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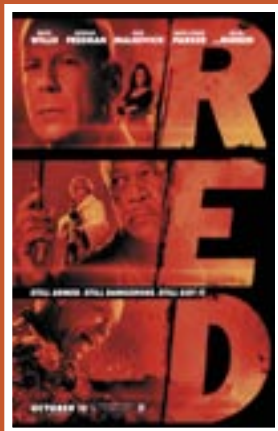


by Diana Saenger
and
Michael Black
on page 12

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

Looking for action and
entertainment
at the theatres?

Read the review on
'Conviction'
and
'RED'



Westfield Parkway to host 2010 Off Road Expo



Westfield Parkway Shopping Center in El Cajon is gearing up for the second annual 2010 Off Road Expo, Saturday, Oct. 23 10 a.m. 7 p.m. and Sunday, Oct. 24 from 12 to 7 p.m. Event attendees can check out the newest in off-road toys for adults and children like ATVs, Dirt Bikes, Jeeps, Trucks, Rock Crawlers, accessories and more from Motoworld of El Cajon, M.I.T. DriveTrain Specialists and other leaders in the off-road market. Also, event attendees can find the latest aftermarket accessories and suspension systems, save with exclusive discounts at Westfield Parkway retailers and restaurants and learn about off-road safety and how to be an environmentally responsible off-road rider with tips provided by the El Cajon Fire Department and the ATV Safety Institute. One lucky event attendee will win a \$500 Westfield Parkway Gift Card. For more information on celebrity appearances and a list of exhibitors, visit our Web site (www.westfield.com/parkway) or our Facebook page (facebook.com/WestfieldParkway).

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Happy Halloween

Guilt-free Halloween eats and treats

Avoiding all those sweet treats and eating healthy on Halloween does not have to be a challenge. Elizabeth Edelman, resident culinary expert and healthy eating guru at Diabetes Daily (<http://www.diabetesdaily.com/recipes/>), developed nutritious guilt-free recipes that celebrate the season, including healthy adaptations on chili, butternut squash soup, green pesto dip and baked apples.

Full recipes are included below.

Trick-or-Treat Chili

http://www.diabetesdaily.com/recipes/entrees/trick-or-treat_chili/

- What You Need:**
- 1/2 pound ground pork
 - 1 pound ground beef
 - 1 pound ground turkey
 - 1 onion, chopped
 - Extra virgin olive oil
 - Kosher salt and black pepper
 - 1 (28 oz) can crushed tomatoes
 - 2 (14 oz) cans stewed tomatoes
 - 2 cans red kidney beans (or equivalent of cooked dried kidney beans)
 - 2 cans cannellini beans (or equivalent of cooked dried cannellini beans)
 - 1 jar Peppadews
 - 2 jars Vlasic pickled cherry peppers
 - 2 tablespoons good quality chili powder
 - Crushed red pepper flakes, to taste

How to Make It:
Heat 1 tablespoon of the olive oil in a large stock pot over medium heat. Add the onion and cook until translucent, about 7-10 minutes. Add the ground beef, the ground pork, and the ground turkey and season to taste with the salt and pepper. Cook until all of the meat is cooked through.

Add the crushed tomatoes, the stewed tomatoes, the kidney beans, the cannellini beans, the Peppadews with their juices, the cherry peppers only adding the juice of one of the jars), the chili powder, and the crushed red pepper if using. Bring to a boil and lower the heat and simmer, cooking for about an hour or so, tasting for seasonings after about 30 minutes. *Serves 10.*

Nutrition Facts per Serving
Calories: 472
Carbohydrates: 52g
Dietary Fiber: 14g
Sugars: 10g
Fat: 16g
Saturated: 5g
Trans: 0g
Sodium: 604mg
Protein: 34g

Curried Butternut Squash Soup

http://www.diabetesdaily.com/recipes/soups/curried_butternutsquash_soup/

- What You Need:**
- 2 halves roasted butternut squash
 - 2 cups vegetable broth
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon curry powder
 - Salt and ground black pepper
 - Lime Creme, recipe follows
 - Lime zest

How to Make It:
Scoop flesh out of butternut squash with a spoon. In a medium saucepan, combine broth, flesh of butternut squash, garlic powder, onion powder, curry powder, salt and pepper. Set pot over medium heat and bring to a simmer, about 10 minutes. Puree soup with an immersion blender until smooth. Ladle into bowls. Serve with a dollop of Lime Creme and garnish with extra lime zest, if desired.

Lime Crème

- What You Need:**
- 1/2 cup reduced-fat sour cream
 - 1/4 teaspoon lime zest
 - 1 tablespoon lime juice

How to Make It:
In a small bowl, combine sour cream, lime zest, and lime juice. Whisk to combine. *Entire recipe serves 4.*

Nutrition Facts per Serving
Calories: 65
Carbohydrates: 14g
Dietary Fiber: 0g
Sugars: 3g
Fat: 1g
Saturated: 1g
Trans: 0g
Sodium: 285mg

Halloween Pesto Dip

<http://www.diabetesdaily.com/recipes/appetizers/hallo>

- What You Need:**
- 2 15-oz cans of cannellini beans, rinsed and drained
 - 1/2 cup pesto
 - 3 teaspoons freshly squeezed lemon juice
 - Kosher salt
 - Freshly ground black pepper
 - 1 large acorn squash

Veggies for dipping:

- Cut bell peppers
- Carrot sticks
- Celery sticks
- Cucumber sticks

How to Make It:
Heat oven to 350°F. Line a baking dish with aluminum foil. Cut the top third of the squash off and remove the seeds with a spoon. Place the squash cut-side down on the baking dish and bake for approximately 30 minutes. Remove from the oven

and cool completely. Trim the bottom of the squash so it stands upright and place the dip inside of the cool squash. Arrange the veggies under the squash on a plate and serve.

Dip
Puree the beans in a food processor until smooth. Combine the beans with the pesto and the lemon juice. Season to taste with salt and pepper. *Serves 6.*

Nutrition Facts per Serving
Calories: 246
Carbohydrates: 15g
Dietary Fiber: 5g
Sugars: 2g
Fat: 18g
Saturated: 3g
Trans: 0g
Sodium: 373 mg
Protein: 4g

Scare away Hunger this Halloween at San Diego Westfield Shopping Centers

Westfield is partnering with the San Diego Food Bank to help “Scare Away Hunger” this Halloween. On October 31, beginning at 5 p.m., parents and kids looking for a fun and family-friendly trick-or treating event only need to look as far as their local Westfield Shopping Center. Anyone who brings at least one non-perishable food item to participating Westfield centers is eligible for treats and goodies provided at the Concierge Center and by participating retailers.

All food gathered through “Scare Away Hunger” goes to the San Diego Food Bank to benefit local families and individuals in need.

The following Westfield Shopping Centers: Plaza Camino Real (Carlsbad), North County (Escondido), UTC (University City), Mission Valley (San Diego), Parkway (El Cajon) and Plaza Bonita (National City).

Viejas Outlet Center offers a safe alternative to Trick-or-Treat on the street

Viejas Outlet Center is once again offering a safe alternative to traditional trick-or-treating.

Stores at the Viejas Outlet Center will welcome little ghosts, goblins and parents as everyone safely participates in this FREE fun-filled family event, which runs from 5. to 8 p.m. on Sunday, October 31.

“More and more parents seem to be looking for a safer Halloween experience for their children, and the Outlet Center offers the perfect environment,” said Viejas Outlet Center General Manager Peter Cortese. “We have lots of great stores and restaurants that interest the whole family, and they will be handing out treats for the kids. We also have miles of beautiful, well-lighted and landscaped walkways across the entire property, so it’s a perfect setting.”

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It is truly an honor to serve as Mayor for the City of El Cajon. Thank you for the opportunity to share with you recent accomplishments and what we look forward to here in our City. Starting with the safety of our City in the area of emergency services...

The El Cajon Fire Department management staff is now Heartland Fire and Rescue. As of January 1, 2010, the Cities of El Cajon, La Mesa and Lemon Grove entered into a joint exercise of powers agreement (JPA) for management and delivery of fire protection and emergency medical services-this will save a combined \$560,000 annually.

The San Diego County Taxpayers Association (SDCTA) gave top honors to the Heartland Fire & Rescue JPA with the "Grand Golden Watchdog" award- this award highlights smart, sensible practices in taxpayer-funded programs.

F.B.I. Statistics show that the City of El Cajon is among the top cities in crime rate reductions in the County of San Diego for 2009.

Overall Crime is **DOWN 21 PERCENT.**

Violent Crime is **DOWN 13 PERCENT.**

Property Crime is **DOWN 23 PERCENT.**

Domestic Crime is **DOWN 24 PERCENT.**

The downtown area has gone through a major face-lift- a distinctive City of El Cajon sign, new sidewalks, seating, streetlights and "way finding" signs. New businesses have arrived and more are coming!

We just completed a major renovation of the downtown Prescott Promenade. The refurbished park features a covered amphitheater area, plenty of informal seating, and walkways designed for pedestrians as well as classic cars, vendor booths or a host of other activities. We'll be able to host larger events in the downtown area.

El Cajon is one of the most successful cities in San Diego County regarding recycling and resource recovery. It is recognized as the only "Zero Waste City" in San Diego County and only one of a few in the State of California. Our Solid Waste Vehicles are operated by clean natural gas from a landfill.

The City of El Cajon is recognized by the Federal Government as a "Tree City USA" because of our efforts in promoting the value and benefits of tree planting. This "Urban Forest" maintains a natural environment for all our residents, now and in the future.

The City is looking forward to the new animal shelter being built next year with "Prop J" money for our four legged residents. The shelter has a "no kill policy"- every pet that can be saved will be saved. Each animal is checked, treated if necessary and micro chipped by a veterinarian before being placed for adoption.

Despite these challenging times, the City of El Cajon has a lot to be proud of, with some exciting projects ahead...

