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German-American Societies Oktoberfest

The 39th annual Oktoberfest is presented by the German American Societies over the first two weekends in October. 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).



La Mesa Oktoberfest

La Mesa Octoberfest 2010 is October 1, 2 and 3, 11 a.m. - 12:30 p.m. Friday and Saturday and 12 noon to 6 p.m. on Sunday in the La Mesa Village. The Village will be filled with over 300 craft and commercial booths, 5 food courts, 3 beer gardens and a children's carnival.

Healthy kids in East County



The Mother Goose Parade mascot, nursing students from Grossmont College and Dave Scott, broadcast meteorologist and feature reporter with KUSI-NEWS, attended the ninth annual Kids Care Fest held on Sept. 25, at Briercrest Park, in La Mesa. The event featured potentially life-saving, health care screenings, including hearing, vision and dental vision screenings, to more than 1,000 children, along with free medical information at more than 50 exhibit booths, including advice from pediatricians, dermatologists and pharmacists. Sponsors included the Grossmont Healthcare District, City of La Mesa, Sharp Grossmont Hospital, Rady Children's Hospital, KUSI-NEWS, East County Gazette, Golden Acorn Casino, La Mesa United Methodist Church Friends of East County Arts, La Mesa Rotary and Major League Baseball player Troy Glaus. Photo credit: Rick Griffin

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Local News & Events

Diamond announced as Interim CEO/President of East County Chamber

Cliff Diamond, former police chief of the City of El Cajon, was announced this week as the interim president and chief executive officer of the San Diego East County Chamber of Commerce.

The announcement follows last week's departure of Mike Cully as head of the organization.

"We thank Mike for his service to the Chamber and to the businesses of East County

over the last two plus years," said Chairman Roger Roberts, "and we wish him well in the future."

"We are pleased that Cliff Diamond will step into the Chamber's lead role on

an interim basis, while we search for a permanent executive," said Roberts. "He brings significant organizational and management experience to the Chamber during this transitional period."

Following Cully's departure, the Chamber leadership implemented a plan to ensure the organization continues to successfully represent the area's businesses in the months ahead. "We are fully confident that the

Chamber's staff and board of directors are in a solid position to continue moving the organization forward so as to provide a seamless transition," said Roberts. "Cliff Diamond further strengthens our ability to do just that."

Emergency Preparedness Is a Top Priority

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California's high-fire danger months are in the fall, when hot, dry Santa Ana winds arrive. Because the damage from wildfires can be catastrophic, it's important we all work together to be prepared.

Community Events

Speak with our representatives and fire-rescue groups for tips on how to create a defensible space around your home, make an emergency supply kit and a personal emergency plan.



Power outages

can be caused by fires, storms and high winds. So know what to do when an outage occurs and how to be safe around downed power lines.



Create a defensible

space around your home by designing or modifying it to resist wildfires. Building materials, roof and landscaping all influence your home's likelihood of surviving a wildfire.

We're working to help prevent fires by replacing more wood power poles with fire-resistant steel poles and expanding tree trimming and brush clearing.



Firefighting aircraft from the City and County of San Diego, CAL FIRE, US Forest Service and SDG&E are standing by to help suppress brush fires and give firefighters the support they need.




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— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech
City of El Cajon Public
Information Officer

October is a special month

The El Cajon City Council has proclaimed the month of October as German American Month, Community Planning Month, Amateur Radio Awareness Week from October 4-10, and Fire Prevention Week from October 3-9.

Oktoberfest in El Cajon

The German American Societies present Oktoberfest on October 1-3 and 8-10 in El Cajon! The annual event is located at 1017 S. Mollison Avenue. Hours are Fridays 4 to 10 p.m., Saturdays from Noon to 10 p.m. and Sundays from noon to 9 p.m. Enjoy all the fun entertainment, along with German food & beverages. Age 21 and up \$5. Under 21 and active military are free! Visit www.oktoberfestelcagon.com for more information.

Stepping Up To Health!

It's all about health on Saturday, Oct. 2, at the Family Health/Wellness Fair at Kennedy Park in El Cajon. It's called "Stepping Up To Health" and will run from 9 a.m. to 1 p.m. at Kennedy Park, located at 1675 E. Madison Avenue. Enjoy planned fitness activities and community information booths for the whole family. For more information call (619) 588-3265.

Rose & Plant Show

If you love roses stop by the Ronald Reagan Community Center on Saturday, Oct. 2, for the East County Rose & Plant Show, at the Ronald Reagan Community Center, 195 East Douglas Ave. in El Cajon. It will be open to the public from 12:30 to 4 p.m. For more information call (619) 463-6977.

Don't Miss The Annual El Cajon Fire Safety & Career Expo

This fun free family event is scheduled for Saturday, Oct. 9, from 10 a.m. to 2 p.m. at 100 E. Lexington Ave. Over 40 health & safety organizations will be represented, free child safety helmets while supplies last and child I.D.'s. Youngsters will enjoy the Home Depot's Kids Workshop, while Core Self Defense will be teaching children about self-defense. Parents will learn about fire safety and disaster preparedness from the Office of Emergency Services

and the American Red Cross. San Diego Gas & Electric will have a special display on electrical safety, with information on safety issues concerning natural gas and energy conservation. Kids will also meet Smokey Bear and Mother Goose! Visit www.elcagonfire.com to see the full line up of safety organizations involved or call (619) 441-1737.

Animal Shelter Open House

Join us on Saturday, Oct. 23, for the Annual El Cajon Animal Shelter Open House! This free Halloween-themed family event will run from 10 a.m. to 2 p.m. at 1275 N. Marshall Avenue. There will be a costume contest for dogs at 1 p.m. Micro-chipping, I.D.'s, a low-cost rabies clinic and pet adoptions will also be available! For more information call (619) 441-1580.

Bowling For Students

On Saturday, Oct. 23, the Cajon Valley Education Foundation will hold a Bowl-A-Thon at Parkway Bowl benefitting the Foundation. Parkway Bowl is located at 1280 Fletcher Parkway. The event is from 3 to 5:30 p.m. and only 35 lanes can be reserved. Sign up now! There will be a best team costume contest and prizes. For more information visit www.cvef.net.

It's a barn sale!

You may have been to a garage sale, but have you ever been to a barn sale? Coming up on Saturday, Oct. 23, from 7:30 a.m. to 2 p.m., it's the Olaf Wieghorst Museum and Western Heritage Center Barn Sale located at 131 Rea Avenue! You will find vintage collectables, used tack, old tools, western clothes, dishes, linens and lots of other goodies. Bring cash, checks and credit cards! Nothing from the museum permanent collection will be sold. Call (619) 590-3431 for questions.

Trunk Or Treat Downtown!

Mark your calendar for Wednesday, Oct. 27, for the Cajon Classic Cruise – Trunk or Treat car show! Cars will be decorated in Halloween themes while the owners hand out candy to the children. This fun activity takes place on downtown Main Street near Magnolia Ave. from 5 to 8 p.m. Call (619) 401-8858 for more information.

RV Parking Permit reminder

In an effort to make our streets easier and safer to travel, and in response to public concerns,

an Ordinance was approved by the El Cajon City Council that would control the parking of recreational vehicles on residential streets. On Tuesday, June 10, 2008, Councilmembers gave their final approval of an Ordinance regarding the parking of commercial vehicles, recreational vehicles and trailers upon City streets. The Ordinance allows only El Cajon residents to park their recreational vehicles (motorhomes and trailers) on public streets only for purposes of loading and unloading. The owner will need to obtain a free permit in order to park their recreational vehicle while loading or unloading. The permit is good for one day and residents may obtain up to three permits at one time for a total of three consecutive days. There is a total limit of 52 permits per resident per year.

A permit may be acquired free of charge online and issued for a maximum period of 24 consecutive hours, and no more than three permits to apply over any 72 hour period. This Ordinance became effective in August 2008 and only applies to the City of El Cajon. Information about the RV Permit Program can be obtained from the City of El Cajon website at www.ci-el-cajon.ca.us under RV Parking Permit Page.

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, California 92020.

