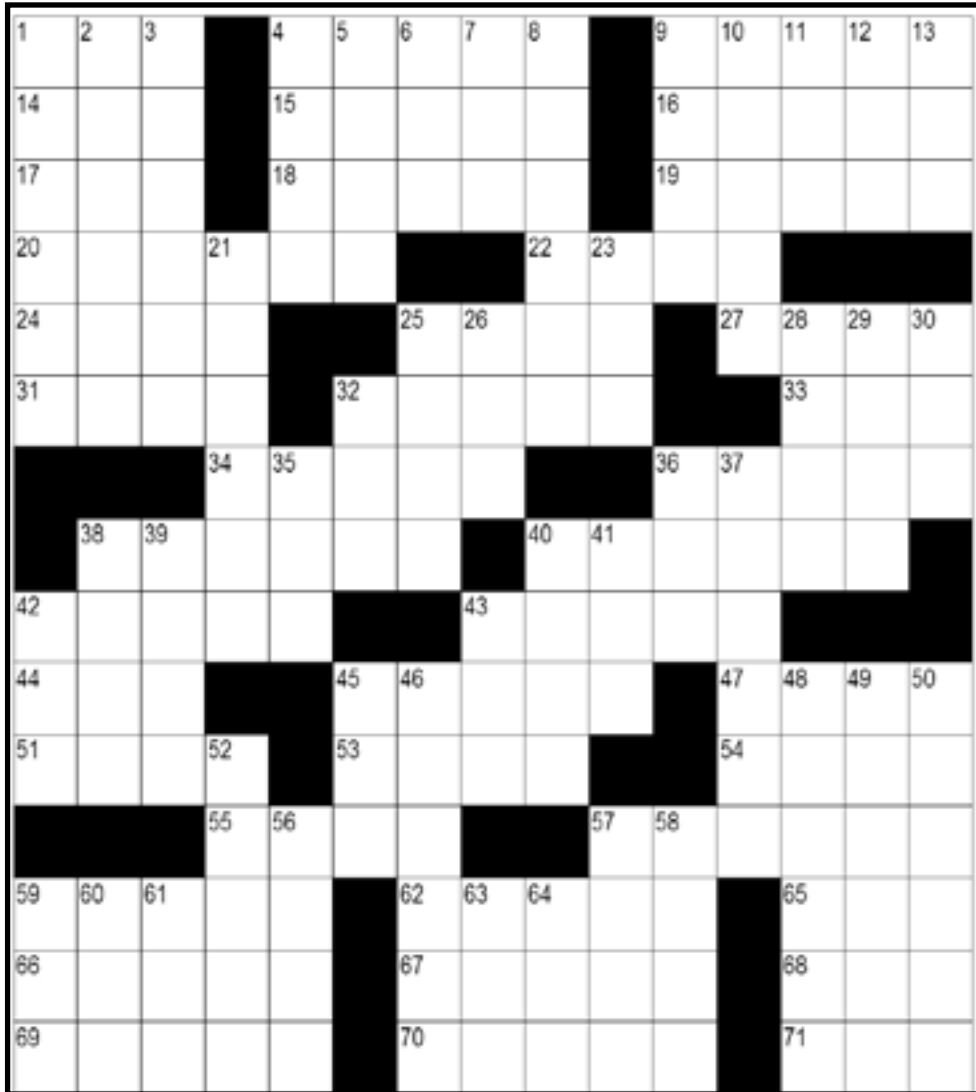
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# Puzzles & Comics



## CROSSWORD PUZZLE

**Across**

- 1 Brew
- 4 Break into pieces
- 9 New Testament book
- 14 Telephone copy sender
- 15 National capital
- 16 Beginning
- 17 Grain
- 18 Pressers
- 19 \_\_\_ disputed
- 20 Unsusceptible
- 22 Make smooth
- 24 Hats
- 25 Looked at
- 27 Tides
- 31 Wager
- 32 Plant starters

- 33 French "yes"
- 34 Combustibles
- 36 Accumulate
- 38 Has faith in
- 40 Culmination
- 42 Draws
- 43 Transparent gem
- 44 Lube
- 45 Cycle
- 47 Iraq's neighbor
- 51 Satisfaction
- 53 Order
- 54 Comfort
- 55 Brand of cotton tipped stick
- 57 Peels corn
- 59 Rub clean
- 62 Japanese dish
- 65 Derby
- 66 Crippling disease
- 67 Many times
- 68 East northeast
- 69 Adroit
- 70 Gypsy
- 71 Limited (abbr.)
- 9 Singer Denver
- 10 Positive electrode
- 11 Mountain Time
- 12 Elver
- 13 Eye infection
- 21 Convenient
- 23 Advertisements
- 25 Snaky fish
- 26 Yea
- 28 Ark
- 29 Barbara or George
- 30 Bro.'s sibling
- 32 Put
- 35 Ship initials
- 36 One of these
- 37 Surroundings
- 38 Animal's hind part
- 39 Code
- 40 Gusto
- 41 Bard's before
- 42 Greedy person
- 43 Forbid
- 45 Pounds per square inch
- 46 Mounts (2 wds.)
- 48 Biblical woman
- 49 Askew
- 50 Got comfy, like a bird
- 52 Outfit
- 56 Ride horseback
- 57 Popular stadium
- 58 Rear
- 59 Hotel
- 60 Fish
- 61 Bullfight cheer
- 63 Flying saucer
- 64 Short-term memory

**SOLUTIONS**



**Down**

- 1 Large land mass
- 2 Common man
- 3 Absolve
- 4 Jaw point
- 5 Sparse
- 6 Spanish "one"
- 7 Child
- 8 Boomed

**OUTZKIRTS** By: David & Doreen Dotson



**Moose Lake**

By Steve Krueger



**EAST COUNTY Gazette**

Phone (619) 444-5774  
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 Cartoonists: David & Doreen Dotson, Michael Black, Thomas Ebert  
 Columnists: Dr. Donald Adema, Monica Zech (City of El Cajon)  
 Advertising: Briana Thomas, Patt Bixby, Kathy Foster, Tom Schaefer

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— THE COMMUNITY AT LARGE —

# Lakeside Western Days Parade at a glance

Photos by  
Brent Norman



**View more photos at [www.eastcountygazette.com](http://www.eastcountygazette.com)**



## 'Gobble with the Goose'

**Tuesday, May 4**

**5 - 8 p.m.**



**Mangia Bene Italian Restaurant**

221 E. Main Street. • El Cajon

**Have Dinner with Mother Goose and help support this year's Mother Goose parade!**

**Tickets on sale now!**

**\$15 / adults 18 and over (includes meal and non-alcoholic drink)**

**\$12 / kids under 18 and Mother Goose Parade Association Members**

**Stop by the office at 1130 Broadway in El Cajon or call (619) 444-8712**

— THE COMMUNITY AT LARGE —



What goes up, must come down as this cowboy found out the hard way at last weekend's Lakeside Rodeo event.