RE-ELECT Mayor Mark Lewis

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El Cajon highlights —

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

Celebrating 50 years of service

The El Cajon Federal Credit Union will be hosting a “Member Appreciation Day” on Friday, Oct. 22 – but they will also be celebrating 50 years of service in El Cajon. The credit union, located at 266 S. Magnolia Avenue, will be offering a picnic lunch from 10:30 a.m. to 1:30 p.m. Congratulations to the El Cajon Federal Credit Union for 50 years of service in the City of El Cajon! Call (619) 579-0941 for more information.

Annual Animal Shelter Open House this weekend!

The public is invited to the Fourth Annual El Cajon Animal Shelter Open House on Saturday, Oct. 23, from 10 a.m. to 2 p.m., at 1275 North Marshall Avenue. Stop by this fun family Halloween themed event and enjoy numerous displays and activities, including photos of your pet for \$5. There will be a

low-cost rabies clinic and micro chipping I.D.'s for pets. During the event, late fees on licenses will be waived for El Cajon residents. Take a tour of the shelter to see the many available wonderful dogs and cats available for adoption. Bring a blanket or bath mat (with rubberized back) to donate to the shelter, and receive a coupon for a free hot dog. Singing Hills Lions Club will be assisting with the BBQ. As a special treat there will be a 1 p.m. Halloween Costume contest for dogs with some great prizes. Also find out how you can volunteer your time at the Animal Shelter caring for these wonderful animals as they wait for a new home. This event is co-sponsored by the El Cajon Animal Shelter and the El Cajon Animal Center for Education and Services - ACES. For additional information contact the El Cajon Animal Shelter staff at (619) 441-1580 or visit www.acesfoundation.org.

Bowling for the Benefit of Our Students

On Saturday, Oct. 23, the Cajon Valley Education Foun-

dation 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. Proceeds will benefit local school programs. For more information visit www.cvef.net.

Barn Sale at The Wieghorst Museum!

It's just like a garage sale, but this is a barn sale! Drop by the Wieghorst Museum this coming Saturday, Oct. 23, from 7:30 a.m. to 2 p.m., for the Olaf Wieghorst Museum and Western Heritage Center Barn Sale located at 131 Rea Avenue! You'll find vintage collectables, used tack, old tools, western clothes, dishes, linens and lots of other goodies. Bring cash, checks and credit cards - it's going to be a fun event! Nothing from the museum's permanent collection will be sold. If you have any questions, call (619) 590-3431.

It's Trunk Or Treat Downtown!

A fun and safe place to go trick or treating is at the Cajon Classic Cruise – Trunk or Treat car show on Wednesday, Oct. 27. Enjoy music and entertainment, and cars will be decorated in Halloween themes while the owners hand out candy to the children. Festivities take place on downtown Main Street near Magnolia Avenue. Hours are 5 to 8 p.m. Call (619) 401-8858 for more information.

Learn To Recognize The Signs Of Drug Use Among Teens!

A special seminar will be hosted by the Cajon Valley Union School District titled “Learn To Recognize The Signs Of Drug Use.” This October 27th event is recommended for both parents and teachers. It will be held from 6:00 p.m. to 8:00 p.m. at Emerald Middle School, located at 1221 S. Emerald Street. For more information call (619) 588-3667 or visit www.pronasa.org.

Women in Leadership Luncheon next week

On Friday, Oct. 29, join the

San Diego East County Chamber at the Doubletree Hotel in Mission Valley for the event of the year - the Women in Leadership Luncheon! Hours are from 11:30 a.m. to 2:30 p.m. This annual luncheon program encourages women to succeed & prosper by honoring women leaders, recognizing their accomplishments and celebrating their success. Rana Sampson, a national problem-oriented policing consultant and the former director of public safety for the University of San Diego, will be the keynote speaker. Reservations \$75 and prepayment is required. Sponsorship opportunities are available. Contact the Chamber at (619) 440-6161 for more information.

Lend A Hand Day In Downtown El Cajon

Join us for the next Lend A Hand clean-up event at Wells Avenue & Graves Avenue on Saturday, Oct. 30, from 9 to 11 a.m. The El Cajon Community Development Corporation invites you to spruce up the local community and show your support for Downtown El Cajon. Volunteers and residents

will come together to remove trash and identify graffiti to promote a clean, safe, and vibrant community. The CDC will also accept any gently used housewares, furniture, clothing, toys, and working electronics - all items will be donated to the San Diego Rescue Mission. To register or for more information, call (619) 401-8858, or visit the Lend A Hand web page at www.downtownelcajon.com. The Lend A Hand Clean Up in November is Saturday, Nov. 13, from 9 to 11 a.m. in the area of East Camden Ave. & Taft Ave.

Spend Halloween at Westfield Parkway

Another safe way to enjoy Halloween is to visit El Cajon's enclosed mall, Westfield Parkway, for their “Scare Away Hunger” event, on Sunday, October 31st, from 5:00 p.m. to 7:00 p.m. Bring a non-perishable food item to the Shopping Concierge Center at the mall to help the San Diego Food Bank in exchange for treats! Westfield Parkway is located off the Interstate 8 freeway at **See HIGHLIGHTS page 6**

Paid for by Committee to Elect Todd Moore Mayor 2010-FPPC#1327176



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— LOCAL NEWS —

Bits and pieces around East County

Early Admission to Kindergarten Program

Cajon Valley Union School District is pleased to announce the implementation of the Early Admission to Kindergarten (EAK) Program. This program promotes social and emotional growth of young children while preparing students for a successful kindergarten year. Children who will be five years of age on or before March 15, 2011, are eligible to enroll. The program begins January 10, 2011, at Anza, Blossom Valley, Hall, W.D., Jamacha, and Rancho San Diego Elementary Schools. Enrollment packets will be available in all school offices or at the Educational Services Department (750 E. Main Street, El Cajon) by Nov. 1. Call (619) 588-3086 for additional information.

Miss La Mesa and Miss Santee Pageants 2011

On Friday, March 4, 2011 the cities of La Mesa and Santee will hold one of their most grand traditions, the Miss La Mesa and Miss Santee Pageants. Pageant organizers are currently seeking outgoing women ages 13-26 to participate in a program that has been a tradition in the cities since the late 1960's and is an outstanding mentoring program for young women. The pageants are sponsored by the local Chamber of Commerce and focus on community service. There is no swimsuit competition and there is no entry fee to participate.

Miss La Mesa and Miss Santee 2011 will each receive at \$1,000.00 scholarship while Miss La Mesa Teen and Miss



L-R: Elks members Michael Lomenick II, John Bonilla and Timothy Lowry.

Santee Teen 2011 will each receive a \$500.00 scholarship. The scholarship money was fundraised in August in the successful "Fashion Rocks the East" fashion show which was held at the La Mesa Community Center.

The contestants will be scored on personal interview, speech, poise and personality, sportswear, evening gown and an on stage question. Pageant photographers will present the Miss Photogenic award, contestant will vote for the Miss Congeniality award and there will also be an essay writing contest. Winners will receive the once in a lifetime opportunity to serve as their cities official hostess and spend the year attending grand openings, parades, summer concerts and chamber functions. They will also move on to compete in the Miss Greater San Diego and Miss Greater San Diego Teen Pageants.

For more information including information on the Princess Program for girls ages 6-16, or to become a contestant please contact pageant director, Alexandra Kutty, at (619) 698-4163 or via email

El Cajon Elks welcomes new members

Three new members were welcomed into the El Cajon Elks Lodge at the regular Monday night meeting. The Elks is a patriotic and charitable organization supporting veterans at the VA Hospital in La Jolla, the Vets Home in Chula Vista and the Vets Museum in Balboa Park. In addition, scholarships are granted to the youth of our community and are available for those who are disabled and attending school. Show information regarding membership can be obtained at (619) 444-1812.

Lakeside Roundup

by Patt Bixby

I Love A Clean Lakeside- One Day Only Event October 23

Dispose of large items, e-waste, yard greens, and old tires or use the document shredding at the October 23 event, from 8 a.m. until noon. The event is located at the west end of Maplevue, straight across Channel Rd. Lakeside residents only please – bring current ID or driver's license.

No commercial waste will be accepted. Items not allowed include HAZMAT (oil, paint, batteries, Freon, etc.) building materials, general household trash, light bulbs, console TV's and mercury items. The Lakeside Chamber of Commerce, Daily Disposal, SD County and Greenvue Resources reserve the right to refuse any item/substance or other form of waste.

This event is made possible with the support of Supervisor Dianne Jacob, the County of San Diego and community block grant funding. For questions about tires and e-waste call the Chamber at (619) 561-1031. Any other questions should be directed to Daily Disposal at (619) 702-3300.

Lakeside Candidate Night

Everyone can be an informed voter, and individual decisions affect our community. The Lakeside Candidate Night, sponsored by the Lakeside Chamber of Commerce, is October 28, 5:30 to 8 p.m. at the Lakeside VFW Hall, 12650 Lindo Lane. Voters can meet the candidates who will and discuss the propositions on the November 2 ballot. For more information call (619) 561-1031. This is a non-partisan event open to all candidates on the Lakeside ballot not affiliated with any board, school or political seat.

New home for the Spirit of Christmas Tree

Working together, the Lakeside Historical Society and the Lakeside Chamber of Commerce have insured the Spirit of Christmas "Christmas Tree" will have a home this year. Past years have seen the Christmas tree vandalized in several of the locations where it sat along Maine Ave. Thanks to the collaboration of the Lakeside Historical Societies Holiday Home Tour Chairperson Coleen Owens and Chamber of Commerce Spirit of Christmas Chairperson Terry Leimbach, the tree will sit safely inside the grounds of the Olde Community Church at 9906 Maine Ave. (at Parkside) for all the children to enjoy. The community of Lakeside will celebrate the Spirit of Christmas and the Holiday Home Tour on December 4. Watch the gazette for further details.

Lakeside Farmers Market Closes

The Lakeside Farmer's Market has closed indefinitely announced Casey Anderson, Market Manager and Membership & Marketing Manager for San Diego Farm Bureau.

