

STANDARD
U.S. POSTAGE PAI
EL CAJON, CA 920
PERMIT NO. 237

TODAY!
CALL

VOLUME 11 NUMBER 1 Gazette Newspaper Group, <u>LOCAL</u>, <u>STATE AND NATIONAL AWARD WINNING PUBLICATIONS</u>, proudly serves El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

JUNE 10-16, 2010

Meet Chloe page 23



Mother Goose is looking for young ladies to fill her court for the 2010 parade. See page 2 for details

What's new in theatres?

Does 'Marmaduke' live up to the hype?

Should you rush to the theatre to see 'Splice?'

Read the reviews by Diana Saenger on page 12



Too dog-gone cute to handle



Taylor and his four legged best friend Tay competed in the Alpine Stagecoach Lion's Club 6th Annual Novelty Dog Show at the Viejas Outlet Center last weekend. Taylor and Tay placed in 'Youngest Handler.' See more photos on page 23. Photo credit: Debbie Norman







Local News & Events

Supervisor says, 'Dump the Deathlink' SDG&E

by Dianne Jacob

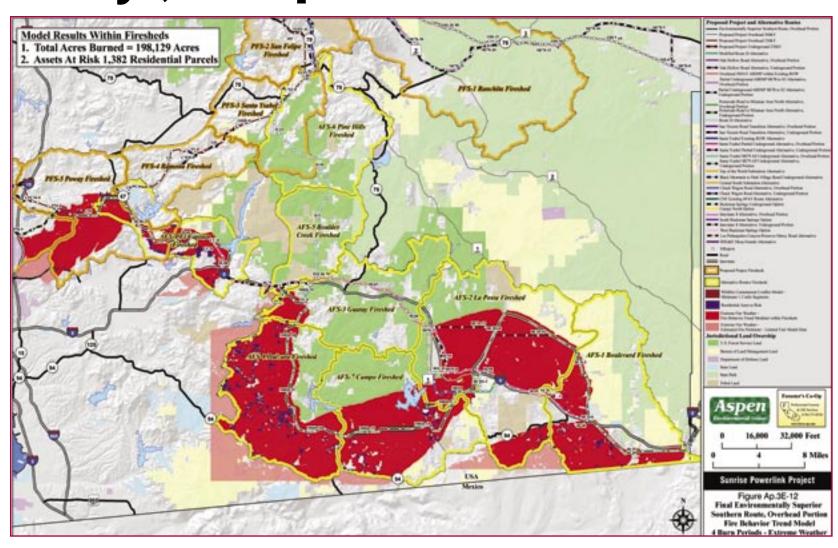
o one can arque against adding firefighting resources to our regional arsenal. However, San Diegans should be aware of the bad irony associated with this particular chopper.* The Sunrise Powerlink creates a serious risk of catastrophic wildfire on par with the 2003 and 2007 wildfires. Every San Diegan should review the document to the right. which comes straight out of the Sunrise Powerlink's own environmental report.

If SDGE really wants to fight fire, it should dump the Deathlink and get serious about local solar, not imported, power.

*SDG&E expressed that it might be a possibility to keep the heavy lift helicopter, which has been purchased for construction, here to work with fire agencies.

Subscribe today!

Online subscriptions only \$10 year. \$25 year for mail. Call (619) 444-5774 or mail: Gazette, P.O. Box 697, El Cajon, CA 92022





CALLING ALL GIRLS
AGES 14-18
FOR
2010 MOTHER GOOSE

QUEEN AND COURT

Sign up by Friday, June 25 2010

Must have 3.0 GPA and be a Sophomore,
Junior or Senior in September 2010.

stop by for an application

1130 Broadway, El Cajon (near 1st St. on North side)

Mon. 10 am - 2 pm, Tues.-Thurs. 10 a.m. - 5 p.m., Fri. 10 a.m. - 2 p.m.

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

Disoser your full potential

HYPNOTHERAPY, INC.

- Fibromyalgia
- Sleep
- Weight

Fear

Smoking Today!

Judy Callihan Warfield • Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successhvpnotherapv.com 4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERSTLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations (619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

18486

NOW AVAILABLE! Prime location

East County Gazette Page 3 top corner box!

Hurry...won't last long!

Call today (619) 444-5774 or ask about other available locations!

Below Retail

Tues. thru Fri. 10 a.m. - 6 p.m. Sat. 10 a.m. - 4 p.m. 10769 Woodside Ave., #206 Santee, CA 92071

Chronic Pain

Relationships

• IRS

Stress

(619) 448-6717

www.wholesaleguns.net



(619) 722-1049

SERVICE & REPAIR • DRAINS • REMODELS

LAWN MAINTENANCE

Mowing, edging, trimming, weeding, clean-up and disposal

We can install and make repairs on all types of irrigation, drainage and lighting systems.

Weekly, bi-weekly or monthly service at competitive rates

Call Darrell for free estimates (619)401-9835 • (619)972-8744



DRIVEWAY SPECIALIST

WORK GUARANTEED!

STAMP, COLORED OR STANDARD **DRIVEWAYS & PATIOS**

> 32 years experience — Licensed Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net VISA/MASTERCARD ACCEPTED



LAKESIDE JEWELE

Al & Ann... The Jewelers of Lakeside since 1980 Over 42 years experience!

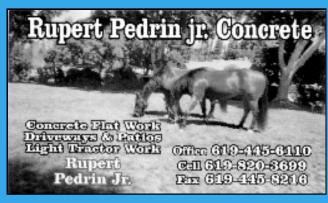
· Watch batteries · Watches · Jewelry · Clock repair







9773 Maine Ave, Lakeside • 619634-8389





Home of the World's First Great Tasting "Healthy Coffee"

Packets you can make at home or the office! Call (619) 729-8433



El Cajon Animal **Shelter**

1275 N. Marshall Ave., El Cajon, CA 92020 Phone: (619)441-1580

The shelter is open to the public from 10 AM to 5:30 PM. Tuesday through Saturday and from 1pm-2pm for lunch. The shelter is closed Sunday and Monday. The El Cajon Animal Shelter is not a part of the San Diego County Animal Services.

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the 'Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables,
- Leasing, Strategic Planning, Custom Financial Reports. Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists

REALTY RESOURCES (619) 938-3800 Stephen Dows, mba www.Realty-Res DRE#01523368 CSLB#884406

NEVER MISS AN EVENT AGAIN!

Subscribe to the Gazette online for only \$10/year.

The East County Gazette will come to your e-mail box every Thursday for one year! Call today and subscribe. (619) 444-5774

Of course you can subscribe and have the Gazette come to your mailbox everyweek for one year for only \$30.

SHOP EAST COUNTY



— LOCAL NEWS & EVENTS -

El Cajon highlights



Cindi Fargo has been appointed new CEO of the ECCDC.

by Monica Zech City of El Cajon Public Information Officer

Free Concerts on the Green

he 15th Annual Concerts on the Green, the free weekly summer concert series featuring live music for all ages, opens Friday, June 25, from 6 to 8 p.m. in Downtown El Cajon. Opening night of 2010 Concerts on the Green will feature a high-energy performance from the oldies show band, The Legends. Ed Waymire also returns as the original, entertaining, and highly popular Master of Ceremonies. The temporary location for Concerts on the Green is the outdoor amphitheater at the East County Performing Arts Center pending completion of the renovation of Prescott Promenade. Presented by the El Cajon Community Development Corporation (CDC) and Sycuan Casino, the family-oriented Concerts on the Green features top entertainers in a friendly park setting every Friday evening from 6 to 8 p.m. through September 3. From blues to rock, and oldies to swing, there is something for every music lover. Free to the public, the popular Concerts on the Green welcome hundreds of spectators each week. Bring a picnic, or enjoy dinner at one of several fine restaurants now open on Main Street in Downtown El Cajon. For more information, call the El Cajon CDC at (619) 401-8858.

Theme night schedule announced for Cajon Classic Cruise

The Theme Night schedule has been announced for the 2010 Cajon Classic Cruise, Southern California's largest weekly classic car show, which opens Wednesday, June 30, from 5 to 8 p.m. on Main Street in the heart of historic Downtown El Cajon. Admis-

sion is free to the Cajon Classic Cruise car show, featuring more than 500 classic, custom and hot rod cars and motorcycles valued at more than \$10 million in a street festival setting every Wednesday evening through September 29. Two special post-season car shows will be held, including the Halloween Trunk or Treat show on October 27, and the Parade of Lights Holiday show on December 8. The Cajon Classic Cruise is centered on East Main Street at Prescott Promenade. just east of the intersection of Main Street and Magnolia Avenue. Thousands of spectators each week will stroll El Cajon's booming downtown district while enjoying the cars, the restaurants, street vendors, and live entertainment. Presented by Sycuan Casino and the El Cajon Community Development Corporation (CDC), the Caion Classic Cruise offers new attractions each week, including awards for the top cars, special salutes, and a variety of themed events, like Thunder on Main, National Night Out, and many more. Don't miss a single week! Trophies are awarded weekly in several categories and all cars are welcome to enter. For more information, call the El Cajon CDC at (619) 401-8858, or visit online at www.downtownelcaion.com.

Lend A Hand's Saturday Morning Clean-Up

The next Lend A Hand event is Saturday, June 26, from 9 to 11 a.m. at the corner of East Camden and Lincoln Avenues. Join residents, business own-

ers, and community-minded individuals to beautify this neighborhood by removing trash and graffiti. Recycle San Diego will be present to collect your electronic waste including cell phones, batteries, computers, televisions, and laptops. The San Diego Rescue Mission will also be there collecting any usable items that the residents of Downtown El Cajon no longer need. Donate your working electronics, furniture, household articles, baby items, or clothes. Remember, your donations are tax deductible! For more information visit www. downtownelcajon.com or call (619) 401-8858.

New CEO & New Urban Improvement Manager for The Downtown CDC

After a nationwide search "Cindi Fargo" has been appointed President and Chief Executive Officer of the El Cajon Community Development Corporation. Cindi was selected from over 60 candidates in a nationwide search that was launched after long-time President/CEO Claire Carpenter announced her departure in December of last year. Cindi possesses twenty-five years' experience as a downtown revitalization professional, including work in both Encinitas and Escondido and most recently as Executive Director of the Downtown Las Cruces Partnership. Fargo will begin her new job in El Cajon on Monday, June 28th and will be introduced to the public at the first Cajon Cruise Classic of the season on

Wednesday, June 30.

The El Cajon Community Development Corporation is a non-profit 501 (c) 3 organization serving downtown El Cajon. The CDC is dedicated to enhancing the economic vitality of downtown El Cajon. In addition to the popular car shows on Main Street and summer Concerts on the Green which draw tens of thousands of people to downtown each year, the CDC is actively engaged in business recruitment and enhancement and community development activities throughout downtown El Cajon. The CDC's Clean & Safe Program includes Ambassadors who provide assistance to visitors and businesses on a daily basis while keeping an eye out for suspicious activity in the downtown area. That program was recently given a boost when the CDC appointed retired Coronado Police Chief "Robert Hutton" as Urban Improvement Manager to oversee it. The CDC is supported by a combination of funding includ-





El Cajon Elks Lodge honors 'Students of the Month

Danielle Cole and Alexander Marquez, students at Chaparral High School were selected as "Students of the Month" for June. They were honored at a regular lodge meeting and each received a check for \$400 along with a Certificate of Achievement.

ing an annual assessment of property owners in the downtown area, contracts for services with the City of El Cajon, private and foundation grants, sponsorships and donations from businesses and individuals who want to see a vibrant downtown El Cajon. For more information please call the CDC at (619) 401-8858.

Join The Goose For Tea This Saturday

It's the 3rd Annual Royal Tea & Fashion Show benefiting the 64th Annual Mother Goose Parade. This special event is scheduled for Saturday, June 12, 11 a.m. to 2 p.m. at the Elks Lodge, 1400 East Washington Avenue in El Cajon. Reserve a table and display your best tea set at their Royal Tea brunch, with prizes awarded to the two best tables! Enjoy a beautiful day of food & fashion with your family and friends, along with a chance to win prizes from the opportunity drawings. Tickets are \$25 each.

For reservations, information and sponsorships call (619) 444-8712.

WIPE OUT 2ND TRUST DEEDS/HELOC & REDUCE PAYMENTS

ALPINE LAW OFFICES

James L. Lofton Esq. (since 1984)

BANKRUPTCY / STOP FORECLOSURE & CREDITORS AUTO ACCIDENTS, PROBATE, TRUSTS, REAL ESTATE, BUSINESS

FREE CONSULTATION

Across from the Alpine Sheriff's Dept.

(619) 722-7595 • www.alpinelawoffices.com







221 E. Main Street. • El Cajon • 619-444-0303 Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 11:30am -10pm

With coupon. Exp. 06/30/10

Banquet Room up to 55

Book your party now for any occasion!

Banquet Room up to 55

For more info go to www.mangia-bene.com or info@mangia-bene.com

— LOCAL NEWS & EVENTS —

Viejas granted restraining order protecting sacred burial ground

he Viejas Band of Kumeyaay Indians has been granted a restraining order in Superior Court of California-San Diego County to halt the Padre Dam Municipal Water District from further desecrating a recently-unearthed Kumeyaay burial and ceremonial ground. In a hearing today, Judge Judith Hayes ordered the District to avoid construction over roughly two-thirds of the construction

You may be eligible for a refund on your California Tax

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 changed allowing mortgage forgiveness going back to 2007. Call or email for help with filing your amended California return.

