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JANUARY 27-FEBRUARY 2, 2011

VOLUME 11 NUMBER 34

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

Check out the new 2011 Mini Coupe 4-Door Read all about it on page 21

Spotlight on Community Theatre

Read Diana Saenger's Spotlight on Community Theatre See page 11



'Hands free is ticket free' in SD County



The California Highway Patrol (CHP) and multiple San Diego County Law Enforcement agencies joined together for a "Hands Free is Ticket Free" campaign against drivers violating the hands free cell phone laws. The "zero-tolerance" campaign was designed to strictly enforce drivers not utilizing a hands free device while at the same time educate drivers about the consequences of distracted driving behavior. See page 2 for full story. Photo credit: Brice Gaudette





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Local News & Events

Bits and pieces around East County

10th Annual Student Essay Contest to Find this year's 50 Best Moms in San Diego

very mom is special, but some truly stand **d**out and deserve to be recognized for the sacrifices and dedication they've made for their children and their families. Time Warner Cable wants to know who they are.

For the 10th straight year, Time Warner Cable is calling on students in grades 4 through 12 to write essays of 150 to 500 words telling why their mom should be named one of San Diego's 50 Best Moms.

Past student essay winners include nominations for their moms, fathers, grandparents or others playing the role of "mom" in their life. Who knows what this year will bring? The

essays will be judged by a panel of local journalists, politicians and teachers who will select the 50 Best Moms for 2011 based on the children's explanation of why they believe their mom is the best. The writers of three essaus – one from each school level: elementary, middle and high school - will be awarded a new Sony VAIO laptop computer. In addition, the winning students' teachers will also each

receive a \$250 gift card for supplies for their classrooms.

The San Diego's 50 Best Moms contest, presented by Time Warner Cable, received 3,600 essays last year. The contest will run from February 1 through March 5, 2011. Essay forms can be downloaded online at www.twcsd.com by clicking on the 50 Best Moms logo or you may go to one of the following locations:

- All Time Warner Cable retail locations
- All Mission Federal Credit Union locations
- All San Diego County Boys & Girls Club locations
- All Ultra Star Cinemas in San Diego County

Each winning mom will be honored at a special luncheon on Saturday, May 7 where they will receive an award and gifts generously donated by sponsors throughout San Diego. For more information, visit www.twcsd.com and click on the Best Moms logo. Students and teachers can also call the Best Moms event hotline at (858) 805-6789.

Free E-Waste event

On February 5 from 10 a.m. to 4 p.m. the River Valley Educational Foundation, Inc. will be hosting a FREE E-Waste recycling event. This event will allow local members and businesses of the community an opportunity to recycle old computers, monitors, laptops, VCR's, TV's, printers, and other miscellaneous electronics (excludes appliances and batteries) without paying the normal recycling fees associated to these items. In addition to the public's benefit the school with receive a monetary reimbursement for certain items collected during the event. Funds raised by the River Valley Educational Foundation, Inc. are then used to support the schools programs and campus improvements throughout the 2010-2011 school year.

River Valley Charter School provides students in grades 7th to 12th with a rigorous, standards-based, college pre-

See More Bits on page 4

On the front page

"Hands Free is Ticket Free" in San **Diego County**

Holding a phone while talking and driving is clearly a safety concern for the public. You need both hands on the wheel for maximum safety. We strongly urge all California drivers to act now and utilize an earniece or other device in order to talk handsfree if it is necessary to use your cell phone while driving. The National Safety Council (NSC) estimates that at least 28 percent or 1.6 million crashes are caused each year by drivers using cell phones and texting. The NSC estimates that 1.4 million crashes each year are caused by drivers using cell phones and a minimum of 200.000 additional crashes each year are caused by drivers who are texting.

The campaign resulted in the following citations issued by CHP officers and allied agency

- 593 citations issued for CVC section 23123(a) - or Wireless Telephones /CVC section 23124(b)- Wireless Telephones, Under 18
- 36 citations issued for CVC section 23123.5(a) - Texting while driving or Reading electronic device while driving.

The joint effort of the CHP and local law enforcement sent a strong message. If you are caught talking on the cell phone while driving without a hands-free device, you will be cited.

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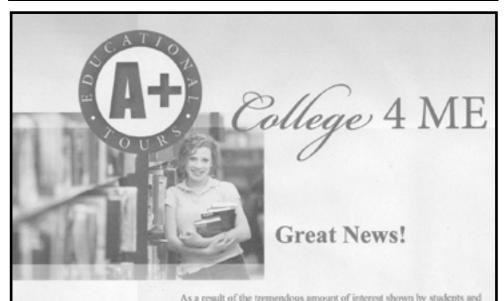
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Parents at the recent GUHSD/Cuyumaca College Got Plans College and Career Fair, A+ Educational Tours will be holding an East County College 4 ME Summer Tour informational meeting for students grades 10-12. Learn how a College 4 ME Tour will provide all participants the opportunity to visit universities such as UC Santa Barbara, UCLA, UC Riverside, CSU Long Beach, USC, Cal Poly San Luis Obispo and Cal Poly Pomona. This experience will allow parents and students to make an informed decision on which college to attend based on first-hand experience, not just promotional material.