The market was sponsored and managed by the Sana Diego County Farm Bureau. Being a non-profit, the Farm Bureau is unable to sustain and support a market that is losing money. For the past year the market has struggled to sustain itself financially. The Farm bureau board of directors regrettably had to make the decision to quietly close the doors.

Highlights ...

Continued from page 5

415 Parkway Plaza in El Cajon. Call (619) 579-9974 for more information.

Free Flu Shots In November

The County of San Diego Health and Human Services Agency's East Region, Emergency Medical Services and San Diego Immunization Branch will be providing free flu shots for children and adults on Friday, November 5th, 10:00 a.m. to 3:00 p.m. at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue in El Cajon. Shots will be available for whooping cough and pneu-

monia. This event will also be a preparatory exercise to test local preparedness plans. For more information (619) 441-6500.

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

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For Health's Sake

Tips for a healthy Halloween

Halloween ghouls may give kids a fright, but the buckets and bags of candy that come home can be equally scary for parents. With the abundance of sweet treats consumed on Halloween, not to mention the Thanksgiving pies and holiday cookies to come, now is the perfect time to teach your kids healthy habits, such as nutritious eating and good oral hygiene.

Here are some ideas for keeping things healthy while still having fun:

Candy Common Sense

Consider offering alternatives to candy on Halloween.

Stickers, removable tattoos or bottles of bubbles will be a refreshing change for kids of all ages. Toys like jump ropes, hacky sacks or sidewalk chalk for hopscotch will encourage kids to be active while still having fun.

Of course, you won't be able to avoid candy completely. Let your kids indulge now and then. Enjoying treats in moderation will help your kids learn to savor the moment.

The Unsweet Tooth

Half of all American kids will have a cavity by age 10. The good news is that you can play a role in teaching your kids healthy oral care

habits from an early age. Be a role model with your own oral health by brushing and flossing every day and encourage your kids to practice along with you. The American Academy of Pediatrics suggests parents supervise children under seven.

Making brushing fun can encourage interdependence so kids become accustomed to their daily routines. Power toothbrushes, which typically remove more plaque than manual ones, can assist parents in teaching healthy brushing habits. Consider trying a toothbrush like the Philips Sonicare For Kids. It's simple to use and designed with two gripping locations so you can help your child brush. It also has a "Kid-Timer" to help children reach the dentist-recommended two-minute brushing time and musical tones indicating when it's time to move to a different

area of the mouth. To learn more, visit sonicareforkids.philips.com.

Snack-or-Treat?

On Halloween, offer your kids a healthy snack before they go trick-or-treating. Peanut butter and apple slices and a glass of low-fat milk will go a long way in keeping candy cravings at bay. Filling them with protein and fiber will leave less room for sweet treats that offer little nutritional value.

Party Down

Halloween parties are a great new tradition that allows kids to stay safely off the streets while eating a moderate amount of sweets and getting exercise from fun and games. Just make sure you keep lit candles and jack-o-lanterns away from high-traffic areas. Then join in the fun!

Battling cancer

by Judy Callihan Warfield



medications, and help keep a positive outlook.

Let's break these down. Hypnotherapy is a recognized tool for stress management, and because it's drug free, it will never interfere with the medications one is currently taking. There are fast and effective techniques to control stress levels, and this is important because stress affects the immune system. Our immune system needs to be working at its maximum.

Deep sleep allows our body to recuperate and heal and for anyone unable to reach those deeper levels of REM sleep it's more difficult to heal. Hypnotherapy provides a drug free way to improve sleep patterns and habits.

Being able to keep food down and/or have a healthy appetite is difficult for many. Food is our body's fuel and it's important in order to continue to fuel our systems throughout this trying time. It's also vital to recognize that by improving the body's ability to heal, a medical protocol can do its job.

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 Call for a free phone consultation.

**Laughter is the
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Halloween short jokes

Q. What do witches use in their hair? A. scare-spray

Q. What do you call a little monsters parents A. mummy and deady

Q. What do you get when you cross a black cat with a lemon. A. sour-puss

Q. How do you scare a mummy A. with a yummy dummy in a crash test crummy.

Q. What do you get when you cross a vampire with the internet? A. blood-thirsty hacker baby

Q. What do you get when you cross a pumpkin with a skwaush? A. a squashed pumpkin pie.

Q. Why do ghosts shiver and moan? A. It's drafty under that sheet.

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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-Amanda Asplin



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- Adult and children's costume contest
- Best dressed car contest + great prizes
- Spooktacular Halloween Show featuring TNT Dancers
- ENTER TO WIN a \$1200 Maaco of Santee Gift Certificate for body shop services (Drawing on December 8th!)
- DJ All Around Mobile Music



— LOCAL EVENTS —

Out and about in the County

Through Oct. 28: Grossmont College art faculty hosts their own exhibit. Artwork created by faculty members of the Grossmont College Art Department will be on display at the college's Hyde Art Gallery, located on campus. The public is invited to view the exhibition of approximately 55 pieces from 29 different art department instructors. According to Ben Aubert, Hyde Art Gallery curator, the exhibition represents the various disciplines that exist within the Grossmont College Art Department, including photography, jewelry, painting and drawing and ceramics and sculpture. Admission is free. The Hyde Art Gallery is open from 10 a.m. to 6:30 p.m. on Mondays and Thursdays, and 10 a.m. to 8 p.m. on Tuesdays and Wednesdays. Grossmont College is located at 8800 Grossmont College Dr., in El Cajon. For information, call (619) 644-7299, or visit www.grossmont.edu/artgallery. For driving directions and a campus map, visit www.grossmont.edu.

Oct. 21: 8 p.m., Taj Mahal & Vieux Farka Toure – Composer, multi-instrumentalist and vocalist, Taj Mahal is one of the most prominent and influential figures in late 20th century blues and roots music. Though his career began more than four decades ago with American blues, he has broadened his artistic scope over the years to include music representing virtually every corner of the world – west Africa, the Caribbean, Latin

America, Europe, the Hawaiian islands and so much more. What ties it all together is his insatiable interest in musical discovery. Over the years, his passion and curiosity have led him around the world, and the resulting global perspective is reflected in his music.

October 22: 8 p.m., Brett Michaels: Custom Built Tour – As front man for the legendary rock band Poison, Michaels has sold 25 million records and scored an amazing 15 chartbusting Top 40 singles including "Talk Dirty to Me," "Something to Believe In," "Nothing But a Good Time" and the timeless #1 smash "Every Rose Has its Thorn." And in the new millennium Poison's music has been featured in such big screen flicks as "Mr. and Mrs. Smith," "Grandma's Boy" and "Deuce Bigelow-European Gigolo." They continue to be one of the industry's top grossing concert attractions and their 2006 "20 Years of Rock" CD was a bona fide Top 20 gold smash. Poison's most recent CD is 2007's "Poison 'D'" an album of cover songs that have influenced the band members over the years. Brett Michaels is, if nothing else, a true survivor. He has survived a lifelong battle as an insulin dependent diabetic, a well publicized near fatal car crash in 1994 and the countless musical trends and fads of the last two decades.

Oct. 22-23: The Grossmont College Theatre Arts Dept. will present "Tin" at 7:30 p.m. on Oct. 22 and 23, and 2 p.m. on Oct. 23 at the Stagehouse Theatre, located on campus, near Parking Lot #1 and the exterior Aztec wall mural. Written and directed by Grossmont College faculty member Jerry Hager, "Tin" is based on Hans Christian Andersen's story The Steadfast Tin Soldier. In Hager's adventurous tale, the toys come to life in the shadows of night. Sleepy dreams are the path to an enchanted play world and the home of a tin soldier, whose undying love for a ballerina takes him on a journey where he will discover his true heart. It's a production for all ages. Admission is \$6 per person. The box office will be open one hour prior to all performances. For information, phone (619) 644-7234, or visit www.grossmont.edu/theatre. Grossmont College is located at 8800 Grossmont College Dr., in El Cajon. For driving directions and a campus

map, visit www.grossmont.edu. As the Theatre Arts Dept.'s touring production for the fall semester, "Tin" has scheduled performances at 14 elementary schools in the East County over the next eight weeks. Touring expenses will be paid for again by the Rice Family Foundation, which has provided a grant to cover the college's annual touring production since 2002.

Oct. 22: Rancho San Diego - Jamul Chamber of Commerce "3rd Annual 'It's In The Hole' Golf Tournament" will be held at Cottonwood Golf Club, 3121 Willow Glen Drive, El Cajon. Entry fee is \$150 per player includes green fee, cart, range balls, lunch by Rubio's, dinner, music and dancing. Registration begins at 10 a.m. with a shotgun start at noon. Call (619) 670-8244 or visit www.rsdchamber.com for more information.

Oct. 23: Kahoots Pet Store annual jamobree at the La Mesa location from 11 a.m. - 3 p.m. There will be Free Food, Live Music, Prizes, Free Samples and Kids Activities. All are welcome, so please bring your pets! Kahoots Pet Store in La Mesa is located at 6525 Bisby Lake Ave in San Diego, CA 92119 (On the corner of Lake Murray Blvd & Navajo Rd). Phone (619) 337-0825 More info at www.KahootsPet.com

Oct. 23: Fall Festival, 10 a.m. - 6 p.m. Fun, Games, Music, Lutheran Church, 9735 Halberns Santee.

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

Oct. 24: Sierra Billock Golf Tournament will be held at Cottonwood Golf Club, 3121 Willow Glen Drive, El Cajon. Proceeds from the four-person scramble event will benefit Sierra Billock's effort to becoming Miss California USA 2011. Entry fee is \$100 per player and includes green fee for the Lakes Course, cart, range balls, on course contests, raffle, silent auction and dinner. Registration starts at 11 a.m. with a shotgun start at noon. Call (619) 820-3514 or email susanbillock@cox.net for more information.