Photos by Ron Cook



# May Money Maynia

## Earn Entries Every Day!

Live Ticketed Drawing  
Sunday, May 30th from 12pm - 9pm

Win your share of up to \$10,000!

Join us for exciting promotions, great food and great prices!

Lucky Piñatas  
Hot Seat Selections  
Friday's & Saturday's  
9pm - 12am

Cinco De Maynia  
Giveaway  
Wednesday, May 5th  
4pm - 8pm

Mom's Mall Maynia  
Sunday, May 9th  
2pm - 8pm  
Live Ticketed Drawing

Memorial Day  
Gas Card Blowout!  
Monday, May 31st  
2pm - 7pm

Senior Days  
Monday's & Wednesday's  
7am - 10pm

Must be a Club La Posta Member.



I-8 EAST to the Crestwood Rd. exit, turn LEFT.  
LA POSTA: (619) 824-4100



LA POSTACASINO

MARIE'S  
BRAND NEW LUNCH-DINING

Must be 21 years of age to gamble in the casino. La Posta Casino's currency cannot be exchanged for cash. If you are over 21 years of age, you may gamble. 18+ Gambler Only.



Full Circle  
Acupuncture Clinic  
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Helping you heal Allergies, Back Aches, Colds, Headaches, Food and other Addictions, Anxiety and Depression and more through safe and proven alternative therapies.

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MY1079.COM  
KRLY-LP FM

MY 107.9 FM presents their annual

### Mother & Son Dance

May 14th at the

Alpine Community Center

6pm-9pm \$30 per couple

\$10 additional child

Food, Photos, Fun & Dancing

You can purchase tickets at

2065 Arnold Way #104

or at the Alpine Community Center

1830 Alpine Blvd.

For more info call

**445-1079 or 445-7330**

2065 Arnold Way, Suite 104, Alpine, CA 91901  
619-445-1079 • Fx 619-445-1014





LEGAL NOTICES



ORDINANCE NO. 4946

AN ORDINANCE APPROVING SPECIFIC PLAN 518 FOR A PANHANDLE LOT WITHIN A TWO LOT SUBDIVISION IN THE RESIDENTIAL ONE-FAMILY (R-1-6) ZONE, APN: 514-014-07, GENERAL PLAN DESIGNATION: LOW DENSITY RESIDENTIAL.

WHEREAS, on February 23, 2010, the City Council held a duly noticed public hearing to consider Specific Plan Application No. 518, to create a panhandle access to one of two lots proposed in Tentative Parcel Map Application No. 644, said property being located on the south side of Granite Hills Drive, between South Second and Dorothy Streets, and addressed as 1203 Granite Hills Drive; and

WHEREAS, the Planning Commission held a hearing on this item at its January 25, 2010, meeting and adopted Resolution No. 10599 recommending City Council approval of Specific Plan No. 518, subject to conditions; and

WHEREAS, the applicant has complied with all recommended pre-ordinance conditions of approval set forth in Planning Commission Resolution No. 10599 and the mylar pertaining to Specific Plan No. 518 has been received by the City; and

WHEREAS, the proposed project is exempt from environmental review in accordance with 15315 (Minor Land Divisions), Class 15 of the CEQA Guidelines.

THE CITY COUNCIL OF THE CITY OF EL CAJON DOES ORDAIN AS FOLLOWS:

SECTION 1. Based on the record as a whole, the City Council finds:

A. The recitals above are true and correct and incorporated herein by reference as if written herein.

B. The proposed Specific Plan No. 518 is consistent with and will facilitate the systematic execution of the General Plan by fulfilling the goals and policies of the General Plan and by facilitating development consistent with the residential densities on the property intended by the General Plan, while following sound design practices and proper facilities and rights-of-way.

C. The proposed Specific Plan No. 518 is in the public interest because it will facilitate development consistent with the General Plan.

SECTION 2. The City Council hereby approves Specific Plan No. 518 to create a

panhandle access to one of two lots proposed in Tentative Parcel Map Application No. 644, as presented in "Exhibit A" of Specific Plan No. 518 on file in the Community Development Department and incorporated herein by reference.

SECTION 3: After the effective date of this ordinance all new uses, and all new or remodeled buildings, structures, or other improvements, shall be in conformance with, and in accordance with, Specific Plan No. 518.

SECTION 4: This ordinance shall be effective thirty (30) days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 27th day of April, 2010, by the following vote to wit:

AYES: Lewis, Kendrick, Wells
NOES: None
ABSENT: Hanson-Cox, McClellan
DISQUALIFY: None

MARK LEWIS
Mayor of the City of El Cajon.

ATTEST:
KATHIE RUTLEDGE, CMC
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4946 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 27th day of April, 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790
04/29/10

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-010793

FICTITIOUS BUSINESS NAME(S): Campus Dental Group
Located at: 6244 El Cajon Blvd. #14, San Diego, CA 92115
This business is conducted by: Joint Venture
The first day of business was: August 1, 1997
This business is hereby registered by the following: 1. Dan Dobbs, DMD 3999 Crown Point Dr. #31, San Diego, CA 92109; 2. Tom Waddell, DDS 8382 Morning Mist Ct., San Diego, CA 92119; 3. Mordecai Lightman, DDS 5256 College Gardens Court, San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on April 19, 2010.

