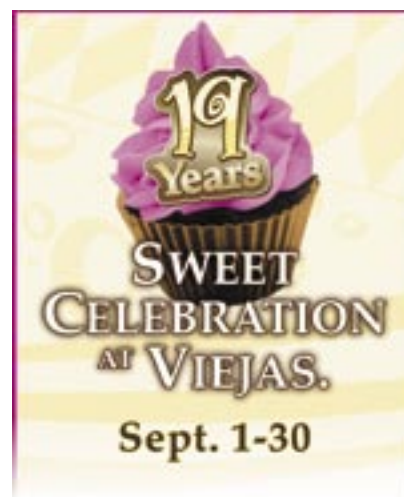




**VOLUME 11
NUMBER 15**

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Meet Samantha page 19

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Teen Coalition

Teen Coalition
kicks off
another year.
See page 5 for
more details.



What's new in theatres?



Looking for family
entertainment at the
theatres?

Read the review on
'I'm Still Here'
by Diana Saenger
on page 12

Get the real scoop on
movies right here in the
Gazette!

Sycuan celebrates 21st Annual Powwow



The 21st Sycuan Powwow was held last last weekend, breaking the record of having over 600 registered dancers participating this year. Gourd dancing, Bird Songs, Peon Games and Intertribal dancing were held over the three day event. Photo credit: Kathy Foster

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Local News & Events

Kiwanis fundraiser a success



Pene Manale (right) with the Associated Pageants of Alpine girls.

by Diana Saenger

The Alpine Kiwanis fundraiser held September 11 at the Alpine

Community Center was well attended by community residents. The event was to help raise the \$20,000 needed to outfit the club's new cook shack, which

provides food at local events and raises funds for local organizations.

Following weeks of selling tickets – and in the background creating committees to put together a dinner for the raffle drawing – the night finally arrived. The Associated Pageants of Alpine girls met guests at the door where Pat Woods checked in guests and Kiwanis President Pat Stalker offer bingo tickets; played in coordina-

tion with the drawing of raffle tickets.

The décor of the room was abundant with patriotic red, white and blue decorations. Lovely floral arrangements adorned each table and were later offered for purchase. Rod Gallo-way entertained the group with

his music. Fruit and veggies were furnished during mixer hour as was wine for purchase. Joe Agosta's Catering company prepared the 120 prime rib and halibut dinners that drew raves from the guests, as did the exceptionally delicious carrot cake.

Marc Bailey, anchor on San Diego 6 TV and local resident, was MC of the evening. In addition to introducing John Hackett who donated the new food trailer to the Kiwanis, Bailey's affable and friendly manner kept the crowd entertained until the big drawing started.

Only 150 raffle tickets were sold for the raffle prizes donated by local businesses and community members. Donna Lockhart did a fantastic job in putting the baskets together. The top prizes had produced a big buzz among the community. Winners of those were: Pat and Pam Price – a 1972 VW Convertible; Fernando Gonzalez – \$2000 cash; Steven Portz – \$500; Peter Paskle – \$500; Chris Newcomb – \$500; Jerry and Joann Price – a Kauai Vacation; Michael



Pat and Pam Price with their new car. Photo credits: Kathy Foster

Tretero – a week at a Coronado Resort. Other baskets filled with merchandise totaling \$5400 were raffled off during the evening. The Price's were excited to win the car. "We love Volkswagens and this is going to be so fun," Pam Price said.

Stalker was pleased that everyone who attended the event had a great time. "Our committee of 30 worked together until every last thing was completed," Stalker said. "The night was just a wonderful event."

Committee members working on the event included: Joseph Agosta, Sheila Barcello, Douglas Benson, Carl Berry, Cindy Bodie, Jim Cate, Anthony Cheesman, Kathy

Foster, Rod Galloway, Fernando Gonzalez, John Hackett, Deborah and Robert Jackson, Dave Kebert, Carol Lewis, Donna Lockhart, Barbra Louis, George and Pene Manale, Ray Meanor, Richard Rabell, Gregg Richards, Max Robinson, Susan Roff, Ken Schuttenheim, Pat Stalker, Deborah and Richard Stow, Billie Truesdell, George Wood.

Pene Manale, Kiwanis member in charge of the raffle, was excited to meet the goal of the campaign. "This was accomplished by the many hard-working, talented and generous members of the Alpine Kiwanis Club, well know for its commitment to Alpines children and community," Manale said.

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— LOCAL NEWS & EVENTS —

El Cajon highlights

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

El Cajon Firefighter Reserve Program Now Accepting Applications

The application period for the 2011 El Cajon Fire Department joint Heartland Firefighter Academy & El Cajon Fire Reserve Firefighter Academy is open from September 9 through September 24. A Reserve Firefighter is an auxiliary position with the El Cajon Fire Department. It is an opportunity for those interested in a fire service career to get invaluable hands-on experience while giving back to the community. Participation as a Reserve neither implies nor guarantees an offer of

employment with the El Cajon Fire Department. Visit www.elcajonfire.com for more information and/or to download an application.

Dispose Of Old Prescription Drugs On September 25!

As part of National Prescription Drug Take-Back Day the El Cajon and La Mesa Police Departments, along with the Drug Enforcement Administration, will be holding a prescription drug drop off site on Saturday, Sep. 25, 2010, from 10 a.m. to 2 p.m. at the Kaiser Permanente parking lot, located at 250 Travelodge Drive in El Cajon. Bring your outdated, unused or unwanted prescription pills, ointments, or liquids; no questions asked. This will be a drive-through operation. For more information go to www.

americanmedicinechest.com or call (619) 579-3325.

Concerts On The Green Wraps Up September 24!

The El Cajon Community Development Corporation (CDC) will hold their next Concerts On The Green this coming Friday, Sep. 17, 6 to 8 p.m. with the music of Scott Martin's Latin Soul Band. The next and last concert of the extended season will be on September 24 with Smoke Staxx. Concerts are held at the Prescott Promenade located on East Main Street, between Claydell and Magnolia Avenues.

News From Grossmont College

Grossmont College women's tennis coach Megan Haber is hosting the second annual "Whites and Woods Doubles

Tournament," a fundraiser for the Grossmont College women's tennis team, starting at 9 a.m. on both Saturday and Sunday, Sept. 18 and 19, at the college's tennis courts on campus. Players are encouraged to wear all white and use wooden rackets (wooden rackets will be available for rent for \$5). Cost to play is \$40 per team. A prize will be presented for the most authentic outfit. Last year about 20 teams participated. For more information, contact Nathan Welden at (619) 920-9052, or visit www.FletcherHillsTennis.com and click "Tournaments." Grossmont College is located at 8800 Grossmont College Drive in El Cajon.

Parent Forum On Childhood Vaccines

Next week a forum will be held for parents addressing the Safety of Childhood Vaccines at the El Cajon Library. The date is Wednesday, Sept. 2, from 5:30 to 7:30 p.m. in the Community Room of the Library, located at 201 East Douglas Avenue in El Cajon. Discussion topics include: childhood immunizations and schedule, infectious diseases, vaccine safety, and the latest in autism research. This is a free event. Light refreshments will be provided. Childcare will be offered onsite. Translation in Spanish and Arabic will be available. To register please send an email to Tania Farley at Tania.farley@sdcounty.ca.gov. Add Parent Forum Registration in the Subject line if responding by email. You may also call in your registration by phone at (619) 692-8247. Registration is highly recommended.

ible!). For more information contact the El Cajon Community Development Corporation (CDC), at (619) 401-8858, or visit www.downtownelcajon.com. Next month the Lend A Hand clean up will be held on October 30 at Wells and Graves Avenues.

Fall 2010 Recreation Guide & Newsletter

Pick up your copy of the Fall 2010 City Newsletter and Guide to Recreation! This 52-page guide contains a complete listing of recreation classes, sports programs, youth and senior services, cultural arts, aquatics, and recreational facilities. Registration is available online at www.elcajonrec.org or for more information call (619) 441-1754.

Natural Gas Safety & Financial Aid From S.D.G.&E.