Income Tax Assist

Debbie Haverly, CPA (619)647-5649 debbie.haverly@ sbcglobal.net site until at least June 25 when the hearing for a permanent injunction is scheduled. A representative for the California Attorney General's office appeared at today's hearing and spoke in favor of the restraining order. The District agreed to continue to use a Native American monitor and to allow Viejas the opportunity to view site activities.

On June 17, the California Native American Heritage Commission (NAHC) is scheduled to hear testimony about the importance of cultural resources at the site. That is a continuation of the Commission's first hearing, which was held on April 6, 2010.

If the Commission makes findings that the site is a sanctified cemetery, and that the project will irreparably harm the site, the Commission may issue recommendations for mitigating impacts to the site, which could include complete avoidance of the entire site. If the District ignores the recommendations and proceeds with the current project, the NAHC will then be in the position to request that the state Attorney General initiate legal action against the District.

Padre Dam Municipal Water District is constructing a new reservoir and pumping station at the site, which is on approximately two acres south of I-8 near Lake Jennings Park Road and Old Highway 80.

Qualified Native American

Monitors and experts hired by the District in 2007 to conduct the initial investigations of tribal cultural resources warned of the cultural significance of the site and recommended the District avoid it. However, the District approved the project without revealing this information to tribes and the public. In its environmental review document the District said the project would not have any potentially significant adverse effects on cultural resources. Subsequent investigations have proven those claims to be wrong.

Human remains and a very high density of burned pottery sherds were later uncovered at the site, indicating a sacred burial ground and ceremonial place where cremated Native Americans were buried in sacred pottery urns.

In documenting the discovered cultural resources at the site, a data recovery report prepared for the District by its experts called the discovery "unparalleled in the San Diego region" and said the site contained "one of the highest densities of Native American ceramic sherds ever found in San Diego County," which has 19,000 recorded archaeological sites.

Although only approximately six percent of the site was

recovered, the District's report already details the significance of the discovery:

- 14 human bones belonging to at least 3-8 individuals have been positively identified by the Coroner, dating to A. D. 780 1910.
- 204 other bone fragments are considered either likely to be human or have yet to be assessed but were treated as though they were human. (Fragmented remains are typical of the traditional cremation practices of local Indian Bands.)
- The District's report also says that the human remains found during excavations at the site were mostly "burned during cremation" and that the "calcined bones may have come from human cremations given the large amounts of burned pottery and other burial artifacts that may have been grave goods." (Actual quotes from Padre Dam Water District's Data Recovery Report, August 2009.)

The Viejas Band of Kumeyaay Indians, who have been designated as the most likely descendents of those who are buried at the site, requested that the District fully assess the site and construction plans in order to prevent further desecration of the sacred site. The Band also agreed to work with the District to review other alternative sites that had been considered by the District.

The Padre Dam Municipal Water District, however, unilaterally declared on May 21, 2010, that it would not wait for the Heritage Commission ruling, would not fully assess the cultural resource status of the site, would not plan on avoiding or recovering the tribal cultural resources on the other 94 percent of the property and would immediately resume construction. According to the District's own reports, the proposed construction work would effectively result in total destruction of the prehistoric archaeological site.

Attorneys for the Viejas Band sought the restraining order against the Padre Dam Municipal Water District to halt construction until the matter is decided by the Native American Heritage Commission and the District complies with California law.

Viejas Tribal Chairman Bobby L. Barrett said, "This site is sacred to our people, and it is culturally and historically significant for all residents

of San Diego County and southern California. From the beginning, our request of the Padre Dam Municipal Water District has been reasonable: simply complete a full assessment of cultural resources on the current site to help us better understand the extent to which tribal cultural resources may be present throughout the property. This would seem entirely reasonable given that the District's own report recognizes the immense historic and cultural significance of what has already been discovered - and that report only covers a six percent sample of the site. Until there's a full assessment, we don't know what, if any, other options exist for onsite project redesign. The District also previously considered three other alternative sites, and we continue to offer to work with them to further assess those and other sites as possible options. To move forward and desecrate this sacred burial ground would dishonor those who have been laid to rest there. It would also dishonor their living relatives and everyone in San Diego County who appreciates the cultural and historical signifi-

Lakeside round-up of events

by Patt Bixby

Dates to Remember

June 10, 17, 24- Lakeside farmers Market

June 9- Design Review Board Meeting, 7 p.m. community

June 10- Chamber Business Mixer at the Boys and Girls Club, Lakeside

June 18- Lakeside Day at the San Diego County Fair **June 25-** Chamber of Commerce 5th Annual Scholarship

June 25- Chamber of Commerce 5th Annual Scholarship Golf Tournament

Golf Tournament

Lakeside Chamber of Commerce 5th Annual Scholarship Golf Tournament held Friday, June 25 at the Barona Creek Golf Club. Proceeds benefit the Lakeside Chamber of Commerce and a scholarship fund set up to further the education of Lakeside area high school students. For further information and donation opportunities please call the Lakeside Chamber at (619) 561-1031.

Lakeside Day at the San Diego County Fair

Showcase your business at the San Diego Fairgrounds. For each table reserved, you will receive eight tickets to enter the fair. There are limited tables. Call today to reserve your table, (619-561-1031.

Congressman Hunter community job fair

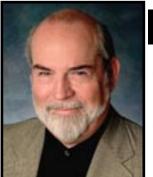
Congressman Hunter, Cuyamaca College and the East County Career center are partnering to bring businesses, veterans and qualified job seekers together for a job fair on Monday, June 21, from 9 a.m. to 12 p.m. at Cuyamaca College.

Tables are available for any businesses or companies that are currently hiring. Reserve your free table space today. For more information contact David Knoll at (619) 448-5201.



DRE Lic. #01326359

PREMIER MORTGAGE & REAL ESTATE



Retired Attorney

Former Military Pilot

⁽⁶¹⁹⁾820-9068

- ✓ EAST COUNTY
 SPECIALIST
- FIRST TIME HOME BUYERS
- **✓** INVESTORS
- ✓ SHORT SALES

Free Market Evaluations



Third generation Alpine resident graduates from UC Berkeley

Third generation Alpine resident Courtney Foster graduated summa cum laude from UC Berkeley with a Bachelor of Arts degree in The Classics. The Foster Family have been members of the Alpine community for over fifty-seven years. Both her parent's and Courtney went through the Alpine School District from kindergarten through Junior High. She plans on taking the LSAT this fall and pursuing a career in Law.





4.75% 30 Year Fixed 4.97 % APR Call Today!

"Mortgage Banker licensed by the Department of Corporations #8138485"

Our Well Rounded Team of Experts Can Help You!

PURCHASE & REFINANCE HOME LOANS:

- FREE Pre-Approvals so you can shop with confidence
- GUARANTEED RATES FREE We back your rate at application
- FHA, VA, FNMA & FHLMC, CalSTRS loans available
- 3.5 percent Cash down to purchase loans up to \$700,000
- FAST CLOSING We close on time for your family
- Branches Nationwide Large enough to be secure, small enough to care



CHRIS
WILEY
NMLS LICENSE #240137

Bank Owned & Short Sale Lending Source

Q: How much money do I need to put down?

Twenty percent down is the traditional standby required by banks. With the invention of mortgage insurance you can do as little as 5% down; with an FHA loan it can be as little as 3.5%. And with special financing, the down payment can be \$0.00.

BRIAN CONNELLEY
NMLS LICENSE #248810



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.



KELLI KRUEL NMLS LICENSE #222434

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.



CHRISTINE WAITS

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, inhouse, from start to finish. Having funded more than 70,000 loans during 10 years in business, we have the strength and experience to get your loan done and make your dream a reality.

- WE DO OUR HOMEWORK SO YOU CLOSE ON TIME! -

CALL US TODAY (619) 722-1303

2140 Alpine Blvd., #B, Alpine "Your East County Home Loan Professionals"

For Health's Sake

What is Hypnosis?



by Judy Callihan Warfield

ave you ever been totally absorbed while reading a book, gardening, listening to music, or watching a movie? Did you notice that when you were "lost" in those activities

that you forgot to notice the things going on around you? Did that chronic pain go away for a moment? Did the day to day concerns and stress reduce? This is the trancelike state or focused attention that is similar to what happens when you are in hypnosis.

Hypnosis or hypnotherapy is an altered state of consciousness. When you are under hypnosis:

- Your attention is more focused
- You are more responsive to suggestions
- Your senses are more heightened
- Concentration is heightened

Hypnosis has been practiced for thousands of years and approved by the American Medical Association as a viable healthcare practice since 1958. It has been compared to deep thought, meditation, prayer, an alpha wave state similar to that right before you fall asleep, or that "zoning out" when doing a repetitive or focused activity.

It is not clear how hypnosis works. However, it appears to

affect how your brain communicates with your body. Hence the mind/body connection. There is a common phrase "Where the mind goes, the body will follow". When you are hypnotized you are able to concentrate intensely on a specific thought, feeling or sensation while blocking out distractions.

Because thru hypnosis your **See HYPNOSIS page 17**

Laughter is the Best Medicine

Ducks in Heaven

Three women die together in an accident and go to heaven. When they get there, St. Peter says, 'We only have one rule here in heaven: Don't step on the ducks!'

They enter heaven and there are ducks everywhere. It is almost impossible to avoid them. Soon, the first woman accidentally steps on one.

Along comes St. Peter with the ugliest man she has ever seen. St. Peter chains them together and says, 'Your punishment for stepping on a duck is to spend eternity chained to this ugly man!'

The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as the first woman.

The third woman has observed all this. Not wanting to be chained for all eternity to an ugly man, she is very careful where she steps. She manages to go for months without stepping on any ducks. One day St. Peter comes up to her with the most handsome man she had ever laid eyes on — very tall, long eyelashes and muscular. St. Peter chains them together without saying a word.

The happy woman says, 'I wonder what I did to deserve being chained to you for all of eternity?'

The handsome man says, "I don't know about you, but I stepped on a duck."

Submitted by S. Dows of El Cajon.

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

o ko

Health...Just Common

House Sense

by Dr. Donald Adema

Often it is when you least suspect that God guides you to a new level of knowledge or understanding. Just when you feel alone and vulnerable, an out of the way little seminar opens up a door for much bigger things. That was just so last Thursday evening in a beautiful, small and efficient compounding pharmacy under a bridge in La Jolla.

A very challenging or just plain bad week was ending as I mumbled my way to the lecture site. My 60th birthday was looming in the horizon or, in this case, the sunset, and I was working up a pretty good pouting session. As I walked in the door the style of the pharmacy was readily apparent and the smiles on the practitioners present were encouraging. And, they served wine! Once again, divine intervention prevailed and I settled into my seat next to a brilliant neuro psych therapist and just plain bud.

"Okay, I can do this now." That comment was actually overheard and the row in front of me turned around and nodded with a laugh. But that laugh stopped when the speaker came forward. He is at least seven foot tall, from Texas with accent and everythin, is an active general surgeon, homeopath, neuropsych therapist and actor. I think he plugs himself into the wall at night as he must be a humanoid of some type. When his gaze connected, you felt like you had just been the target of a Klingon tractor beam.

The physician's presentation was on neutraceutical and medical food approaches to mental health. The speaker also added electric magnetic field concerns and even threw in a little neuropsych therapeutic approaches. The case presentations from the floor were readily explored and the solutions workable for all economic categories. (Of course, insurance will not cover the majority of solutions because they work and their side effect is generally health!!) My question on cleaning up the debris of immunizations was brilliantly and simply solved and led to many a new friend after the presentation.

The final announcement frosted the cake with an invitation to a practitioner group quarterly meeting to just sound off, bounce off, relax and generally not feel alone in the world of blended medicine. It is much needed.

PS. To continue from the last article on pain management strategies and an EMF approach, start your research by recalling that an electrical impulse flows down our neuro pathways and can become congested just like a blood vessel. Okay, go with it.