East County Gazette- GIE030790
4/29, 5/06, 5/13, 5/20, 2010



CITY OF EL CAJON
NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
Intersection Safety and Street Light Retro-fit Installations (ARRA) Grant Engineering Job No. 3287
Bid No. 034-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on MAY 27, 2010

BIDS TO BE OPENED AT:
2:00 p.m. on MAY 27, 2010

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$7.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

Copies of the general prevailing wage rate of per diem wages, as determined by the California Director of Industrial Relations and by the US Department of Labor Statistics, are available from the websites of the respective agencies. Any successful bidder who intends to use a craft or classification 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.

The Contractor and its subcontractors shall pay minimum labor wage rates as follows:

a) California General Prevailing Wage Rates

In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascertained the general prevailing rate of wages as determined by the Director of the Department of Industrial Relations applicable to the work to

be done as listed in the California Department of Transportation publication entitled General Prevailing Wage Rates, dated March 1, 1994 which is on file in the office of the City Clerk.

Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. Current determinations are available online at www.dir.ca.gov/DLSR/PWD/index.htm

Any contractor who is awarded the contract and intends to use a craft or classification not shown on the general prevailing wage determinations, may be required to pay the wage rate of that craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

b) Federal Minimum Wages

Federal minimum wage rates for this project as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions. Current determinations are available online at http://www.gpo.gov/davisbacon/ca.html

If there is a difference between the Federal minimum wage rates predetermined by the U.S. Secretary of Labor and the prevailing wage rates determined by the City of El Cajon for a similar classification of labor, the Contractor and its subcontractors shall pay not less than the higher wage rate.

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
April 29, 2010

East County Gazette- GIE030790
04/29, 05/06/10



CITY OF EL CAJON
NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
MANHOLE HIGH LEVEL ALARMS
Engineering Job No. 3302
Bid No. 032-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on MAY 25, 2010

BIDS TO BE OPENED AT:
2:00 p.m. on MAY 25, 2010

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$5.55 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference be held on May 11, 2010 at 10:00 a.m. at City Hall, 200 Civic Center Way, El Cajon, in the 5th floor conference room. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. The pre-bid conference is optional for all contractors.

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at www.dir.ca.gov/DLSR/PWD/index.htm Any successful bidder who intends to use a craft or classification 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
April 29, 2010

East County Gazette- GIE030790
04/29, 05/06/10



NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at 7:00 p.m., Monday, May 10, 2010 in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following items:

CONDITIONAL USE PERMIT NO. 2123, PLANNED UNIT DEVELOPMENT NO. 338 AND TENTATIVE SUBDIVISION MAP NO. 652, as submitted by Tom Nielsen, requesting a 15-unit commercial self-storage facility and common interest development on 16 lots. The property is located on the north side of East Main Street, between North Second Street and East Madison Avenue and is addressed 1338 East Main Street.

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

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

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

Melissa AYRES, A.I.C.P.

Director of Community Development
DATE: April 27, 2010

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

East County Gazette- GIE030790
04/29/10

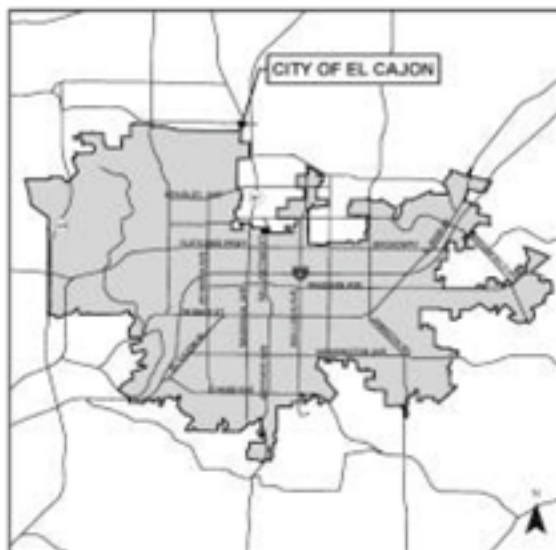


NOTICE OF PROPOSED AMENDMENT OF EL CAJON MUNICIPAL CODE RE: TITLE 17 (ZONING ORDINANCE AMENDMENT NO. 415)

NOTICE IS HEREBY GIVEN that the El Cajon City Planning Commission will hold a public hearing at 7:00 p.m., Monday, May 10, 2010, in the City Council Chambers, 200 Civic Center Way, El Cajon, CA, to consider: AMENDMENT OF EL CAJON MUNICIPAL CODE RE: TITLE 17 (ZONING ORDINANCE AMENDMENT NO. 415). This is a City-initiated proposal to amend Title 17 of the El Cajon Municipal Code for the purpose of updating the zoning ordinance, including bringing it consistent with State laws, codifying legal findings, streamlining development review processes, cleaning up working classifications, eliminating duplication, and reducing staff costs in its implementation. Also included in this update is a proposal to reclassify the zoning on properties within the City consistent with the new replacement zoning designation titles.

Any person interested in the above item may appear and speak before the Planning Commission. If you challenge this matter in court, you may be limited to raising only those issues that you or someone else raised at the public hearing, or in written correspondence delivered to the Commission at, or prior to, the public hearing.

If you have any questions, or wish any additional information, please contact MELISSA AYRES at (619) 441-1700 or via email at mayres@cicel-cajon.ca.us and reference "AM ZO 415" in the Subject line.



— LEGAL NOTICES —



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

**PUBLIC PROJECT:**  
**Installation of Protected-Permissive Left Turn Signals at Magnolia Ave. Intersections with Wells Ave., Douglas Ave., and Lexington Ave. Engineering Job No. 3134 Drawing No. 13612 Bid No. 035-10**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on June 3, 2010**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on June 3, 2010**

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$12.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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

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

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

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

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

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

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

*/s/ Dede Porter*  
*Purchasing Agent*  
*April 29, 2010*

East County Gazette- GIE030790  
04/29, 05/06/10



**CITY OF EL CAJON**  
**NOTICE OF AVAILABILITY FOR PUBLIC REVIEW**  
**Draft Analysis of Impediments to Fair Housing Choice**

The draft FY2010-2015 Analysis of Impediments to Fair Housing Choice (AI) is available for a 30-day public review and comment period from April 29, 2010 through May 28, 2010. The draft AI was prepared as a regional analysis with all San Diego County jurisdictions participating. The AI will be for a five-year period from July 1, 2010 through June 30, 2015.