Oct. 29: East County Halloween Mixer will be held at Cottonwood Golf Club, 3121 Willow Glen Drive, El Cajon from 4 to 8 p.m. The event is sponsored by Le Tip East County and Cottonwood Golf Club. Admission is \$15 in advance or \$20 at the door and includes two drinks along with appetizers. Attendees will have the opportunity to mix business with pleasure. Not only will there be a business networking showcase, but costumes are encouraged! \$50 will be awarded to the best costume of the night. Call (619) 401-2040 or email Sheri Malvestuto at sherin57@att.net for more information.

Oct. 31: Harvest in the Park from 4 to 8 p.m. at the Alpine Community Center. FREE!! Games, cake walk, fun jumps, kettle corn, hay rides, candy, food, rockwall East Valley Christian Fellowship. For more information call (619) 390-2734 or visit www.evcf.com

Nov. 6: Hillsdale Middle School Craft Fair. 10 a.m. to 4 p.m. at 1301 Brabham Street, El Cajon. Benefits the Builder's Club.

Nov. 13: Garage Sale: Benefiting local and international projects of La Mesa Sunrise Rotary Club. Projects and programs include: Youth Leadership and Education, Refugee Families Assistance, Peace Patrol, Foster Family Respite Night, Pumpkin Carving....The sale offers great buys on furniture, electronics, household items, high fashion clothing, jewelry, books and much more. The event is Saturday 13 from 7:30 a.m. to 1 p.m. at 6210 Lake Shore Dr. San Diego 92119, The international motto this year is; Building Communities Bridging Continents.

Nov. 14: El Cajon Lions Club annual Pancake Breakfast 8 a.m. to 12 noon at the Ronald Regan Community Center 195 E. Douglas El Cajon. Five dollars is the total cost for a complete breakfast which includes eggs,

See OUT AND ABOUT page 11

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— LOCAL EVENTS —

Out and about ...

Continued from page 10

sausage, coffee, juice and of course unlimited pancakes. Something new has been added this year. For the first time the Lions District Vision Van will be there to provide various free eye tests. This is in addition to a classic car show featuring all the old 50's you've always enjoyed plus complimentary music. Tickets are available at the door. The El Cajon High School Leo's club will partner with their sponsoring club and assist in the serving line. All proceeds from this fund raising event will go towards free eye testing and glasses for children in the Cajon Valley School District, Alpine Union School District, Dehesa School District, Lakeside Union School District, Santee School District and the Mountain Empire Unified School District. Publicity Chairman Past President Dick Rogers (619) 925-9058.

Nov. 21: 64th Annual Mother Goose Parade and Mother Goose Village. Red Carpet event begins at 9 a.m. and the parade kicks off at 10 a.m. on Magnolia and Main Street in El Cajon. Enjoy music, marching bands, floats, presentation of flags, clowns, dignitaries, vintage autos, fire engines and so much more. Then after the parade, enjoy the Mother Goose Village and have a bite to eat at the local eateries in the area. The Mother Goose Parade and the Mother Goose Village admission is free. For more information visit www.mothergooseparade.org or call (619) 444-8712.

Nov. 21: El Capitan High School Girls Basketball Inaugural Golf Classic at Cottonwood Golf Club, 3121 Willow Glen Drive, El Cajon. Proceeds from the four-person scramble tournament will benefit the girl's basketball program at El Capitan High. Entry fee is \$100 per player and includes green free for the Ivanhoe Course, cart, range balls, Mexican buffet lunch, goody bag, and silent auction. Registration begins at 8 a.m. with a shotgun start at 9 a.m. Call 619-252-4032 or email ecvaquerobasketball@yahoo.com for more information.

Dec. 1: Angel Tree Golf Tournament features an entry fee of \$49 plus a toy donation per golfer. The four-person scramble will be held on the Lakes Course of Cottonwood Golf Course, 3121 Willow Glen Drive, El Cajon beginning at 9 a.m. The tournament is sponsored by Guardian Angels Church and donated toys will be used to benefit the children of struggling families in and around Santee. The tournament fee also includes use of a cart, range ball, prizes and dinner. Contact Jay at (619) 599-6810 for more information.

Dec. 5: Do you go enjoy decorating for the holidays? The Alpine Woman's Club will be having their Sixth Annual Christmas Home Tour from 10 a.m. to 4 p.m. They are looking for three distinguished homes where the homeowners love to decorate for the holidays and would enjoy show casing their home and share their decorating talents with the residents of Alpine. This fundraiser helps to pay for the scholarships they give away each year. Since 1950 the Alpine Woman's Club has given away more than \$80,000 to exceptional Alpine seniors who are college bound. The proceeds also goes towards the preservation and maintenance of the Historic Town Hall, which was built in 1899. In 2006 the Town Hall was designated a historic site by the San Diego County Historic Site Board. If you are interested in learning more about how you can become involved or know someone who would be interested please contact Carlette Anderson at 445-5716 or email carletteanderson@aol.com.

Dec. 10: Pacific Men's Chorale Christmas Concert "Sing we now of Christmas; sing we here, Noel!" Music...the sound and soul of Christmas. Under the direction of Chris Allen, the celebrated songsters of the Pacific Men's Chorale and their accompanist, Valerie Victor, inaugurate the season with a concert in the sanctuary of the United Church of Christ of La Mesa. Featuring traditional holiday favorites, spirituals and sacred music, the program starts at 7 p.m.. Founded in 1987, the

Chorale is composed of men who "enjoy music but, more specifically, who want to sing," sharing their talents and celebrating the joy of song. Come, celebrate with them. The church is located at 5940 Kelton Avenue, La Mesa, CA 91942 (619-464-1519, www.ucclm.org). A freewill offering will be collected.

ONGOING

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

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

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

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— AT THE MOVIES —

'Conviction' — uneven but intriguing



Hilary Swank and Sam Rockwell star in *Conviction*. Photo credit: Ron Batzdorff / Summit Entertainment

Review by Diana Saenger

Conviction is a testament to the strong ties of a brother sentenced to prison for murder and his sister who sacrifices everything including years of her own life to prove his innocence. The film, adapted by Pamela Gray and directed by Tony Goldwyn, is based on a real-life story.

Kenny (Sam Rockwell) and Betty Anne Waters (Hilary Swank) were among nine children raised by their single mother. As seen through flashbacks -- in harsh times and devoid of true mentors, the two-siblings formed a close bond early on. Yet each chose a different path into adulthood.

Kenny is now disorderly and rebellious and his fits of anger erupt at all the wrong times keeping him under police radar all the time. Betty Anne has not had it easy either. She's balancing her marriage, kids and job as a bartender.

When Kenny is accused of

the murder of a young woman based only on circumstantial evidence, -- before DNA was in use -- Betty Anne's life takes a new focus. Time drags on before her brother is even brought to trial, and Betty Anne does everything in her power to find out the truth. When he's convicted, based mostly on biased witnesses' testimonies, Betty Anne knows she can't give up on him.

Years go by, and Betty Anne goes through a divorce, suffers alienation by her children and is forced to work even harder as she begins night school to get a law degree so she can better fight for her brother's appeal. That sounds totally Hollywood except it's a true fact.

When Kenny, depressed and with little hope, tries to commit suicide in prison, Betty Anne tells him, "You promise that you'll stay alive and I will go to law school."

The film is too long and misses some key opportunities to build on the real drama. We get a lot of what Betty Anne does over nearly 18 years, but a lot of it is too repetitive. The story is interesting and Swank and Rockwell's performances keep the intrigue building. Swank is great at intently focusing on a character as she did in her Oscar-winning roles for *Million Dollar Baby* and *Boys Don't Cry*. But the overburden script dilutes some of her forte here.

Again, because the majority of Rockwell's scenes are in jail, there's little room for him to explore his strength as an actor but a few scenes do stand out revealing the emotional depths that Kenny suffers and can't abide. Melissa Leo does a good job as the suspicious cop who might have framed Kenny. Minnie Driver plays Betty Anne's best friend but has little screen time. Juliette Lewis, one of Kenny's former ex-girlfriends to testify, is quirky and relevant as usual.

It's difficult to say who will like *Conviction*. It's not a great film, but not really bad either. Mostly it will appeal to Swank fans and those who like true crime dramas.



Conviction

Studio: Summit Entertainment

Gazette Grade: C+

MPAA: Rated "R" for profanity and violence

Who Should Go: True crime drama or Swank fans

Red

Studio: Summit Entertainment

Gazette Grade: B-

MPAA: PG-13 for intense sequences of action violence and brief strong language.

Who Should Go: Fans of the comic book and/or cast

'Red' — a good mix of action and actors



Richard Dreyfuss, John Malkovich, Morgan Freeman, and Bruce Willis star in *Red*. Photo Credit: Frank Masi / © 2010 Summit Entertainment, LLC. All rights reserved.

Review by Michael Black

Fans of Bruce Willis, Morgan Freeman, Helen Mirren, John Malkovich, Richard Dreyfuss, Karl Urban, and Mary-Louise Parker won't go wrong with *Red*. Based on a 2003 three-issue cult classic D.C. comic book, the movie has plenty of action, comedy and a touch of romance.

Frank Moses (Willis) is living the quiet life as he flirts with his pension service worker, Sarah (Parker), over the phone. He plans a trip to meet her, and that night, an assassination team tries to take Frank out. His identity compromised and his conversations with Sarah now recorded, puts her in danger. Frank rushes their meeting ahead of schedule. The assassins are hot on their heels, and Frank is forced to assemble his retired black ops team (Freeman, Malkovich

and Mirren) to help solve the mystery why RED (Retired Extremely Dangerous) agents are being assassinated.

Director Robert Schwentke (*The Flight Plan*, *Time Travelers Wife*), does an excellent job of working with the top-notch cast and action sequences that fit the big screen. However *Red* has nothing new to offer in terms of an action movie and is a little predictable in some respects but should be enjoyed due to a good mix of actors and actresses combined with a decent and funny script.