Please attend and support your child's education beyond high school.

When: February 3, 2011

Where: Helix Charter High School Room 1300

Time: 6:30 p.m.

Seating will be limited! - please RSVP to: David - A+ Educational Tours Tel: (619) 933-4284

This event is sponsored by A+ Educational Tours

www.apluseducationaltours.com



EAST COUNTY

Gazette

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

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El Cajon Animal Shelter

1275 N. Marshall Ave., El Cajon, CA 92020

Phone: (619)441-1580 The shelter is open to the public from 10 AM to 5:30 PM, Tuesday through Saturday and from 1pm-2pm for lunch.

The shelter is closed Sunday and Monday. The El Cajon Animal Shelter is not a part of the San Diego County Animal Services.

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SHOP EAST COUNTY

More bits and pieces

Continued from page 2

paratory program in a small school environment that allows for personal attention to each student and encourages strong family involvement. The school targets motivated 7th-12th grade students who have a home school background or who, if from a traditional school background, have a desire to attend a small school with a strong home component. The school focuses on students interested in preparation for college or postsecondary vocational training. Students' core academic classes are scheduled two days per week. On non-class days, students work on class assignments, participate in community service and/or internships,

and have the opportunity to meet individually with teachers for academic tutoring. River Valley's 2010 Academic Performance Index (API) score of 920 (range is 200-1000) allowed them to maintain the highest API score in San Diego County for the seventh consecutive year. The school operates on a conservative budget and focuses funding on its academic programs leaving many sports, music programs. and campus improvements without funding.

The E-Waste event will be held at River Valley Charter School, which is located at 9707 1/2 Marilla Dr., Lakeside, CA 92040 or visit www. ewastegreen.com for more information.

Wall of Honor

On Saturday, January 29 at approximately 9 a.m. we will celebrate the beginning of construction on the Wall of Honor at the Alpine Community Center! County Supervisor Dianne Jacob and Viejas Tribal Chairman Anthony Pico will be featured speakers, and will have the honor of moving the first shovels full of dirt. If you were one of the many who told us that you would like the honor of personally participating in this effort to honor all of our veterans and currently serving military, come dressed

Shack will be on hand with hamburgers and hot dogs should you work up an appetite in the process. We will have sample tiles and tile applications available. Come prepared to enjoy some great speakers, music, and community spirit!

Lakeside community calendar

Jan. 29: El Capitan Band all-you-can-eat spaghetti dinner, Sat. 5-8 p.m., Lakeside Rodeo Banquet Room. Tickets \$10 per person in advance or \$12 at the door. Kids under three are free.

Jan. 30: Our Lady of Per-The Alpine Kiwanis Cook petual Help open house.

Feb. 2: Lakeside Planning Group meeting, 7 p.m., Lakeside Community Center.

Feb. 7: Chamber meeting 6 p.m. Lakeside Community Center.

February: S.K.A.T.E two competition divisions - 14 and under and over 14. 10 a.m., Lindo Lake 9841 Vine St., Lakeside (619) 443-4169. Registration fee \$5.

Feb. 7: Chamber meeting 6 p.m. Lakeside Community

Feb. 9: Lakeside Design Review board meeting 7 p.m. Lakeside Community Center.

Valentine's Day Party at Hillside Recreation Center

Come join Hillside Center for a Valentine's Day celebration! Children ages 5-12 years old are invited to participate in a variety of fun and exciting Valentine-themed activities including games, arts & crafts, creating edible goodies, and much more. The party will be held on Monday, Feb. 14, from 4 to 6 p.m. and it costs just \$10 per child. Sign-ups have already started and the deadline to enroll is Thursday, February 10. Hillside Recreation Center is located at 840 Buena Terrace in El Cajon, just off Fletcher Parkway. For more information call (619) 441-1674, or stop in to sign up.

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NOEL BREWER YEATTS

Noel is the founder of Tour of Hope and the president of causelife, a movement of people dedicated to provide the most essential need to human life-clean water. She also serves as vice president of World Help, a nonprofit humanitarian organization. Noel is co-author of Children of Hope and causelife: water equals life, and a frequent conference speaker.



JO SAXTON

Jo is a director of 3DM, an organization helping church leaders make discipleship and mission the heartbeat of the local church. She is a sought-after speaker both nationally and internationally. Jo also writes devotional material, articles, and blogs and is the author of Real God, Real Life.