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

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:

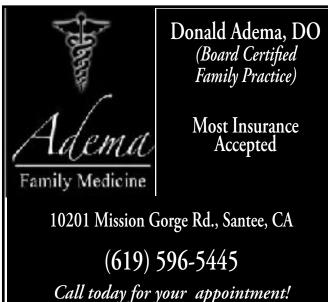
- are age 65 or older
- have experienced overactive bladder symptoms for at least 3 months
- have strong, sudden urges to urinate
- experience frequent wetting episodes
- have health problems related to aging

If qualified, you:

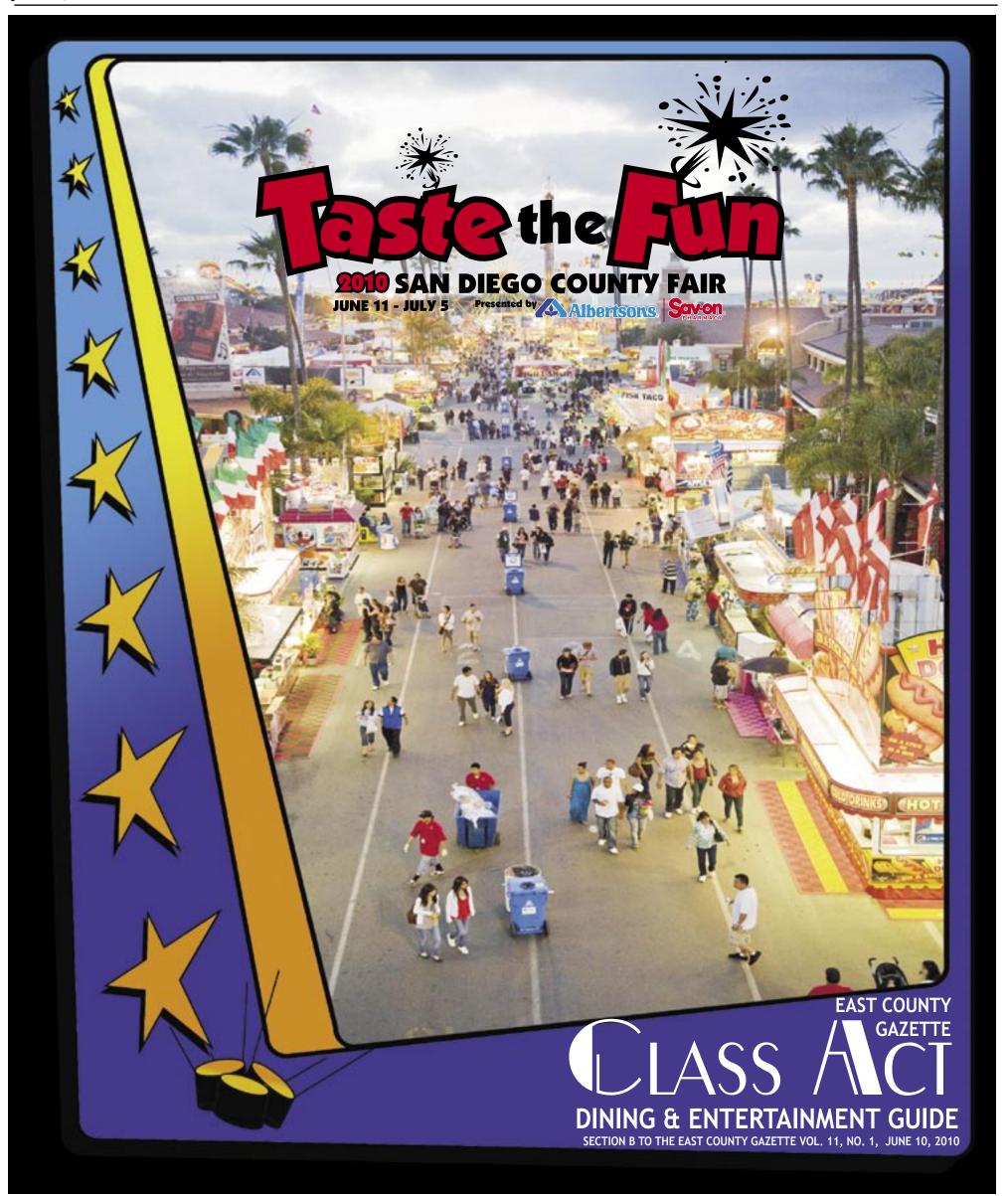
- · will attend five office visits over a 14-week period
- will receive the study medication or a placebo (an inactive look-alike pill) and study-related care at no cost.
- · may be compensated for time and travel

For more information please contact:

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







— 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

Through August: Back to the 50's Car Show is back celebrating its 17th year in La Mesa Village. "Jump'n Jack Flash Mobile Music" will be playing those Golden Oldies from the past and has been spinning those great tunes for 17 years at this car show. The show is every Thursday night from 5 to 8 p.m.

June 1 - July 1: The East County Art Association's Masters of the Moment Regional Juried Art Show will be held at Sophie's Art Gallery, 109 Rea Ave, El Cajon. This show is open to artists in San Diego County. Entry date is Saturday May 22. Artists who wish to submit their work may view and download the prospectus from the calendar on our web site at east-countyartassociation.org

June 10 - Aug. 19: The City of Santee's annual Santee Summer Concert Series is set to bring high-energy performances for all ages. Concerts will be held at the Santee Trolley Square Amphitheater on Thursday evenings, 6:30 to 8 p.m. June 10 - The Corvettes, June 17 - Emerald River, June 24-Bayou Brothers, July 8-Screamin' Primas, July 15-Clay Colton Band, July 22-Thunder Road, July 29-Daniel Tucker Band, Aug. 5-Destroyers (Navy Band), Aug. 12-Crucero (Navy Band) and Aug. 19-The Cat-illacs.

June 11 - July 5: San Diego County Fair. The San Diego County Fair will celebrate food with its theme, "Taste the Fun" — not just the food that fairs are famous for, but also the food that is part of our lives each and every day. Friday, June 11, through Monday, July 5, closed three Mondays: June 14, 21 and 28. Adults - \$13, ages 62 and older - \$7, ages 6-12 - \$7, ages 5 and younger - free. For more information visit www.sdfair. com

June 12: Mother Goose Tea & Fashion Show. El Cajon Elks Lodge, 1400 East Washington Ave., 11 a.m. to 2

p.m. Doors open at 10:30 a.m. Tables still available \$160, individual tickets \$25. This is a great opportunity to display your best tea set at the Mother Goose Royal Tea Brunch. Bring friends and family to enjoy a spectacular event of fashion and a chance to win a prize and opportunity drawings. Fashions by JC Penny's and more! Prizes for two best dressed tea tables. The Mother Goose Royal Tea and Fashion Show is a fund-raiser for this year's 64th Annual Mother Goose Parade. RSVP table(s) by May 30. For table reservations, information and sponsorships call (619) 444-8712.

June 12: The Lakeside Relay for Life will be held on Saturday June 12, 9 a.m. thru Sunday June 13, 9 a.m. at the Lakeside Middle School on Woodside Ave in Lakeside. This is a 24 hour event that is open to the public aimed at raising funds and awarness about Cancer. Several teams will be camping out and walking around the track for 24 hours straight to demonstrate their support. We welcome all to come join us and enjoy a free and fun family event. Several bands will be playing along with a DJ, lots of pizza, hot dogs, frozen yogurt, snow cones, gifts and raffles. Event website www.relayforlife. org/lakesideca

June 16: Movies in the Park. Viejas Outlet Center and the East County Gazette will once again be presenting movies in the park at the Outlet Center on Wednesdays throughout the summer. The exciting line-up is: June 16 - Monsters vs Aliens: June 23 - Shorts: June 30 - Cloudy with a Chance of Meatballs: July 7 - Open Season 2: July 14 - The Goonies: July 21-Planet 51: July 28 - The Blind Side: August 4 - Cats and Dogs: August 11 - Twilight: August 18 - How to Train Your Dragon: September 4: Avatar

June 16: El Cajon Valley High School "Marching Braves" band will be holding a fundraiser Classic Cars & Motorcycle Show from 5 to 8 p.m. at the schools staff parking lots on Madison Ave.

June 19-20: Step back in time to celebrate the "Year of the Miner." In the winter of 1869 when former slave Fred Coleman discovered gold in a small creek just outside of Julian, it set off a frenzy

that became San Diego's own gold rush. Within a few weeks, over 800 prospectors from all over the country were headed to Julian in search of gold. The first producing gold mine, the Washington Mine, was discovered in February 1870 and within days over 40 other claims were registered. This year marks the 140th anniversary of the Julian Gold Rush, a pivotal part in the development of San Diego, and will be the focus of this year's Julian Gold Rush Days in June. Events will be produced throughout the Julian area, including Wynola. For more information, visit www.julianmerchants.org.

June 25: Concert on the Green. The Annual Concerts on the Green, the free weekly summer concert series featuring live music for all ages from 6 to 8 pm in Downtown El Cajon. Opening night of 2010 Concerts on the Green will feature a high-energy performance from the oldies show band, The Legends. Ed Waymire also returns as the original, entertaining, and highly popular Master of Ceremonies. Presented by the El Cajon Community Development Corp. and Sycuan Casino, the family-oriented Concerts on the Green features top entertainers in a friendly park setting from blues to rock, and oldies to swing, there is something for every music lover! Bring a picnic, or enjoy dinner at one of several fine restaurants now open on Main Street in Downtown El Cajon.

Prescott Promenade will be undergoing exciting renovations in early summer, so in the meantime, join the fun at El Cajon Plaza / Amphitheatre (between ECPAC and City Hall) at 200 Civic Center Way until the Promenade re-opens in late July. For more information and updates, call the El Cajon CDC at (619) 401-8858, or visit online at www. downtownelcajon.com.

2010 Concerts on the Green Schedule: June 25-The Legends (Oldies), July 2 -Family Night with the School of Rock (Rock Stars of the Future), July 9 Sue Palmer & Her Motel Swing Orchestra (Boogie Woogie), July 16-The Corvettes (Oldies), July 23-Bill Magee (Blues), July 30-Java (Dance), Aug. 6-The Stilettos (Rockabilly), Aug. 13-The Cat-illacs (Rock & Roll), Aug. 20-The Coolrays (Beach Boys Tribute), Aug. 27-Diamond is Forever (Neil Diamond Tribute), Sept. 3-FX5 (Dance).



— IN CONCERT —

Concerts coming soon at Viejas Casino



Boyz II Men. Photo: courtesy

by Diana Saenger

he Temptations: Saturday, June 12, doors open 7 p.m., event start 8 p.m. \$45 - \$55 Reserved Seating

Here is the list of the current members of the band Otis Williams, Walter Joseph Herndon, Terry Wayne, Ron Tyson, Bruce Williamson. Ali-Ollie Woodson who passed over the weekend was not with the band when he passed. Our thoughts and prayers go out to the family of Ali-Ollie Woodson.

Jamey Johnson: Thursday, June 17, The Dream-Catcher at Viejas, doors open 7 p.m., event starts 8 p.m.

\$25 General Admission Standing Room Only / \$35 Reserved Balcony

He could be basking in his songwriting accolades, but Jamey Johnson remains a restlessly creative maverick. Jamey is the co-writer of the CMA and ACM 2007 Song of the Year "Give It Away," recorded by George Strait. Trace Adkins, George Jones and Joe Nichols have also recorded his songs. Jamey Johnson has recorded more than 40 songs during the past year.

The Goo Goo Dolls & Angel Taylor: Friday, June 25, doors open 7 p.m., event starts 8 p.m.

Sophie @ 103.7 announces the celebration of the radio station's 3rd year of broadcasting in San Diego with a special concert featuring The Goo Goo Dolls and Angel Taylor.

Boyz II Men: Friday, July 9, doors open 7 p.m., event starts 8 p.m.

Reserved Seating - \$42.50 & \$47.50

They recorded five number 1 R&B successes between 1992 and 1997 and have sold more than 60 million albums. Three of its number 1 hits, "End of the Road", "I'll Make Love to You", and "One Sweet Day" (with Mariah Carey), set and exceeded records for the longest period of time a single remained scored at number 1 on the Billboard Hot 100; "One Sweet Day" still holds the record. Although "On Bended Knee" did not exceed any records, it reached number 1 and made Boyz II Men the third artist (behind The Beatles and Elvis) to replace themselves at the number one rating of the Billboard Hot 100.

Vicki Lawrence & Mama: Saturday, July 10, doors open 7 p.m., event starts 8 p.m.

Reserved Seating \$43.50 / Reserved Balcony \$41

When Carol Burnett was looking for an actress to play her kid sister on her new variety series, she contacted Vicki after receiving a letter from her and made arrangements

to come to the event. The rest is television history. *The Carol* Burnett Show premiered in the fall of 1967; the same year Vicki entered UCLA to study Theater Arts. She spent eleven years with Carol, earning one Emmy Award and five Emmy nominations. After the Burnett show ended, Vicki starred in her own TV series, Mama's Family with Ken Berry, Dorothy Lyman, Beverly Archer, and Allan Kayser. The last original episode was made in January of 1990, completing five years of first-run syndication. The show still can be seen daily throughout most of the country.

Cinderella: Friday, July 30, doors open 7 p.m., event starts 8 p.m.

Standing Room Only \$31 / Reserved Balcony \$36

Cinderella emerged in the mid-1980's with a series of multi-platinum albums and hit singles whose music videos received heavy MTV rotation. They are famous for being a glam metal and hard rock band with a blues rock sound. It is with great excitement that Cinderella has announced the band's return to touring and the band has never sounded better, or Tom Keifer's voice stronger.

Carlos Mencia (2 Shows): Friday, August 6 doors open 6 & 9 p.m., Event 7 & 10 p.m. \$45 & \$47.50 Reserved Seating/\$42.50 Reserved Balcony Carlos Mencia, superstar/ stand-up comedian, is undoubtedly one of today's most lauded entertainers and feared comics. Whether it is man-on-the-street interviews, studio comedy, commercial parodies, or nationwide soldout tours. Mencia demonstrates an extraordinary ability to connect with a diverse

George Benson: Friday, August 13, doors open 7 p.m., event starts 8 p.m. Reserved Seating \$81 / Reserved Balcony \$76

At various points along the four-decade continuum of George Benson's career, he has been heralded as a jazz guitarist of unparalleled chops, a vocalist with great emotional range and sophistication or a combination of both. However, he regards himself as an entertainer in the broadest sense of the word – a singer of songs, a spinner of tales. That's the essence, Songs and Stories.

Los Lonely Boys: Sunday, August 15, doors open 7

p.m., event starts 8 p.m.

Standing Room Only \$36 / Reserved Balcony \$46

Los Lonely Boys debut single 'Heaven' was a Number One hit on the Billboard Adult Contemporary chart and reached the Top 40 on the Billboard Hot 100 in 2004. Los Lonely Boys play a style of music which they dub as Texican Rock n' Roll, combining elements of rock and roll, blues, soul, country and Tejano.