The AI presents a demographic profile of San Diego County, assesses the extent of housing needs among specific income groups, and evaluates the availability of a range of housing choices for residents. The AI also analyzes the conditions in the private market and public sector that may limit the range of housing choices or impede a person's access to housing. While the AI accesses the nature and extent of housing discrimination, the focus is on identifying impediments that prevent equal housing access and developing solutions to mitigate or remove such impediments.

The draft FY2010-15 AI is available for review at the Downtown El Cajon Library, the City's Redevelopment and Housing Department located at City Hall during regular business hours and on the City's website at

[www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us). On the City's website home page, the draft AI can be found under "Housing Information", then "Draft FY2010-15 Analysis of Impediments to Fair Housing Choice".

If you have comments on the draft FY2010-15 AI, please submit them to Xavier Velasco, Senior Management Analyst, by e-mail at [xvelasco@ci.el-cajon.ca.us](mailto:xvelasco@ci.el-cajon.ca.us); or by mail to City of El Cajon, Redevelopment and Housing, 200 Civic Center Way, El Cajon, CA 92020. If you should have any questions or wish additional information, please call (619) 441-1786.

East County Gazette- GIE030790  
04/29, 5/13/10

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-008583**

FICTITIOUS BUSINESS NAME(S): J.W Real Estate Services  
Located at: 4671 Maple Ave., La Mesa, CA 91942

This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Jeffrey S. Wong 4671 Maple Ave., La Mesa, CA 91942  
This statement was filed with Recorder/ County Clerk of San Diego County on March 26, 2010.

East County Gazette- GIE030790  
4/08, 4/15, 4/22, 4/29, 2010

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

**CASE NO.37-2010-00066558-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: JIMMY LYNN TATE FOR CHANGE OF NAME PETITIONER: JIMMY LYNN TATE HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JIMMY LYNN TATE  
TO: PENNY LYNN ORACION  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 EAST MAIN ST., EL CAJON, CA 92020. Department 14, on MAY 26, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON MARCH 23, 2010.

East County Gazette - GIE030790  
4/08, 4/15, 4/22, 4/29, 2010

**CASE NUMBER 37-2009-00101147-CU-CO-CTL SUMMONS (CITACION JUDICIAL)**  
NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): RUDY L. LEDBETTER, an individual, and RUDY L. LEDBETTER as Trustee of THE LEDBETTER TRUST YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): WESTERN INSURANCE COMPANY.  
NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. ! AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la informacion a continuacion.Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), en el Centro de Ayuda de las Cortes de California, ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, E330 West Broadway, San Diego, CA 92101. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): The Faux Law Group 1540 W. Warm Springs Rd. #100, Henderson, NV 89104 Date: (Fecha) OCT.28, 2009 Clerk (Secretario, L. McCalister Deputy (Adjunto)

East County Gazette GIE030790  
April 8, 15, 22, 29, 2010

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

**CASE NO.37-2010-00053259-CU-PT-NC**  
IN THE MATTER OF THE APPLICATION OF: MANUEL HERNANDEZ MARTINEZ FOR CHANGE OF NAME PETITIONER: MANUEL HERNANDEZ MARTINEZ HAVE FILED FOR AN ORDER TO CHANGE NAME FROM:

MANUEL HERNANDEZ MARTINEZ  
TO: MANUEL MARTINEZ HERNANDEZ  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 325 S. MELROSE DR., VISTA, CA 92081. Department 3, on MAY 11, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON APRIL 2, 2010.

East County Gazette - GIE030790  
4/8, 4/15, 4/22, 4/29, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-008916**

FICTITIOUS BUSINESS NAME(S): Auto Loan Now Sales & Finance  
Located at: 8141 Broadway, Lemon Grove, CA 91945

This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: Alkass Enterprises Inc. 8141 Broadway, Lemon Grove, CA 91945  
This statement was filed with Recorder/ County Clerk of San Diego County on March 30, 2010.

East County Gazette- GIE030790  
4/08, 4/15, 4/22, 4/29, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-007500**

FICTITIOUS BUSINESS NAME(S): Complete Home Solutions  
Located at: 5422 Via Alcazar, San Diego, CA 92111

This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Nicholas J. Dubiel 5422 Via Alcazar, San Diego, CA 92111  
This statement was filed with Recorder/ County Clerk of San Diego County on March 16, 2010.

East County Gazette- GIE030790  
4/15, 4/22, 4/29, 5/06, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-009616**

FICTITIOUS BUSINESS NAME(S): 12 Gage Designs  
Located at: 1691 Shasta Trail, Boulevard, CA 91905

This business is conducted by: Husband and wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Phillip Schardt 1691 Shasta Trail, Boulevard, CA 91905; 2. Melanie Schardt 1691 Shasta Trail, Boulevard, CA 91905  
This statement was filed with Recorder/ County Clerk of San Diego County on April 06, 2010.

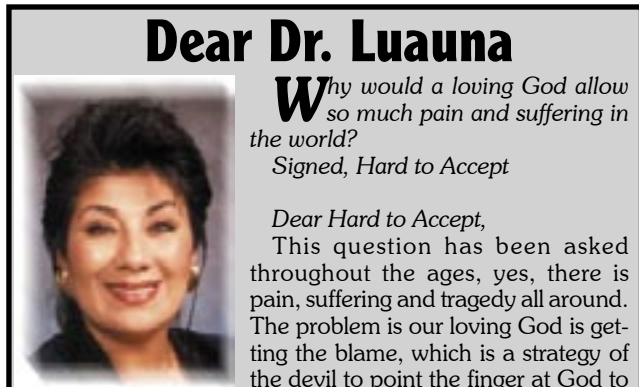
East County Gazette- GIE030790  
4/15, 4/22, 4/29, 5/06, 2010

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-008057**

FICTITIOUS BUSINESS NAME(S): Two Fools Track Days  
Located at: 543 Echo Lane, San Marcos, CA 92078

This business is conducted by: A Corporation  
The first day of business was: March 23, 2010  
This business is hereby registered by the following: Armor Industries Inc. 543 Echo Lane, San Marcos, CA 92078  
This statement was filed with Recorder/ County Clerk of San Diego County on March 23, 2010.