The impressive cast is the main reason to see this film. Willis does his typical style of acting which we are all familiar with, tough as nails and mostly emotionless, but has a soft side that appears every now and then. Malkovich plays an interesting role as a crazy conspiracy nut and one of the more interesting characters in the movie.

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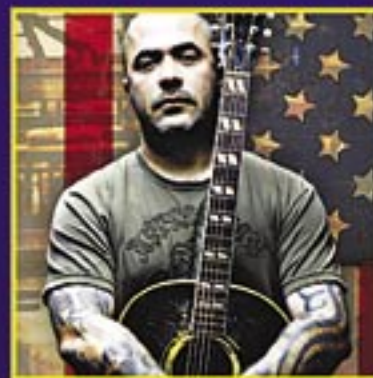
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"Get it Legal" Tour

Saturday, November 13

7:00 pm and 9:30 pm

Tickets: \$55 / \$45

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Must be 18 years of age or older to enter Casino and restaurants. Must be 21 years of age or older to enter Theatre. Please play responsibly.

We're going Trick-or-Treating and...



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...hosting a costume parade.



Whew!

Now I've got to figure out my costume!

I've just finished carving my jack-o'-lantern. I'm going to use a battery-operated light in it.

It is the season of costume-making, witches and bats in flight, spooky parties and going door-to-door for "Trick or Treat." All of this fun, fun, fun fills my mind, but I also know that it's important to follow a few safety rules while celebrating.

Wear white or something glowing bright

Trick

in groups,

and with an adult.

or Treat

5th

Come to get these freebies!

This week we have a new, spooky reading log and certificate set. Check out the Autumn puzzle packed full of Fall synonyms and the matching reading log and certificate set.

www.readingclubfun.com

Go only to houses that are well-lighted.



Happy Halloween!

Whooo...

are you going to be for Halloween? Are you buying a costume this year or putting one together yourself?

Here are some ideas to help you whip up your own costume at home. Find and circle each item:

masks
make-up
chains
fangs
cape
crown
wand

scar
tail
ears
eye patch
bandana
jewelry
robe



Hitching a ride in here is lots easier than making my own costume!

b a t
_ a t
_ a t

Fill in the first letters to make 8 words that rhyme with "bat."

_ a t
_ a t
_ a t
_ a t
_ a t
_ a t

Sweet Treats - Counting up the Goodies

This is my bag full of treats!

8 coins + 5 mini bags of candy corn = treats13 lollipops treats17 chocolate bars treats+ 4 popcorn balls treats6 lemon drops
2 peppermint patties
+ 3 small toys treats

...in your candy bag is fun. Add up each group of treats, then total all the goodies to find out how many treats are in the ghost's bag.

1. I roam at night:
my black cape
and sharp fangs
give people a fright!e a r
v i
p m2. I have hair
almost everywhere!
A full moon
makes me howl in the air!w e f i
e e r
w oVery good arch.
Now practice your hissing!

Hssssssssss....

Hssssssssss....

Who Am I?

3. I wear a
pointy black hat;
I fly with
my broom and my cat!t h
c
i w4. Yo! Ho! I have a dagger
and a hook;
I've hidden a treasure
map in a book!t e r a
i p a5. I arch my back
when I smell a rat;
I hiss and spit
I am a black_ _ _ a t
c

Puzzles & Comics

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
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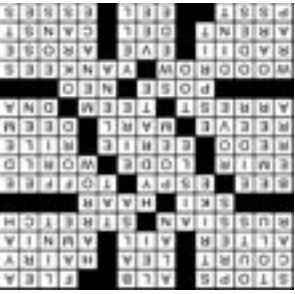
THEME: WORLD SERIES

- ACROSS
- 1 Halting sign, pl.
- 6 Priestly vestment
- 9 Dog pest
- 13 Judge Judy's room
- 14 Grazing field
- 15 In need of hot wax?
- 16 What seamstresses often do

17. Be ill
18. Sac enclosing embryo, pl.
19. Medvedev, e.g.
21. *7th inning _____
23. Do like Lindsey Vonn
24. Scottish word for fog
25. Spelling competition
28. *Albert Pujols won this four times
30. English confection

35. Another spelling for #26 Down
37. Mother _____
39. *Only American teams play in this Series
40. Do over
41. Spooky
43. Irritate or disturb
44. "Superman" Christopher
46. Fertilizer for lime-deficient soil
47. View as, often used before "necessary"
48. Criminal's fear
50. Team homophone
52. Has double helix structure
53. Assume a posture
55. "New" prefix
57. *First president to throw first ball, given name
61. *Last year's champs
65. Halves of diameters
66. "The Three Faces of _____,"
68. Are not
70. Ctrl+Alt+_____
71. Archaic 2nd person singular of 'can'
72. Attention grabber
73. Unagi
74. Sound of "s," pl.

CROSSWORD AND SUDOKU SOLUTIONS



OUTZKIRTS

By: David & Doreen Dotson



OUTZKIRTS.COM



- movie
68. "...when out on the lawn there _____ such a clatter..."
69. Are not
70. Ctrl+Alt+_____
71. Archaic 2nd person singular of 'can'
72. Attention grabber
73. Unagi
74. Sound of "s," pl.

- DOWN
1. Old wound mark
2. Cough syrup balsam
3. *3 per inning
4. *_____ box, where reporters sit
5. *No World Series in 1994 because of this
6. Actor Alda, e.g.
7. Hawaiian necklace
8. Light craft wood
9. *Baseball Hall of _____
10. Dryer fire hazard
11. *_____ Davis of the World Champion Reds
12. Indian nursemaid
15. Soil-smoothing cultivator
20. Theater passage
22. Make lacework
24. Supply water
25. *Player with most world titles
26. African chieftain
27. Duck valued for its soft down
29. Poe's "Annabel Lee", e.g.
31. *Pitcher with greatest number of Series wins
32. Type of food often high in cholesterol
33. Ex "Idol" judge DeGeneres
34. Swelling of human organs
36. Key player in George W. Bush presidency
38. Republic of Ireland
42. Helen in Russia
45. Liveliness of mind
49. Likewise
51. "Dennis the _____"
54. *Helped throw the 1919 Series, _____ Risberg
56. Southern cuisine staple, pl.
57. Tortilla sandwich
58. Argo's propellers
59. Lyric poems

CROSSWORD AND SUDOKU

PRESENTED BY



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SUDOKU

1		2	6	8	3	9	5	
9						2	8	
5	3		2		7			
8					2	3		
		6		4			7	
	5	4				8	6	2
						1	9	8
4			8	7		6		
6		1		2				

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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.

Bowling For Health



Saturday October 23, 2010

Noon to 3:00 p.m.

Proceeds benefit Mountain Health & Community Services

Alpine Family Medicine • Mtn. Empire Family Medicine

• High Desert Family Medicine •

• Mountain Empire Community Center •

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\$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!!!
Now Forming 9 Hole Fall Leagues	KARAOKE Fridays \$CASH\$ PRIZES \$2.00 off your first round w/ this coupon	\$749 Unlimited Golf w/ cart Oct - Mar Any 3 Months
\$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

Sports

Bolts ‘Rammed’

by Chuck Karazsia

On a dark afternoon there was no thunder-and-lightning. There was no pouring rain on a slippery field. No overwhelming deafening crowd noise. No spooky Halloween-clad fans in a hostile coliseum. There were no excuses period.

They allowed seven sacks of their quarterback Philip Rivers. He was hit more than twice that. There were seven dropped passes by the Chargers, two on the defensive side of the ball for sure interceptions. One of them by linebacker Stephen Cooper (a pick six) that should have gone for a score, a six-point swing. One by a wide-open Antonio Gates. Three by wide-out Buster Davis.

Last Sunday the Chargers lost their fourth consecutive road game to the St. Louis Rams 20-17.

It didn't seem possible after losing to the Raiders the week prior, it would get worse. Most thought the game against the Rams was a sure victory for San Diego, especially since the Detroit Lions throttled the Rams 44-6 a week earlier. The first six games were supposed to be the soft part of the schedule. The Bolts have now faced teams that drafted 1st, 5th, 6th, and 8th in the 2010 NFL Draft. Not quite the cream of the crop.

The Rams jumped on the Bolts early scoring 17 points in the first half to San Diego's 3. Two touchdowns came on long Rams drives of 80 and 67 yards.

The Chargers did valiantly attempt a comeback with 2 second half touchdowns of 68 and 76 yards but fell a field goal short in the end. Chargers kicker Nate Kaeding drove a long fourth quarter field goal attempt low into the pile that was blocked (possibly attributed to a pulled groin muscle).

True, the Rams played good enough to win, their defense played well and rookie quarterback Sam Bradford made the plays when they needed it. But again, the (2-4) Chargers helped beat themselves and did not deserve a victory.

The Chargers committed too many costly penalties The defense allowed too many drives and could not stop Rams power runner Stephen Jackson (29 rushes, 109-yards, 1 TD).

San Diego was plagued by injuries to their ball catching receivers. Antonio Gates left the game with an ankle injury in the first quarter. Malcolm Floyd pulled a hamstring in the fourth quarter and did not return. The Chargers were already without the services of receiver Legedu Nanee for the game due to a prior injury.

Without his top receivers Chargers quarterback Philip Rivers did complete 22-of-37 passes, 1 TD, 1 INT. Wide receiver Patrick Crayton (acquired from the Dallas Cowboys in a trade) did have a coming out game catching 7 balls for 117 yards.

"You are what you're record is," confided Chargers Head Coach Norv Turner. "We are a (2-4) team that has struggled to put together a complete game with all three phases. To win in this league, that's what you're going to have to do. We've got a lot of work to do to be able to do that," he continued.

It won't get any easier from here on. The Bolts in their next two home games play the Patriots and Titans.

Game time this Sunday is 1:15 p.m.