For valuable tips on natural gas and safety visit the San Diego Gas & Electric website: <http://www.sdge.com/safety/naturalgas/index.shtml>. San Diego Gas & Electric is also offering aid for some of its' customers experiencing financial hardship in paying their utility bill. Apply for assistance through a new state program called Temporary Energy Assistance for Families (TEAF). The program, facilitated by the Salvation Army, provides eligible families the opportunity to receive a one-time emergency energy grant of up to \$1,500 to pay off past-due

See HIGHLIGHTS page 5

Lend A Hand Clean Up Day Is September 25

Join fellow residents, business owners, and community-minded individuals as they come together to remove trash and graffiti in the neighborhoods of Downtown El Cajon on Saturday, Sept. 25, from 9 to 11 a.m. at West Park Avenue & Chambers Street. The San Diego Rescue Mission will be present to collect any usable items that the residents of Downtown El Cajon no longer need. So please, donate your working electronics, furniture, household articles, baby items, or clothes (and remember, your donations are tax deduct-

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— LOCAL NEWS & EVENTS —

Teen Coalition kicks off another year



Back Row (Left to Right): Ryan Rivas, Christopher Harper, Kortney Teal, Diane Frias, Carolina Diaz. Front Row (Left to Right): Katie Klein, Diana Sopera. Photo credit: Monica Zech

The City of El Cajon Teen Coalition will soon kick off another year of leadership and community service opportunities for teens in El Cajon. Applications are actively circulating at El Cajon middle schools, high schools, and recreation centers. The same press release and application are also available

on the City's website at www.elcajonrec.org

Teen Coalition candidates must be residents of El Cajon or attend a school within the city limits, in grades 6 through 12, and be under the age of 19 years old as of September 1, 2010. Those interested in becoming coalition members

need to complete an application and return it to the Recreation Department at City Hall by September 27, 2010.

Engage, educate and empower! These continue to be the goals for the City's Teen Coalition. Teen Coalition members will learn about sectors working within the com-

munity, explore problem solving strategies regarding youth issues, develop their leadership skills, and have opportunities to engage in community service. Outside of special events, the Teen Coalition will meet on the third Thursday of each month, 6:00 p.m. to 8:00 p.m. at Renette Recreation Center. A kick off orientation will be a team building event at San Diego State University. Teen Coalition will create a community service project from May through June.

The City of El Cajon Teen Coalition will also continue to sponsor the annual "Youth of the Year" award, an award that places a spotlight on those youth who go above and beyond in serving their community.

Represent youth in the City of El Cajon! Apply today and make a difference in your community! For more information please call (619) 441-1516.



Hill Country Bluegrass Band Sunday, Sept. 19 10 a.m.

Dear Bluegrass Fans, On September 19, the Hill Country Bluegrass Band will be featured as part of Hill Country Community Church's Sunday service. Traditional Bluegrass music will be performed along with bluegrass style hymns. Come and enjoy the instrumentals and sing along to old-time favorites! We'll get started at 10 a.m. and finish before noon.

We meet at
Hill Country Community Church
8950 Lakeview Road, Lakeside

For more information contact Al Hester
at (619) 561-1965 or
al@hillcountrychurch.org

El Cajon Elks present student scholarships



Certificates of Achievement and \$400 checks were presented to Diana Elizabeth Bois, a student of Helix Charter School and John Adam Cruz, a student of Mt. Miguel at the Elks' regular Monday evening meeting held at the lodge. Two students are selected each month as "Students of the Month" throughout the school year. They are then eligible for the "Student of the Year" scholarship in May. Presenting the certificates and checks to Diana and John is Exalted Ruler Nancy Kulinski.

Highlights ...

Continued from page 4 utility bills and avoid service shut-off. Applications will be accepted only through Sept. 21, so customers should apply as soon as possible. To learn more about the state program requirements or to apply for a grant, customers should contact The Salvation Army at (800) 933-9677 or www.tsagoldenstate.org.

SDG&E offers a variety of programs to help customers save money and energy. For more information visit <http://www.sdge.com/residential/assistance/index.shtml>.

Note: Please keep me informed of your community events by placing me on your

mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at mzech@ci.el-cajon.ca.us, or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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Business/Finance & Real Estate

Cuyamaca College president accepts appointment



Robert Garber

Robert Garber, a 33-year veteran of California community colleges, has accepted a one-

year appointment as interim president of Cuyamaca College. Garber, who retired in 2009 as president of Los Angeles Pierce College, returned to work in August, first as interim vice president of student services for Cuyamaca College and now as Cuyamaca College interim president.

He had previously worked at Pierce College from 1977 to 1996 as an instructor, counselor, department chair, director, and dean followed by 10 years as vice president for student services at San Diego Miramar College before returning to Pierce College as its chief executive officer in 2006, a post he held for 3 ½ years.

"I am delighted that after experiencing Cuyamaca for a short time, Bob Garber is willing to forego his retirement to lead the college for a year," said Chancellor Cindy L. Miles. "Because he comes from experience in two multi-college districts, Bob knows the importance of both college and districtwide teamwork. He has a commitment to the community college mission and our focus on student success, a track record of moving programs and colleges forward, and a history of building leadership teams and working with faculty, staff, and community partnerships."

Impressed by the collegial spirit at Cuyamaca College and its dedication to students – what the college community calls "The Cuyamaca Way" -- Garber said he sees the presidency as an opportunity to lead Cuyamaca as an advocate and partner. "It is my intent to be meaningfully involved with campus colleagues and the collective work that helps the college prosper," he said.

Garber holds master's and bachelor's degrees from the University of California, Berkeley, and is a community college graduate from West Los Angeles College. Statewide, he has been involved in community

college committees, including the Community College League of California, and the State Chancellor's Office Telecommunications Technology Advisory Committee, where he helped develop and promote a comprehensive technology plan for California community colleges. He has also served on a number of accrediting teams through the Accrediting Commission for Community and Junior Colleges.

Garber also has a history of community involvement, having been a board member of the Los Angeles Economic Development Corp., the Economic Alliance of the San Fernando Valley and the Valley Industry and Commerce Assoc. He has also been a member of the San Diego's Citizens Review Board on Police Practices.

Born and raised in Seattle, Wash., Garber moved to California as a teen. He served in the U.S. Air Force from 1966 to 1970. He and his wife of 33 years, Rebecca, have two sons, one in medical school and the other pursuing a master's in sociology.

Parking Lot Sale at El Cajon Elks Lodge

The El Cajon Elks Lodge located at 1400 East Washington Avenue, El Cajon, CA 92019 is holding its annual "Parking Lot Sale" on Saturday, Sept. 25 from 8 a.m. until 12 noon.

Spaces are still available if you have items to sell. For more information, call Bill Brown at (619) 390-4117.

Hospital construction oversight citizens group selected

La Mesa resident Peggy Gaul, director of imaging services at Sharp Grossmont Hospital, has been appointed as the hospital's representative to an East County volunteer citizens group overseeing the spending of millions of dollars by the taxpayer-supported Grossmont Healthcare District (GHD) in voter-approved bonds for construction projects at the hospital.

The 11-member group, called the Proposition "G" Independent Citizens' Bond Oversight Committee (ICBOC), has been meeting since 2006, when voters approved Prop. G, a \$247 million bond measure that is projected to fund capital infrastructure improvements at the La Mesa hospital through the year 2014. East County voters passed Prop. G by more than 77 percent, well above the two-thirds required. Prop. G was sponsored by the Grossmont Healthcare District (GHD), a public agency that serves as landlord of Grossmont Hospital, including ownership of the property and buildings, on behalf of local taxpayers. The ICBOC consists of uncompensated East County residents who are experienced in project management, large-scale construction operations and finance.

Gaul, with a 30-year career in healthcare, has experience with the selection, installation and implementation of medical equipment, including MRI, CT, cardiac cath labs and diagnostic radiology equipment. "This experience has provided me with an understanding of the scope and complexities of healthcare projects," said Gaul, who will replace Dr. Peter Hanson, orthopedic surgeon, who previously served as the hospital's representative on the ICBOC group. Gaul, like Hanson, also will serve as a member of the ICBOC Communications Sub-Committee.