East County Gazette- GIE030790  
4/08, 4/15, 4/22, 4/29, 2010



**Dear Dr. Luauna**

*Why would a loving God allow so much pain and suffering in the world?*  
*Signed, Hard to Accept*

*Dear Hard to Accept,*

This question has been asked throughout the ages, yes, there is pain, suffering and tragedy all around. The problem is our loving God is getting the blame, which is a strategy of the devil to point the finger at God to cause mankind to turn away from God's love. The real cause of the devastation and destruction is Satan himself. He has tricked mankind into inviting sin and darkness into their lives by turning away from the Lord. Jesus himself said in John 10:10, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

This scheme was used against Adam and Eve in the garden of Eden, when they exchanged their wonderful life in the most beautiful place on earth by believing the deception of Satan (Genesis 3:1-7), he caused them to doubt God's goodness. They fell for the trap, brought sin and darkness into their lives; and also upon all of mankind (Genesis 3:14-19).

God loved us so much He made a way to reverse these consequences, through the life, death and resurrection of Jesus Christ. Romans 5:19, "For as by one man's disobedience many were made sinners, so also by one Man's obedience many will be made righteous." Jesus did the hard part on the Cross, all we have to do is accept His free gift of salvation and receive abundant life on earth and in eternity. Will there be hardships and trials? Yes! But Christ will help you through every circumstance, He will never leave you nor forsake you!

Repeat this prayer, "Dear Jesus, thank you for dying on the cross for my sins, I believe you rose again and I accept your gift of eternal life. I commit my life to you; help me to live for you. In Jesus' name, AMEN." Please come to church every Sunday morning, you will grow in your faith!

*Email: [Drluaua@atouchfromabove.org](mailto:Drluaua@atouchfromabove.org)  
Follow me on facebook: [DrLuauaStines](http://DrLuauaStines)*

**Send: [questions@drluaua.com](mailto:questions@drluaua.com)  
[www.atouchfromabove.org](http://www.atouchfromabove.org)**

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Sundays at 10:30 a.m.

**A Touch From Above -Prayer Mountain**  
16145 Hwy 67, Ramona, CA 92065  
Tuesdays 7:00 p.m. Men Only -Peter H. Zindler  
Wednesdays 7:00 p.m.  
Fridays 7:00 p.m.

**Dr. Luauna's Television Program**  
San Diego County, Cox Cable  
Channel 18 & 23 Tuesdays at 9 p.m.  
Channel 19 Time Warner, Wednesday at 5 p.m.

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-007913**

FICTITIOUS BUSINESS NAME(S): The Garment Closet  
Located at: 9632 Pine Blossom Rd., El Cajon, CA 92021

This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: 1. Terra Ortega-Chiaromont 9632 Pine Blossom Rd., El Cajon, CA 92021; 2. Renee Ortega-Creed 6914 Alpine Blvd., Alpine, CA 91901  
This statement was filed with Recorder/ County Clerk of San Diego County on March 22, 2010.

East County Gazette- GIE030790  
4/15, 4/22, 4/29, 5/06, 2010

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2008-011377 FILE NO. 2010-007883**

The following person(s) has/have abandoned the use of the fictitious business name: Direct Auto Transport Services  
The Fictitious Business Name Statement was filed on April 07, 2008, in the County of San Diego.  
4055 Chanute, San Diego, CA 92154  
This business was conducted by: 1. Renee Mincey 4055 Chanute, San Diego, CA 92154  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON March 19, 2010  
East County Gazette GIE 030790  
4/15, 4/22, 4/29, 5/06, 2010

# MOTOR AND SPORTS

## Chargers draft players in the 2010 NFL Draft

by Chuck Karazsia

**W**ith the 28<sup>th</sup> pick in the first round of the 2010 NFL Draft, the San Diego Chargers select...

Chargers General Manager A.J. Smith did it again. Most thought A.J. Smith, a defense oriented kind of guy, would immediately address the void on the defensive line by selecting a nose-tackle early in the draft replacing the vacancy left by the departure of the 'half man half monster' Jamal Williams.

Instead of using the Chargers first round pick in the 28<sup>th</sup> round, A.J., the master wheeler-dealer, traded up 16 spots with the Miami Dolphins and selected Fresno State running back Ryan Mathews with the

12<sup>th</sup> pick overall. Concerned the Seahawks would claim Mathews with their 14<sup>th</sup> pick and/or Houston with their 20<sup>th</sup>, the Chargers felt compelled to make a trade to move up and pulled the trigger acquiring this potential future star back who ran for 1,808 yards and 19 touchdowns last season. By doing so the Chargers gave up their 2010 second round pick (40), swapping fourth round picks with Miami, and gave Bolts inside linebacker Tim Dobbins to the Dolphins.

This was a gamble A.J. and the Chargers certainly hope will pay huge dividends. This also was the first time A.J. Smith moved up positions in the first round, rare for a team to move up that many spots in the first round of an NFL Draft.

This draft was unique in itself. Normally held on the weekend, this one began on Thursday and was consummated in three days, two of which were in prime time. This extra time allowed teams to evaluate and reassess the first round action for 24-hours having additional time to plan strategy and not deal with the rush of being on the clock for just two days.

Highly coveted by the Chargers organization, Ryan Mathews at 5-11 1/2, 218 pounds as a Fresno State Bulldog junior averaged 6.55 yards per carry and lead the NCAA with 157.5 yards rushing per game. He will replace former Charger and his personal favorite NFL player (who he emulated with the same number 21 while in college) the departed future Hall-of-Fame running back LaDainian Tomlinson (the former face of the organization). "He's my favorite running back" said Mathews.

Considered a three-down back Mathews will share duties with Darren Sproles. Durability is a question mark for Mathews who missed eight games during three years of college football.

Not much movement on the second day of the draft for the Chargers. This however did not deter the Bolts General Manager. He was in rare form and not done making moves. Lacking a second round pick (40) given to Miami, A.J. Smith moved the Chargers up 12 spots in the third round. This was accomplished in a deal with San Francisco giving the 49<sup>ers</sup> the Chargers third round pick (91), a sixth round pick recently acquired from Miami (173) from the Mathews acquisition trade, and the Chargers fourth round pick in 2011.