DANITA ESTRELLA

Danita is the founder and CEO of Danita's Children in Haiti. This organization exists to rescue and care for orphaned children, meeting their needs spiritually, physically, academically, and emotionally. Danita was recently featured on Fox News.



Brandi is the wife of Tony Foglio, Senior Pastor of Sonrise Community Church in Santee, CA, and "mom" to their three children. Her message is simple: Accept the overwhelming grace, forgiveness, and abundance of Jesus Christ.



CHRYSTINA FINCHER

Chrystina is a singer, songwriter, and producer from Atlanta, GA. She currently leads worship full time at various camps, conferences, and for Northpoint Community Church in Alpharetta, GA. She is also a songwriter for the GA-based Rethink Group/Amber Sky Records.



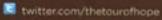
CHILDREN OF THE WORLD

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February 26, 2011 thetourofhope.net/SoCal



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— LOCAL NEWS & EVENTS—

El Cajon highlights

By Monica Zech, City of El Cajon Public Information Officer

We are very proud of El Cajon's finest

verseeing a City of almost 100-thousand residents, the El Cajon Police Department was selected as the one Law Enforcement Agency to be recognized at the Neighborhood Market Associations Annual Awards Dinner held recently at the Manchester Grand Hyatt. The prestigious award was given for their work the NMA in reducing youth access to tobacco and alcohol. More accolades - the department was also one of three finalists for the Statewide James O. Wilson Award for their efforts in Community Policing and community outreach. They will be recognized at the annual awards ceremony in Anaheim in February. Recent stats show the City of El Cajon had "no" murders in El Cajon in 2010, with two in 2009.

Celebrating promotions & retirements for El Cajon's finest

It's a special occasion as the El Cajon Police Department holds a Promotion and Retirement Ceremony on Wednesday, Jan. 26, from 4 to 5 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue in El Cajon. For more information please call (619) 579-3351.

Two city commission openings

The City Council has extended the deadline for accepting applications for two seats on the Gillespie Field Development Council. The filing period is January 26 through February 14, by 5 p.m. Interviews and appointments are scheduled for February 22, 2011, at 7 p.m. in the City Council Chambers, located at 200 Civic Center Way in El Cajon.

The following commission positions are currently open:

Gillespie Field Development Council

Two Seats

One (1) Four-Year Term expiring 01/31/2015

One (1) Four-Year Term expiring 03/18/2015

Applications are available at the City Clerk's Office, first floor at City Hall, located at

200 Civic Center Way in El Cajon. To apply online go to www.ci.el-cajon.ca.us and look under "What's New" for City Commission Openings. For more information call (619) 441-1764.

The East County Chamber celebrates it's 100th year!

This year the San Diego East County Chamber of Commerce will mark its 100th year in operation and to celebrate, the Chamber is hosting a spectacular evening on Friday, February 25, 2011. The 100th Year of the Chamber: the Inaugural Gala and Awards Dinner will honor outgoing Chair, Roger Roberts, and inaugurate their incoming Chair, Joe Mackey. They will also toast the businesses of the year and honor some of East County's most devoted community servants. This year will be even more special, as they recognize the 100th operational year of the Chamber - and the 100 years of business advocacy, service and community involvement in East County. This event will be held at the Crystal Ballroom, 414 N. Magnolia Avenue, El Cajon, CA 92020, from 6 to 9 p.m. It's \$75 per person, please RSVP by emailing jarrydd@eas tcountychamber.org.

Have your car seat checked at the El Cajon Library

The El Cajon Library will be holding one more Safety Car Seat Check Up, on Thursday, Feb. 3, from 5 to 7 p.m. The library is at 201 East Douglas Avenue, in El Cajon. The car seat check up will be located in the east side parking lot between the library and the Fire Station. You may be eligible to receive a "free" car seat. For more information or to register call (888) 846-4200, ext 110.

You could be the next Miss El Cajon or Miss Rancho San Diogo

The Miss El Cajon Scholarship Association is looking for contestants for the 2011 Miss El Caion and Miss Teen Rancho San Diego Scholarship Pageant scheduled for Saturday, March 19. They will also be selecting the Miss El Cajon Teen and Miss Rancho San Diego Teen. If you would like to be more involved in your community, make new and lasting friendships, develop your public relations skills. and earn scholarship money for college, you are invited to attend an informative orientation on Saturday, Jan. 29, at

1 p.m. at Kennedy Recreation Center located at 1675 East Madison Avenue in El Cajon. Young women, ages 13-24, who reside in El Cajon are encouraged to attend. Please call (619) 938-3477, or email: misselcajon@yahoo.com to RSVP for the orientation.

Lend A Hand Clean-up is this weekend!