Gaul was appointed by the GHD board of directors, who also recently reappointed four current members of the ICBOC group to two-year terms ending June 30, 2012. The four reappointed members include: Robert Ayres, retired banking executive; Ernest Ewin, a three-term city councilman in La Mesa and executive director of the Grossmont College Foundation; George Hawkins, retired president/CEO of the Associated Builders and Contractors, San Diego Chapter; and, James Maletic, a construction services consultant and owner of James D. Maletic Construction Services.

Meanwhile, at a recent ICBOC board meeting, both Ewin and Dr. James Johnson were re-elected to serve as chairman and vice-chairman, respectively, for one-year terms ending June 30, 2011. Ewin also previously served for four years as chairman of the Grossmont-Cuyamaca Community College District's Proposition "R" Citizens Bond Oversight Committee. Johnson served in the U.S. Navy for 28 years, including as commander of Naval Medical Center San Diego from 2001 to 2003.

Come Learn about Fair Housing

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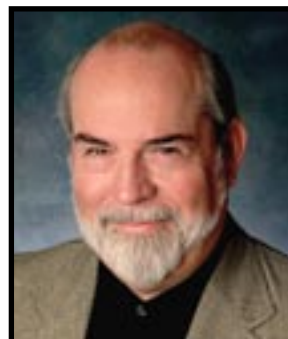
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For Health's Sake

GOT MILK? Challenges teens to start the day off right and win

Health experts say breakfast is the most important meal of the day and the California Milk Processor Board (CMPB) is putting money where its mouth is by challenging select high school districts across the Golden State to increase breakfast consumption with milk. The schools with the greatest breakfast participation with milk in each market will win \$3000 towards student activities. In addition, California teens will have an opportunity to win \$1000 and a shot at fame for illustrating how breakfast with

milk is important for personal and academic well being.

"Educators have been trying to bring this message home to families across California and I am glad that the folks behind the GOT MILK? campaign are doing the same," says Jack O'Connell, State Superintendent of Public Instruction, who supports the breakfast program. "Studies show that skipping breakfast puts young people at an academic disadvantage because they do not have the nourishment necessary to perform well in school."

The Food Research Action Center's (FRAC) Child Nutrition Fact Sheet titled Breakfast for Learning¹ shows "the most important meal of the day" is key to academic success. Students who don't have a nutritious breakfast tend to have shorter attention spans and lower test scores. Nutritionists also say a well-balanced breakfast includes protein-rich foods, fresh fruits, whole grains and low fat or nonfat dairy like milk which is high in calcium and vitamins. Starting the day off with a healthy meal, health experts say, also prevents young people from snacking on fatty, high-calorie snacks, which in the long run could curb the growing problem of childhood obesity.

GOT MILK? challenges California teens ages 13 to 18 to

participate in its GOT MILK? Breakfast Billboard Photo Contest for an opportunity to win \$1000 and a chance for their work to be featured on a billboard for a month in their hometown. From now to Oct. 8, teens must submit a photo illustrating why breakfast with milk is important for their health and academic performance. They must download an entry/release form, available here, and submit it with their photo entry via the following:

Email: contest@gotmilk.com (limit 8 MB)

Mail: GOT MILK?
Breakfast Billboard
Photo Contest
c/o RL Public Relations
11835 W. Olympic Blvd.,
Suite 1155E
Los Angeles, CA 90064

HEALTH BITS

Kids Care Fest in La Mesa offers free health care screenings on Sept. 25

The Grossmont Healthcare District and the City of La Mesa are jointly presenting the ninth annual Kids Care Fest, a free event featuring free health care screenings, to be held from 9 a.m. to 2 p.m. on Saturday, Sept. 25, at Briercrest Park, 9001 Wakarusa St., La Mesa. The public is invited to attend.

Organizers expect more than 1,000 children under age 12, including many from low-income and under-insured families, will receive free, potentially life-saving, health care screenings, including hearing and vision screenings, from healthcare professionals at the event. Additional free health screenings will include dental, podiatrist and chiropractic, as well as scoliosis spinal exams. Free medical information at more than 50 exhibit booths will include advice from pediatricians, dermatologists and pharmacists.

Additional free, hand-on activities will include arts and crafts, sports activities, bungee and astro jumps and pony rides, along with demonstrations and displays from law enforcement, including police and fire officials. Free new reading books, along with coloring books and crayons, will be available for children to take home and keep. A free lunch will be served to children while supplies last.

Other sponsors include La Mesa Park and Recreation Foundation, Sharp Grossmont Hospital, Rady Children's Hospital, KUSI-NEWS, The San Diego Union-Tribune, San Diego Family Magazine and Golden Acorn Casino. The City of La Mesa is coordinating exhibit booths and law enforcement displays. The Grossmont Healthcare District, a public agency that supports health-related community programs and services in San Diego's East County, is overseeing event details, including exhibit booths and sports activities. The free lunch and arts and crafts activities will be provided by volunteers with the La Mesa United Methodist Church, Friends of East County Arts, La Mesa Rotary and Major League Baseball player Troy Glaus and La Mesa Arts Alliance.

Kids Care Fest is a smoke-free event. Free parking is available at Sharp Grossmont Hospital's Brier Patch campus at 9000 Wakarusa St. and Grossmont Medical Arts Building at 8851 Center Dr. For more information, phone (619) 825-5050 or visit www.grossmonthealthcare.org.

Prescription Drug Drop Off Day set for September 25 in El Cajon

As part of National Prescription Drug Take-Back Day the El Cajon Police Department and La Mesa Police Department, working in conjunction with the Drug Enforcement Administration, are hosting a prescription drug drop off site on Saturday, Sept. 25, from 10 a.m. - 2 p.m. at the Kaiser Permanente parking lot, 250 Travelodge Drive in El Cajon. El Cajon and La Mesa Police Officers and DEA representatives will staff the site.

Bring your outdated, unused or unwanted prescription pills, ointments, or liquids; no questions asked. This will be a drive-through operation. The public will drive into the lot, hand their medications to the law enforcement personnel, and then continue back out onto the roadway.

This event is part of the American Medicine Chest Challenge that is encouraging residents to get rid of their unused and outdated prescription drugs.

For more information go to www.americanmedicinechest.com or contact Lt. David Bond with the La Mesa Police Department at (619) 667-1412 or Lt. Steve Shakowski with the El Cajon Police Department at (619) 579-3325.

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Laughter is the Best Medicine

Masculine or Feminine?

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lapiz.'

A student asked, 'What gender is 'computer'?'

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether computer should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because:

- 1.. No one but their creator understands their internal logic;
- 2 The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be Masculine ('el computador'), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model...

The women won.

Submitted by Monica Zech

Have something funny to share? Send to Jokes@ecgazette.com or mail to Jokes at EC Gazette, P.O. Box 697, El Cajon, CA 92022.



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— LOCAL EVENTS —

Out and about in the County

Sept. 29: The 2010 Cajon Classic Cruise, the last show of the regular season of Southern California's largest weekly classic car show will be next Wednesday, from 5 to 8 p.m. on Main Street. Admission 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 Two special post-season car shows will be held, including the Halloween Trunk or Treat show on Oct. 27, and the Parade of Lights Holiday show on Dec. 8. .

Oct 1-2: El Capitan's Class of 1965 will hold its 45th class reunion, October 1 & 2, at the Barona Resort & Casino in Lakeside. The Friday- Break-the-Ice party and Saturday-Dinner & Dance has an inclusive cost for both events of \$125 per person. Reservations only! NO admittance at the door for either event. Make payments to Barbara (Stallings) Hogue, El Cap 65 Reunion Committee, and send to 580 Camino de la Reina #322, San Diego, CA 92108. For more info call Barbara at (619) 795-1350 or go to bnhogue@att.net. Join us to reconnect and celebrate 45 years. The reunion committee looks forward to seeing everyone. The committee includes Pennie Barrows McMahon, Georgette Stacy, Patt Mahoney Bixby, Carol Poe Livingston, Barbara Stallings Hogue, Marion Hays Grant and Kristen Cummings Schermerhorn.