This move allowed the Chargers to select with pick (79) from the University of Washington inside linebacker Donald Butler.

At 6-1 245-pounds Butler was a starter for the Huskies for two season. In his college career he made 238 tackles, 28 of them for a loss, and had 4 quarterback sacks. He is expected to be a dominant force on special teams and also will contribute at the inside linebacker position.

A.J. Smith and company were diligently busy on the third and final day of the draft. With

Seyi Ajirotuto	WR	Fresno State
Brady Bond	T	Oklahoma State
Richard Brockel	TE	Boise State
Dajleon Farr	TE	Memphis
Richard Goodman	WR	Florida State
Jeff Hansen	C-G	Montana State
Cory Jackson	FB	Maryland
Jordyn Jackson	WR	Eastern Oregon
Justin Jeffries	T	Kentucky
Cort Johnson	P	West Texas A&M
Brandon Lang	LB	Troy State
Shawnbrey McNeal	RB	Southern Methodist
Ryan Otterson	T	Wyoming
Stephan Richmond	T	Minnesota
Traye Simmons	CB	Minnesota
Ernest Smith	WR	Baylor
Marcel Thompson	WR	Linderwood Univ. MO
Bryan Walters	WR	Cornell
Jeremy Williams	WR	Tulane
Kion Wilson	LB	S. Florida
Nic Richmond	T	Texas Christian

holes to fill at nose tackle, strong safety, quarterback and tight end, the Chargers effectively accomplished all of those needs.

Starting in the fourth round with the (110) pick after the previous exchange with Miami, the Chargers selected two-time first team all Big 12 strong safety Darrell Stuckey, 5-11 205. Playing both safety spots for the Kansas Jayhawks, Stuckey is a vicious hitter as evidenced by his 295 career tackles, 11 behind the line of scrimmage. The Chargers may have found the strong safety they have been yearning.

Wheeler-Dealer A.J. Smith negotiated again this time swapping picks with the Philadelphia Eagles moving up 13 slots in the fifth round. The Bolts brass used this selection to take mammoth 6-4 335 pound defensive tackle Cam Thomas from North Carolina. This Tar Heal was the centerpiece of the NCAA 10<sup>th</sup> ranked run defense in 2010. His presence should clog up the middle and command double attention to opposing offensive lineman.

The Chargers fulfilled the rest of their needs in the fifth and seventh rounds of the draft.

Filling the void left for the third string quarterback position after the Charlie Whitehurst

trade to Seattle, the Chargers in the fifth round chose Jonathan Crompton from Tennessee. A senior last season Crompton 6-3, 222, threw for 2,800 yards, 27 touchdowns, with only 13 interceptions. He will stand with clipboard in hand during the season while learning the Chargers offense. He will be the voice heard in the helmet of his mentor Philip Rivers as he relays to him plays from the sideline.

In their final pick in the seventh round (235) of the 2010 NFL Draft from the University of Miami the Chargers chose tight end Dedrick Epps, 6-3.5 246 lbs.. A versatile player Epps will be utilized as a tight end, H-back, and fullback. In his college career for the Miami Hurricanes Epps caught 49 balls for 634 yards, six for touchdowns.

Oddly enough, the Chargers selected no one to bolster their offensive line.

In addition to the 6 NFL Draft picks, the Chargers agreed to contract terms with 20 free agents. A.J. Smith usually has a 'Midas Touch' in the NFL Draft and Free Agent signings.

We'll see how much gold this draft will pan out and which diamonds he picked in the rough.

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## Soccer Sign-Ups

Early Bird Registration Dates, Location and Fees

Day	Registration	Location	Time
Thursday, 4/22/10	Early Bird Registration	Kennedy Recreation Center	6:00p — 8:00p
Thursday, 5/6/10	Early Bird Registration	Bostonia Recreation Center	6:00p — 8:00p
Saturday, 5/15/10	Early Bird Registration	Kennedy Recreation Center	10:00a — 2:00p
Saturday, 6/5/10	Early Bird Registration	Kennedy Recreation Center	10:00a — 3:00p

1st Child	2nd Child	3rd Child	Each Add'l Child
\$65	\$55	\$45	\$45

Regular Registration Dates, Location and Fees

Day	Registration	Location	Time
Thursday, 6/9/10	Regular Registration	Renette Recreation Center	6:00p — 8:00p

1st Child	2nd Child	3rd Child	Each Add'l Child
\$90	\$80	\$70	\$70

**WHAT TO BRING TO REGISTER:**

1. Player's birth certificate or school record
2. Name of medical insurance carrier
3. Parent(s) names, home and work phone numbers
4. Emergency contact name and phone number
5. Physician's name and phone number
6. Parent or Guardian must be present to sign consent

Player's registration includes:

- Jersey
- Shorts
- Socks
- Pictures
- Insurance
- Yearbook

If you have additional questions, please contact the Registrar  
619.334.8578 - [ayso\\_registrar\\_168@cox.net](mailto:ayso_registrar_168@cox.net)

AYSO SOCCER IS OPEN TO ALL CHILDREN BETWEEN THE AGES OF 4 AND 18

— MOTOR AND SPORTS —

# 2011 Kia Sorento EX

by Dave Stall

**K**ia has worked hard on the new 2011 Kia, and doing a complete makeover has done wonders for the Sorento. The unibody platform has produced a very agile and comfortable ride. Another bonus is interior room which seats six people. The exterior has a complete makeover with the classic grill and wrap around

headlights. Being in the same family as the Hyundai (Hyundai owns Kia) I have always felt the Kia was a better looking vehicle inside and out. This all new 2011 Kia keeps that concept moving forward.

The Kia is not all about looks. For good performance it's powered by a choice of two engines – the frugal four cylinder that produces 175 horsepower or the 169-lb foot of torque which averages 21

MPG in the city and 29 on the open road. My test car from Kia of El Cajon (The old Saturn Store on Johnson) has a V6 engine with 276 horsepower, 248 -lb foot of torque and fuel mileage of 20 city and 26 freeway.