More info at (619) 659-1996, (619) 220-TIXS, ticketmaster. com, <u>www.viejas.com</u>

'Monsters vs Aliens' first film in Viejas Movies in the park

by Diana Saenger

What I liked about Monsters vs. Aliens are the endearing characters that keep the storyline entertaining, especially B.O.B. who steals the movie hands down. The animation is crisp, especially in the 3D version, although those polarized glasses make the movie appear a little dark. Overall, Monsters vs. Aliens (italics) is a fun family movie that can be enjoyed by all ages.

Movies in the Park are free. They take place in

the grass area of Viejas Outlet Center, fun starts on Wednesday, June 16 at 7 p.m., movie at sundown. Bring the family and blankets, but no chairs or dogs.

This is the official start of the Viejas Outlet Center's popular, free "Movies in the Park" series. The season concludes this year with *Avatar*, the blockbuster that set new worldwide sales records.

Every Wednesday evening through August 18, Viejas Outlet Center will show free family-friendly movies in the park area of the Outlet Center. Then, for a special showing to wrap up the 2010 "Movies in the Park" season, *Avatar* will be shown on Saturday, Sept. 4. See full schedule on page 10.







Celebrating over 63 Years

of service to East County diners



with coupon exp. 06/30/10



LUNCH SPECIALS

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

Dinner Specials

(Includes Salad and dinner roll)

Monday:

Lasagna & Spaghetti... \$10.95
Tuesday:

Zucchini Parmigiana ... \$10.95 Wednesday:

Eggplant Parmigiana... \$10.95

Thursday: Ravioli (meat or cheese).\$9.50

Friday: Tortellini (chicken, cheese or

spinach.....\$8.
Saturday:

Half & Half Sunday:

CATERING FOR PICK UP, UP TO 100 PEOPLE

ORDERS TO GO 619-444-4546

1588 E. Main Street El Cajon

Open 7 Days 11 am

THE MOVIES —

'Splice' is sci-fi porn Don't be fooled

by Diana Saenger

There's something almost disgusting watching Academy Awardwinner Adrien Brody on a barn floor humping a hybrid lab experiment, a creature with legs like a kangaroo and a stinger on its tail. Sorry if that spoils your take on the new film Splice – but this information is already abuzz on the internet.

Clive (Brody) and Elsa (Sarah Polley) are genetic engineers specializing in splicing DNA from animals to create new hybrids. They are also an affectionate couple who share the love of their work; yet Elsa refuses Clive's pleas to have

The first hour of the film which played to a deadsilent audience at the screening I attended -comes across as intriguing. The couple's current project produces two giant worm-like creatures that are supposed to open the world to new discoveries. But while working secretly on another project of their own, Clive and Elsa's lives change drastically.

Unbeknownst to Clive, Elsa has added human DNA to their project. When the screeching, unrecognizable creature in the lab gets Clive's attention. Elsa must reveal what she did. Clive informs her they are morally bound to destroy it. However, as days go by and it begins to have more and more human features, Elsa refuses the idea. Clive is also disturbed because he can see that Elsa is becoming emotionally attached to

In no time at all Dren starts growing older and must be hidden, so Clive and Elsa take it to an abandoned barn. As the creature watches the loving relationship between Clive and Elsa, it wants to be Elsa and get all that affection from Clive. By this time, everyone in the once dead silent theatre where I saw the film was laughing hysterically. It's hard not to. For example, when Dren seems to be dead, Clive says, "She's dead." But just like in those old B-movie thrillers where the dead person is never dead. neither is Dren. Yet 20 minutes later in another scene Clive pronounces her dead for the second time. One moviegoer shouted out, "again?" And right – she isn't.

I have no idea what writerdirector Vincenzo Natali had in mind when he wrote this movie or at least the second half. By now the entire plot has changed from intriguing to sci-fi porn. The intriguing dilemma about the moral complexities of genetics completely disappears into a byproduct of sexually ravaging creatures. Several times I looked at these two above average actors and said to myself, "You've got to be kidding!"

Of course, the hype will get some folks who care nothing about plot into the theatre, but after these viewers experience a few of their own repulsive moans, they'll probably figure out Clive and Elsa aren't the only ones feeling the pierce of Dren's deadly tail or tale.



Sarah Polley stars in Splice. Photo credit: CBS Films

'Marmaduke' — disappointing for most audiences



Marmaduke and Lee Pace as Phil Winslow in "Marmaduke." Photo credit: 2010 Joe Lederer / Twentieth Century Fox

Review by Diana Saenger

?ids and dogs make a perfect match – they have little expectations from each other. That's why small children will probably love Marmaduke. However, should adults have to watch this offering along with the kiddies, they are in for a clichéd no-brainer of a movie.

Based on the very popular comic book about a giant Great Dane, the movie relates a story concerning the Winslow kids who find out their dad (Lee Pace) has an exciting new job opportunity. The only problem? They have to uproot and move to Orange County, CA.

Daughter Barbara (Caroline Sunshine) complains the most, for she can't bear to lose her friends. Younger brother Brian (Finley Jacobsen) says he's okay with the move. But once enrolled at a new school, he doesn't even tell his dad he's not really playing soccer -- but skateboarding with new friends instead.

Humans are not the star of this live action comedy. Marmaduke (voiced by Owen Wilson), Carlos the cat (voiced by George Lopez) and a slew of other dog-park roaming canines get the spotlight here. Phil Winslow's new job is working for a pet food company. When his boss (William Macy) tells Phil to bring his dog to the park to discuss business, Marmaduke makes the trip. While in the park he soon learns he may be the biggest dog there, but he has no status.

The rest of the movie entails Marmaduke's face-off with Bosco (voiced by Keifer Sutherland), and a wrongchoice romance with some hard lessons to learn.

I feel Marmaduke contains too much negativity and bad behavior. Therefore, I can't recommend it for young children. And, I think anyone over 12 is likely to be bored. That narrows the audience guite a bit. Perhaps this one should be placed on your wait-for-DVD list.

Still, I did enjoy the complete CGI dog dance at the end. It was hilarious, so be sure to stay for the credits



Studio: Warner Bros. **Pictures**

Gazette Grade: D MPAA: "R" for disturbing elements including strong sexuality, nudity, sci-fi violence and lanauaae

Who Should Go: horror

Marmaduke Studio: Twentieth Century Fox Gazette Grade: C-MPAA: "PG-13" for some rude humor and Who Should Go: kids

Support our advertisers ... **They Support Your Paper**

"Dren," the name they end up giving it. Meet OUR own look-a-like Vintage "Daniel-son," "Mr. Miyagi*" & his car* ELEBRATE THE OPENING OF the new "Karate Kid" Movie At Regal Parkway Plaza 18 Theater Saturday, June 12th 11am-3pm For Martial Arts Demonstrations, Health Awareness, Games, Prizes, Crafts and FUN!! COMING SOON NO 0 JV

Parkway Plaza 18, 405 Parkway Plaza, El Cajon (619) 593-0415



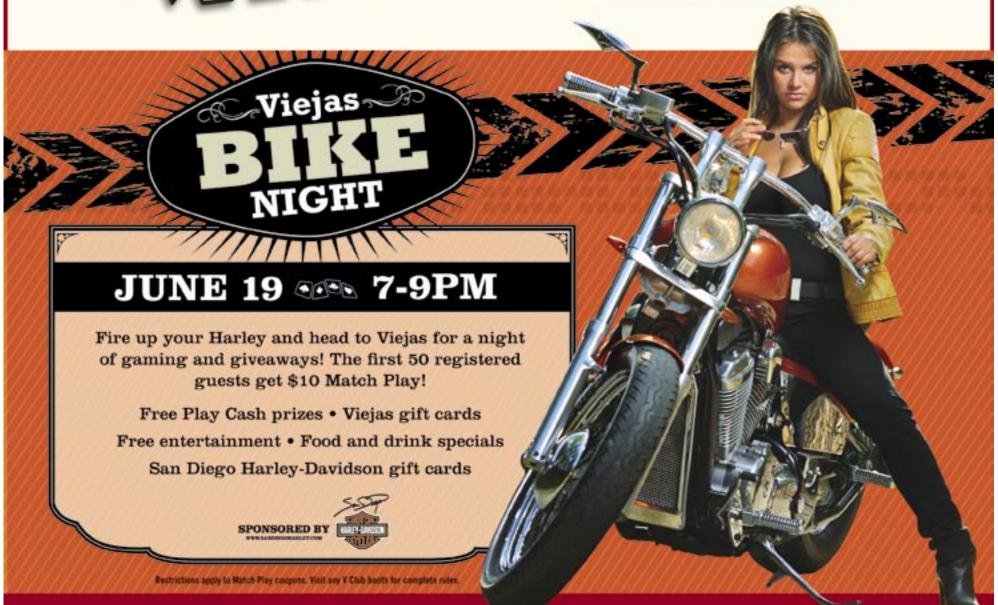
NO LIMIT HOLD 'EM TOURNAMENT



Saturday, June 19 at 11 am

1st place wins a seat in the World Series of Poker Main Event.
Plus hotel, air fare and spending money!

Ask your dealer for more details!



JUST OFF I-8 AT WILLOWS ROAD 619-445-5400 • VIEJAS.COM

Visit any V Club booth for official rules. Viejas reserves all rights. Please play responsibly. For help with problem gambling, call 1-800-426-2537. © 2010 Viejas Casino, Alpine CA.



— CLASS ACT ENTERTAINMENT —

Animals are perennial fair favorites

nimals are always one of the favorite attractions at the San Diego County Fair Presented by Albertsons/Sav-on.

AgriFair in the Wyland Center will house most of the fun, interactive experiences you can have with animals at the Fair, including the popular petting farm experience, sheep and goat pasture, the pig pen, and the cattle pasture. Pet organizations will have their own special display days. And, you'll also find exhibitions of poultry, rabbits and pigeons.

The Purina Incredible Dog Challenge returns to the Chevrolet Del Mar Arena June 11 and 12, as local canines participate in the Incredible Diving Dog and Incredible Freestyle Flying Disc competitions.

At the Camel Dairy in the Sparkletts Water Infield, Fairgoers can watch a camel being milked and can learn more about these large and gentle giants. The Camel Dairy (as seen on the television show "Dirty Jobs,") turns into "Camp Camel-Lot" when the Camel Milk Challenge takes place June 16

to June 30. Gil and Nancy Riegler, who run the Oasis Camel Dairy in Ramona, will live in a tent and survive on camel milk, dates and water for two weeks!

One of the Fair's long-time favorite events is the ever-popular Junior Livestock Auction, where San Diego County's young people auction the animals they have hand-raised during the past year. More than 400 youngsters who are members of 4-H, Future Farmers of America (FFA) and Grange participate in this annual event, set for July 3.

Another interesting animal program is the World of Horses, located in the Sparkletts Water Infield, featuring 20 different breeds of horses. Free behind-the-scenes tours are offered daily through July 2; closed July 3-5.

The Swifty Swine Racing Pigs bring home the bacon several times day in the Durante Area.

Find out more about the Animals of the 2010 San Diego County Fair at www. sdfair.com/fair, Attractions section.



Fair games are always a favorite for children of all ages. Shown here is Shawna Comeaux and the water gun game and some 'gamers' ready for action. Shawna has been with the fair for 15 years.

The theme for the 2010 San Diego County Fair is "Taste the Fun," which highlights local agriculture, producers, culinary arts and all things related to food! The Fair will run for 22 days opening Friday, June 11 and closing on Monday July 5. (The Fair will be closed the first three Mondays, June 14, 21 and 28.)

The San Diego County Fair, presented by Albertsons | Savon, is the largest annual event in San Diego County and the sixth largest fair in the United States, drawing more than 1.2 million visitors each year.

For more information about the Fair, visit www.sdfair.com/fair









Grossmont Healthcare District congratulates the recipients of the 2010 HEALTHCARE HERO AWARD

Thank you for your volunteer efforts and selfless dedication advancing the delivery of quality healthcare in the East County.

- **SHARON ADAMS** of Lakeside has been a patient care volunteer for the past 15 years with San Diego Hospice, providing more than 2,300 hours of service. She also is a Eucharistic minister who trains other minister volunteers.
- **DR. GARRETT BRADT** is a volunteer board member with Volunteers in Medicine (VIM), a nationwide, all-volunteer organization that brings together retired medical professionals and those patients without health insurance. He was instrumental in locating property for California's first VIM clinic which operates in El Cajon.
- **ERIN DELANEY** as chairperson of the La Mesa Youth Advisory Commission, helped organize the city's program to improve nutrition and physical activity and prevent childhood obesity. Her work on walkability routes helped the city receive grants for sidewalk improvements.
- MARGE DYKE is an energetic 89-year-old volunteer with Sharp HospiceCare's "11th Hour" program, providing more than 1,600 hours of service at the LakeView Hospice Home in La Mesa, which was chosen as a community project by her La Mesa Lions Club.
- **DR. RAYMOND FINK** was the first endocrinologist to volunteer with Project Access San Diego, a program of the San Diego County Medical Society Foundation that provides local residents with access to quality healthcare services regardless of their socioeconomic status. He has been active in recruiting other medical specialists.
- **MESHVA JARIWALA**, volunteers at Sharp Grossmont Hospital in La Mesa. Meshva has logged more than 750 hours in a year's time.
- **ANDREA HOLMBERG** has been the manager and coordinator of the Sharp Grossmont Hospital Senior Resource Center for the past 16 years, creating programs to match seniors with needed resources.
- ARNELL AND JOLEE GARCIA have been volunteers for the past 25 years for the Burn Institute's Camp Beyond the Scars, an overnight mountain retreat for burn-injured children, ages 5 to 17. Arnell is a burn survivor himself and a captain with the San Diego Fire-Rescue Dept.
- HAITI MEDICAL RELIEF TEAM, a group of volunteer physicians from East County's community hospital, Sharp Grossmont Hospital, traveled to Haiti immediately after the earthquake. Sometimes working without electricity and lights, the following five doctors volunteered their skills to help injured Haitians in trauma:
 - Dr. Kaveh Bagheri (Pulmonary Medicine) Dr. Yuri Gelland (Anesthesiology)
 - Dr. Phillip Dickinson (General Surgery)
 Dr. Thomas Moyad (Orthopedic Surgery)
 Dr. Jesse Yi (Anesthesiology)

Congratulations to all the other volunteer nominees.