Oct. 1 - 3, 8-10: Oktoberfest in El Cajon. The 39th annual Oktoberfest is presented by the German American Societies over the first two weekends. Hours of this traditional, family-friendly festival are Fridays from 5 to 10 p.m., Saturdays from noon until 10 p.m., and Sundays from noon until 9 p.m. Oktoberfest in El Cajon is open to the public with an entry donation of \$5 for age 21 and over (\$3 for club members), those under 21 and all active military are admitted for free. Parking is also free. Visit www.OktoberfestElCajon.com, or phone (619) 442-6637. The address for our Biergarten and clubhouse is 1017 S. Mollison Avenue, El Cajon (from San Diego take I-8 East, exit right on Mollison Avenue).

Sept. 12: 8 p.m., Michael Bolton: 2010 One World Love Tour - If you made a list of performers who have sold more than 53 million records, won multiple Grammys for Best Male Vocalist and countless other honors, earned a star on Hollywood's Walk of Fame, and sold out arenas worldwide, Michael Bolton would be on that list. But if you tallied all the artists who've sung with Luciano Pavarotti and Ray Charles, written songs with Bob Dylan, Ne-Yo and Lady Gaga, penned hits for Barbra Streisand and KISS, played guitar with B.B. King and had his music recorded on a track by hip-hop superstar Kanye West (featuring megastar Jay-Z), Michael Bolton would be the only name on that list.

Oct. 2: Poncho Sanchez at the Dream Catcher Showroom at Viejas Casino. Ages 21 plus only. General admission only. Tickets are available online at: Frontgatetickets.com. If music were about pictures, percussionist Poncho Sanchez's music would best be described as a kaleidoscopic swirl of some of the hottest colors and brightest lights to emerge from either side of the border. At any given show, on any given record, fragments of Latin jazz, swing, bebop, salsa and other infectious grooves collide and churn in a fiery swirl, with results that are no less than dazzling.

Oct. 8: Keith Sweat at the Dream Catcher Showroom at Viejas Casino. Ages 21 plus only. General admission only. Tickets are available online at: Frontgatetickets.com Keith Sweat's sudden emergence on the music scene in the late 80's literally changed the R&B world forever. But his real gift has always been the ability to follow it up time after time, never holding back, always delivering great, powerful music. Like the best of those artists who seem to know just when to re-acquaint themselves with us, we discover through Keith Sweat's music that we're on more than just familiar terms with this charismatic singer/songwriter/producer. His music,

always relevant, always easy to embrace, seems to somehow mirror our own emotional journey

Oct.21: 8 p.m., Taj Mahal & Vieux Farka Toure - Composer, multi-instrumentalist and vocalist, Taj Mahal is one of the most prominent and influential figures in late 20th century blues and roots music. Though his career began more than four decades ago with American blues, he has broadened his artistic scope over the years to include music representing virtually every corner of the world - west Africa, the Caribbean, Latin America, Europe, the Hawaiian islands and so much more. What ties it all together is his insatiable interest in musical discovery. Over the years, his passion and curiosity have led him around the world, and the resulting global perspective is reflected in his music.

October 22: 8 p.m., Brett Michaels: Custom Built Tour - As front man for the legendary rock band Poison, Michaels has sold 25 million records and scored an amazing 15 chartbusting Top 40 singles including "Talk Dirty to Me," "Something to Believe In," "Nothing But a Good Time" and the timeless #1 smash "Every Rose Has its Thorn." And in the new millennium Poison's music has been featured in such big screen flicks as "Mr. and Mrs. Smith," "Grandma's Boy" and "Deuce Bigelow-Euro-

pean Gigolo." They continue to be one of the industry's top grossing concert attractions and their 2006 "20 Years of Rock" CD was a bona fide Top 20 gold smash. Poison's most recent CD is 2007's "Poison'D" an album of cover songs that have influenced the band members over the years. Bret Michaels is, if nothing else, a true survivor. He has survived a lifelong battle as an insulin dependent diabetic, a well publicized near fatal car crash in 1994 and the countless musical trends and fads of the last two decades.

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The East County Gazette's Winner: Richard Potts and his 1930 Model A Pick Up



San Diego Jump Co.'s Winner: Martin Fogata and his 2004 Harley Davidson

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Cajon Classic Cruise Trophy Winners Sept. 8, 2010



National Springs, Inc.'s Winner: Dan Merriman and his 1920 Ford Model T



Fleet Week Coronado Speed Festival's Winner: Mike Miley and his 1965 Volkswagen Bug



The California's Winner: George Beltran and his 1947 Chevy Fleet Line

2010 Season Schedule:
Sept. 22 - British Invasion,
Sept. 29 - Closing Night (street closure),
Oct. 27 - Halloween Trunk or Treat,
Dec. 8 - Holiday Parade of Lights.
For more information call the Downtown El Cajon office at (619) 401-8858 or visit www.downtownelcajon.com
Photos by Pete Liebig



El Cajon Ford's Winner: Robert LaCroix and his Ford Pick Up Truck



S & S Trophies' Winner: Sergio Gonzalez and his Classic Red Mustang

NO PHOTO: Toyota of El Cajon's Winner: Thomas Bryan and his 1963 Chevy Impala

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— AT THE MOVIES —

'I'm Still Here' — a contemptible waste of time



Joaquin Phoenix in *I'm Still Here*. Photo credits: Magnolia Pictures

Review by Diana Saenger

Within 10 minutes of watching *I'm Still Here* I was already wishing I wasn't here; and 30 minutes later I found myself gripping the chair arms to resist walking out. Still, I should have known this would be a

troublesome film, especially after noticing the production company's name: They Are Going To Kill Us Productions.

Of course, there had been some buzz about this movie for awhile now. And after Joaquin Phoenix made his 2009 appearance on the David Let-

terman show while appearing to be in another world, no one could understand why Phoenix announced he was quitting acting to become a rap artist.

I don't want to waste too much time reviewing a film about people who obviously have no respect for the reviewing audience or for the dupes who might pay to see this piece of garbage. There's nothing interesting nor of value in watching an Oscar-nominated actor (*Gladiator*, *Walk the Line*) with Phoenix's talent spend 108 minutes snorting cocaine, licking a hooker's breast, throwing up, screaming at himself and his "friends," physically attacking someone in a nightclub, stalking Sean Combs and making one of his groupies so angry that he defecates on Phoenix's face while he's sleeping — and we

have to watch. Plus, I believe Phoenix may hold the record for the number of times he uses the "f" word in a movie. As for his rapping talents, he probably has a better chance of becoming a bull rider.

Whether this is a real documentary or a hoax — it's pathetic. If it's real, it's a very sad revelation of how far gone Phoenix really is. If not, it's

depressing to see Phoenix and the film's director Casey Affleck (his brother-in-law) behave at the level of five-year-olds trying to be funny, but being repulsive instead. The real movie I'd like to see would be one showing how Phoenix talked Affleck into this project and why it was so badly filmed. There are definitely only losers here — in the film, behind the camera, and in the audience.



I'm Still Here

Studio: Magnolia Pictures

Gazette Grade: F

Not Rated: (but contains nudity, drugs, violence, obscenities)

Who Should Go: No one

CSA Advocates for Low-Income Residents to Fight Bed Bugs and Discrimination

As has been widely reported, there is a growing problem with bed bugs in San Diego. In cities like New York, the bed bug infestations have reached epidemic levels. Unfortunately, not only are low-income people more susceptible to bed bug problems due to increased substandard living conditions in low-income housing, but CSA has also encountered discrimination toward low-income people after bed bug outbreaks.

Recently, residents of a 240 unit apartment building in El Cajon contacted CSA because of a bed bug infestation and severe mismanagement of the situation on the part of the property management company. All the residents of this apartment complex are either recipients of Section 8, Disability, or Social Security benefits.

The property management company charged different residents, with the same apartment size, vastly different amounts for their fumigations. Some apartments were not fumigated at all. Some residents were required to sign a bed bug addendum on their leases, some were not (despite signing their leases within weeks of each other). Other residents were outright told not to go to the media with the problems at the complex.

Though the bed bug problem was the main issue for these residents, many residents also reported that their apartments have no heat in the winter and stoves that do not work.