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Sat: Free Bruschetta appetizer with purchase of 2 or more entree's.

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— LOCAL NEWS & EVENTS —

Out and about in the County



The Alpine Sherriffs Station were one of thousand across the nation who were collecting expired prescription drugs to dispose them in a way that is safe for the environment and to protect those who could possible use them illegally. This project is to help curb a growing problem across the country of illegally obtained prescription drugs. Reserve deputy Andy Kincaid and evidence custodian Barbara Jensen were there to collect the prescription containers. For more information contact the Drug Enforcement Administration San Diego Field Division HOTLINE ABUSE 1-877-662-6384. Photo credit: Kathy Foster

Oct. 1: Gobble with the Goose at Antique Row Cafe, 1185 E. Main St., El Cajon, from 5 to 8 p.m. Enjoy an evening of dining with the company of Mother Goose. Proceeds to benefit the Mother Goose Parade.

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



"I Love a Clean Alpine"

Sempra Energy volunteers pose in front of the Alpine Woman's Club after they spent their morning making the community look sparkling. Over 100 volunteers spurred up Alpine and surrounding communities through out the San Diego County. Various businesses donated clean up items Pro Traffic and Pro Tools supplied rakes, paint, stain, gravel, and fill dirt. Various compaines donated supplies and volunteered their time, Burns and McDonnell, Pro Traffic and Pro Tools and Par Electric gave the Alpine information sign a facelift with a new coat of paint. Photo credit: Kathy Foster

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).

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. 6: Learn about "Fat Plants" at next CHIRP Garden Club meeting. Plants that are nicknamed "Fat Plants" ill be the subject of our next CHIRP Garden Club meeting, set for 6:30 p.m. at Crown Hills Clubhouse. Speaking about "caudiciforms" will be Barbara Hamm, whose passion for succulents and other unusual plants was sparked over 30 years ago--and was completely ignited when she went to work for a boutique nursery in Old Town. She has been a member of the San Diego Cactus & Succulent Society for decades. Caudiciforms, simply put, are plants that form a fat, succulent base, trunk or root, visible above ground. Many are succulents, aloes, cactus and euphorbias. Not all caudiciforms fit easily into the category of cactus and succulents, but most do. Barbara plans to bring several specimens of caudiciforms to the meeting. An assortment of unusual succulents will be for sale at the meeting. The meeting is open to the public and is free of charge. For additional information, please visit www.chirp.org call CHIRP at 445-8352.

Oct. 9: Guardian Angels Church Fall Festival presents "Irish Eyes are Smiling." Friday, Oct. 8 from 5 to 10:30 p.m., Saturday, Oct. 9 from noon to 10:30 p.m. and Sunday Oct. 10 from 9 a.m. to 7 p.m. Game booths, crafts, book booth, entertainment, Multicultural food court, beer garden, live auction, grand raffle with cash prizes! All are welcome. Guardians Angels Church is located at 9310 Dalehurst Rd. in Santee. For more infomration, call Michele or Bernie at 619-258-9824.

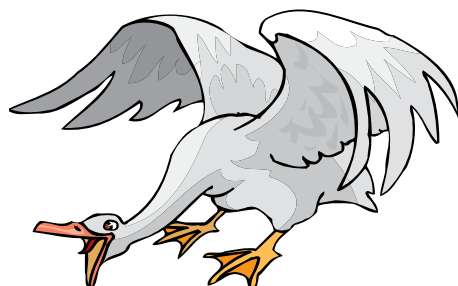
Oct. 24: 3 to 6 p.m. 22nd El Cajon Invitational Art Exhibit, St. Clair Gallery, 270 E. Douglas Ave., El Cajon, CA 92020.

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Dining & Entertainment

'Legend of the Guardians' too violent for children

Review by Diana Saenger

The alluring trailer of the 3-D animated *Legend of the Guardians: The Owls of Ga'Hoole*

features beautiful looking owls and a hint of an engaging story of mystery and heroism. I can understand what a draw this would be for families and children. But after the first 10

minutes this movie is more like a violent video game with the majority of the owls viciously attacking each other.

Based on the book *Guardians of Ga'Hoole* by Kathryn Lasky, the story begins with a lovely family scene of owls. Two siblings Soren (Jim Sturgess) and Kludd (Ryan Kwanten) are about to learn the most important thing for an owl -- to fly. It's clearly established that the brothers have distinctly different personalities. Soren is in awe of his father and charmed by the idea of being a hero to fellow feathered mates like those in the stories his father has told them. Kludd sees himself more as a warrior than a hero somewhat based on his father's obvious favoritism to his brother.

As the brothers test out their flying skills, they end plunging far below to the ground and soon each one faces a different fate. Soren escapes and journeys to the land of the Guardians where he helps plan a daring rescue of this brother and baby sister Eglantine (Adrienne DeFaria). Kludd -- taken to the ominous home of the Pure Ones -- is instantly beguiled by Nyra (Helen Mirren), who picks him out of the menial work force there and makes him believe he's special and will be trained as an elite warrior.

The rest of this film is horrible and definitely not for children. In scene after dark scene owls with frightening looking head gear dual each other to death. I'm not sure what screenwriters John Orloff (*A Mighty Heart*) and Emil Stern (*The Life Before Her Eyes*) intended in adapting this film and gearing it to children, but I don't think there is anything heroic about settling differences with a dual to death.

In an animated film it's difficult to determine the precise caliber of direction but I was puzzled by the choice of Zach Snyder as director. He helmed *300* and *Watchmen*, two films that were intended to be dark. Maybe that intention is carried over a too much in this film. *Legends'* production team, Animal Logic, was responsible for the outstanding Oscar-winning *Happy Feet*, and because of the notation in the trailer and poster that *Legends* is from the studio that brought you *Happy Feet*, it's an obvious misdirection about the content of this sheep in wolves

clothing -- it does have great animation.

For the most part children in this screening were quiet. Several families did get up and walk out. It was about half-way through that my own feeling about *Legend of the Guardians: The Owls of Ga'Hoole* was confirmed when a shrill cry filled the theater as a young voice bellowed out, "I don't like this movie mama, I want to leave."



Scene from *Legend of the Guardians*. Photo credits: Warner Bros. Pictures

New 'Wall Street' sequel is character driven



Michael Douglas and Shia LaBeouf star in *Wall Street: Money Never Sleeps*. Photo credit: Barry Wetcher / 20th Century Fox Film Corporation

Review by Diana Saenger

It's no act of genius for Oliver Stone to pick these recession years and troubled financial times to birth *Wall Street: Money Never Sleeps*, the sequel to the Academy Award-winning *Wall Street*. He also adds in the return of Michael Douglas -- plus bold casting of Shia LaBeouf, Frank Langella, Carey Mulligan, Josh Brolin, Eli Wallach and Susan Sarandon to enhance the sequel's potential.

The film picks up with Gordon Gekko's (Michael Douglas) release from prison. His obvious distress that no one has come to pick him up outside the prison walls tells volumes about his family ties before we even get into the story. The movie then transitions to a financial trading office where Jake Moore (Shia LaBeouf) is hard at work to complete his climb to the top of the ladder.

When Gordon holds a seminar and book signing for his newly published book, Jake is right there. He watches this icon of Wall Street with curiosity. Besides hoping to glean some bit of strategy that

behavior and Winnie flees with her heart in her hand.

The evolving story offers nothing surprising. There are Wall Street schemes, brokers trying to get the best of each other and a romance that can't get off the page. However, Shia LaBeouf is a real surprise here. He works his character like a busy ATM machine, inserting just the right card each time to get a payoff. Douglas is engaging to watch (don't we love the guy we love to hate on screen?) Mulligan is fast becoming a lead actress -- but her character's cold, aloof relationship with her father here seems performed so well there's not room for enough thaw to make her relationship with Jake feel authentic. Frank Langella is excellent as an ex money schemer now outdone by his cronies.

The production values of *Wall Street: Money Never Sleeps* look good, and while this movie is nothing to rave about, the cast makes it a worthwhile viewing experience.



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*Excludes Front Row and VIP seats. No double discounts.