Grossmont Healthcare District, a public agency formed in 1952 to build Grossmont Hospital, supports various health-related community programs and services in San Diego's East County region.

www.grossmonthealthcare.org

East County's weekend activities

Thousands flocked to the 'Wings Over Gillespie' air show this weekend while others 'Bowled for Helmets.' showed off the dog, walked for a cure for cancer or enjoyed Western Days in El Cajon. If you missed these events, here's a quick glance. See more photos at www. eastcountygazette.com. Keep an eye to the Gazette for more upcoming events you won't want to miss. Photo credits: Debbie Norman







Right: SD **Charger Cam** Thomas signed autographs at the helmet fundraising event



Introducing A Rare Breed: The Softer, Stronger Carpet



Special Buy Handscraped Hardwood

NOW THROUGH JUNE 30, 2010 WE WILL PAY YOUR SALES TAX

We promise you'll love the way your new floor looks or we'll replace it - FREE!

LIFE OF FLOOR - SOIL, STAIN & INSTALLATION WARRANTY!

CARPET ONE FLOOR & HOME

8888 Miramar Road 858-566-4413

El Cajon 721 Arnele Ave

San Marcos 860 Los Vallecitos Blvd.

760-727-7200 619-588-1070

Above: SD Chargers bowled with Alpine Pop Warner to raise funds for new helmets. It is estimated that they raised in excess of \$21,000.

Right: Charger players Cam Thomas, Brandyn Dombrowski, Kron Wilson, Corey Clark, **Donald Butler, Boris Lee and** Charger Cheerleaders Natalie and Marisa posed with Alpine Pop Warner football team.



Above: Queen mother Darla Garcia, Mother Goose Director Carmela Galo and Court Princess Erica Cordes walked for a cure at Saturday's Relay for Life.

Below: 'Morning Glass' entertained the groups who gathered on the lawn and around the track for 'Relay for Life' in El Cajon last Saturday.





Brittany Garcia and friend walked the track for the Mother Goose team.



LEGAL NOTICES

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



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
HEARTLAND FIRE TRAINING FACILITY
LOCKER ROOM
Engineering Job No. 3322
Bid No. 036-10

BIDS MUST BE RECEIVED BEFORE: 2:00 p.m. on July 13, 2010

BIDS TO BE OPENED AT: 2:00 p.m. on July 13, 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 ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$85.00 (plus \$25.00 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on June 22, 2010 at 10:00 a.m. at 1301 N Marshall Avenue. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

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

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

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

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

Bids shall be delivered to the Purchasing Agent at the 1st floor, Lobby Counter of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations

of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

In accordance with California Public Contract Code Section 20103.8(a), the determination of the lowest bid shall be the lowest bid price on the base contract without consideration of the price on Pavilion Bid Alternate No. 1 for the construction of the Pavilion in accordance with the plans and specifications. 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 June 10, 2010

East County Gazette- GIE030790 6/10, 6/17/10



ORDINANCE NO. 4948

AN ORDINANCE REPEALING SECTIONS
2.24.200, 2.24.210 AND 2.24.220 OF
CHAPTER 2.24 OF TITLE 2 OF THE
EL CAJON MUNICIPAL CODE AND
ADDING NEW SECTIONS 2.24.200,
2.24.210 AND 2.24.220 TO CHAPTER
2.24 OF TITLE 2 OF THE EL CAJON
MUNICIPAL CODE PETAINING TO
THE PLANNING COMMISSION

WHEREAS, on July 22, 2008, the City Council adopted Resolution No. 78-08 initiating an update to the City's Zoning Ordinance that would, at a minimum, codify legal findings on which discretionary planning approvals are to be made, clarify and centralize public hearing noticing requirements, streamline development review processes, clean up working titles, and remove identified ambiguities; and

WHEREAS, in the course of conducting that update, it was determined that regulations in Title 2 of the Municipal Code pertaining to the Planning Commission were also outdated and in need of revision to be consistent with current practice, while allowing flexibility in duties and compensation of the Planning Commission in the future; and

WHEREAS, the City Council considered amendments to Title 2, Sections 2.24.200, 2.24.210, and 2.24.220 at its May 25, 2010 meeting.

SECTION 1. Based upon the record as a whole, the City Council hereby makes the following findings:

A. The proposed amendments to the Municipal Code are exempt from review under the California Environmental Quality Act (CEQA) pursuant to the "General Rule" that CEQAonly applies to projects that have the potential for causing a significant physical effect on the environment (CEQA Guidelines, Section 1506 (b) (3) and the proposed amendments will have no physical effect on the environment.

SECTION 2. The City Council hereby repeals Sections 2.24.200, 2.24.210 and 2.24.220 of Chapter 2.24 of Title 2 of the El Cajon Municipal Code.

SECTION 3. The City Council hereby adds Sections 2.24.200, 2.24.210 and 2.24.220 to Chapter 2.24 of Title 2 of the El Cajon Municipal Code as follows:

A. 2.24.200 Planning commission—Powers

The planning commission is created pursuant to the provisions of Chapter 3 of Title 7 of the Government Code of the state of California.

and shall have, and is vested with, all the powers and duties provided therein, and such other powers and duties as may be conferred upon planning commissions by any and all laws of the state and Titles 16 and 17 of the city of El Cajon Municipal Code.

B. 2.24.210 Compensation of planning

Each planning commissioner may receive compensation for each meeting attended, and may receive compensation for travel and other expenses when such expenditures are authorized by the city council.

C. 2.24.220 Secretary of planning commission.

The director of community development, or his or her designee, shall act as the secretary of the planning commission.

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

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 8th day of June, 2010, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells

NOES: None
ABSENT: None
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. 4948 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 8th day of June. 2010.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00068252-CU-PT-EC

IN THE MATTER OF THE APPLICATION

RICARDO MAXIMINO FLORES FOR CHANGE OF NAME PETITIONER: RICARDO MAXIMINO FLORES HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

RICARDO MAXIMINO FLORES
TO: RICARDO ALESSANDRO MAGGIN
THE COURT ORDERS that all persons

in this matter shall appear before this court (San Diego Superior Court, 250 EAST MAIN ST., EL CAJON, CA 92020. Department 15, on AUGUST 02, 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 publis 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

JUNE 2, 2010. East County Gazette - GIE030790 6/10, 6/17, 6/24, 7/01, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-015646

FICTITIOUS BUSINESS NAME(S): Dirty Earnie's B-B-Q & Dippin Sauce Located at: 8411 Calleja Risa, El Cajon, CA 92021

This business is conducted by: An Individual The first day of business was: June 6, 2010 This business is hereby registered by the following: Earnie Labadie 8411 Calleja Risa, El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on June

> East County Gazette- GIE030790 6/10, 6/17, 6/24, 7/01, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-015096 FICTITIOUS BUSINESS NAME(S):

Premium Channel Located at: 5965 Sallisaw Ct., San Diego CA 92120

This business is conducted by: A Corporation

The business has not yet started. This business is hereby registered by the following: 1. Southern Image Productions 5965 Sallisaw Ct., San Diego, CA 92120 This statement was filed with Recorder/ County Clerk of San Diego County on June 01, 2010.

East County Gazette- GIE030790 6/10, 6/17, 6/24, 7/01, 2010



NOTICE OF PUBLIC HEARING

The El Cajon City Council and El Cajon Redevelopment Agency will hold a joint public hearing at 3:00 p.m. on June 22, 2010, in the Council Chambers at 200 Civic Center Way, El Cajon, to consider the following:

City of El Cajon and El Cajon Redevelopment Agency proposed Budget for Fiscal Year 2010-11 and City of El Cajon Annual Appropriations Limit for Fiscal Year 2010-2011.

Any person may appear and be heard on these matters. For further information about the public hearing process, please call the City Clerk's Office at 441-1763. The proposed budgets will be available on the City's website at www.ci.el-cajon.ca.us. For additional information, please contact the Deputy City Manager/Director of Finance at 441-1716.

KATHIE RUTLEDGE, CMC CITY CLERK 619-441-1763 / 619-441-1542 (TDD – Hearing Impaired) East County Gazette- GIE030790

Hypnosis...

Continued from page 8

conscious mind is bypassed you are able to access the subconscious mind that controls your behavior, patterns, limiting beliefs, and habits. You are now more open to suggestions and this can be used to improve your health and well-being. The purpose of hypnosis as a therapeutic technique is to help you understand and gain more control over your behavior, habits, emotions or physical well being.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling (619) 303-8511 or email judy@successhypnotherapy.com. Further info on web site www.successhypnotherapy.com or call for free telephone consultation.

CREST/DEHESA/GRANITE HILLS/HARBISON CANYON SUBREGIONAL PLANNING GROUP

P. O. Box 21489, El Cajon, CA 92021-1489 www.crestplanning.org

PLANNING GROUP MEETING
PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm, June 14, 2010

PLACE: Dehesa Volunteer Fire Station, 5425 Dehesa Road, El Cajon

- Call to order/Pledge of Allegiance/Roll call/Approval of May 10,2010 meetings minutes, Expense Reimbursement requests.
- 2. Announcements.
- 3. Open forum followed by Group Forum: An opportunity for members of the public Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- 4. Committee Reports: (a) None
- 5. Private project proposal: (a) None
- 6. Public Project Proposal: (a) PLDO List.

(b) General Plan Update Zoning Consistency Review.

7. Unfinished Business

(a) Consideration of applications for seat no 1 in Crest.

- 8. New Business:
 - (a) Presentation by Padre Dam Water District regarding proposed project.
- 9. Adjournment

Planning Group Members:

4. Judy Bowen 2. Pat Ulm Crest: 1. Vacant 3. Ralph Slagill Dehesa: 5. Lorraine Walls 6. Herb Krickhahn 7. Wally Riggs 8. Bill Bretz Harbison Canyon 9. Mary Manning 10. Jack Vandover 11. Jason Harris 12. Jeff Myrick 13. Phil Hertel 15. Mark Gabler Granite Hills 14. Vacant

Final agenda will be posted at the Dehesa Fire Station 72 hours prior to meeting.

Chairman Vice-chairman
Wally Riggs Jason Harris
(619) 442-4612 (619) 659-9675
wrplanning@aol.com harris@nautilus..com

JUST ONE STOP! WE FILE WITH THE COUNTY AND SEND YOU A COPY!

To place your legal ad stop by our office —

1130 Broadway, El Cajon or call (619)444-5774





NOTICE OF PUBLIC HEARING

The El Cajon City Planning Comm hold a public hearing at 7:00 p.m., Monday, June 21, 2010 in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the

GENERAL PLAN AMENDMENT NO. 2010-02.

as initiated by the Planning Commission requesting to consider revisions to the El Cajon General Plan pertaining to the Zoning Consistency Chart in order to make it consistent with the proposed new Title 17 (Zoning Ordinance) of the El Cajon Municipal Code

The City of El Caion 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 ssion, 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: June 7, 2010

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

East County Gazette- GIE030790

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00067711-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: ABDORRAHAM MOHAMMADIAN FOR CHANGE OF NAME PETITIONER: ABDORRAHAM MOHAMMADIAN HAS FILED FOR AN ORDER TO CHANGE

ABDORRAHAM MOHAMMADIAN

DANNY LEVON

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, 4TH FLOOR, on JUNE 30, 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 MAY 10, 2010.

Fast County Gazette - GIF030790 5/27, 6/03, 6/10, 6/17, 2010

Following is a summary of an Ordinance ntroduced at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on June 8, 2010. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California, 619-441-1763.

ORDINANCE NO AN ORDINANCE REPEALING TITLE 17 (ZONING ORDINANCE) OF AND ADOPTING A NEW TITLE 17 (ZONING ORDINANCE) OF THE EL CAJON MUNICIPAL CODE. (ZONING ORDINANCE AMENDMENT NO. 415).