As of May 2010, the management company has refused to pay any clients for the costs of fumigation.

After many months of struggle, residents at this complex had enough. They contacted CSA to advocate for them. Center for Social Advocacy assisted the clients by referring them to an Attorney at law, whom expertise is in the fair housing arena. In addition, a group of them contacted the media and seven households have filed en masse in small claims court to be reimbursed for their fumigation charges. They were also advised to file a complaint with the Department of Fair Employment and Housing and the Neighborhood Code Compliance Department. Lastly, the group called the Environmental Health Services Department

Fair Housing exists in a community when individuals of similar incomes have the same range of housing choices regardless of race, color, ancestry or national origin, religion, gender, disability, marital status, sexual orientation, source of income, or other arbitrary factor. Center for Social Advocacy ensures protection under Fair Housing Laws that address discrimination and harassment. If you feel that you have a violation of fair housing based on the protected classes defined above, please contact Center for Social Advocacy to help you file a complaint with the Department of Housing and Urban Development(HUD) and the DFEH.

Please call Center for Social Advocacy at 1-800-954-0441.

Viejas Wine Fest and 'Tri-Tip Throwdown'

The inaugural Viejas Wine Fest, featuring samples from some of southern California's premier wineries, will be held Saturday, Sept. 25 in the Park at the Viejas Outlet Center east of San Diego.

The Viejas Wine Fest, presented by the Kiwanis Club of Alpine Foundation, runs from 3 to 7 p.m. on September 25, and also features the American Liver Foundation's 2nd Annual Tri-Tip Throwdown. Proceeds from the events will benefit the children of San Diego County, the Alpine Veterans Wall of

Honor and the American Liver Foundation.

For information on the Viejas Wine Fest and Tri-Tip Throwdown, visit www.ViejasWineFest.com or call (619) 659-2073.

Also on Saturday, Sept. 25 from 10 a.m. to 6 p.m., the Sage & Songbirds Fall Festival will be held at the Viejas Outlet Center Showcourt. The popular live Monarch butterfly release is scheduled for 2 p.m. For more information, visit www.chirp.org.

Retraction: An error of a photo from the Rueben H. Fleet press website used in an article about activites at Reuben H. Fleet for kids in the September 9, 2010 issue of the East County Gazette was used without permission from the subject, Ken Hoskins and his son Jake. The Gazette and the Rueben H. Fleet regret the error.

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THEME: FALL'S IN THE AIR

ACROSS

1. _____ guard in basketball
6. Hula dancer's flowers
9. * Part of tree that does not shed in autumn
13. Fervor
14. To have exclusive rights over something
15. _____ of Pergamon, ancient Greek anatomist

16. Ragout of game in a rich sauce
17. Ann Patchett's novel "____ Canto"
18. Treeless plain
19. *They fall and blow all over
21. *Autumnal equalizing event
23. As opposed to bright
24. Small ladies' handbag
25. Needlefish
28. Cain's victim
30. *Fluffy sweater material


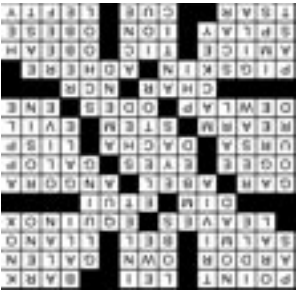
35. S-shaped molding
37. The windows to the soul?
39. Dance named after horse's gallop
40. _____ Major or _____ Minor
41. Dmitry Medvedev's retreat, e.g.
43. Speech defect
44. Arm again
46. *Weakened part of leaves in fall
47. "Midnight in the Garden of Good and _____"
48. Skin flap under the jaw
50. *"To Autumn" in Keats's "1819 _____"
52. The point opposite west southwest
53. Burn to charcoal
55. Formerly National Cash Register
57. *Popular object this time of year

61. Stick firmly
64. Catholic priest's hood
65. Before tac and toe
67. African sorcery practiced in West Indies
69. Spread open
70. Charged particle
71. Like one with high BMI
72. Nicholas II, e.g.
73. Pool stick
74. A pitcher facing first base

DOWN

1. A step in ballet
2. Unwritten
3. In neutral
4. Gypsy, e.g.
5. _____ questions
6. Soft, high arching shots
7. Female sheep
8. An arm off a larger body of water
9. Resort island in Indonesia
10. Oscar winner Arkin
11. City in Nevada
12. Well-known Kentucky fort
15. Pasting
20. Implant
22. In so far as
24. Any voting citizen
25. *Popular decoration
26. Be in accord
27. Redo, especially to a carpenter
29. Young hawk
31. *Strong wind
32. *Harvested now to be pressed into oil
33. Pitcher's bag
34. *Fall's most popular fruit
36. _____ Grey tea
38. Type of outbuilding
42. Set right
45. Negro League player, the great "Biz" _____
49. 21st letter of Greek alphabet
51. *Back to where?
54. Clown act
56. Rabbi Yiddish
57. Ghost of Christmas _____
58. Mischievous fairies
59. Desert monster?
60. _____ face Capone
61. Bane of teenager's existence
62. Great Barrier _____
63. The "right" coast in U.S.
66. An informal debt
68. Attention grabber

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OUTZKIRTS

By: David & Doreen Dotson



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SUDOKU


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AGENDA

County of San Diego Alpine Community Planning Group

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

www.AlpineCPG.org

NOTICE OF REGULAR MEETING

Thursday, September 23, 2010 • 6:00 P.M.

Alpine Community Center, 830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey	Roger Garay	Jennifer Martinez
George Barnett	John Hood	Richard Saldano
Jim Easterling	Cory Kill	Kippy Thomas
Robbie Faulkner	William Lepetri	Scott Tuchman
Greg Fox	Travis Lyon	Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Minutes: August 26, 2010 - Regular Meeting

1. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Discussion regarding there not being an election this year for the 7 seats which were up for election. The County will be doing appointments for those seats which incumbents did not file paperwork on time to be included back onto the Planning Group. Those incumbents which are interested in a possible appointment must notify the Chairperson at this meeting.

Organized / Special Presentations:

1. Sharon Haven, will make a presentation regarding the need for a study, as to whether Alpine will have adequate housing provided through the General Plan Update for families who may wish to relocate to Alpine because of a new High School. This is being brought forward from the Private Actions, Circulation and Major Public Facilities Subcommittees joint meeting held on Thursday, September 16, 2010. Sharon is looking to garner a letter to the Planning Commission for a study to be completed prior to finalization of the General Plan Update. This will require a discussion and vote.

2. Steve Croft, Vegetation Manager for the San Diego County Department of Public works division, sent this email to the Alpine Community Planning Group. No formal presentation will be made!

There will be a dead Oak Tree removed on the East Side of Marshall Rd, behind the Shell gas station in the creek and over hanging Marshall Rd. In addition, the County will do some tree trimming along Arnold Boulevard at the same time. Time of removal is to be scheduled.

Consent Calendar

1. Circulation

1. Discussion and Vote: None

2. Design & Review:

1. Discussion and Vote: None

3. Communications

1) Discussion and Vote: None

4. Pivatee Actions

1. Discussion and Vote: None

2. Discussion and Vote: None

3. Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote: None

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

VIII Subcommittee Reports (Including Alpine Design Review Board)

1. Private Actions	Richard Saldano
2. Trails & Conservation	Travis Lyonb
3. Parks & Recreation	Brad Bailey
4. Public Facilities & Services & Major Public Policy	
5. Circulation	John Hood
6. Communication	Richard Saldano
7. Alpine Design Review Board	Scott Tiuchman
8. Alpine Safety ADHOC	Kippy Thomas
9. Alpine Incorporation Ad Hoc	Jennifer Martinez
10. Albertson Park ADHOC	Vacant
11. Alpine High School ADHOC	Brad Bailey
12. SRPL Ad Hoc	Greg Fox
	George Barnett

IX. Officers Reports

A. Chairman	Greg Fox
B. Vice Chairman	Brad Bailey
C. Secretary	Jennifer Martinez
D. Immediate Past Chair	Dana Zeno

X. Open Discussion 2 (Only if Necessary)

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

XI. Request for Agenda Items for Upcoming Agendas

A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)