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Legend of the Guardians

Studio: Warner Bros. Pictures

Gazette Grade: D-

MPAA: "PG" for some sequences of scary action

Who Should Go: teenaged males

Wall Street: Money Never Sleeps

Studio: 20th Century Fox Pictures

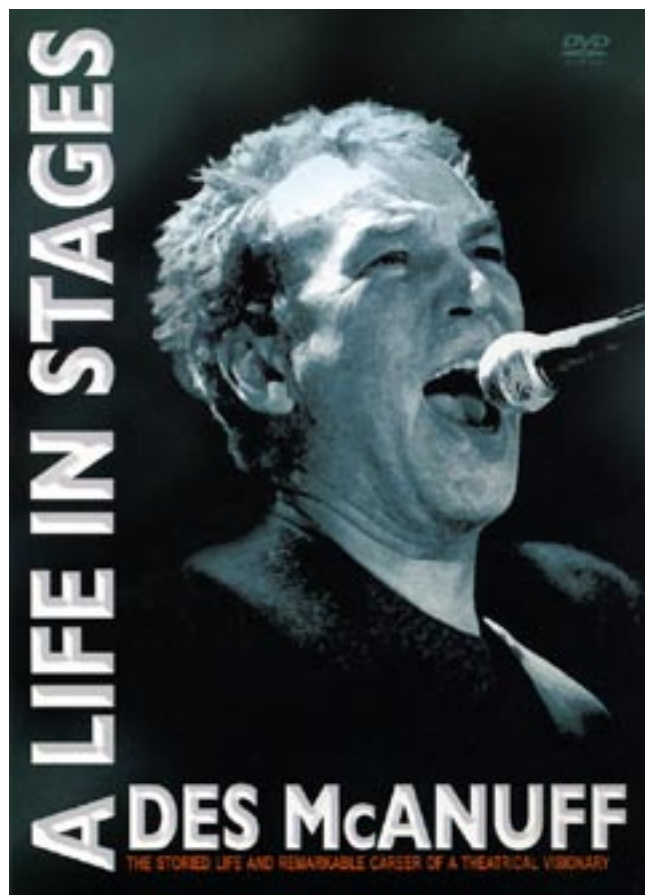
Gazette Grade: C

MPAA: "PG-13" for brief strong language and thematic elements

Who Should Go: fans of Wall Street or LaBeouf

— AT THE MOVIES —

An eclectic mix of films screen at the San Diego Film Festival



Des McAnuff: A Life in Stages.

by Diana Saenger

From Wednesday, Sept. 29 through Sunday, Oct. 3, the San Diego Film Festival will screen more than 75 features, short and documentary films. The selections include everything from the documentary *Waiting for Superman*, on Friday night about the state of the school system, to Michael Weithorn's *A Little Help*. It stars Chris O'Donnell and Jenna Fischer and is a touching story about a dental hygienist who gets entangled in a series of bizarre lies in order to take care of herself and her son.

In the short film *A Just Life*

by San Diego Producer Jeff Katz, Mr. Lambert is profiled as a very unusual senior citizen. Filmed in San Diego, it clearly shows that Lambert has no problem navigating the downtown area even though he's missing both legs and in a wheelchair. The inspiring film spotlights how Lambert has lived his life. Rather than settle in one area and one job, he's participated in tasks around the world but his heart lies with missing children. This film is a prime example that no matter what cards you are dealt in life you can still come up with a Royal Flush.

Little Odessa is short film about a game of tag that ends

in some deadly situations for some of the players. The cast consists of two criminals, a con man and his girlfriend, and a taxi driver. It's all about a black bag full of money and who has it, who it belongs to, who wants it and who ends up with it. There's no time to eat popcorn in this 13-min film; it plays out so quickly there's little time to think about or judge it.

Director / writer Erica Ta-choir's short film *Too Sunny for Santa*, is a moving story about a woman who is dying and a husband determined to create Christmas in June for her to celebrate one more time. Joshua Child does a

great job as a husband trying to deal with the eventual loss of his wife, and trying to prepare his daughter for that outcome while trying to take her mother's place as well. Natalia Dyer is terrific as the traumatized daughter.

The Bravo documentary *Des McAnuff: A Life in Stages*, is an engaging look at the life of former Artistic Director of the La Jolla Playhouse (*Jersey Boys*, *Tommy*, *700 Sundays*). From his early years through his ground-breaking roles in theatrical circles as a director/writer/composer to time with his band and behind the movie camera; it's fascinating. McAnuff actually



Mr. Lambert from *A Just Life*.

takes two journeys in the film, one of his life's excursions and one trying to learn about the father he never met.

For the full San Diego Film Festival schedule of films, seminars and parties visit <http://sdff.bside.com>

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For Health's Sake

Health screenings and tidbits

Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call 619-740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

Depression & Bipolar Screening

Attend a free educational seminar, presented by Geoff Twitchell, PhD., on signs and symptoms of depression, bipolar disorder, and anxiety disorders. Sharp Grossmont

Behavioral Health Services will provide free, anonymous screenings for adults over age 60. Free resources available. Thursday, October 7. Seminar is from 11:30 a.m. to 12:30 p.m. and free screenings are 10:30 to 11:30 a.m. or 12:30 to 1:30 p.m. at the Grossmont HealthCare District Library, 9001 Wakarusa St., La Mesa.

Reservations are suggested, but walk-ins are welcome. Call 1-800-827-4277

Peripheral Arterial Disease (PAD) Screening

Do you have aching, cramping or pain in your legs when you walk or exercise, but pain that diminishes when you rest? Attend a free screening to test

the arterial blood flow to your legs. Students of Grossmont College's Cardiovascular Technology Program will check blood pressure at your ankles and arms. This is a student practice, not a diagnostic test. Please, do not wear nylons. Saturday, October 16, 8:30 a.m. to 12:30 p.m. at the Sharp Grossmont Hospital Brier Patch Campus, Classroom 15, 9000 Wakarusa St., La Mesa. Appointment required. Call 1-800-827-4277

Addressing behavior through compassionate communication

Learn to improve your communication skills with memory-impaired adults and identify techniques to cope with challenging behaviors from Diane Beach of the Alzheimer's Association on Monday, Oct. 25 from 10 a.m. to 12 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Health care decisions

Have you made decisions for your future health care needs? Have you communicated your wishes to family and/or friends? Learn about the various documents available, such as Advance Health Care Directive, POLST, DNR, etc. and learn from this panel of experts what forms are needed and how to communicate your wishes. Panelists are Dr. Margaret Elizondo; Debra Timmons, Sharp Grossmont Chaplain; John Tastad, Sharp HospiceCare Transitions Program Coordinator. This free program is Friday, Oct. 29, 9:30 a.m. to 11:30 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St. La Mesa. Reservation required. Call 1-800-827-4277.

Free blood pressure screening

No appointment necessary. Open to the public. For information, call (619) 740-4214.

Sharp Grossmont Hospital Senior Resource Center, 9000 Wakarusa, La Mesa, Tuesday, Oct. 5, 9:30 to 11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Oct. 15, 9:30 to 11 a.m.

Project C.A.R.E. Community Action to Reach the Elderly

This free program helps people who live alone by offering a phone call each day. If there's no answer, someone is called to check on you. Other Project C.A.R.E. services include Vial of Life, friendly visitor from the Retired Senior Volunteer Patrol and more. East county residents may call the Sharp Grossmont Hospital Senior Resource Center at 619-740-4214. Seniors in other zip codes may call 1-800-510-2020 for locations throughout San Diego County.

AI CHI – Aquatic Therapy

Sharp Grossmont's aquatic therapy program now offers Ai Chi. Ai Chi is adapted primarily from Tai Chi and Watsu, with the added benefits associated with warm-water, pool-based therapies, including improved circulation and muscle tone. Ai Chi is ideal for conditions such as chronic pain, fibromyalgia, arthritis and low back pain. Classes meet twice a week in the Rehab Center. Signed physician's consent form is required annually for all participants.

For more information, call (619) 740-4104 or visit www.sharp.com/grossmont. Cost: Two classes per week for eight weeks: \$104; Club 65 discount: \$88.