This ordinance updates, revises, and reorganizes the City of El Cajon Zoning Ordinance. While the vast majority of the Zoning Ordinance is unchanged, substantive changes include making portions of the Zoning Ordinance consistent with changes in State laws, codifying legal findings, streamlining the development review processes, revising working titles, removing ambiguities, reorganizing regulations, modernizing land use classifications, eliminating duplication, and adopting administrative procedures resulting in a reduction in administrative fees and expenses for certain types of development

The reorganization of the Zoning Ordinance will also result in new designations for zoning classifications, and will adopt a new Zoning Map consistent with these re-designated

East County Gazette- GIE030790 06/10/10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00067619-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: JENNY ALEXANDER ON BEHALF OF ICHOLAS JOSEPH ZURN AND NATHAN DANIEL ZURN FOR CHANGE OF NAME PETITIONER: JENNY ALEXANDER ON BEHALF OF NICHOLAS JOSEPH ZURN AND NATHAN DANIEL ZURN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

NICHOLAS JOSEPH ZURN

TO: NICHOLAS JOSEPH ALEXANDER AND NATHAN DANIEL ZURN TO: NATHAN DANIEL ALEXANDER

THE COURT ORDERS that all persons nterested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14. on JUNE 30, 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 MAY 06, 2010

East County Gazette - GIE030790 5/20, 5/27, 6/03, 6/10, 2010

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

ORDER TO SHOW CAUSE FOR CASE NO.37-2010-00067774-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: XIAOMING GUO FOR CHANGE OF NAME PETITIONER: XIAOMING GUO HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

XIAOMING GUO TO: CLIFTON TAIZ GUO

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST. FL CAJON CA92020 Department 15, on JULY 19, 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

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 MAY 11, 2010.

East County Gazette - GIE030790 5/20, 5/27, 6/03, 6/10, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013310

FICTITIOUS BUSINESS NAME(S): a. Amulya Global Education b.) AGE Work-Study

Located at: 6212 Beadnell Way 25, San Diego, CA 92117 This business is conducted by: An Individual

The business has not yet started.
This business is hereby registered by the following: H.A. Dalai 6212 Beadnell Way 25. San Diego, CA 92117

This statement was filed with Recorder County Clerk of San Diego County on May 12. 2010.

East County Gazette- GIE030790 5/20, 5/27, 6/3, 6/10, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013716

FICTITIOUS BUSINESS NAME(S): Nick's Auto Service & Repair Located at: 1120 Greenfield Drive, El Cajon,

CA 92021 This business is conducted by: An Individu The first day of business was: March 1, 2010 This business is hereby registered by the following: 1. Andv Ibrahim 1120 Greenfield Drive, El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on May 17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013202

FICTITIOUS BUSINESS NAME(S): TEEBA

Located at: 454 Skywood Dr., El Cajon, CA

This business is conducted by: An Individual

The first day of business was: April 15, 2010

This business is hereby registered by the

Sawsan Zana 454 Skywood Dr., El Cajon

This statement was filed with Recorder/

County Clerk of San Diego County on May

East County Gazette- GIE030790

5/20, 5/27, 6/3, 6/10, 2010

LAND

92020

following:

11. 2010.

East County Gazette- GIE030790 5/20, 5/27, 6/03, 6/10, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00067813-CU-PT-NC
IN THE MATTER OF THE APPLICATION OF:
ANTHONY JAMES LANG FOR CHANGE OF NAME PETITIONER: ANTHONY JAMES LANG HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ANTHONY JAMES LANG

TO: ANTHONY JAMES LADAGANA 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, DEPT. E-14, 4TH FLOOR on JULY 07, 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 publish in the East County Gazette, a newspaper o 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 MAY 13, 2010

East County Gazette - GIE030790 5/20, 5/27, 6/03, 6/10, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00068224-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: RAGHDA RAZOOQ ON BEHALF O MINOR ANAAM M. YASEEN FOR CHANGE OF NAME PETITIONER: RAGHDA RAZOOQ ON BEHALF OF MINOR ANAAM M. YASEEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ANAAM M. YASEEN TO: NATIE M. NAOUM

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 D-15, on JULY 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 publishe 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 JUNE 10, 2010. East County Gazette - GIF030790

6/10, 6/17, 6/24, 7/01, 2010

b.) Daily Group Save Located at: 1483 Hidden Mesa Tr., EL Caion. CA 92019

The business has not vet started.

This statement was filed with Recorder/ County Clerk of San Diego County on May

CASE NUMBER 37-2009-00070310-CL-PA-EC SUMMONS (CITACION JUDICIAL) (El nombre, la direccion y el numero de telefono del abogado del demandante, o NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): WILLIAM H. CLARK DOES 1 TO 10 INCLUSIVE YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): STERLING CASUALTY INSURANCE COMPANY. NOTICE! You have been sued. The court may decide against you without your being heard unless you NOTICE OF PETITION TO ADMINISTER 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. You 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-Helf Center (www.courtinfo ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you ca 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), the California Courts Online Self-Help

Center (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 dias, la corte puede decider en

su contra sin escuchar su version. Lea la

CALENDARIO despues de que le entrequen

esta citacion y papeles legales para presental

una respuesta por escrito en esta corte y hacer

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 Avuda de las Cortes de California

(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 gra-tuitos 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), en el

Centro de Avuda de las Cortes de California.

(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

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

desechar 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, 250 EAST MAIN

STREET, EL CAJON, CA 92020. The name

address and telephone number of plaintiff's

attorney, or plaintiff without an attorney is:

los costos exentos por imponer un gravam

que se entregue una copia al demano

cion a continuacion. Tiene 30 DIAS DE

del demandante que no tiene abogado, es): ANDREW R DE LA FLOR CSR #97511 3111 N. TUSTIN AVENUE, SUITE 140, ORANGE, CA 92865 Date: (Fecha) OCT. 16, 2009 Clerk (Secretario, R. PALOU Deputy (Adjunto) East County Gazette GIE030790 MAY 20,

ESTATE OF PHILIP EUGENE GEBET SR CASE NUMBER: 37-2010-00151195-PR-PW-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate or both of PHILIP E. GEBERT, SR., PHILIP E. GEBERT, PHILIP GEBERT, PHIL GEBERT, PHILIP EUGENE GEBERT SR. A PETITION FOR PROBATE has been filed by ROSEANN SCHAEFER in the Superior Court of California, County of San Diego . THE PETITION FOR PROBATE requests that ROSEANN SCHAEFER be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be grante an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: JUNE 10, 2010 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE. . SAN DIEGO . CA 92101 CENTRAL BRANCH, IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner ROSEANN SCHAEFER 29335 EDGEWOOD ROAD, SAN JUAN CAPISTRANO, CA 92675

> EAST COUNTY GAZETTE -GIE030790 May 27, JUNE 3, 10, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-011989

FICTITIOUS BUSINESS NAME(S): a.) Legacy Real Estate Ventures b.) Legacy Real Estate Investments c.)Legacy Venture Capital d.) Legacy Real Estate Development e.) Legacy Real Estate Acquisitions Located at: 1140 Wall Street, La Jolla, CA

This business is conducted by: A Limited Liability Company

The first day of business was: April 6, 2010 This business is hereby registered by the

following: Real Estate Ventures LLC 1140 Wall Street, La Jolla, CA 92037

CA #201009810160 This statement was filed with Recorder/ County Clerk of San Diego County on April

28, 2010.

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

STATEMENT NO. 2010-014554 FICTITIOUS BUSINESS NAME(S): a.)

This business is hereby registered by the following: Eric M. Anderson 1483 Hidden Mesa Tr., EL Cajon, CA 92019 Lori A. Anderson 1483 Hidden Mesa Tr. Fl.

FICTITIOUS BUSINESS NAME

Daily Group Savings This business is conducted by: Husband

East County Gazette- GIE030790 6/03 6/10 6/17 6/24 2010

- LEGAL NOTICES -

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013634

FICTITIOUS BUSINESS NAME(S): Summerwinds BIS LLC Located at: 5690 Dehesa Road, El Caion,

This business is conducted by: A Limited Liability Company

The first day of business was: May 29, 1981 This business is hereby registered by the following: Summerwinds BIS LLC 5690 Dehesa Road, El Cajon, CA 92019 This statement was filed with Recorder County Clerk of San Diego County on May 14, 2010.

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO 2010-013160

FICTITIOUS BUSINESS NAME(S): Sexy Lilv LLC

Located at: 13538 Adlai Lane, Lakeside CA 92040

This business is conducted by: A Limited

Liability Company
The business has not yet started. This business is hereby registered by the following: Sexy Lily LLC 13538 Adlai Lane, Lakeside, CA 92040

This statement was filed with Recorder/ County Clerk of San Diego County on May

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013829

FICTITIOUS BUSINESS NAME(S): M&M

Located at: 1935 Friendship Dr. #F, El Cajon,

This business is conducted by: Husband

The first day of business was: May 17, 2010 This business is hereby registered by the following: Marcia Behnke 1628 Lisbon Lane, El Cajon, CA 92019

Marc Behnke 1628 Lisbon Lane, El Caion, CA 92019

This statement was filed with Recorder County Clerk of San Diego County on May 17, 2010.

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-012298

FICTITIOUS BUSINESS NAME(S): CFO Located at: 8021 Calle Fanita, Santee, CA

This business is conducted by: An Individual This business has not yet started. This business is hereby registered by the

following: Christine Diane Mendoza, 8021 Calle Fanita, Santee, CA 92071 This statement was filed with Recorder County Clerk of San Diego County on April

> East County Gazette- GIE030790 5/27, 6/3, 6/10, 6/17/10

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-014309

FICTITIOUS BUSINESS NAME(S): Western Diagnostic Imaging Center Located at: 1635 Third Avenue #G, Chula Vista. CA 91911

This business is conducted by: An Individual The first day of business was: October 20, 1999

This business is hereby registered by the following:

Solmaz Modeer 14795 Caminito Orense Este. San Diego. CA 92129

This statement was filed with Recorder/ County Clerk of San Diego County on May

East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-015338 FICTITIOUS BUSINESS NAME(S): a.)

Bohonus Insurance Agency b.) DBA CSE Insurance Agency

Located at: 181 Rea Avenue, Suite 202E, El Caion, CA 92020 This business is conducted by: An Individual

The first day of business was: March 1,

This business is hereby registered by the following: 1. Ellen Marie Draper 181 Rea Avenue, Suite 202E, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on June 03 2010

East County Gazette- GIE030790 6/10, 6/17, 6/24, 7/01, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013497

FICTITIOUS BUSINESS NAME(S): Fletcher Hills Chiropractic Clinic Located at: 566 Hosmer St., El Cajon, CA

This business is conducted by: An Individual The first day of business was: January 4.

This business is hereby registered by the following: Patricia M. Englant, D.C., 566 Hosmer St., El Caion, CA 92020 County Clerk of San Diego County on May

> East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2010-013888 CTITIOUS BUSINESS NAME(S): a.) MANE Solar b.) D.I.Y. Solar Depot Located at: 8938 Willow Grove Ave., Santee,

This business is conducted by: Husband and Wife

The first day of business was: January 1, 2010

This business is hereby registered by the following: Daniel Bilbo 8938 Willow Grove Ave., Santee, CA 92071

Maria Latini-Bilbo 8938 Willow Grove Ave. antee, CA 92071 This statement was filed with Recorder

County Clerk of San Diego County on May

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2010-012900 FICTITIOUS BUSINESS NAME(S): Ambassador Security Professionals Located at: 35892 Shockey Truck Trail. Campo, CA 91906

This business is conducted by: A Corporation first day of business was: April 1, 2010 This business is hereby registered by the following: Ambassador Security

Professionals Inc. 35892 Shockey Truck Trail, Campo, CA 91906 This statement was filed with Recorder County Clerk of San Diego County on May

East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-014532 FICTITIOUS BUSINESS NAME(S): Atlas

Gardening Located at: 4142 42nd St., Apt. 401, San Diego, CA 92105 This business is conducted by: An

Individual The business has not yet started. This business is hereby registered by the following: Victor G. Sanchez 4142 42nd St.,

Apt. 401, San Diego, CA 92105 This statement was filed with Recorder County Clerk of San Diego County on May 25, 2010.

East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2010-013124
FICTITIOUS BUSINESS NAME(S): The Cheesecake Gallery Located at: 12998 Highway 8 Business, El Cajon, CA 92021

This business is conducted by: An The business has not yet started.

This business is hereby registered by the following: Jeffrey Huth 12998 Highway 8 Business, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on May 10, 2010.

East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-014120 FICTITIOUS BUSINESS NAME(S): Next

Level Restoration Located at: 3912 Adams Ave., San Diego,

This business is conducted by: A General Partnership

The first day of business was: January 1. 2010

1, 2010
This business is hereby registered by the following: Industrias Rembe, Inc. 3912
Adams Ave., San Diego, CA 92116
Lefta, Inc. 7364 EI Cajon Blvd. #104, San

Diego, CA 92115
This statement was filed with Recorder. County Clerk of San Diego County on May

East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00067648-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: WOLDEGABRIEL PAULOS GUTEMA FOR CHANGE OF NAME PETITIONER: WOLDEGABRIEL PAULOS GUTEMA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

WOLDEGABRIEL PAULOS GUTEMA TO: GABRIEL PAULOS GUTEMA

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 JUNE 30, 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 MAY 7, 2010.

East County Gazette - GIE030790 5/13, 5/20, 5/27, 6/03, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00068253-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: ASHLY FLIZABETH FLORES FOR CHANGE OF NAME PETITIONER: ASHLY ELIZABETH FLORES HAS FILED FOR AN ORDER TO CHANGE NAME FROM

ASHLY FLIZABETH FLORES TO: ASHLY ELIZABETH MAGGIN

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 15, on AUGUST 02, 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 JUNE 2. 2010.

East County Gazette - GIE030790 6/10, 6/17, 6/24, 7/01, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-011958

FICTITIOUS BUSINESS NAME(S): Cafe

Located at: 3960 West Point Loma Blvd. Ste. M, San Diego, CA, San Diego, 92110
This business is conducted by: An Individual The first day of business was April 1, 2010 This business is hereby registered by the following: Jodie S Tomas, 2980 Fletcher Parkway, Apt. B, El Cajon, CA 92020 This statement was filed with Recorder County Clerk of San Diego County on April 28, 2010.