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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 adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

NOTICE OF TRUSTEE'S SALE TS No. 09-0035281 Title Order No. 09-8-110144 Investor/ Insurer No. 1701454821 APN No. 398-330-17-21 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 06/06/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER." Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by KA'IMIPONO KUOHA, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY, dated 06/06/2006 and recorded 06/09/06, as Instrument No. 2006-0410584, in Book , Page 12050), of Official Records in the office of the County Recorder of San Diego County, State of California, will sell on 11/18/2010 at 10:00AM, At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA 92101 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 13893 PINKARD WAY UNIT 86, EL CAJON, CA, 920211989. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$354,736.97. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. DATED: 06/26/2009 RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (626) 927-4399 By:-- Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. ASAP# FNMA3772793 10/21/2010, 10/28/2010, 11/04/2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-026828
FICTITIOUS BUSINESS NAME(S): Contagious Clothing Line
Located at: 1652 Stonehaven, El Cajon, CA 92019
This business is conducted by: Co-Partners
The business has not yet started.
This business is hereby registered by the following: 1. Mitchell Gonzales 1652 Stonehaven, El Cajon, CA 92019; 2. Tony Campanella 10945 Dotton Drive, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on October 04, 2010.
East County Gazette- GIE030790 10/21, 10/28, 11/04, 11/11, 2010

NOTICE OF TRUSTEE'S SALE T.S. No. GM-251360-C Investor No. 490259642 Loan No. 0656955398 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 1/3/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: MARK S. ELLIS AND VERONICA S. ELLIS, HUSBAND AND WIFE AS JOINT TENANTS Recorded 1/18/2008 as Instrument No. 2008-0025871 in Book , page of Official Records in the office of the Recorder of San Diego County, California, Date of Sale:11/12/2010 at 10:00 AM Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, California Property Address is purported to be: 2394 SAWGRASS STREET EL CAJON, CA 92019 APN #: 518-222-38 The total amount secured by said instrument as of the time of initial publication of this notice is \$360,787.00, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses, and advances at the time of initial publication of this notice. Pursuant to California Civil Code 2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52 or 2923.55. Date: 10/12/2010 ETS Services, LLC 2255 North Ontario Street, Suite 400 Burbank, California 91504-3120 Sale Line: 714-730-2727 Ileana Petersen, TRUSTEE SALE OFFICER ASAP# 3773201 10/21/2010, 10/28/2010, 11/04/2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-026908
FICTITIOUS BUSINESS NAME(S): The Back Doctor
Located at: 4918 70th St., San Diego, CA 92115
This business is conducted by: An Individual
The first day of business was: September 1, 1991
This business is hereby registered by the following: 1. Leon Steinberg 4918 70th St., San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on October 05, 2010.
East County Gazette- GIE030790 10/14, 10/21, 10/28, 11/04, 2010

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

NOTICE OF TRUSTEE'S SALE TS # CA-09-260291-PJ Order # 103683 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/1/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trusor(s): MARC KITAEN, A SINGLE MAN Recorded: 11/4/2005 as Instrument No. 2005-0964282 in book XXX, page XXX of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 11/10/2010 at 10:00 AM Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA 92101 Amount of unpaid balance and other charges: \$397,490.17 The purported property address is: 609 EL MONTE RD EL CAJON, CA 92020 Assessors Parcel No. 482-232-11 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Aurora Loan Services LLC 10350 Park Meadows Dr. Littleton CO 80124. Pursuant to California Civil Code 2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has not obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does apply to this notice of sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: 10/12/2010 Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-730-2727 or Login to: www.fidelityasap.com Reinstatement Line: 619-645-7711 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. ASAP# 3770875 10/21/2010, 10/28/2010, 11/04/2010

NOTICE OF TRUSTEE'S SALE Trustee's Sale No. CA-FFN-095974 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/9/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On November 10, 2010, at 10:00 AM, AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE, 220 WEST BROADWAY, in the City of SAN DIEGO, County of SAN DIEGO, State of CALIFORNIA, ASSET FORECLOSURE SERVICES, INC., a California corporation, as duly appointed Trustee under that certain Deed of Trust executed by DOLLIE IBOREN, A WIDOW, as Trustors, recorded on 5/15/2007, as Instrument No. 2007-0328172, of Official Records in the office of the Recorder of SAN DIEGO County, State of CALIFORNIA, under the power of sale therein contained, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Property is being sold "as is - where is". TAX PARCEL NO. 511 -330-40-00 From information which the Trustee deems reliable, but for which Trustee makes no representation or warranty, the street address or other common designation of the above described property is purported to be 534 BURGASIA PATH , EL CAJON, CA 92019. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is \$647,970.30. WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. SALE INFORMATION LINE: 714-730-2727 or www.fidelityasap.com Dated: 10/14/2010 ASSET FORECLOSURE SERVICES, INC., AS TRUSTEE By Georgina Rodriguez, Foreclosure Assistant ASAP# 3776071 10/21/2010, 10/28/2010, 11/04/2010

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

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

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 238633CA Loan No. 0082722968 Title Order No. 208304 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01-28-2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 11-12-2010 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 02-09-2004, Book , Page , Instrument 2004-0102113, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: SAMI ABDAL, A SINGLE MAN, as Trustor, WASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE, 220 WEST BROADWAY , SAN DIEGO, CA Legal Description: PARCEL 1: LOT 12 OF FINAL MAP, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 13344, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY ON AUGUST 2, 1996. PARCEL 2: NONEXCLUSIVE EASEMENTS FOR ACCESS, INGRESS, EGRESS, ENCROACHMENT, MAINTENANCE, REPAIR, DRAINAGE, SUPPORT AND FOR OTHER PURPOSES, ALL AS DESCRIBED IN THE DECLARATION REFERRED TO IN PARCEL 1 ABOVE. Amount of unpaid balance and other charges: \$193,725.47 (estimated) Street address and other common designation of the real property: 656 BENTON PLACE EL CAJON, CA 92020 APN Number: 488-400-54 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 10-15-2010 DECLARATION PURSUANT TO CALIFORNIA CIVIL CODE SECTION 2923.54 Pursuant to California Civil Code Section 2923.54, the undersigned loan servicer declares as follows: 1. It has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.54 that is current and valid on the date the notice of sale is filed; and 2. The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52 or Section 2923.55. CALIFORNIA RECONVEYANCE COMPANY, as Trustee (714) 259-7850 or www.fidelityasap.com (714) 573-1965 or www.priorityposting.com CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. DEBORAH BRIGNAC, VICE PRESIDENT 9200 OAKDALE AVE MAILSTOP N110612 CHATSWORTH, CA 91311 ASAP# 3776960 10/21/2010, 10/28/2010, 11/04/2010

NOTICE OF TRUSTEE'S SALE TS # CA-10-354815-EV Order # 100222180-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/17/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trusor(s): SEBASTIAN JAMES GIULIANO AND GAIL CATHARINE GIULIANO HUSBAND AND WIFE AS JOINT TENANTS Recorded: 6/30/2005 as Instrument No. 2005-0551965 in book xxx, page xxx of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 11/10/2010 at 10:00 AM Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA 92101 Amount of unpaid balance and other charges: \$270,067.03 The purported property address is: 2157 ARNOLD WAY #225 ALPINE, CA 91901 Assessors Parcel No. 403-271-35-19 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Saxon Mortgage Services, Inc. 4708 Mercantile Drive North Ft. Worth TX 76137. Pursuant to California Civil Code 2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has not obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does apply to this notice of sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: 10/14/2010 Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-730-2727 or Login to: www.fidelityasap.com Reinstatement Line: (888) 325-3502 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. ASAP# 3777357 10/21/2010, 10/28/2010, 11/04/2010

East County Gazette- GLE030790
9/30, 10/07, 10/14, 10/21, 2010

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

To place your legal ad stop by our office —
1130 Broadway, El Cajon
or call (619) 444-5774

**ONCE YOU STOP
BY OUR OFFICE,
YOU'RE DONE!**

NOTICE OF TRUSTEE'S SALE TS # CA-10-348827-BM Order # 100155994-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 7/18/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): ROBERT JIMENEZ AND DOLORES JIMENEZ, HUSBAND AND WIFE Recorded: 7/28/2008 as Instrument No. 2008-0400679 in book xxx, page xxx of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 11/3/2010 at 10:00 AM Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA 92101 Amount of unpaid balance and other charges: \$298,736.33 The purported property address is: 851 SOUTH MOLLISON AVENUE, #15 EL CAJON, CA 92020 Assessors Parcel No. 493-103-59-15 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Quantum Mortgage Servicing 6302 E. Martin Luther King Boulevard Suite 300 Tampa FL 33619. Pursuant to California Civil Code 2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has not obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does apply to this notice of sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: 10/7/2010 Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-730-2727 or Login to: www.fidelityasap.com Reinstatement Line: 619-645-7711 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. ASAP# 3768414 10/14/2010, 10/21/2010, 10/28/2010



**NOTICE OF PUBLIC HEARING
REGARDING AN AMENDMENT TO THE
FIVE-YEAR IMPLEMENTATION PLAN
2009-10 THROUGH 2013-2014
FOR THE EL CAJON REDEVELOPMENT
PROJECT AREA**

Pursuant to Section 33490 of the California Community Redevelopment Law, Health and Safety Code Sections 33000 et seq. ("Law"), the El Cajon Redevelopment Agency ("Agency") will conduct a public hearing to consider adoption of an Amendment to the Five-Year Implementation Plan for the El Cajon Redevelopment Project Area ("Project Area"). The proposed Implementation Plan Amendment contains the Agency's goals and objectives for the Project Area, the amended programs, projects and expenditures over the five-year Plan period (2009-2014), the proposed amendments that will assist in the elimination of blight in the Project Area, and implement the requirements of the Law.

NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING WILL BE HELD IN CONNECTION WITH THE PROPOSED IMPLEMENTATION PLAN:

WHAT: El Cajon Redevelopment Agency Public Hearing on the Amendment to the Five-Year Implementation Plan 2009-10 through 2013-2014

WHERE: City of El Cajon
City Council Chambers
200 Civic Center Way
El Cajon, CA 92020

WHEN: November 9, 2010
3:00 P.M.