Hitting a dead end

by Judy Callihan Warfield



There is no doubt these are difficult times, and many are feeling they have hit a dead end. Whether a loss of job or home it's difficult to get back on track. Taking the time to reframe the way you think about things can make a big difference in well-being. Go back in time – even to school – and recall goals and dreams and see where you are at today. Did you follow that dream and goal or

did you get sidelined along the way and take a different path?

If not, this is the perfect opportunity to discover there is no where to go but up. Maybe you wanted to change careers but didn't want to feel forced to start over or at the bottom. So now this situation is a chance to try other career options you never would have considered before.

Have you lost your home? Now is the opportunity to investigate other areas you may have wanted to live in. While the current economic problems are a real issue, moving forward rather than staying stuck in the guilt, shame, and blame of the past is a positive way to handle these issues. Creating a new and better lifestyle can be freeing. Just the action of making decisions empowers you with the feeling of being back in control and moving forward rather than feeling like there is nothing you can do or it's out of your control to modify.

Go to a temp agency and see what is available. Don't pressure yourself that this will be your career for the next 20 years, but let yourself investigate career paths you may not have considered before.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. www.successhypnotherapy.com, 4730 Palm Ave. #205, La Mesa, (619) 303-8511 or email judy@successhypnotherapy.com for a free consultation.

Laughter is the Best Medicine

Eve's side of the story

After three weeks in the Garden of Eden, God came to visit Eve. 'So, how is everything going?' inquired God.

'It is all so beautiful, God,' she replied. 'The sunrises and sunsets are breathtaking, the smells, the sights, everything is wonderful, but I have just one problem.'

It's these breasts you have given me. The middle one pushes the other two out and I am constantly knocking them with my arms, catching them on branches and snagging them on bushes. They're a real pain.' Eve went on to tell God that since many other parts of her body came in pairs, such as her limbs, eyes, ears, etc. She felt that having only two breasts might leave her body more 'symmetrically balanced'.

'That's a fair point,' replied God, 'But it was my first shot at this, you know. I gave the animals six breasts, so I figured that you needed only half of those, but I see that you are right. I will fix it up right away.' And God reached down, removed the middle breast and tossed it into the bushes.

Three weeks passed and God once again visited Eve in the Garden of Eden. 'Well, Eve, how is my favorite creation?'

'Just fantastic,' she replied, 'But for one oversight. You see, all the animals are paired off. The ewe has a ram and the cow has her bull. All the animals have a mate except me. I feel so alone.'

God thought for a moment and said, 'You know, Eve, you are right. How could I have overlooked this? You do need a mate and I will immediately create a man from a part of you. Let's see....where did I put that useless boob?'

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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Oktoberfest

In El Cajon

Oct. 1-3 & 8-10



EAST COUNTY
GAZETTE
CLASS ACT
DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 11, NO. 17, SEPTEMBER 30, 2010

SPECIAL OKTOBERFEST EDITION

— OKTOBERFEST —

— What is Oktoberfest? —

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It began with the Royal Wedding on Oct. 12, 1810.

Crown Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxony-Hildburghausen on 12 October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event. The fields were renamed Theresienwiese ("Theres'a

Fields") to honor the Crown Princess, although the locals have since abbreviated the name simply to "Wiesn". Horse races in the presence of the royal family marked the close of the event that was celebrated as a festival for the whole of Bavaria. The decision to repeat the horse races in subsequent years gave rise to the tradition of Oktoberfest.

The History of The Munich

Oktoberfest: Oktoberfest is one great big international celebration. People have been coming to Munich for almost 200 years for the celebration and now come from all over the world to participate in this 16 day party.

Oktoberfest started as a wedding celebration party. Prince Ludwig of Bavaria, who was later crowned King Ludwig I, wanted the people of Munich to share in the celebration of his marriage to Princess Therese of Saxony-Hildburghausen on October 12, 1810. He organized a horserace, offered copious amounts of beer and food, invited all the people of Munich and voila! Oktoberfest was born.

The festival was such a success that Ludwig decided to hold it again the following year in conjunction with the state agricultural festival. In 1816 carnival booths were

added and in 1819 the town fathers of Munich decided that the festival should be celebrated every year. Over time, the length of the festival was increased and the date moved backward because of the great weather at the end of September in Bavaria.

Since its beginnings the Oktoberfest has thus been canceled 24 times due to war, disease and other emergencies. By 1960, the last year that horse races were held, Oktoberfest was already a world-famous festival. People from all over the world started attending Oktoberfest in droves.

Oktoberfest is now celebrated all over the world at different venues and in varying measures but definitely, Oktoberfest Munich is the king of festivals and we have King Ludwig to thank for it. A toast to King Ludwig and Therese!

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- I Love A Clean Lakeside—Oct. 23rd
- Spirit of Christmas—Dec 4th
- Lakeside Western Days—April 15—17
Parade—15th Rodeo 15—17th

Geschäft (Business)

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Sundays Noon-9 PM

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— SCHEDULE OF EVENTS —



1017 S. Mollison Avenue, El Cajon (from San Diego, I-8 East, take Mollison Avenue exit south)

The Lakeside Historical Society's Annual Holiday Home Tour Saturday, Dec. 4, 2010

10 a.m. to 3 p.m.- Self Guided Tour

3:00 p.m. Reception

Tour several homes in the Lakeside area notable for their history, architecture and unique charm

\$15 donation  **619-561-1886**

Friday, October 1

- 3:00 pm Grounds open - Live music begins with Germany's own Guggenbach-Buam
- 4:00 pm Raffle Drawing
- 5:30 pm Raffle Drawing
- 6:30 pm The Gemutlichkeit Alpine Dancers will delight your folkdance senses!
- 8:00 pm Adult Sauerkraut Eating Contest – Do you have what it takes to be a champion?
- 9:30 pm Raffle Drawing
- 10:00 pm The band will be back tomorrow - see you then!

Saturday, October 2

~ City Days honoring El Cajon, Lakeside & Julian ~

- Noon Grounds open
- 1:00 pm Live music begins with our favorite German import, Guggenbach-Buam
- 1:45 pm Raffle Drawing
- 3:15 pm Traditional German and Bavarian folkdances by the Gemutlichkeit Alpine Dancers
- 4:00 pm Oktoberfest Opening Ceremony! Join the Mayor of El Cajon Mark Lewis and many local dignitaries to tap our imported wooden keg, toast the Oktoberfest tradition and crown our 2010 Oktoberfest Queen!
- 5:30 pm Raffle Drawing and Contest
Adult Apple Peeling - Win great prizes for the longest continuous peel!
- 7:00 pm Raffle Drawing and Contest
Adult Pitcher Holding - An Oktoberfest favorite! Prove your beer strength & stamina to your friends!
- 8:00 pm Dancing continues with live music by Guggenbach-Buam
- 9:00 pm Raffle Drawing
- 10:00 pm Outdoor music ends, but the party continues inside!



Celebrating our countries at the Oktoberfest celebration.

Sunday, October 3

~ City Days honoring La Mesa, Jamul & Santee ~

- Noon Grounds open
- 1:00 pm Kick off Sunday with live music from Guggenbach-Buam
- 2:00 pm Raffle Drawing
- 3:15 pm Traditional German and Bavarian folkdances by the Gemutlichkeit Alpine Dancers
- 4:15 pm Raffle Drawing and Contest
Kids Pitcher Holding - Cheer on our future bartenders during four exciting rounds of pitcher holding! Four events: Boys and Girls ages 6-9 and 10-14
- 5:30 pm Raffle Drawing and Contest
Adult Nail Pounding - Compete for great prizes and show off your carpentry skills!
- 7:00 pm Nationally renowned entertainer, Skip Banks



Little ones enjoying the spirit of Oktoberfest.



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— SCHEDULE OF EVENTS —



Many dances are held at the Oktoberfest.



Taking time out for a photo at the pub!
Below: Kids of all ages enjoy the German/American Societies Oktoberfest.



"We want YOU at the Oktoberfest in El Cajon!"

amuses the masses!
As seen on The George Lopez Show!!
Entertainment ends... but only until next weekend!!!!