East County Gazette- GIE030790 5/27. 6/3. 6/10. 6/17/10

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013958 FICTITIOUS BUSINESS NAME(S):

Shane's Drain's Located at: 8624 Washington Ave., La

This business is conducted by: An

The business has not yet started. This business is hereby registered by the following: Shane Crostini 8624 Washington Ave., La Mesa, CA 91942

This statement was filed with Recorder County Clerk of San Diego County on May 18, 2010.

East County Gazette- GIE030790

6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-012807

MANTRAP BEAUTY SALON Located at: 783 Arnele, EL Caion, CA 92020 This business is conducted by: An Individual The first day of business was: July 2, 2005

This business is hereby registered by the following: Yen Thi Mai 10817 El Nopal, Santee, CA 92071

This statement was filed with Recorder/ County Clerk of San Diego County on May 06, 2010.

East County Gazette- GIE030790 5/13, 5/20, 5/27, 6/03, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013290

FICTITIOUS BUSINESS NAME(S): Spray Property Management Located at: 1146 DeLeon Dr., Chula Vista,

CA 91910

12. 2010.

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Martha Lizenberg 1146 DeLeon Dr., Chula Vista, CA 91910 This statement was filed with Recorder County Clerk of San Diego County on May

> East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-013915

FICTITIOUS BUSINESS NAME(S) Eucalyptus Hills Liquor Located at: 11626 Riverside Dr., Lakeside,

CA 92040 This business is conducted by: A General Partnership

The first day of business was: May 18, 2010 This business is hereby registered by the following: Moukhlis Razooky 1701 Manfred

Ct., El Cajon, CA 92021 Raied Razooky 12010 Via Felicia, El Cajon CA 92019

This statement was filed with Recorde County Clerk of San Diego County on May

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO 2010-013937

Management Located at: 11969 Tivoli Park Row #8, San Diego, CA 92128

This business is conducted by: An Individu The first day of business was: May 18, 2010 This business is hereby registered by the following: George Ashra Assad 11969 Tivoli Park Row #8, San Diego, CA 92128
This statement was filed with Recorder County Clerk of San Diego County on May

East County Gazette- GIE030790 5/27, 6/03, 6/10, 6/17, 2010

FICTITIOUS BUSINESS NAME

18, 2010.

STATEMENT NO. 2010-014336
FICTITIOUS BUSINESS NAME(S): Peddlers Located at: 9454 Hornbuckle Dr., Santee

CA 92071 This business is conducted by: A General

Partnership The business has not yet started. This business is hereby registered by the following: 1. Jessica Engelman 9454 Hornbuckle Dr. Santee, CA 92071: 2. Nicole Waelti 9454 Hornbuckle Dr., Santee, CA 92071

This statement was filed with Recorder County Clerk of San Diego County on May

> East County Gazette- GIE030790 6/03, 6/10, 6/17, 6/24, 2010

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2010-014100 FICTITIOUS BUSINESS NAME(S): Localets Located at: 213 Calle De Madera, Encinitas, CA 92024

This business is conducted by: A General Partnership The business has not yet started.
This business is hereby registered by the

following: Matthew Clough 213 Calle De Madera, Encinitas, CA 92024 Chris Babcock 564 Hermes Ave., Encinitas,

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

East County Gazette- GIE030790 6/03 6/10 6/17 6/24 2010

Dear Dr. Luauna



My wife left me and our kids, she does not have contact with any of us. I have been raising the children myself; they are beautiful kids, a boy and a girl; 14 and 17 years old. My wife has been gone for several years now. My single friends from church are trying to set me up on blind dates, I am hesitant because of my kids. Should I start thinking about marriage? Signed, Single Father

Dear Single Father,

Your instinct is correct, you should wait to start dating until your children are grown. They must be your first priority right now, they need your complete attention and dedication during their crucial teenage years. Now would not be the right time to bring a woman in your life, they need extra stability from you because they have been abandoned by their mother. They need healing from rejection and heart break. They need assurance, Hebrews 13:5.

It is not easy being a single father, and the heartache you had to endure from your wife walking away from your family. Honestly, you need time to completely heal your broken heart as well.

Many people in your circumstance, whether single moms or single dads make the mistake of not waiting, bringing more heartache and brokenness upon themselves and their

Later on, when your work is done with your kids; then pray for wisdom in dating and possible marriage. Psalm 37:4 "Delight yourself also in the Lord, and He shall give you the desires of your heart." Having raised my children, as a single mother, it can be done. I thank God for faithful fathers, hats off to you as a single parent. Proverbs 20:7, "The righteous man walks in his integrity; his children are blessed.

> Facebook: Dr. Luauna Stines Twitter: DrLuaunaStines

Send: questions@drluauna.com www.atouchfromabove.org

Join us for Church Services

A Touch From Above Int'l Christian Church San Diego Concourse / Civic Center 202 C Street, San Diego, CA 92101 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.

East County Debt Settlement Services

SIMPLIFY YOUR DEBTS SIMPLIFY YOUR LIFE If you answered "YES" to any one of

these questions, call for an appointment. Strugging with mortgage payments?

Have an adjustable rate mortgage? 3) No results with loan modification? 4) Haunted by high-interest credit cards? Owe money in back taxes?

Mention this ad and get a comprehensive analysis of all your debts by one of our 6) Are you a business owner swamped Certified Debt Specialists FREE! with high-interest credit?

Simplify Financial Group (866) 500-0250

12760 High Bluff Drive Suite 250 San Diego, CA 92130 • www.simplifyfinancialgroup.com

Sports and Events

Padres' winning streak bring them to first place in NL West

by Chuck Karazsia

May" for the San Diego Padres who began the month of June in first place in the NL West claiming the best record in the National League, 2'nd best in baseball. They are surprising a lot of people while contagiously winning without any household names except for Adrian Gonzalez and Heath Bell.

Celebrating Memorial Day with a bang, honoring United States veterans who gave their lives to secure freedom for our country and the world, surviving members from the attack on Pearl Harbor in World War II were in attendance at Petco Park witnessing the Padres offense launch their own fireworks during the game, scoring the most runs ever by one team at Petco Park, tying their season high of 19-hits after they dismantled the New York Mets 18-6 in the first game of the series, winning their last home stand in May.

Spearheading that monu-

mental hitting assault was Jerry Hairston Jr. Trailing 1-0 in the second inning the Padres shortstop/utility player with the bases loaded launched a rocket skyward, jerking an inside fastball by Mets pitcher Takahashi into the left field seats inside the foul pole for a grand-slam home run giving the Friars a 4-1 lead.

"Baseball is crazy," said Hairston Jr. "This park is definitely not a hitters ball park. It's just one of those things where we just got on a roll. Hitting is contagious. Once you get a couple of runs you start feeling good as a team. But don't expect 18 (runs) every night."

"In order for us to win we have to be consistent top to bottom 1 through 9. That's how we been winning ball games all year and hopefully it will continue. We have a good ball club. Obviously a lot of people aren't giving us enough credit. That's the way we like it. We want to surprise people."

Padres skipper Bud Black had a big smile on his face after that game. He said, "When Jerry Hairston hit that ball into the Western Metals Supply Co. building, that was awesome. That really got us going from that point on. Our hitting got contagious, and that can happen. We hope now it becomes contagious game to game and not just a one game thing. Not that we're going to score 18 runs every night."

He continued, on, "There were some good signs last night. Chase swung the bat well from the right side. Hundley had some good swings. Denorfia sprayed the ball around the field. A number of good things we saw from a number of players. Hopefully that can jump start us a little bit and get some guys headed in the right direction offensively. Overall a good win. Those are good to get. Save some arms in the bullpen. Not that you ever relax, but you have a pretty good feeling about how the games going to end up in the later stages of that one.

Also instrumental in that run-hit attack was cleanup hitter third baseman Chase Headley with 4-hits, 4-runs scored, one home run (crushed over the center field fence). He commented after the game, "It was one of those nights. Baseball is a funny game. You can go out and square up a whole bunch of balls and wind up with no hits. Tonight we came out and we hit the ball good, had a lot of hits that fell in for us. It was nice to come out and get the first game. It's always nice to kind of save the bullpen and give those guy's a little bit of a break, and give K.C. (Kevin Correia) a win. It was nice to do that.

Padres Catcher Nick Hundley continued swinging a redhot bat going 3-for-4 in the game. Both he and Yorvit Torrealba sharing the catching duties for the team and are playing exceptionally well with the bat, defensively, and with handling the pitchers.

On June 2, Padres first baseman Adrian Gonzalez hit a walk off grand slam home run giving the Padres a 5-1 victory over the Mets. This 'grand salami' was his second of the season, third in his career and the fifth Padre in history.

Head coach Bud Black complimented his All Star power hitting first baseman saying, "We talked about his off field power. He has the ability with his swing to manipulate the bat and in certain venues, we've seen it at Petco too. His Grand Slam against the Mets was to the opposite field. We've seen it in Cincinnati, we've seen it in Philadelphia. He can sort of play to the ballpark. That is a good tribute to his ability as a hitter by the way he can go lineto-line with power. It doesn't surprise me yet we never take it for granted."

The team then traveled to the historic city of Philadelphia, PA opposing the Phillies at Citizens Bank Ballpark splitting a fourgame series. Dropping the first two games, the Padres battled back winning the third game in

10 innings on an Oscar Salazar game winning pinch hit. This win came despite a costly base running error by Tony Gwynn Jr. making the third out after getting thrown at third base. He redeemed himself two inning later throwing out Placido Polanco at third base after a single by Chase Utley in the bottom of the 10'th.

In the fourth game Monday San Diego native, Phillies LHP Cole Hamels held the Padres hitless for the first six-anda-third innings until Adrian Gonzalez and Scott Hairston hit back-to-back home runs in the 7'th inning. Gonzalez would go deep again in the ninth after bullpen closer Heath bell would pick up his 16'th save in 19 attempts in a 3-1 Padres win.

"This was a good win for us no doubt. Losing the first two games then bouncing back and winning that game on Sunday when K.C. (Kevin Correia) got knocked out early. Gallagher did a nice job (in relief)," commented Padres skipper Bud Black

He continued saying, "To take on Cole Hamels who is at the top of his game, the best I've seen him throw in a couple years. And have Wade (Leblanc) match him pitch for pitch, mixing pitches and changing speeds very well. With big home runs by Adrian and Scotty gave us some breathing room. Coming back to win the last two after losing the first two was big for us."

Granted the Padres have good pitching. Former G.M. Kevin Towers laid the foundation with his young starters and sound bullpen last year.

Current Padres General manager Jed Hoyer has added to that. Cleverly waiting to the end of free-agent signings early this year Hoyer acquired veteran starter Jon Garland a proven 12-to-15 game winner workhorse for a low price. This has

given the team an ace in their starting rotation and depth at that position.

Hoyer did not stop there. Acquiring catcher Yorvit Torrealba solidified the catching position. This veteran is great working with his pitchers, has hit in the clutch, and has thrown out nearly half of the opposition's base runners. He also is a mentor to the Padres young catcher Nick Hundley.

Acquiring Jerry Hairston Jr. has already paid dividends filling in for the injured Cabrerra at shortstop. He also gives breathers to Eckstein at second and Headley at third thus keeping the infield fresh. He can also play all the outfield positions.

The Padres youth may and can get better. Will Venable, Kyle Blanks, Tony Gwynn Jr. have not reached their potential yet. It would be a different story for the team if they had reached it while the offense struggled.

Also, factor in the activation of outfielder Scott Hairston to the team this Thursday after playing for the Lake Elsinore Storm rehabbing a left hamstring strain he suffered on May 16, and with the eminent return of Padres long reliever Tim Stauffer who started his rehab assignment last Thursday to last three or four games.

Off to their best start ever the Padres have beaten all the teams, but it is still early in the season. What has been proved are the teams that have tanked. The NL West has four teams in the hunt for first place. The true test results will come at the All-Star break. Then we will see if this team can stay in competition for the division title, and the playoffs.

One thing is for sure. Bud Black has his team playing inspirationally one game at a time. They have the resiliency to overcome obstacles and continue to play fundamentally sound baseball. They are fun to watch, support each other, and play to win games, not to just pad their personal stats.

After three games with the Phillies, the Padres took the bus ride to City Field in New York to finish their regular season schedule with the Mets before coming home for inter-league play starting this weekend against the Seattle Mariners, then the Toronto Blue Jays.





Business/Finance & Real Estate

Kamps Propane a real neighborhood asset



Craig Linden Credit: Diana

by Diana Saenger

mps has been serving the East County residents with propane deliveries since 1969. John Kamps started the company in the San Diego area before moving the headquarters to Manteca, California. Each of the individual branches of the company is operated like its own headquarters, with a manager, training and a full range of propane services and technical expertise on propane applications.

Propane, a by-product of the gasoline refineries, is a green fuel with a low carbon footprint and one of the cleanest of fossil fuels. The Environmental Protection Agency has deemed propane an attractive option for avoiding greenhouse emission in nearly any application.

Working with propane is

not a job to take on lightly. There are federal, local and state requirements that must be constantly met. Craig Linden, Kamps manager, works with the San Diego County Hazard Materials Divison on a regular basis in regards to the chemicals the employees use. Handling a hazardous material requires drivers to pass a test about Federal Hazmat regulations and become a licensed commercial driver with special permits to carry and use a hazardous material.