XII. Approval of Expenses / Expenditures

XIII. Announcement of Sub-Committee Meetings

1. To be determined.

XIV. Announcement of Next Meeting

1. Thursday, October 28, 2010 at 6:00 P.M.

XV. Adjournment of Meeting

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022317
FICTITIOUS BUSINESS NAME(S): a.) San Diego Process Serving b.) Los Angeles Process Serving c.) Sacramento Process Serving d.) New York Process Serving e.) Chicago Process Serving f.) USA Process Serving g.) Miami Process Serving h.) Hawaii Process Serving i.) San Francisco Process Serving j.) EZ Apostilles k.) Impressions Media
Located at: 6333 College Grove Way #2208, San Diego, CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. David Melnicoe 6333 College Grove Way #2208, San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on August 17, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023903
FICTITIOUS BUSINESS NAME(S): 2 the T Wedding & Event Planning
Located at: 13764 Wyeth Rd., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: Carol A. Strickler 13764 Wyeth Rd., El Cajon, CA 92021
Jeff B. Strickler 13764 Wyeth Rd., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 02, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024364
FICTITIOUS BUSINESS NAME(S): Budget Inn Hotel
Located at: 1538 E. Main St., El Cajon, CA 92021
This business is conducted by: A Limited Liability Company
The first day of business was: September 1, 2001
This business is hereby registered by the following: 1. 1538 E. Main LLC 1538 E. Main St., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024516
FICTITIOUS BUSINESS NAME(S): Gold Coast Properties
Located at: 7364 El Cajon Blvd. #111, San Diego, CA 92115
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: 1. Plousia LLC 7364 El Cajon Blvd. #111, San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on September 09, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023987
FICTITIOUS BUSINESS NAME(S): Yogurt World
Located at: 9331 Mission Gorge Rd., Ste. 110, Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: July 28, 2010
This business is hereby registered by the following: 1. Sandra Didisse 10256 Kerrigan St., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 02, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022756
FICTITIOUS BUSINESS NAME(S): a.) Walk In Bath Experts b.) Mobility Experts
Located at: 7475 Clairemont Mesa Blvd. #100A, San Diego, CA 92111
This business is conducted by: A Corporation
The first day of business was: July 1, 2010
This business is hereby registered by the following: Kitchen and Bath Experts INC 7475 Clairemont Mesa Blvd. #100A, San Diego, CA 92111
This statement was filed with Recorder/ County Clerk of San Diego County on August 20, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022396
FICTITIOUS BUSINESS NAME(S): San Diego Ultimate RV
Located at: 1338 E. Main St., El Cajon, CA 92021
This business is conducted by: A Limited Liability Company
The first day of business was: August 17, 2010
This business is hereby registered by the following: 1. San Diego Ultimate RV Rental, LLC 2516 Pine Glen Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on August 17, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024400
FICTITIOUS BUSINESS NAME(S): King Market
Located at: 7907 Cajon Road, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Riadh F. Shamoon 3255 Chelsea Park Circle, Spring Valley, CA 91978
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024423
FICTITIOUS BUSINESS NAME(S): On the Spot Handyman
Located at: 440 Van Houten Ave. #11, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: September 1, 2010
This business is hereby registered by the following: 1. Dean Malzahn 440 Van Houten Ave. #11, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on September 09, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023240
FICTITIOUS BUSINESS NAME(S): a.) The Transaction Coordinating Dept. b.) The TC Dept.
Located at: 9640-B Mission Gorge Rd. #339, Santee, CA 92071
This business is conducted by: A Corporation
The first day of business was: March 9, 2010
This business is hereby registered by the following: 1. CAR-TC, Inc. 9640-B Mission Gorge Rd. #339, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on August 26, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022939
FICTITIOUS BUSINESS NAME(S): a.) Perkins Family Properties b.) Family Properties
Located at: 2435 Washington St., Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kevin Perkins 2435 Washington St., Lemon Grove, CA 91945
This statement was filed with Recorder/ County Clerk of San Diego County on August 23, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024373
FICTITIOUS BUSINESS NAME(S): Point Loma Photography
Located at: 2815 Avenida de Portugal, San Diego, CA 92106
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Devin L. Carel 2815 Avenida de Portugal, San Diego, CA 92106
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024385
FICTITIOUS BUSINESS NAME(S): Ranch Market & Deli
Located at: 16236 San Dieguito Rd., Rancho Santa Fe, CA 92067
This business is conducted by: A Limited Liability Company
The first day of business was: October 1, 2005
This business is hereby registered by the following: 1. Fairbanks Ranch Deli LLC 16236 San Dieguito Rd., Rancho Santa Fe, CA 92067
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024517
FICTITIOUS BUSINESS NAME(S): SD Restoration
Located at: 1939 Friendship Dr. #D, El Cajon, CA 92020
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. SD Home Improvements Inc. 1939 Friendship Dr. #D, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on September 09, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024178
FICTITIOUS BUSINESS NAME(S): Topstyle Hair and Nails Design
Located at: 3915 Mission Ave., #8, Oceanside, CA 92058
This business is conducted by: An Individual
The first day of business was: June 4, 2007
This business is hereby registered by the following: 1. Patricia Holk 68 Trinity St., Oceanside, CA 92057
This statement was filed with Recorder/ County Clerk of San Diego County on September 07, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022697
FICTITIOUS BUSINESS NAME(S): Dumpling Inn
Located at: 4619 Convoy St. #1, San Diego, CA 92111
This business is conducted by: A Corporation
The first day of business was: November 3, 1999
This business is hereby registered by the following: 1. Dumpling Inn Inc 4619 Convoy St. #1, San Diego, CA 92111
This statement was filed with Recorder/ County Clerk of San Diego County on August 20, 2010.

East County Gazette- GIE030790
9/02, 9/9, 9/16, 9/23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023722
FICTITIOUS BUSINESS NAME(S): Coast to Coast Cafe
Located at: 16950 Via Tazon, San Diego, CA 92127
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Joanne Snaith 13687 Alta Loma Lane, Jamul, CA 91935
This statement was filed with Recorder/ County Clerk of San Diego County on August 31, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024080
FICTITIOUS BUSINESS NAME(S): Donuts Ave.
Located at: 8575 Los Coches Rd., Suite 10, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. William S. Hin 229 E. Elmwood Ave., Unit C, Burbank, CA 91502
This statement was filed with Recorder/ County Clerk of San Diego County on September 03, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023876
FICTITIOUS BUSINESS NAME(S): Gentle Hearts Home Care
Located at: 9661 Riverview Ave., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Bruce T. Van Denover 9661 Riverview Ave., Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on September 01, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024334
FICTITIOUS BUSINESS NAME(S): T Ranch Management
Located at: 15260 Sky High Rd., Escondido, CA 92025
This business is conducted by: An Individual
The first day of business was: Sept. 1, 2010
This business is hereby registered by the following: 1. Allan Teravainen 15260 Sky High Rd., Escondido, CA 92025
This statement was filed with Recorder/ County Clerk of San Diego County on September 08, 2010.

East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 2010

NOTICE OF PETITION TO ADMINISTER ESTATE OF PATRICIA M. STANGE CASE NUMBER: 37-2010-00151831-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 PATRICIA M. STANGE; RIKI STANGE; PATRICIA M. GRIFFIN. A PETITION FOR PROBATE has been filed by JAMES A. MALONEY in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JAMES A. MALONEY 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 granted unless 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: SEPTEMBER 30, 2010 AT 1:30 P.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 MADGE BRADLEY. 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. Attorney for Petitioner: PAUL T. MCDONOUGH PO BOX 197, Lakeside, CA 92040 (619) 443-6024
EAST COUNTY GAZETTE –GIE030790
Sept. 9, 16, 23, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022018
FICTITIOUS BUSINESS NAME(S): a.) Oopsy daisy, Fine Art for Kids b.) Studio Avo
Located at: 789 Gateway Center Way, San Diego, CA 92102
This business is conducted by: A Corporation
The first day of business was: May 7, 2002
This business is hereby registered by the following: 1. No Boundaries, Inc. 789 Gateway Center Way, San Diego, CA 92102
This statement was filed with Recorder/ County Clerk of San Diego County on August 13, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024153
FICTITIOUS BUSINESS NAME(S): Premiere Hair and Nails
Located at: 638 Jamacha Road, El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: September 1, 2010
This business is hereby registered by the following: 1. Tracy Van Phan 3259 55th Street, San Diego, CA 92105
This statement was filed with Recorder/ County Clerk of San Diego County on September 03, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010



NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, September 27, 2010** in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following items:

PLANNED UNIT DEVELOPMENT NO. 336 AND TENTATIVE SUBDIVISION MAP NO. 648, as submitted by Randall C. McManus, requesting a seven-unit common interest residential development on a proposed eight-lot subdivision. The subject property is located at the terminus of Cary Court between Granite Hills Drive and Egret Way, and has no address.