Friday, October 8

- 3:00 pm Grounds open - Live music begins with Germany's own Guggenbach-Buam
- 4:00 pm Raffle Drawing
- 5:30 pm Raffle Drawing
- 6:30 pm Raffle Drawing
- 8:00 pm Adult Sauerkraut Eating Contest – Show your friends what you've got!
- 9:00 pm One man comedy sensation, Skip Banks!
- 10:00 pm Need more polka? Come back tomorrow!

Saturday, October 9

~ City Days honoring Lemon Grove, Spring Valley & Alpine ~

- Noon Grounds open
- 1:00 pm Live music begins with our favorite German band, Guggenbach-Buam
- 1:45 pm Raffle Drawing
- 3:15 pm Traditional German and Bavarian folkdances by the Gemutlichkeit Alpine Dancers
- 4:00 pm Special Keg Tapping ceremony and kids parade. Bring the young ones to join in on the festive march in!
- 5:30 pm Raffle Drawing and Contest
Adult Nail Pounding - Win great prizes and try your best to miss your fingers!
- 7:00 pm Raffle Drawing and Contest
Adult Pitcher Holding - An Oktoberfest favorite! Prove your beer strength & stamina to your friends!
- 8:00 pm Dancing continues with live music by Guggenbach-Buam
- 9:00 pm Raffle Drawing
- 10:00 pm Outdoor music ends, but the celebration continues....

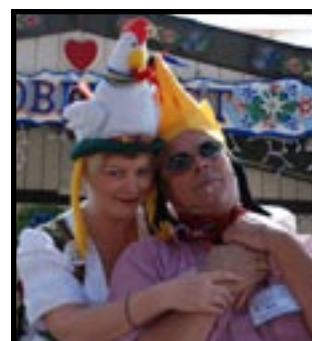
Sunday, October 10

~It's Chicken Hat Day!! ~

- Noon Grounds open
- 1:00 pm Kick off Sunday with live music from Guggenbach-Buam
- 2:00 pm Raffle Drawing
- 3:30 pm Raffle Drawing and Contest
4th Annual Chicken Hat Contest!
Join El Cajon Mayor Mark Lewis as Adults and Kids compete for the titles of Creative Cluck, Funniest Foul and Popular Poultry!



(L-R) Past-President Wendel Jenkins, El Cajon Mayor Mark Lewis and Oktoberfest Chairman Mike Anderson.



Competition is fierce in the Chicken Hat Contest.

The 33rd Annual Lakeside Heritage Day

will be held at the

Lakeside Historical Society,

9906 Maine Avenue on Saturday, Oct. 30, 2010

11:00 a.m. - Social

12:30 lunch will be served

Program: Heart of the Community
honoring all Lakeside organizations

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For reservations call 619-561-1886

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Wednesday:
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Thursday:
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Friday:
Tortellini (chicken, cheese or
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Saturday:
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Sunday:
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Oktoberfest Chair Mike Anderson (green) stands with the Guggenbach-Buam bandmembers. For more information on the Oktoberfest visit www.OktoberfestElCajon.com or call (619) 442-6637.



Miniature Oktoberfest visitors enjoy dressing up in their Lederhosen.



Oktoberfest Queen, Chairman Mike Anderson, El Cajon City Councilwoman Jillian Hanson-Cox and Assemblyman Joel Anderson enjoy the day at the German-American Societies Oktoberfest in El Cajon.

**German American Societies of San Diego
Oktoberfest Menu**

☞ Ox Plate - Served with 2 sides & roll	\$9.50
☞ Leberkäse (Veal Loaf) - Served with 2 sides & roll	\$8.00
☞ Bratwurst Plate - Served with 2 sides & roll	\$8.00
☞ Ox & Roll	\$5.00
☞ Leberkäse & Roll	\$4.50
☞ Bratwurst & Roll	\$4.50
☞ Wiener & Roll	\$3.00
☞ Soup (vom Tag) & Roll	\$4.50
☞ Potato Pancake	\$2.50

SIDES - \$3.00

☞ German Potato Salad ☞ Sauerkraut
☞ Red Cabbage

Roll - \$.50

Deserts are priced as marked and available to-go!

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— OKTOBERFEST —

Authentic German Oktoberfest in El Cajon



Authentic German food and beer can be found in El Cajon over the first two weekends in October.

The 39th annual Oktoberfest is presented by the German American Societies over the first two weekends of October, 1-3 and 8-10. 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.

This year, we're featuring a series of Community Days, in which elected officials and other honored members of the East County will be introduced and recognized throughout Oktoberfest. Representatives from these communities will also participate in our opening parade and ceremonial "Tapping the Wooden Keg," at 4 p.m. on Saturday, October 2, and again on Saturday, October 9. On Sunday, October 10 we'll hold our third annual Chicken Hat Day, with a chicken hat contest hosted by

our favorite chicken hat model, El Cajon Mayor Mark Lewis. On Saturday nights, the clubhouse is also open for dancing (8 p.m. to midnight).

Oktoberfest in El Cajon is open to the public with an entry donation of \$5 for adults, those under 21 and all active military are admitted for free. Parking is also free.

Enjoy authentic German food such as bratwurst, ox-on-the-spit, potato salad, potato pancakes, sauerkraut and red cabbage, plus a tasty variety of German pastries and pretzels. Soft drinks and adult beverages will be available, featuring a fantastic selection of German beers, wines, and liquors. Our extremely popular band, the Guggenbach-Buam, joins us again from [Baden-Württemberg](#), Germany. These fine musicians entertain the crowd with a variety of Ger-

man music, just as you would hear in the beer gardens of Munich! Folk dances, games, and contests are scheduled. Check out vendor and craft booths, let your youngsters go crazy in the Kids' Fun Zone. Another highlight is our raffle giveaway, with frequent door prize drawings, plus a grand prize of a round-trip flight for two to Germany! Bring your family and invite your friends to join you at the real German Oktoberfest in El Cajon! For

more information please visit www.OktoberfestElCajon.com, or phone (619) 442-6637. The address for Oktoberfest in El Cajon is 1017 S. Mollison Avenue (from San Diego take I-8 East, exit right on Mollison Avenue). See you there! Prost!

Selected as one San Diego's top five festivals by SignOn-SanDiego.com readers in 2002, 2003, 2006 and 2007, and winner of Best Festival in 2008!

Celebrating the 39th annual
German/American Societies Oktoberfest in El Cajon
AND the 200th Anniversary of the original
Munich Oktoberfest.

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German American Societies of San Diego Oktoberfest Bier Menu

or IMPORT - \$6.00

Warsteiner

Pilsner • Dunkel • Oktoberfest

Spaten

Lager • Oktoberfest

Franziskaner - Weissbier

Helles wheat beer with agreeable levels of carbonation and natural cloudiness. Brewed from wheat malt, barley malt, hops, and top-fermenting yeast.

Köstritzer - Schwarzbier

Germany's most popular black beer—distinctive, delicate aroma, well-rounded mild hop flavor, surprisingly balanced. Based on Pilsner brew style; bottom-fermented

Stiegl - Paracelsus Zwickl (on very limited barrels)

"Beer is really divine medicine" — Paracelsus (1493-1541)

Hoppler version of a helles beer, a Zwickl-beer is not filtered & shows cloudiness due to rests of yeast.

or IMPORT - \$6.00

Coors Light • Miller Genuine Draft

Treasure Quest

August 31 - October 4

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For Your Chance At Up To
\$10,000!**

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big cash treasures amongst the vines!**

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See Club Sycuan for Official Rules.