In addition to home and business delivery, Kamps fills 100-pound cylinders for consumers and also sells those cylinders through the local service stations. They also carry a range of propane-powered equipment and appliances. Federal tax credits under the Economic Recovery Act have up to \$1500 tax credits available for home energy improve-

Some companies run their vehicles on propane. Linden, who had prior experience with propane, is an inventor and earned a BA in Business Administration from San Diego State, oversees the operation at the Alpine facility. "We have six delivery vehicles," he said. "At one time propane was a popular vehicle fuel and that is coming back. We have two trucks that run on propane and two more ordered.

Because of the economic situation Kamps has been more flexible with customers feeling

Transmissions and

the crunch. "We're happy to take calls from customers who need adjustments or are concerned about problems,' Linden said.

Kamps offers new customer specials, incentives to switch from another company and several plan options. These include:

- * E-Z saver plan calculated over a year and divided into 12 monthly payments
- * Credit Challenged Will Call when needed and pay at that time
- Senior Discount
- * Electronic Reader Dis-

"The Electronic Reader is the new SMART System that Kamps has spent nearly \$3 million to implement," Linden said. "It's a meter that goes on the tank and displays the Tank Fuel Level, Outside Temperature, Inside Temperature, and the Time, and we can read all of that remotely."

The system can also send an immediate alert for Low Fuel Level, Unusual Usage and Low Inside Temperature. There's no cost to the consumer, and customers who elect to have the new SMART system will have a \$.05 per gallon discount on all propane purchases for using the system. Kamps expects the system to be fully deployed within this year.

"This has come about because John Kamps is very progressive about his business," Linden said. "While some companies are still stuck



Kamps team. Photo Credit: Kamps

in the same technology they had 40 years ago; that's not his method. The company is family owned, but if he sees a way to improve the company or the product, he goes for it. We have 12 employees who because of Kamps' standards, share a positive attitude which makes for a great working relationship overall.

John Kamps has seen a con-

sistent growth in his company which he attributes to good managers who focus on customer satisfaction. "We're right here, and we're ready to earn your business every day," the company bio states. Linden said this is something he learned in college and now puts into practice as a Kamps' manager.

"I've learned how important the customer is and how important it is to maintain good relations with them and respect them as consumers and our customers," he said. "I think in the past few years our focus on this has created a great customer base and a great team."

Kamps Propane, Inc. 16245 Alpine Blvd., (800) 797-4427, (619) 390-630, Mon. - Fri, 8 a.m. - 5 p.m.





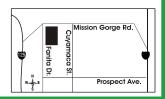
www.toyotacertifiedcenterofsantee.com



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

Toyota Certified Center of Santee

Special Military Pricing (Ask Dealer for Details) MANY 8871 Fanita Dr. CARS Santee, CA 92071 UNDER Call toll free: 1-888-210-4185 ^{\$8995} \





External Diagnostic Service from the Transmission Experts!

(619) 442-0404 355 N. Johnson Avenue • El Caion A/C SYSTEM PERFORMANCE TEST **WE'LL CHECK YOUR A/C SYSTEM PERFORMANCE** FREE **Transmission** Rebuilding Special

Classified Ads

On Wheels

1993 Ford 21 passenger bus, gas

engine, too much new stuff to list.

\$6000. Bill (619) 461-5620

runs and drives. (619) 478-9070.

NEW! ONE TIME PRICE! NOW ADVERTISE YOUR AUTOMOBILE FOR A ONE TIME FEE OF \$20

AND IT WILL RUN AS LONG AS IT TAKES TO SELL IT! (up to 1 year)

(3 lines plus photo, extra lines \$2 ea. Private parties only, no dealerships)



95 rare Pontiac Firebird Conv't. Excl cond. Real classic, loaded, 6 cyl, auto, sil/blk, 20 mpg, many new parts, very sweet. \$5,500 OBO 760-583-9661

Car Tow Dolly, like new (heavy duty w/light bar), electric brakes. Half off \$600. 619-262-6049



86 GMC Quad cab 1 ton dually. 454-T400 Headers- cam. Runs xlnt. \$2000 619-440-4596



1977 AMC SW 6cvl. Call 619-723-9917 \$3500



97 Ford E350 Extended cargo van. Tinted windows, power stroke diesel air. \$6500 619-729-8234



RARE - 1959 Rambler Super-American - 50,000 documented miles. Straight Black with red and black interior and rare Flash-O-Matic automatic trans. This car features rare factory option Lemans factory option Lemans Alluminum Cylinder Head and Dual Carbs. Ice cold vintage air. Over \$35,000 invested. Price reduced to \$19,500. Best in



the country. For complete slide show

email me at: iwoldskool@cox.net. Jim

2008 Ford Club Wagon, Polar white, gray trim, grey leather interior. Great for weekend get-a-ways and camping with a full queen bed. 4 leather captain's chairs, all power, dual a.c.'s, mag wheels, etc. Flawless inside and out, 27,800 miles with all service records, and original invoice. We are retiring and going R.Ving full time. We are asking \$24,750 and will consider offers. Balance of 50,000 Powertrain Warranty. Call Don at



Goft Cart and Charger. Windshield,

head and tail lights. Looks like new.

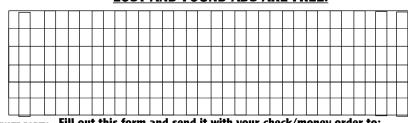
Blue w/gold trim. \$2,490. 619-414-8020.

Toyota of Santee Sales Manager David Advants gets ready to draw winning tickets for a twonight stay at the Las Vegas Flamingo, a Blue Ray player, Padres tickets and free oil changes. A memorial day sale was under way with music and food. Stop by and meet Davie and his sales team and see what they can do for you. Photo credit: Kathy Foster

BEST BUY IN TOWN!

Place your Classified Ad with the Gazette for only \$5.00 for three lines. (Approximately 35 characters per line) -- \$2.00 per line after the first three.

LOST AND FOUND ADS ARE FREE!



Fill out this form and send it with your check/money order to: PRIVATE PARTY The Gazette, P.O. Box 697., El Cajon, CA 92022 (Remember photos are only \$5 extra!)

Call for Rates



84 Olds Tornado Coupe 80k miles New trans, new headliner & top. \$6000 (619) 478-9070.



1978 Eldo Baritz Sharp 15000 org Miles \$18,000 FIRM 619-442-2920

APARTMENTS FOR RENT

LAKESIDE \$150 OFF FIRST MONTH RENT!! (OAC) 1-BEDROOM 1-BATH \$675. WELL MAINTAINED SENIOR COMMUNITY 55+. NEAR BUS, PAID UTILITIES! (619) 561-7288

HELP WANTED

Experienced caregiver for 85 years young ambulatory lady. Room and board in exchange for care. Light housekeeping and light cooking, 2-3 nights a week- Mon, Wed. and Thurs. eves. Off from 5 p.m. to 7 a.m. and all day Sunday We are flexible. Please call 619-312-5249. Leave Voice msg and mention this ad. Thank you

SEEKING EXPERIENCED MAINTENANCE TECH. With tools. Part time Lakeside, 100 units. must have experience in tenant turnover/work orders. (619) 561-7288

MOBILE HOMES FOR SALE

FL CAJON - SAFF SR/PK, 2 BDR. 1BA, great yard, updated. \$595 incl. pool, wst. \$14,000 OBO.

MOBILE HOMES **FOR SALE**



Low, Stable \$570 mo. space rent. Senior, Resident owned park Big 3BR \$9000DN \$285 Mo. for 5 yrs. El Cjaon 619-258-2004

Spacious Mobile Home, Low space rent Available immed. Close to shopping, schools and trans. (619) 441-8311. Reduced! At \$15,500. "Big Bargain!"

SEEKING **EMPLOYMENT**

Experienced phone operator looking for phone or customer relations job. Will work part or full time. Please call

SERVICES **OFFERED**

HYPNOSIS WORKS! SMOKING, WEIGHT, STRESS, CHRONIC PAIN, SI FEP, HEALTH www. successhypnotherapy.com 619-303-8511

Female caregiver honest reliable, all shifts, 619-590-2661 or 619-504-1115 for references

EAST COUNTY

Gazette

Phone (619) 444-5774 Fax: (619) 444-5779 1130 Broadway, El Cajon, CA 92021

Publishers: Debbie and Dave Norman Editor: Debbie Norman Office Manager: Briana Thomas Assistant Office Mgr. Brice Pedrin **Entertainment Editor: Diana Saenger** Photographers: Michael Black, Kathy Foster, Kenny Radcliff Writers: Patt Bixby, Diana Saenger, Michael Black, Chuck Karazsia, Nan Arthur

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

The Gazette is Published each Thursday as a commercial, free-enterprise newspaper The opinions and views published herein are those of the writers and not the publishers or advertisers. Advertisements designed by the Gazette are property of the Gazette and are not to be used in other publications

ritten consent of publisher. Deadlines for advertising and press releases are Friday at two. Send in your letters and opinions to:

Editor, East County Gazette P.O. Box 697, El Cajon, CA 92022

e-mail us at: editor@ecgazette.com Proud members of:

Alpine Chamber of Commerce • Lakeside Chamber of Commerce San Diego East Visitors Bureau

National Federation of Independent Business The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District. The East County Gazette adjudication number: GIE030790.

March 10, 2006. www.eastcountygazette.com

Our Best Friends

Canine's strut their stuff at Viejas



Raynee and pal Poncho took Best Cross Breed ad Best Child Handler.

Photos



Victoria with her pet Mija placed in the Tinniest and Best Dressed.

Viejas Outlet Center Event Staff Team Troy Webster and Jonny Felix help with the dog



Poor Sombra - his family decided to buy an RV to travel the country; and their first stop was the shelter to leave him behind, homeless. This male, 8 year old Cocker Spaniel mix weighs 23 pounds; is housetrained, good on a leash & deserves a loving home. His \$69 adoption fee includes neuter, license, microchip & vaccinations. Visit Sombra at the County Animal Shelter at 5480 Gaines St., Tues-Sat 9:30am-5:30pm or call Kathy at FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) at 858.205.9974 for more info on this awesome dog.

Chloe is a Brown Point and White Siamese 5-yaer-old female. She is a gorgeous kitty hoping to find a special family and home to cherish. With bright eyes and an eclectic spirit, she enjoys playing with feather toys, sunbathing and watching birds flutter outside her window. While Chloe enjoys spending time with her people friends, she is also very comfortable spending time on her own. Chloe has an independent nature and easy-going spirit! She is an entertaining gal to watch all throughout the day. While she can be a bit shy at first, she warms up as she gets to know her people friends better. Chloe will do well in a variety of homes, including a home with children. Her adoption fee is \$75 and includes her spay, current vaccinations and more! Chloe is available for adoption at the North Campus of the San Diego Humane Society, 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357 www.sdhumane.org Adoption Hours: Open daily 10 a.m. - 5 p.m.



he 6th Annual Alpine Stagecoach Dog Show was held last Saturday and was a tremendous success. There were 50 entries with more than three-quarters of them participating in four

The Alpine Stagecoach Lions Club raises money each year to sponsor a service dog. Every year the club selects an organization that will receive the working dog.

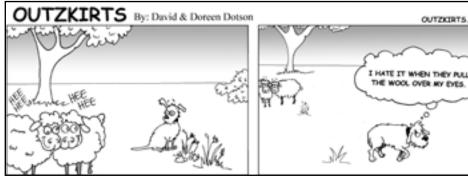
Becky Bardoo from the Lion's Club said, "This is our 6th Annual Dog Show because of the generosity of Viejas, and there will be a 7th Annual Dog Show next year!"



Marley, owned by Grace, sang 'Happy Birthday' to the judges and placed third for best trick.

Delivery

Available



Open 7 Days A Week

GOT PETS?

We have your **Supplies & Solutions** From Canaries to Mastiffs

- Fly Control Products
- Flea Control Products
- Vaccines
- Feeds & Seeds
- Obedience Classes
- Toys, Cages, Kennels
- Collars, Leashes
- Bedding

We Carry:

- Canidae & Felidae
- Diamond
- Stronapoint
- Natural Balance
- Country Value
- Leach & Gold Cup
- Mazuri And more...

Bring in ad for 10% Discount!

Open Mon.-Fri. 8:30am-6:00pm Sat. 8:30am-5pm Sun. 10am-4pm

619.562.2208 10845 Woodside Ave. • Santee, CA 92071

Win \$10,000 aay.



Thursday - Sunday June 1 - 27

- 11 Earn drawing tickets with your slot, bingo, or table games play!
 - · Earn 1 ticket for every 50 points earned
 - Plus, get one bonus ticket when you Vote for Viejas!
- 21 If your name is selected, you'll get a chance to spin the Wheel of Winners, every Thursday through Sunday.

Classic & Poker Club drawing at 6pm • Premier drawing at 7pm Elite drawing at 8pm • MVP drawing at 9pm

31 One contestant from each tier will spin the Wheel of Winners for a chance to win \$250 - \$10,000 cash!

Must be present to win. Guest must be a valid V Club member to play.

JUST OFF I-8 AT WILLOWS ROAD 619-445-5400 • VIEJAS.COM

Visit any V Club booth for official rules. Viejas reserves all rights. Please play responsibly. For help with problem gambling, call 1-800-426-2537. © 2010 Viejas Casino, Alpine CA.