Residents or other interested parties may attend this public hearing to offer comments on the proposed Amendment to the Five-Year Implementation Plan 2009-10 through 2013-14. Prior to the public hearing, a draft of the proposed Amendment will be available for public inspection at: the City Clerk's Office and Redevelopment and Housing Division located at 200 Civic Center Way, El Cajon, CA, 92020; and the El Cajon Public Library at 201 E. Douglas Ave, El Cajon, CA, 92020; and the City website at <http://www.ci.el-cajon.ca.us/misc/publicNotice.html>

If you wish to obtain further information about the proposed Amendment to the Five-Year Implementation Plan, please contact Jenny Ficacci at (619) 441-1710.

East County Gazette- GIE030790
10/07, 10/14, 10/21

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-026502**
FICTITIOUS BUSINESS NAME(S):
a.) Turtledove Expressions b.)
Turtledoveexpressions.com
Located at: 2175 Buckman Springs Rd.,
Campo, CA 91906
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Dee A. Royer-Scott 2175
Buckman Springs Rd., Campo, CA 91906
This statement was filed with Recorder/
County Clerk of San Diego County on
September 30, 2010.

East County Gazette- GIE030790
10/14, 10/21, 10/28, 11/04, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-026521**
FICTITIOUS BUSINESS NAME(S): Victoria
Anne Enterprises
Located at: 8721 Cordial Rd., El Cajon,
CA 92021
This business is conducted by: Husband
and Wife
The first day of business was: March 17,
2003
This business is hereby registered by the
following: 1. Gary L. Harle 8721 Cordial
Rd., El Cajon, CA 92021; 2. Amy J. Harle
8721 Cordial Rd., El Cajon, CA 92021
This statement was filed with Recorder/
County Clerk of San Diego County on
September 30, 2010.

East County Gazette- GIE030790
10/07, 10/14, 10/21, 10/28, 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. 2010-026841**

FICTITIOUS BUSINESS NAME(S): a.) 7
Decks b.) Seven Decks
Located at: 1175 N. 2nd St. #106, El Cajon,
CA 92021
This business is conducted by: A General
Partnership
The business has not yet started.
This business is hereby registered by the
following: 1. Sabrina Bitterling 1555 E.
Madison Ave., El Cajon, CA 92019;
2. Paul Vandenberg 9508 Abbeywood Road,
Santee, CA 92071

This statement was filed with Recorder/
County Clerk of San Diego County on
October 04, 2010.

East County Gazette- GIE030790
10/14, 10/21, 10/28, 11/04, 2010

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

CASE NO.37-2010-00071088-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: CHRISTOPHER ALAN CANTY
FOR CHANGE OF NAME PETITIONER:
CHRISTOPHER ALAN CANTY HAS FILED
FOR AN ORDER TO CHANGE NAME
FROM:

CHRISTOPHER ALAN CANTY
TO: KRISTEN ALANA CANTY
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 250 E.
MAIN ST., EL CAJON, CA 92020. Department
14, on DECEMBER 1, 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
OCTOBER 8, 2010.

East County Gazette - GIE030790
10/21, 10/28, 11/04, 11/11, 2010

SUMMONS (Family Law)

NOTICE TO RESPONDENT (Name):
Aviso al Demandado (Nombre):
Paula Jeanette Burt

YOU ARE BEING SUED.
Lo estan demandando.
PETITIONER'S NAME IS:
EL NOMBRE DEL DEMANDANTE ES:
Gene Edward Thompson
CASE NUMBER (Número del Caso):
ED 82145

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 Respuesta 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 también le puede ordenar
que pague manutención, y honorarios y
costos legales. Si no puede pagar las cuotas 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 información 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 poniéndose 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 valen para 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 hacerlas
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): Gene Thompson
923 S. Anza St., EL Cajon, CA 92020
DATE: SEPTEMBER 03, 2010 Clerk, by
(Secretario, por) Deputy (Asistente)
NOTICE TO THE PERSON SERVED: You
are served
AVISO A LA PERSONA QUE RECIBIO LA
ENTREGA: Esta entrega se realiza
As an individual. (a usted como individuo.)
Pub. Oct. 7, 14, 21, 28, 2010
Published in EAST COUNTY GAZETTE

**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. 2010-025288**
FICTITIOUS BUSINESS NAME(S): a.)
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

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

Dear Dr. Luauna



*I am getting close to retirement age,
as I look back at my life I have
many regrets and troubling questions.
I regret my failures as a husband and
father. What is going to happen when
I die? Signed, Regretful*

Dear Regretful,

As we grow older it is only natural
to look back and evaluate the time
which has already passed and to
wonder about the unknown future,
especially our death. The good news

is God holds our times in His hands and He forgives our past
and guarantees hope for our future while we live and after
we die.

The Bible says that God's mercies are new every morning,
we cannot take back time, we cannot change the past. When
we receive Jesus as our Savior, by His grace, He erases our
past and gives us a clean slate. Your first step would be to
surrender your life to Jesus Christ. Then I would recommend
you talk to your wife, children and grandchildren, humbly
apologize for your past mistakes and let them know Jesus
changed your life. Your family loves you, our families know
our true selves!

When you receive Jesus as your Savior and serve Him
with all your heart, mind and soul, you are guaranteed two
things: abundant life on earth for the rest of your years and
eternal life in Heaven.

Will there be trials, problems and trouble while you are
living? Yes, however, Jesus has overcome the world and He
will give you victory in every circumstance. You do not have
to go through life alone or in your own strength, Jesus will be
right there for you every step of the way, to give you strength
in your weakness.

We are not guaranteed to know when our lives will end, but
God promises to His children a life forever with Him. Heaven
is an awesome destination, there will be no more pain, no
more sickness, no more tears; only an eternity in the presence
of your Heavenly Father!

When you surrender your life to Christ you are guaranteed
peace and hope. Please come to our church services, I want
to help you in anyway I can, God bless you!

Connect with Dr. Luauna

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

Facebook & Twitter: DrLuauna Stines

**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. 2010-025288**

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. 2010-027150**

FICTITIOUS BUSINESS NAME(S): Art & Art
Located at: 11973 Avenida Marcella, El
Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: October 1,
2010
This business is hereby registered by the
following: 1. Qais Goga 11973 Avenida
Marcella, El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on
October 07, 2010.

East County Gazette- GIE030790
10/14, 10/21, 10/28, 11/04, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-027066**

FICTITIOUS BUSINESS NAME(S):
Dragon's Den
Located at: 315 10th Ave., San Diego, CA
92101
This business is conducted by: A
Corporation
The business has not yet started.
This business is hereby registered by the
following: 1. Dumpling Kings Inc. 700 West
E Street #3402, San Diego, CA 92101
This statement was filed with Recorder/
County Clerk of San Diego County on
October 06, 2010.

East County Gazette- GIE030790
10/14, 10/21, 10/28, 11/04, 2010

— LEGAL NOTICES —

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County of San Diego Alpine Community Planning Group

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

www.AlpineCPG.org

NOTICE OF REGULAR MEETING

Thursday, October 28, 2010 • 6:00 P.M.

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

- I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey

George Barnett

Jim Easterling

Robbie Faulkner

Greg Fox

Roger Garay

John Hood

Cory Kill

William Lepetri

Travis Lyon

Jennifer Martinez

Richard Saldano

Kippy Thomas

Scott Tuchman

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

1. Minutes: September 23, 2010 Minutes

1. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

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

Organized / Special Presentations:

1. There will be a representative from Clearwire Barber Mountain Wireless Telecommunication (Verizon) making a presentation regarding Major Use permit P10-029, located at 3440 Barrett View in Alpine. This permit is to authorize the construction, operation and maintenance of an unmanned wireless Telecommunication facility. The project would consist of a 40-foot Mono Pine Tree with twelve panel antennas and one directional antenna on the east side of an existing residence and a separate equipment enclosure. This will require discussion and feedback for the County.

2. There will be a representative from Japatul Wireless Telecommunications making a presentation regarding Major Use permit P09-018, located at 22201 Mariah Way in Alpine. This permit is to authorize the construction, operation and maintenance of an unmanned wireless Telecommunication facility. The project would consist of a 35-foot faux Water Tank with twelve panel antennas and one dish antenna mounted inside the faux Water Tank and a separate equipment enclosure. This will require discussion and feedback for the County.

3. Michael Long, County of San Diego, will be presenting the Revitalization/Road Improvement schematic plans, regarding Alpine Boulevard improvements which are scheduled to take place. The road improvement schematics will be at 100%. Therefore, the County of San Diego is asking for final feedback. This will require discussion and feedback for the County.

4. There will be a presentation from the Hawes family regarding an Admin Permit for an over sized Barn/Shop located at 22405 Japatul Lane, Alpine. The permit number for this project is 3000-10-047 (AD10-047). This project will be to construct an Over Sized Barn/Shop on their existing property. This will require discussion and a vote.

5. Steve Croft, Vegetation Manager for the San Diego County Department of Public works division, sent this email to the Alpine Community Planning Group. No formal presentation will be made! There will be a small Eucalyptus Tree from the front of 2576 Via Diegenos. This tree will be removed as it has displaced the curb and the roadway edge. The tree also has issues with Red Gum Lerp Psyllids.