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Puzzles & Comics

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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THEME: INSECTS

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- 1

Criss-crossed to form latticework
- 6

*Jerry Seinfeld's 2007 role
- 9

Octagonal traffic sign
- 13

Moral principle
- 14

Under the weather
- 15

Modern-day aqua-lung
- 16

Back of the body, pl.
- 17

Swedish shag rug
- 18

It gets wider in the dark
- 19

Offensively malodorous
- 21

*Wood-eating house hazard
- 23

*When dropped, causes infestation
- 24

Eagle's nest
- 25

Bow shape
- 28

Tie up
- 30

Close, but not quite
- 35

Cowboy's necktie

- 37

Cataclysmic nuclear explosion
- 39

Wasted on the young?
- 40

Black cat, e.g.
- 41

Famous Spanish Renaissance painter
- 43

Nicholas I or Nicholas II, e.g.
- 44

Veal and pork, e.g.
- 46

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- 47

Town on SE coast of England, west of Brighton
- 48

Tiny tree
- 50

Navy specialist
- 52

Make out of cloth
- 53

Wry face
- 55

"____ Milk?"
- 57

* Insect with manners, so to speak
- 61

Fraudulence
- 64

Throat lobe
- 65

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- 67

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- 69

"The _____, they are a-changin'," sang Dylan
- 70

Rapscallion
- 71



"Do-reh-mi-fa-so-la-ti"
- 72

Dutch cheese
- 73

*Host to fleas and ticks
- 74

* Chocolate-covered grasshoppers to some

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OUTZKIRTS

By: David & Doreen Dotson



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SUDOKU


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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



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LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adju□



NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, October 11, 2010** in Council Chambers, 200 Civic Center Way, El Cajon, CA, for the following items:

AMENDMENT OF ZONING ORDINANCE NO. 417, as initiated by the Grossmont Terrace Associates, L.P., requesting to amend Section 17.190 regulating the placement of billboards.

ZONE RECLASSIFICATION NO. 2303, as initiated by El Cajon City Council, requesting to rezone two properties located at 136 and 146 West Washington Avenue from the Neighborhood Commercial zone to a residential zone that is consistent with the General Plan. The subject properties are located on the north side of West Washington Avenue, between South Magnolia and South Orange Avenues, and are addressed 136 and 146 West Washington Avenue.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission meeting, please contact the Planning Division at (619) 441-1741 as far in advance of the 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 27, 2010

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

East County Gazette- GIE030790
09/30/10



NOTICE OF NOMINEES FOR PUBLIC OFFICE

NOTICE IS HEREBY GIVEN that the following persons have been nominated for the offices designated to be filled at the General Municipal Election to be held in the City of El Cajon on Tuesday, November 2, 2010:

For Mayor – Full Four Year Term – Vote for One

John “Mike” Garcia
Mark Lewis
Darrin Mroz
Todd C. Moore
Johnney P. Minarick

For Member of City Council – Full Four Year Term – Vote for One

Anthony Chuisano
Gary Kendrick
Duane Swainston
Drummond Macomber

The polls will be open between the hours of 7:00 a.m. and 8:00 p.m.

KATHIE J. RUTLEDGE, CMC
CITY CLERK

DATED: September 30, 2010

East County Gazette- GIE030790
09/30/10

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2009-022640-01 FILE NO. 2010-025830

The following person(s) has/have abandoned the use of the fictitious business name: Elite Care Nurses Registry
The Fictitious Business Name Statement was filed on August 05, 2009, in the County of San Diego.
8469 La Mesa Blvd., La Mesa, CA 91942
This business was conducted by:
1. Deaydre Lea Pullian 8469 La Mesa Blvd., La Mesa, CA 91942
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON September 23, 2010
East County Gazette GIE 030790
9/30, 10/07, 10/14, 10/21, 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. 2010-024385
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. 2010-025535
FICTITIOUS BUSINESS NAME(S): Award Roofing Services
Located at: 8731 Winter Gardens Blvd., Lakeside, CA 92040
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Jason Matthew Groce 8420 Fanita Dr. Apt. 19, Santee, CA 92071
2. William Andrew Scarborough 1575 Oak Drive Apt F9, Vista, CA 92084
This statement was filed with Recorder/ County Clerk of San Diego County on September 21, 2010.
East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 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. 2010-024889
FICTITIOUS BUSINESS NAME(S): German Canvas
Located at: 806 N. 3rd St., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: June 4, 2008
This business is hereby registered by the following: German E. Mora 806 N. 3rd St., El Cajon, CA 92021
Ruth M. Mora 806 N. 3rd St., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on September 14, 2010.
East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 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. 2010-025068
FICTITIOUS BUSINESS NAME(S): Expressions Dance and Movement Center
Located at: 9455 Willowgrove Ave., Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Darcy L. Fagerwold 9455 Willowgrove Ave., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 15, 2010.
East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024721
FICTITIOUS BUSINESS NAME(S): Forevermatters.org
Located at: 639 Galena Street, El Cajon, CA 92019
This business is conducted by: Husband and Wife
The first day of business was: August 1, 2009
This business is hereby registered by the following: Ronald Gary Barnes 639 Galena Street, El Cajon, CA 92019
Virginia Elaine Barnes 639 Galena Street, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 13, 2010.
East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025118
FICTITIOUS BUSINESS NAME(S): Gems of Juls
Located at: 9106 Heatherdale St., Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: August 26, 2010
This business is hereby registered by the following: Julianne Paulsen 9106 Heatherdale St., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 16, 2010.
East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 2010

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025087
FICTITIOUS BUSINESS NAME(S): Foundation Bowling
Located at: 10222 Norma Gardens Unit 4, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: David Bird 10222 Norma Gardens Unit 4, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 15, 2010.
East County Gazette- GIE030790
9/16, 9/23, 9/30, 10/07, 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. 2010-024620
FICTITIOUS BUSINESS NAME(S): Tooties Cookies
Located at: 1812 Lola Lane, 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: Marilyn E. Holum 1812 Lola Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 10, 2010.
East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 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. 2010-023987
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

Dear Les,
“Iampreparingtocleanoutmygarage.Isthereaneasyandaffordable way for getting rid of my junk?”
Signed,
Scott B.

Dear Scott,
ThanksforyourgreatquestionWasteManagementhasaninnovativenew wastedisposalandrecyclingservicecalledBagster.TheBagsterservice isgreatforcleanupshomerenovationprojects,landscapingprojectsor anyotheractivitythatgenerateslargevolumesbutnotlargeenoughto requireastandardbinorrolloffbox.Itiseasytouse,convenientandthe serviceisflexibletomeetcustomernneeds.Customerscanpurchase the Bagsteratretailstores,suchasHomeDepot,Lowe’sorACEHardware. TheBagsterbagwillholdupto3,300poundsofvariousmaterialsincludingcleanupdebris,landscape debris,greenwaste,constructionanddemolitiondebris,recyclablesorothersuchitems.Pleasenote thatprohibitedmaterialssuchashouseholdhazardouswasteitemsorliquidsarenotaccepted.The customerpaysfortheBagsterbagatthepointofpurchase.Oncethecustomerfills thebagthecustomer canschedulepickupserviceofthebagviainternetatwww.thebagster.comoroverthephoneat1-877-789-BAGS(2247)foraflatfee.Oncethepickupisscheduled,WasteManagementwillpickupthebag within three business days.
Thank you! Les



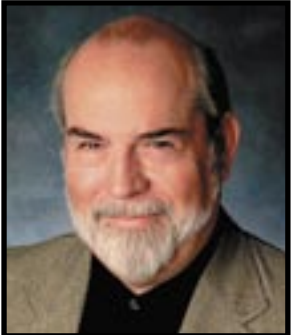
Les Hart is the Community and Municipal Relations Manager at Waste Management of San Diego.