Transmissions are limited. There is a six-speed manual – my favorite – but only in the base four cylinder 2WD model. The rest of the line gets a nice shifting six-speed electronically

controlled automatic transmission of which I had no issues. My tester sported a spicy red exterior paint with beige interior. The first thing I noticed was the comfort of the driver seat. I did sit rather high for my taste, but it worked. My model came with heated seats, part of the Premium Package which also includes panoramic sunroofs. That's two roof windows with one opening and the one in the rear doesn't, but at least it lets the sunshine in. Front and back seats are leather trimmed. The Kia also has a cargo net and cover-all as an option.



2011 Kia Sorento EX. Photo credit: Dave Stall

Being able to haul full sized adults is a draw back if there's luggage. There is no room in the rear behind the third row seating which is nestled into the floor when not up for passengers. I guess the luggage rack is there for a real reason.

My test vehicle has another option package which includes navigation with back up camera, an Infinity 10-speaker sound system with all the latest goodies, 18-inch chrome alloy wheels, and interior accent illumination. This package kicks

the price up from a base of \$27,395 to \$33,305 plus tax and license. I have always been a fan of Kia and after hanging around Kia of El Cajon I can see why their Customer Satisfaction Index (CSI) in both sales and service are outstanding. It may have something to

do with leadership. General Manager Perry Brandt started as a heavy line technician, is one of the few to make the transition to sales. He brings the best of all three worlds to the table – sales, service and parts. Stop by and check out the Sorento.

## Wall of Honor ...

Continued from page 2

merchants and East County businessmen who are offering supplies we will need in the construction of the wall," Foster said. "This will help in our final calculation of what it will cost each participant to have their name on the wall."

The Alpine Veterans Wall of Honor committee is working hard for future events and underway are exciting plans



Larry Curtis



Rear Admiral Steele

that will take place during the August 1 concert at the Alpine Community Center when a Military band will perform.

To make a donation to the Wall of Honor, send an email to [wallofhonor@alpinekiwanis.org](mailto:wallofhonor@alpinekiwanis.org) or call (619) 719-3905.

Sycuan Resort will be the host of the annual **Mother Goose Parade Golf Tournament** on June 25.

Sign up to day for a guaranteed spot on the green. Call today (619) 444-8712 or (619) 444-5774 only \$150 if you sign up before May 15 (\$140 for Mother Goose Parade Association members)

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<p>'05 Honda Civic Sedan VIN: 2HGES16565H520636 <b>\$11,995</b> 72 mo. 8%APR w/30% down on above average approved credit</p>	<p>'06 Toyota Tacoma 4x2 VIN: 5TENX62N56Z276521 <b>\$14,995</b> 72 mo. 8%APR w/30% down on above average approved credit</p>	<p>'09 Toyota Camry VIN: 4T1BK46K79U584143 <b>\$16,490</b> 72 mo. 8%APR w/30% down on above average approved credit</p>	<p>'06 Toyota Tundra 4x2 VIN: 5TBET38156S550014 <b>CALL FOR PRICE</b> 72 mo. 8%APR w/30% down on above average approved credit</p>

All vehicles subject to prior sale. Tax, license and doc fees.

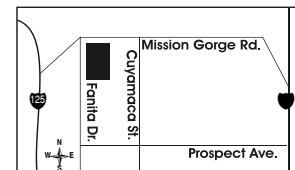
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# Our Best Friends

## Good leash walking ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

### Dear Trainer,

**I** have a newly adopted dog that pulls on leash and I would like to teach him how to walk next to me. Do you have any suggestions? I am using an Easy Walk Harness which really helps him not to pull, but it doesn't seem like we are connected once we step outside of the front door. I'm using food rewards when he is walking near me, but sometimes he just seems to "loose it."

Signed,  
Pulled in Two Directions

### Dear Pulled,

Believe it or not, your body is a great communication tool for training your dog. The way you stand, the way you move, as well as your stride can "tell" your dog to come closer, move away, turn or leave the scene.

Dogs communicate with one another using their bodies, vocalizations and some marking behaviors, so it easy to understand that our companion dogs are also trying to communicate with us in the only ways they know how. Unfortunately, for all their effort to "explain" themselves, no one gave our dogs the Canine-Human Language Conversion Dictionary, and a lot of information is lost in the translation from species to species.

For leash walking some of the most important pieces for success is how you hold your leash, how you stand, and how you present food rewards. Dogs, watch our shoulders (as they watch the shoulders of fellow canines) as a clue that will demonstrates which direction we would like them to go. Facing forward, with the dog's shoulders aligned with our legs at one side or the other, tells the dog you are going to move forward. Clear enough, but if you have the dog on your left side, and your food reward in your right hand, as you lean over to feed the dog, your shoulders now tell him to turn left, or at least step away from you. It's no wonder dogs choose to be out in front all the time; they are confused by all of our mixed messages.

If you think that's confusing, just think what it must be like for the dog when we face them while calling them to us! We are "telling" them to go away with our shoulders, but calling them with our voices! Way weird!

To help your dog understand what it is you would like them to do, practice standing tall with your leash in the hand opposite of the dog, then drape your arm across your midline area. That will leave the hand closest to the dog free to feed the food reward right in line with your leg- exactly where you want the dog to be when walking with you.

It will also help your dog if you only take one step at a time, feed, take another step, feed, and so on. If your dog pulls on leash like he is a sled dog that means his reinforcement history is weighted very heavily toward pulling. And, since pulling on leash has worked very well in the past, it will take a dedicated effort to no longer move forward if your dog is pulling.

Instead, teach your dog that he will be highly reinforced for staying with you, which sometimes means going, one step at a time, sometimes it will mean walking backwards, and sometimes it will mean teaching your dog to just stand still with you.

### Use the S.T.O.P. Program if your dog pulls:

Stop when your dog pulls

Take time to assess why he is pulling and what you should do

Opt for a different route if going forward in the same direction is too difficult

Pay off with lots of rewards when he gets it right!

### Your voice is a powerful thing to waste

Most dogs that are having a tough time walking nicely on leash fall into the categories of loving to hear your voice, or having learned to ignore it over time. Going forward, it's important that you learn to use your voice at the right time so you can really help your dog learn English as a 2<sup>nd</sup> language.

The dogs that love the sound

of our voices do so because it is often connected with things that dogs enjoy most, such as, "Want a cookie?"