Consent Calendar

1. Circulation

1. Discussion and Vote: None
2. Design & Review:

1. Discussion and Vote: None

3. Communications

1) Discussion and Vote: None

4. Pivatee Actions

1. Discussion and Vote: None

2. Discussion and Vote: None

3. Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote: None

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

VIII. Subcommittee Reports (Including Alpine Design Review Board)

1. Private Actions

Richard Saldano

2. Trails & Conservation

Travis Lyonb

3. Parks & Recreation

Brad Bailey

4. Public Facilities & Services & Major Public Policy

John Hood

5. Circulation

Richard Saldano

6. Communication

Scott Tiuchman

7. Alpine Design Review Board

Kippy Thomas

8. Alpine Safety ADHOC

Jennifer Martinez

9. Alpine Incorporation Ad Hoc

Vacant

10. Albertson Park ADHOC

Brad Bailey

11. Alpine High School ADHOC

Greg Fox

12. SRPL Ad Hoc

George Barnett

IX. Officers Reports

A. Chairman

Greg Fox

B. Vice Chairman

Brad Bailey

C. Secretary

Jennifer Martinez

D. Immediate Past Chair

Dana Zeno

X. Open Discussion 2 (Only if Necessary)

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XI. Request for Agenda Items for Upcoming Agendas

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

XII. Approval of Expenses / Expenditures

XIII. Announcement of Sub-Committee Meetings

1. To be determined.

XIV. Announcement of Next Meeting

1. Thursday, November 18, 2010 at 6:00 P.M. (Thanksgiving is on the 25th)

XV. Adjournment of Meeting

—MOTORandSPORTS—

2011 Infiniti QX 56



2011 Infiniti QX 56. Photo credit” Dave Stall

by Dave Stall

Large families wondering how they can fit in one vehicle to go on vacation can take a look at the Infiniti QX 56. Infiniti has hit the bull’s eye with this family hauler re-designed for 2011. Not only is it a sweet ride but a technological dream – for anyone into tech stuff.

The first thing I noticed when walking up to the QX 56 is how big it is, and then

horsepower and 413 foot pounds of torque all backed by a 7-speed electronically controlled automatic transmission which shifts like butter. The fuel mileage averages 14 MPG in the city and 20 on the open road. That’s not bad for a vehicle that weighs more than 5590 pounds.

Anyone who still seeks luxury while hauling the family and goods from the big box store will love the QX56. There’s the smell of fine leather from the seats that engulf one in comfort while sitting high in the saddle while driving. I found it very comfortable. Another feature that stood out was how quiet the QX56 was when idling or driving at freeway speeds.

The 2nd and 3rd row seats

fold down for seating up to eight, and offers storage up to 95 cubic feet of cargo space. The floor is not totally flat, but it allows a large load, and the 3rd row seat can be raised or lowered by flipping a switch that is located at the right rear cargo area or on the curb side of the QX56 – all about safety.

Infiniti allows for individual choices with three different climate zones and three zones of entertainment with 7-inch screens mounted in the front row seating headrests. Split screens offer another choice for viewing. Another feature that really stood out was the 360-degree camera that allows viewing on the front and rear sides. This offers a real security to drive anywhere.



A look at the back of the 2011 Infiniti QX 56. Photo credit” Dave Stall

The sound system is by Bose with 13 speakers and two subwoofers and a 9.3 GB music box. Add in Blue Tooth and XM Radio and the list goes on. I found the voice activated hard drive navigation system, unbelievable, and there is also a sunroof.

I picked up this QX56 from

Infiniti Escondido, and the team will be happy to walk drivers through any of the numerous features found on the QX56. If this family hauler sounds good and you don’t want to spend more than \$60,000, then check it out at Infiniti Escondido. Their professional personnel take you under their wing.

— LEGAL NOTICES —

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-027880 FICTITIOUS BUSINESS NAME(S): Saved to Praise Located at: 2202 Dehesa Rd., 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. Saide Rodriguez Arana 2202 Dehesa Rd., El Cajon, CA 92019 This statement was filed with Recorder/ County Clerk of San Diego County on October 14, 2010. East County Gazette- GLE030790 10/21, 10/28, 11/04, 11/11, 2010	FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-027834 FICTITIOUS BUSINESS NAME(S): Elliot Walker Band Located at: 392 Millar Ave., El Cajon, CA 92020 This business is conducted by: Joint Venture The first day of business was: October 14, 2010 This business is hereby registered by the following: 1. Michael E. Walker 392 Millar Ave., El Cajon, CA 92020; 2. J. Michael Stanton 17201 Merlot Place, Poway, CA 92064 This statement was filed with Recorder/ County Clerk of San Diego County on October 14, 2010. East County Gazette- GLE030790 10/21, 10/28, 11/04, 11/11, 2010
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DEALS

www.eastcountygazette.com

Our Best Friends

Finding the right pet for your family

After hearing "Please can we get a puppy or kitten?" from your children hundreds of times, you may finally be considering adding a furry friend to your family portrait.

Matching the right dog or cat to your family can be confusing, however. There are 167 American Kennel Club-recognized dogs breeds and 40 Cat Fanciers' Association-recognized cat breeds barking and meowing for attention.

"Before selecting a pet, research different breeds, talk to breeders, vets and consult dog and cat-owning friends to get a clear picture of what the commitment requires," says Gina DiNardo, a spokesperson for the American Kennel Club.

There are many suitable options for families of all ages and activity levels. You just have to know what questions to ask.

What Kind of Family are You?

If you are extremely active and enjoy running, then a Border Collie or Abyssinian would make a wonderful dog or cat. The Border Collie is very athletic, energetic and thrives on outdoor work. The Abyssinian cat, meanwhile, is busy, active, agenda-driven and friendly.

Is your family outdoorsy? Then the Labrador Retriever, the most popular dog breed in America according to AKC registration statistics, may be right for you. Labs are playful, loving and hardworking and do best in an active family. Cats are basically indoor creatures, but the Cornish Rex is active, racy and affectionate, and even will play fetch with you indoors.

Do your kids prefer to stay inside and play? A dog or cat

that enjoys the shelter of home and constant companionship would be best, such as a Bulldog, Pug, LaPerm or Ragdoll.

Good News for Allergy Sufferers

Allergy sufferers still can have pets! There are breeds with coats that don't shed and produce less dander. Some examples of dogs for allergy sufferers are the Portuguese Water Dog, Poodle, and Maltese. Cats that would be best for allergy sufferers include the Oriental, Colorpoint Shorthair, and Sphynx. The Colorpoint Shorthair cats are especially good because they have little dander, while the Sphynx is mostly hairless.

Fitting Your Living Space

Consider the size of your home. Do you live in a duplex or small apartment or a large house?

If you have limited space, a Toy dog breed or the Exotic cat might be best. The Yorkshire Terrier is a big personality in a small dog that requires limited exercise due to its small size. The Exotic cat is playful, easygoing and has a quiet, endearing nature.

If your home is spacious, you might consider a Sporting dog breed, such as a Golden Retriever, or a Russian Blue cat. Golden Retrievers are intelligent, active and energetic, requiring daily exercise. Russian Blue cats are intelligent and affectionate, and have even been reported to open doors and teach their owners to fetch!

For more information on selecting a pet for your family and to "meet" and learn about the more than 200 dog and cat breeds, play fun games and watch dog and cat videos, visit www.meetthebreeds.com.

(StatePoint)

Chocolate is no treat for pets

Chocolate Halloween candy may be a treat for children but poses a serious threat to pets, warns an expert.

Pets who consume chocolate can experience vomiting, diarrhea, excessive thirst and urination, irregular heartbeat, tremors, seizures and even death, said Susan Nelson, a Kansas State University veterinarian. These problems are mainly caused by a substance in chocolate called theobromine.

Different types of chocolate have varying concentrations of theobromine. Baking chocolate contains the most, semi-sweet and milk chocolate sport a medium amount, and white chocolate has the least, Nelson explained in a university news release.

If your pet consumes a large quantity of chocolate, you should call a veterinarian or emergency clinic immediately, Nelson said.

"Chocolate consumption is a very common problem among pets, dogs especially," but it can also harm cats, birds, rats and ferrets, Nelson said in the news release. "It is important to recognize that individual reactions vary by pets, but it is best to assume your pet is one of the sensitive ones and not delay in seeking advice from your veterinarian. Be aware of the chocolate sources in your house, and tell any new dog owner about this potential threat to their pet."

In order to protect pets, she suggests keeping all foods out of their reach and confining pets during family gatherings and parties so that guests don't feed them

Annual El Cajon Animal Shelter Open House

The public is invited to the Fourth Annual El Cajon Animal Shelter Open House on Saturday, Oct. 23, from 10 a.m. to 2 p.m. at 1275 North Marshall Avenue.

Stop by this fun family Halloween themed event and enjoy numerous displays and activities, including photos of your pet for \$5. There will be a low cost rabies clinic and micro chipping I.D.'s for pets. During the event "late fees" on licenses will be waived for El Cajon residents. Take a

tour of the shelter to see the many available wonderful dogs and cats available for adoption.

Bring a blanket or bath mat (with rubberized back) to donate to the shelter, and receive a coupon for a free hot dog. Singing Hills Lions Club will be assisting with the BBQ.

As a special treat there will be a Halloween Costume contest for dogs. Winners will be awarded some great prizes.

Contest starts at 1 pm. Start designing your dog's costume now. Also find out how you can be volunteer your time at the Animal Shelter caring for these wonderful animals as they wait for a new home!

This event is co-sponsored by the El Cajon Animal Shelter and the El Cajon Animal Center for Education and Services - ACES. For additional information please contact the El Cajon Animal Shelter staff at (619) 441-1580 or visit www.acesfoundation.org.

ADOPT-A-PET



My name is Kayla! I'm three years old, and a friendly 58-pound Pit Bull. I love to meet new people and am smart too - I already know the command for "sit." Going for walks is also one of my favorite activities, and I'm learning to walk nicely on the leash. I would love to be your new best friend! I'm waiting to greet you with tail wags at the County Animal Shelter at 5480 Gaines Street, or for more information call (858) 205-9974. My \$69 adoption fee includes license, vaccinations, microchip, and spay.

Garth is a 1-year-old Cream/Salt and Pepper Chihuahua mix male. He is a love-bug seeking a special family to cherish! He is a mellow little guy but loves to play too. He enjoys quiet and cozy environments where he can relax, nap, go for walks and enjoy treats! He also enjoys socializing and hanging out with other dogs. While Garth can be a little shy at first, he warms up as he becomes more comfortable in his environment. Garth will do well in a variety of homes, but due to his initial shyness, a home without children is recommended. Garth's adoption fee is just \$24 and includes his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! Garth 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.



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