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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 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 09, 2010.
East County Gazette – GIE030790
9/09, 9/16, 9/23, 9/30, 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. 2010-025288
FICTITIOUS BUSINESS NAME(S): a.) Coaching Creative Canines b.) Coaching Canine Partners
Located at: 8582 Atlas View Dr., Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Christine Hill 8582 Atlas View Dr., Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on September 17, 2010.
East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00070328-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: CONNIE SUZANNE SAKSA FOR CHANGE OF NAME PETITIONER: CONNIE SUZANNE SAKSA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
CONNIE SUZANNE SAKSA
TO: CONNIE SUZANNE GRACE
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., #1, EL CAJON, CA 92020. Department 14, on NOVEMBER 11, 2010 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON SEPTEMBER 14, 2010.
East County Gazette – GIE030790
9/23, 9/30, 10/07, 10/14, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-026156
FICTITIOUS BUSINESS NAME(S): San Diego Restoration
Located at: 1939 Friendship Drive #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 Drive #D, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on September 27, 2010.
East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

SUMMONS (Family Law)
NOTICE TO RESPONDENT (Name):
Aviso al Demandado (Nombre):
BRIGIDA VENTURA LOPEZ BENITEZ
YOU ARE BEING SUED.
Lo estan demandando.
PETITIONER'S NAME IS:
EL NOMBRE DEL DEMANDANTE ES:
AARON BENITEZ LOPEZ
CASE NUMBER (Número del Caso):
ED 79288

You have **30 CALENDAR DAYS** after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services Web site (www.lawhelpcalifornia.org) or by contacting your local county bar association. Tiene **30 días corridos** después de haber recibido la entrega legal de esta citación y petición, para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al solicitante. Una carta o una llamada telefónica no basta para protegerlo. Si no presenta su Repuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte tambien le puede ordenar que pague manutención, y honorarios y costos legales. Si no puede pagar las cuota de presentación, pida al secretario un formulario de exención de cuotas. Si desea obtener asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener informacion para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpcalifornia.org) o poniendose en contacto con el colegio de abogados de su condado. NOTICE The restraining orders on the back are effective against both husband and wife until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las ordenes de restricción que figuran en la pagina 2 valenpara ambos conyuges o pareja de hecho hasta que se despida la petición, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o vista una copia de estas ordenes puede hacerías acatar en cualquier lugar de California. The name and address of the court is: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 250 East Main Street same El Cajon, CA 92020 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, son): AARON BENITEZ LOPEZ 7160 JACAMAR AVE., SAN DIEGO, CA 92114
DATE: NOVEMBER 02, 2009
619-829-1461
Clerk, by (Secretario, por) C. UTTHAUS Deputy (Asistente)
NOTICE TO THE PERSON SERVED: You are served
AVISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realice As an individual. (a usted como individuo.)
Pub. September 23, 30, October 7, 14, 2010
Published in EAST COUNTY GAZETTE

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025839
FICTITIOUS BUSINESS NAME(S): Deaydre Lea Robey Private Care Management & Consulting
Located at: 8469 La Mesa Blvd., La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: July 26, 2010
This business is hereby registered by the following: Deaydre Lea Robey 8469 La Mesa Blvd., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on September 23, 2010.
East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 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. 2010-024178
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. 2010-022018
FICTITIOUS BUSINESS NAME(S): a.) Copsy 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. 2010-025813
FICTITIOUS BUSINESS NAME(S): a.) Sunshine Home Health Aide Org., INC b.) Sunshine's Elite Care Nurses Registry & Kensington Agency
Located at: 8469 La Mesa Blvd., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was: February 10, 2010
This business is hereby registered by the following: Sunshine Home Health Aide Org., INC 1436 Oakdale Ave. #J, El Cajon, CA 92021
Wyoming
This statement was filed with Recorder/ County Clerk of San Diego County on September 23, 2010.
East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

Dear Dr. Luauna

I am struggling with alcohol, I've tried everything I can think of to quit, Alcoholics Anonymous and other 12-step programs. Still I can't shake the drinking, what should I do? Signed, Struggling with Alcohol

Dear Struggling with Alcohol,
The fact that you recognize your problem is a huge advantage for your freedom and the programs that you described are good ones, an excellent starting point. I want you to know you can be free from alcohol addiction, I personally have worked with over 500 women and 250 men through our discipleship programs. Men and women who today are totally free from various addictions including alcohol, with long-term results. Many ask me, “How did we accomplish this success?”
The answer is simple, through Jesus Christ. The Bible says in Luke 4:18, “The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed;” The portion which says, “...to proclaim liberty to the captives,” is crucial to your freedom. You can only do so much in your own willpower.
Come to Jesus, accept Him as your Lord and Savior and He will give you strength in your weakness. Say, this prayer, “Jesus, I believe you died on the cross for my sins, I believe you rose from the dead. Please forgive my sins, I surrender my life to you. In Jesus' Name, Amen.” Please come to one of our church services, I will do whatever I can to help you. You see, Jesus set me free over 30 years ago with no relapse, my testimony is written in my book, “A Mother's Story,” which you can order online. Who the Son sets free is free indeed, John 8:36!

Connect with Dr. Luauna

Facebook & Twitter: DrLuaunaStines

questions@drluauna.com
www.ataouchfromabove.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.

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. 2010-024400
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. Shamon 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

LEGAL NOTICES

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. 2010-025198

FICTITIOUS BUSINESS NAME(S): San Diego Film Critics Society
Located at: 2121 Star Lane, Alpine, CA 91901
This business is conducted by: An Individual
The first day of business was: December 01, 1999
This business is hereby registered by the following: 1. Diana Saenger 2121 Star Lane, Alpine, CA 91901
This statement was filed with Recorder/County Clerk of San Diego County on September 16, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025204

FICTITIOUS BUSINESS NAME(S): SANDS Publishing
Located at: 2121 Star Lane, Alpine, CA 91901
This business is conducted by: A Limited Partnership
The first day of business was: September 13, 2000
This business is hereby registered by the following: 1. Diana Saenger 2121 Star Lane, Alpine, CA 91901; 2. Sandy Scoville 1286 Discovery St. #126, San Marcos, CA 92078
This statement was filed with Recorder/County Clerk of San Diego County on September 16, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-023992

FICTITIOUS BUSINESS NAME(S): Aladdin Wireless
Located at: 175 Thrasher Way, El Cajon, CA 92020
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: May Hassoun 175 Thrasher Way, El Cajon, CA 92020
Hani Alaqqad 175 Thrasher Way, El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on September 02, 2010.

East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 2010

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00070261-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: FRED WORKMAN JR. AND TONIA SHUMP ON BEHALF OF JOSHUA ANDREW SHUMP FOR CHANGE OF NAME PETITIONER: FRED WORKMAN JR. AND TONIA SHUMP ON BEHALF OF JOSHUA ANDREW SHUMP HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JOSHUA ANDREW SHUMP

TO:

JOSHUA ANDREW WORKMAN
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, 4TH FLOOR, on NOVEMBER 08, 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 SEPTEMBER 10, 2010.

East County Gazette – GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025195

FICTITIOUS BUSINESS NAME(S): Saenger Syndicate
Located at: 2121 Star Lane, Alpine, CA 91901
This business is conducted by: An Individual
The first day of business was: June 30, 1995
This business is hereby registered by the following: 1. Diana Saenger 2121 Star Lane, Alpine, CA 91901
This statement was filed with Recorder/County Clerk of San Diego County on September 16, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 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. 2010-025241

FICTITIOUS BUSINESS NAME(S): Sexy Lily
Located at: 13538 Adlai Lane, Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: August 25, 2010
This business is hereby registered by the following: Christinia Marc 13538 Adlai Lane, Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on September 16, 2010.

East County Gazette- GIE030790
9/23, 9/30, 10/07, 10/14, 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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025887

FICTITIOUS BUSINESS NAME(S): Extrafonicos
Located at: 2110 Burroughs St., San Diego, CA 92111
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Rafael Lazalde 2110 Burroughs St., San Diego, CA 92111
This statement was filed with Recorder/County Clerk of San Diego County on September 23, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 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 Denver 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

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. 2010-025628

FICTITIOUS BUSINESS NAME(S): Bottom Line Waste Consulting
Located at: 1882 Euclid Avenue, 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. Jimmie G. Roberts 1882 Euclid Avenue, El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on September 22, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024735

FICTITIOUS BUSINESS NAME(S): a.) Grip Fitness b.) Grip Training
Located at: 1359 Saddleview Ct., El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kyle McComb 1359 Saddleview Ct., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on September 13, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024232

FICTITIOUS BUSINESS NAME(S): Fowl Fables
Located at: 8420 Fanita Dr. Apt. 19, 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. Jason Matthew Groce 8420 Fanita Dr. Apt. 19, Santee, CA 92071
2. William Andrew Scarborough 1575 Oak Drive Apt F9, Vista, CA 92084
This statement was filed with Recorder/County Clerk of San Diego County on September 07, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-025707

FICTITIOUS BUSINESS NAME(S): Babes Beyond Borders
Located at: 300 W. Beech St. #1703, San Diego, CA 92101
This business is conducted by: A Limited Liability Company
The first day of business was: August 1, 2010
This business is hereby registered by the following: DTM Entertainment LLC 300 W. Beech St. #1703, San Diego, CA 92101
This statement was filed with Recorder/County Clerk of San Diego County on September 22, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-024937

FICTITIOUS BUSINESS NAME(S): Franco Pottery
Located at: 547 Van Houten Ave., El Cajon, CA 92020
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Veronica Franco 547 Van Houten Ave., El Cajon, CA 92020
2. Ruben Franco 547 Van Houten Ave., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on September 14, 2010.