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

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

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

Barbara K. RAMIREZ
Secretary of the Planning Commission

DATE: September 13, 2010

City of El Cajon
Planning Division
Fax: (619) 441-1743
Ph: (619) 441-1741
East County Gazette- GIE030790
09/16/10

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022013
FICTITIOUS BUSINESS NAME(S): Your Right Hand Personal Shopping
Located at: 255 North Third Street, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Lorrie Marie Brown 255 North Third Street, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on August 13, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-021768
FICTITIOUS BUSINESS NAME(S): First Impressions by KK
Located at: 10438 Elmdale Dr., Spring Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Linn Fraley 10438 Elmdale Dr., Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on August 10, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-022559
FICTITIOUS BUSINESS NAME(S): Car 1234
Located at: 8802 Winter Garden Blvd., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Manouchehr Karimi 8802 Winter Garden Blvd., Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on August 19, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

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ONCE YOU STOP
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**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

CASE NO.37-2010-00069605-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: LUZ VALENCIA ON BEHALF OF MINOR
FERNANDO SANCHEZ JR. FOR CHANGE
OF NAME PETITIONER: LUZ VALENCIA
ON BEHALF OF MINOR FERNANDO
SANCHEZ JR. HAS FILED FOR AN ORDER
TO CHANGE NAME FROM:

FERNANDO SANCHEZ JR
TO: FERNANDO JOEL VALENCIA
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 E-14, on SEPTEMBER 29, 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
AUGUST 31, 2010.

East County Gazette – GIE030790
9/2, 9/9, 9/16, 9/23, 2010

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

CASE NO.37-2010-00069886-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF:
DEBORAH JOAN SAPP FOR CHANGE OF
NAME PETITIONER: DEBORAH JOAN SAPP
HAS FILED FOR AN ORDER TO CHANGE
NAME FROM:

DEBORAH JOAN SAPP
TO: DEBORAH CHANTERELLE
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 250 E.
MAIN ST., EL CAJON, CA 92020. Department
15, on OCTOBER 18, 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
AUGUST 24, 2010.

East County Gazette – GIE030790
9/2, 9/9, 9/16, 9/23, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-020527**

FICTITIOUS BUSINESS NAME(S): Yoiddy
Yoga
Located at: 533 Brighthaven Ave., El Cajon,
CA 92019
This business is conducted by: A General
Partnership
The business has not yet started.
This business is hereby registered by the
following: 1. Linda Christine West 533
Brighthaven Ave., El Cajon, CA 92019;
2. Courtney Michele West 533
Brighthaven Ave., El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on July
29, 2010.

East County Gazette- GIE030790
8/26, 9/02, 9/9, 9/16, 2010

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

CASE NO.37-2010-00098223-CU-PT-CTL
IN THE MATTER OF THE APPLICATION
OF: REBECCA CHENG FOR CHANGE OF
NAME PETITIONER: REBECCA CHENG
HAS FILED FOR AN ORDER TO CHANGE
NAME FROM:

REBECCA CHENG
TO: RYAN CHENG
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 330
WEST BROADWAY, SAN DIEGO, CA 92101.
Department 25, on OCTOBER 12, 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
AUGUST 18, 2010.

East County Gazette – GIE030790
9/2, 9/9, 9/16, 9/23, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023823**

FICTITIOUS BUSINESS NAME(S):
Coadings Unlimited
Located at: 8862 Greenridge Ave., Spring
Valley, CA 91977
This business is conducted by: A
Corporation
The business has not yet started.
This business is hereby registered by the
following: 1. Power Washing Unlimited INC
8862 Greenridge Ave., Spring Valley, CA
91977
This statement was filed with Recorder/
County Clerk of San Diego County on
September 01, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023351**

FICTITIOUS BUSINESS NAME(S):
Reflections by Gallatin Warfield
Located at: 2518 Kenda Way, Alpine, CA
91901
This business is conducted by: Husband
and Wife
The first day of business was: June 1, 2010
This business is hereby registered by the
following: 1. Gallatin Warfield 2518 Kenda
Way, Alpine, CA 91901; 2. Judy Warfield
2518 Kenda Way, Alpine, CA 91901
This statement was filed with Recorder/
County Clerk of San Diego County on
August 26, 2010.

East County Gazette- GIE030790
9/02, 9/9, 9/16, 9/23, 2010

**STATEMENT OF ABANDONMENT
OF USE OF**

**FICTITIOUS BUSINESS NAME
ORIGINAL FILE NO. 2007-028669
FILE NO. 2010-022190**

The following person(s) has/have
abandoned the use of the fictitious business
name: Topstyle Hair and Nails Design
The Fictitious Business Name Statement
was filed on June 4, 2007, in the County of
San Diego.
Topstyle Hair and Nails Design 3915 Mission
Ave. #8, Oceanside, CA 92058
This business was conducted by:
1. Thuy Linh Vu 68 Trinity St., Oceanside,
CA 92057
THIS STATEMENT WAS FILED WITH THE
COUNTY CLERK-RECORDER OF SAN
DIEGO COUNTY ON August 16, 2010

East County Gazette GIE 030790
8/26, 9/02, 9/09, 9/16, 2010

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

CASE NO.37-2010-00098419-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF:
JENNIFER MICHELLE WEIGLE ON BEHALF
OF MINOR AURELIO CHRISTOPHER
ESPARZA FOR CHANGE OF NAME
PETITIONER: JENNIFER MICHELLE
WEIGLE ON BEHALF OF MINOR AURELIO
CHRISTOPHER ESPARZA HAS FILED FOR
AN ORDER TO CHANGE NAME FROM:

AURELIO CHRISTOPHER ESPARZA
TO: CHRISTOPHER AURELIO WEIGLE
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 220
WEST BROADWAY, SAN DIEGO, CA 92101.
Department D-25, on OCTOBER 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 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
AUGUST 20, 2010.

East County Gazette – GIE030790
9/2, 9/9, 9/16, 9/23, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023273**

FICTITIOUS BUSINESS NAME(S):
California Registration Services
Located at: 593 El Cajon Blvd., El Cajon,
CA 92020
This business is conducted by: An Individual
The first day of business was: November
1, 1997
This business is hereby registered by the
following: 1. Jessica Cunningham 3005
Shelby Dr., National City, CA 91950
This statement was filed with Recorder/
County Clerk of San Diego County on
August 26, 2010.

East County Gazette- GIE030790
9/02, 9/9, 9/16, 9/23, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023045**

FICTITIOUS BUSINESS NAME(S): Pine
Valley's Best Beef Jerky
Located at: 9525 Mission Gorge Rd. #7,
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. Paul Henshall 9525 Mission
Gorge Rd. #7, Santee, CA 92071; 2. Derek
Henderson 2316 Bancroft St., San Diego,
CA 92104
This statement was filed with Recorder/
County Clerk of San Diego County on
August 24, 2010.

East County Gazette- GIE030790
9/02, 9/9, 9/16, 9/23, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023764**

FICTITIOUS BUSINESS NAME(S): a.)
Pacific Reliant b.) Pacific Reliant Realty c.)
Pacific Reliant Real Estate d.) Pacific Reliant
Properties e.) Pacific Reliant Property
Management f.) DS Hancock Real Estate g.)
DS Hancock Realty
Located at: 3680 Park Blvd. #5, San Diego,
CA 92103
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Douglas Shane Hancock 3680
Park Blvd. #5, San Diego, CA 92103
This statement was filed with Recorder/
County Clerk of San Diego County on
September 01, 2010.