Those that have learned to ignore us have probably heard the same old thing, over and over again, "Rex, Rex, Rex, heel, right here. Heel, heel, heel Rex!" All the while Rex is busy pulling to the nearest dog park to hook up with his buddies and wondering what the heck you are babbling about back there at the other end of the leash.

Whichever category your dog falls into, rest assured your voice has meaning him, so be sure to use it wisely.

### Luckily it's a pretty simple formula:

If you want your dog to continue to do something, be sure to talk to him/her. Of course, this is also true of the things that you might not like, such as pulling on leash. If you are talking to him while he is pulling, you are pretty much telling your dog to keep doing what he is doing, "I'm right behind you!" Even using your dog's name when he is doing something you don't want repeated can reinforce that very behavior!

On the flip side, if you don't want your dog to do something, be silent. And, like talking, this can also have its downside, such as when your dog has done something wonderful and you don't communicate that to him. If a behavior doesn't get reinforced, you dog is likely to "skip" that one for behaviors that do work to get attention.

To sum it all up: Learn to watch for opportunities that you can reward with your voice, and think about what you might be reinforcing if you are talking to your dog.

If you are still having problems with your leash walking, working with a positive reinforcement trainer should help. Good luck, and keep training.

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

## ADOPT-A-PET



Marty is ready for love! The 1-yr old hound mix weighs 51 pounds and is a total sweetheart. He loves to lean into you and have his ears scratched. Playful and easy-going, Marty adores belly rubs, loves taking walks, and he takes treats gently. He's ready for further obedience training, and already knows "sit." Marty is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). His \$150 adoption fee includes license, vaccinations, microchip, and spay. For more info call 858-205-9974.

Jerry, a 3-year-old Boxer/American Bull Dog Mix, is a true Boxer at heart with a great wiggle and walk! Sit, stay, fetch, and come are just some of the commands Jerry has learned in his past training classes. His large size doesn't get in the way of his gentle nature. You bring the ball, Frisbee, or the rope and Jerry will bring the energy. He will do well in a structured environment, including a home with children and other dogs when he can be the boss. His adoption fee is \$100 and includes his neuter, current vaccinations, free vet exam, microchipping and license for Oceanside and Vista residents! Jerry is available for adoption at the North Campus of the San Diego Humane Society: Humane Society: 2905 San Luis Rey Rd., Oceanside, CA 92058 (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.



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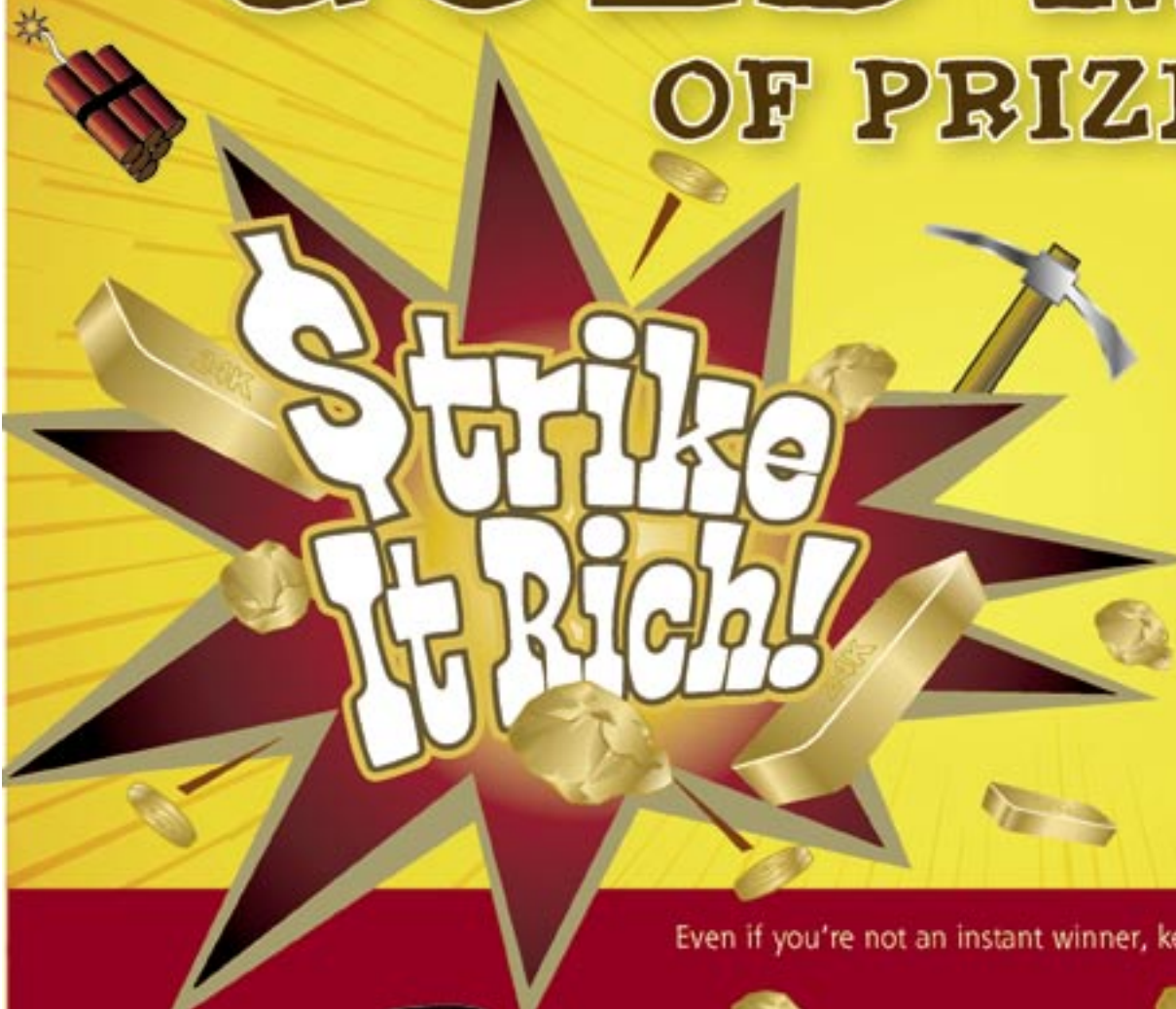
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