East County Gazette- GIE030790
9/30, 10/07, 10/14, 10/21, 2010

**Are you a
Long-time
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You may be
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refund up to
\$6,500.**

Did you buy a new home after Nov. 6, 2009? Did you live in your prior home for 5 out of the past 8 years? If you can answer yes to both of these questions, call or email for help with filing an amended 2009 tax return.

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Our Best Friends

Creative, heartwarming pet poems by kids

When it comes to describing the rewarding relationship between pets and their owners, sometimes a poem just says it best.

Recently, six poems summed up that sentiment so well that they won the American Pet Products Association's (APPA) 2nd Annual National Children's Pet Poetry Contest. Through the APPA's Pets Add Life (PAL) campaign, third-, fourth- and fifth-grade students were invited to write and submit a unique and creative poem about their pets.

Two students from each grade were selected to win a \$250 gift certificate for pet products, and a "byline" in a nationally circulated publication. In addition, the six winning students' classrooms each received a \$1,000 scholarship to spend on pet-related education.

Poems were judged on creativity, clarity, voice and the student's ability to reinforce the message of the joys and benefits of pet ownership. The panel of judges consisted of teachers, elementary school administration and APPA.

Here is one of the winning poems, in the fifth-grade category:

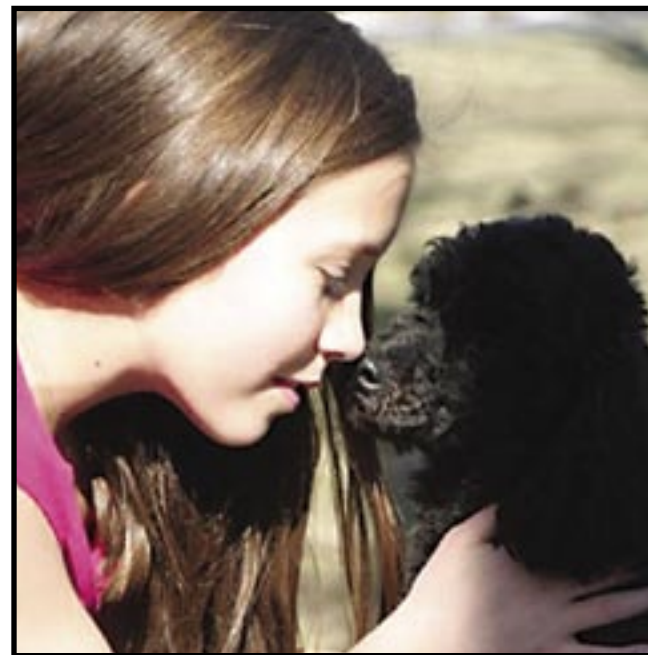
"My Dog, Bear" by Spring from Lincoln, Del.

When I think of you,
My heart shines bright,
Just like a
Baby bird's first flight.
First thing in the morning
Your nose I see,
An inch from my nose

Tickles me.
When you know I'm leaving,
Your head hangs low.
It breaks my heart,
'Cause I love you so.
And even though I'm angry,
When you chew my shoe,
Your sorrowful eyes
Make me forgive you.
When my sister died,
You comforted me.
You miss her too--
It's plain to see.
When I'm lonely,
Or I need a friend,

You're always there,
Your love to lend.
I love you Bear,
My adorable dog.
You've helped me
Through my own fog.
No other dog
Compares to you.
Taking care of me,
You'll always do.

To see other poems and for more information about APPA's 3rd Annual National Children's Pet Poetry Contest, you can visit www.petsaddlife.org.



Third-, fourth- and fifth-grade students were invited to submit a poem about their pets and why they love them.

ADOPT-A-PET



If you are looking for a sweet, loving companion, meet Xena! This 65-pound Boxer/Pit Bull mix is friendly with everyone, including other dogs. At 3 years old, she loves to play and her tail never stops wagging for a moment. Xena loves any attention you can give her, and her attitude says she loves life! Won't you share your life with this adorable girl? She's waiting to meet you! Visit Xena 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.

Sandy is a 2-year-old tan and white Border Collie mix. She is a fun and stunning to look at girl, who is ready for a big family with a big heart and lots of energy! Playing fetch or running with her canine friends are just a couple of ways to keep Sandy happy. Even with her independent nature, you will receive a lifetime of love. She will do best in an adult only home that are experienced in Sandy's breed. Her adoption fee is \$105 and includes her spay, current vaccinations, free vet exam, microchipping and license for Oceanside and Vista residents! She 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.



Dublin is a 3-year-old Red Tabby and White male. He is a playful cat hoping to find a special family and home to cherish. With bright eyes and an eclectic spirit, he enjoys playing with feather toys, sunbathing and watching birds outside his window. While Dublin enjoys spending time with her people friends, he is also very comfortable spending time on her own. He has an independent nature and youthful personality! Dublin will do well in a variety of homes, but a home with children 16 years and older is recommended. His adoption fee is \$75 and his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! Dublin 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.

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
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WEDNESDAY SUNDAY Fire & Law Enforcement Day WED. \$25 SUN. \$35	Book your golf tournament now and we will give you 4 FREE FEES for yourself	Range Games SATURDAYS Come test your skills with prizes from 90 min. video instruction to 4 ROUNDS OF GOLF!!! 4pm - 7pm
\$29 w/cart Anytime Monday-Friday w/ Hot Dog	 (619)442-9891	Monday Night Football Tournament \$35 9 Holes w/ cart Great Dinner Quarterly Prizes during the game!!!
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\$499 Unlimited Golf 52 Wednesdays	Football Shotgun Sunday \$49 Breakfast Buffet 18 hole shotgun Free football pool entry Win \$250!!!!	BRUNCH IN THE GARDEN Sunday 9am - 2pm Adults \$14.99 Seniors and Juniors \$9.99

—MOTORandSPORTS—

Aztecs and KGB light up the night



San Diego Chargers wide receiver Buster Davis (84) dives to the 1 yard line after a 21 yard reception from Phillip Rivers setting up a 1 yard touchdown run by Michael Tolbert as the San Diego Chargers defeated the Jacksonville Jaguars 38-13 at Qualcomm Stadium. Photo credit: Tom Walko

by Chuck Karazsia

Mission Valley was glowing and rocking and rolling Saturday evening.

The 35th annual KGB Sky-Show lit up the night with their spectacular radio music choreographed pyrotechnic fireworks, after the San Diego State Aztecs lit up the scoreboard routing Utah State 41-7.

Scoring on their first four possessions, the stadium cannon blasted and the fireworks erupted on every SDSU touchdown when the SDSU Brady Hoke coached Aztecs mixed in the run and pass, and played

tough, hard-nosed defense throughout the contest.

Led by (El Capitan alum- nus) junior quarterback Ryan Lindley's three touchdown passes 362-yard effort, and receiver Vincent Brown's 177- yard, two touchdown recep- tions, there was no looking back in this non-conference blowout.

Speedy running back Ronnie Hillman (89-yards, 1 TD) and Walter Kazee (1 TD) kept the Aztec running game potent and the USU defense puzzled.

After a week off, the (3-1) Aztecs travel to Provo, Utah to face MWC opponent Brigham Young Saturday Oct. 9

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Oak Tree Escrow's Winner: Chuck Lentz and his 1953 MGTD Mark II



San Diego Jump Co.'s Winner: Jack Fuller and his 1959 Triumph



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