East County Gazette- GIE030790
9/9, 9/16, 9/23, 9/30, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-023033**

FICTITIOUS BUSINESS NAME(S): Elite
Salon & Spa
Located at: 2990 Jamacha Rd., Suite 156,
El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Ashlee N. Looney 29901 Hwy
94, Campo, CA 91906
This statement was filed with Recorder/
County Clerk of San Diego County on
August 24, 2010.

East County Gazette- GIE030790
9/02, 9/9, 9/16, 9/23, 2010

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

CASE NO.37-2010-00069966-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: BASAM R. HANISH FOR CHANGE OF
NAME PETITIONER: BASAM R. HANISH
HAS FILED FOR AN ORDER TO CHANGE
NAME FROM:

BASAM R. HANISH
TO:
BRIAN BASAM HANISH
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 250 E.
Main St., El Cajon, CA 92020. Department
15, on OCTOBER 25, 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
AUGUST 26, 2010.

East County Gazette – GIE030790
9/09, 9/16, 9/23, 9/30, 2010

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

CASE NO.37-2010-00069621-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
KENNETH DUANE OWENS FOR CHANGE
OF NAME PETITIONER: KENNETH DUANE
OWENS HAS FILED FOR AN ORDER TO
CHANGE NAME FROM:

KENNETH DUANE OWENS
TO:
KENNETH CHARLES WOODS
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 220
WEST BROADWAY, SAN DIEGO, CA 92101.
Department 14, on OCTOBER 06, 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
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prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
AUGUST 09, 2010.

East County Gazette – GIE030790
9/09, 9/16, 9/23, 9/30, 2010

MORE LEGALS ON PAGE 22

Dear Dr. Luauna



*I'm almost 40 years old, my life is a
train wreck and it is all my doing.
My lifestyle of selfishness, drugs, and
wild living have left me in this condi-
tion. Although my family and friends
don't believe me I am truly sorry for
everything. Please help! Signed, a Liv-
ing Train Wreck*

Dear Living Train Wreck,

You are not alone, so many of us

have been in your shoes, myself included. The odds were
stacked against me from my early childhood, my mother
placed me in an orphanage at a young age. From there I
ended up in foster homes, detentions centers and a place like
a women's prison as a teenager. All the rejection had piled up
and I was so angry, like a time bomb ready to explode.

I tried so hard to be good, I went to school and got a job
to stay out of my mother's hair. She tried to send me back to
detention, I was cramping her party lifestyle, I foolishly got
married at 15 years old instead. Years later my husband was
murdered, he was caught having an affair with a married
woman, her husband killed him. Now left a young single
mother of two small children.

I tried to pull myself up by my own bootstraps, went to
school and started a business. In the eyes of the world I had
it all together, yet underneath I was more than a train wreck.
I did drugs, speed, cocaine, and didn't know how to love my
kids. Every decision was bad until one day, I made the best
decision of my life, I welcomed Jesus Christ into my heart! He
forgave me and turned everything around, He loves you and
will do the same for you! Please come and see me at one of
our services. I want to give you my book, "A Mother's Story," it
will encourage you, God bless you and I'm praying for you!

Connect with Dr. Luauna
Facebook & Twitter: DrLuaunaStines

questions@drluauna.com
www.atouchfromabove.org

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
Wednesday - 7:00 p.m.

Dr. Luauna's Television Program San Diego Co
Cox Cable Channel 18 & 23 Every Tuesday at 9 p.m.
Time Warner Cable 19 Every Wednesday at 5 p.m.

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The East County Gazette

Our Best Friends

Enjoy wildlife in your backyard

Are you thrilled by the sight of wildlife in its natural environment? If so, you don't need to travel for the experience. With a little effort, your own backyard can become a stopover for some of North America's most colorful wildlife.

Fall and spring are migratory season in America as flocks of birds migrate between hemispheres. Like any weary traveler, these natives look for places to rest and refuel. Welcoming them to your yard is a way to protect our natural heritage and enjoy their beauty at the same time.

"Transforming your yard or garden into a wildlife refuge is fun," says Spencer Schock, Founder of WindowAlert, makers of bird-friendly products for homes. "Children love an outdoor project and the sight of

wild birds adds dazzle to your family's seasonal experience."

Here are some tips for watching and keeping birds safe during migration:

- * Birds migrate because of food, not weather. The cooler months make it more difficult to find sustenance, so placing a bird feeder in your backyard with water and high energy foods like meal worms, black oil sunflower seeds, or suet will help them complete their journey.

- * Birds don't just take one long flight. They need lots of stopover and staging areas during their travels. Encourage them to linger in your backyard by providing shelter, such as a bird house. Opt for water-repellant bird houses with hinged roofs so the house can be cleaned after nesting.

Avoid perches, which make birds easy prey for predators like cats.

- * Man-made structures, even in rural areas, can be hazardous to migrating birds. For example, birds don't "see" clear glass and as a consequence, millions of birds worldwide die every year when striking glass. To protect birds from hitting your windows, you can apply special decals that reflect ultraviolet sunlight, such as those made by WindowAlert. The decals have the appearance of frosted glass -- so they won't ruin your view -- but glow like a spotlight for birds, with their unique ability to see ultraviolet rays.

- * The best way to enjoy wildlife is to avoid interfering in any way. To do so, invest in good binoculars and get out in the early morning when birds

are most active. A field guide book can help you identify the creatures you see.

- * Record-keeping is not just for ornithologists. By keeping a journal of feeding and housing patterns of birds populating your backyard, you can be better prepared for next year. In addition, consider becoming a "citizen scientist" by submitting your observations to The Audubon Society and Cornell University's database at ebird.org.

For more information on making your home and garden a bird haven, visit WindowAlert.com or call 877-733-2753.



It's easy to make your backyard a haven for migrating birds.

"There are many ways to assist birds on their journey, from installing birdbaths to applying window decals," says Schock.

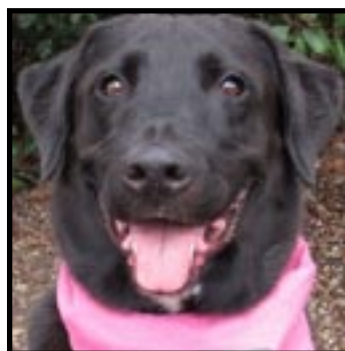
"Once you have made a few modifications, don't forget to enjoy that flash of color by the feeder." (StatePoint)

ADOPT-A-PET



Samantha is waiting for you! A 2-year-old, 45-pound Pit Bull blend, Samantha is sweet and mellow with a social, playful side. She loves attention and is a smart girl who seems to know the command for "sit." Almost done caring for her litter of puppies, she will soon be ready for a home of her own where she can receive some pampering herself! Come meet Samantha today - visit her at the County Animal Shelter at 5821 Sweetwater Rd., or for more information call 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip, and spay.

Little Cat is a gorgeous 2-year-old Tortoiseshell Pointe female 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 Little Cat enjoys spending time with her people friends, she is also very comfortable spending time on her own. She has lots of spunk and a fun-loving personality. She will do well in a variety of homes, including a home with children and other pets. Since Little Cat has been diagnosed with Chronic Renal Disease, a San Diego Humane Society Veterinarian will be present during the adoption process to discuss Little Cat's medical history and how to best care for her in the future. Her adoption fee is \$75 and includes her spay, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! She is available for adoption at Oceanside PetSmart off of College and Marron Rd. Come visit this special kitty today! www.sdhumane.org



Angel is the complete package! This 63-pound Retriever mix is social and loving, and at 5 years old, has great house manners. A fantastic walking partner, she also loves playing with other dogs, and enjoys car rides. She is a smart girl who will impress you with her great manners. Angel would do best in a family with children 10 years and older. Looking for an all-around great companion? Consider meeting Angel today! Currently in a private foster home in North county, her \$150 adoption fee includes vaccinations microchip, and spay. For more information on Angel, please call 858-205-9974.

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