Kick off 2011 by volunteering! Join the El Cajon Community Development Corporation for January's "New Year, New Neighbor" themed Saturday Morning Clean-up. The Lend A Hand location will be at the corner of South Sunshine Avenue and Chamberlain Avenue on Saturday, Jan. 29, from 9 to 11 a.m. Along with the standard trash pick-up and graffiti identification, they will also host some fun activities to help you meet your neighbors. It promises to be a morning of good company, vibrant energy, and positive change in our neighborhoods. If you've recently cleared out the closet and you're looking for a place to pass on gently-used housewares, clothing, toys, or working electronics, the El Caion CDC will also collect items for tax-deductible donations to the San Diego Rescue Mission. Simply drop them off at the Lend A Hand location. For more information or to register, call (619) 401-8858.

Concert coming to The Knox House Museum

In celebration of First Fridays downtown, the Knox House will host a Salon Series in the parlor of Amaziah Knox. The first casual gathering will feature two Acoustic Guitarists on Friday, Feb. 4, from 6 to 7:30 p.m. February Is Museum Month and the Knox house will be open each Saturday in February from 11 a.m. to 2 p.m. If you've never been - the Knox House Museum is all about life in El Cajon during the years of 1876 through 1912. It's located at 280 N. Magnolia Avenue in El Cajon. For more information visit www.elcajonhistory.org or call (619) 663-0228.

Asian Fusion comes to Sophie's Art Gallery

Starting Feb. 4 - 28 Sophie's Art Gallery will showcase Asian Fusion, their annual Gotta' Have Heart Art Show. Stop by for a free public reception on Friday, Feb. 4, from 5 to 8 p.m. Sophie's Gallery is located at 109 Rea Avenue in El Cajon. Sophie's Gallery and Gift Shop are art programs of St. Madeleine Sophie's Center, providing opportunities for artists with developmental disabilities. For more information call (619) 593-2205.

Utility Art Box Program

"UArt" - Downtown El Cajon's Utility Art Box Program continues to grow! If you would like to transform an ordinary utility box into a valued piece of public art, applications are available online and due to the El Cajon Community Development Corporation by this Friday, Jan. 28. Artists chosen will receive a stipend of \$125 to cover project expenses. This program is inspired and supported by the City of El Cajon and coordinated by the El Cajon CDC. This season, project organizers are particularly interested in artwork promoting public transportation or environmental health. Of course, artists and community members are also invited to contribute creative designs that celebrate the identity and character of El Cajon - its past happenings, signature community events, distinctive businesses, historic buildings, natural beauty, culture, and more. To learn more, please contact Rebecca Reyes, Community & Economic Development Associate, at (619) 401-8858.

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, California, 92020.





Business/Finance & Real Estate

Understanding credit scores

by Jason Alderman

vou've tried to take out a loan or open a new credit account recently, you know that the days of easy credit are long gone. Lenders, insurers, landlords and even some employers are more diligently scrutinizing your credit history to see if you're a worthwhile risk.

A low credit score can cost a small fortune over the course of a lifetime. What often happens to people with poor, or even fair, credit scores is:

It's harder to qualify for a mortgage, you'll need a bigger down payment and you'll pay a higher interest rate, which adds up over time. Someone with poor credit might pay an extra \$100,000 in interest over the life of a typical 30-year, \$300,000 mortgage.

Similarly, someone with a poor score might pay an additional \$10,500 in interest

on a 60-month, \$25,000 auto

Credit card interest rates can be 10 or more percentage points higher and credit limits are typically much smaller.

Although credit scores aren't factored into federal student loan interest rates, they are with private student loans, often resulting in rates several percentage points higher.

Here are a few key con-

Credit bureaus. Each major credit bureau - Equifax (www.equifax.com), Experian (www.experian.com) and TransUnion (www.transunion.com) - compiles information from lenders who've extended you credit, tracking the number and types of credit accounts you use, how long they've been open and whether you've paid your bills on time.

Credit report. Upon request

from you or a potential lender (and, increasingly, employers and landlords), bureaus assemble a report showing your credit history to date. Among other things, it contains a summary of open and closed accounts, outstanding balances, recent inquiries and negative items (late/missed payments, bankruptcy, tax liens, etc.)

Credit scores. When you apply for new credit, the lender will ask a credit bureau to compile a three-digit credit score, based on information in your credit report - essentially a snapshot of your credit profile at that moment. The lender uses your credit score to supplement its own selection criteria to determine whether you are a worthy credit risk.

Five factors are used to determine your credit score: payment history (usually around 35 percent of your score), amount owed (30 percent), length of credit history (15 percent), newly opened credit accounts (10 percent), and types of credit used (10 percent). These five categories may be weighted differently depending on your individual circumstances.

You can order one free credit report a year from each

bureau. (Order through the government-authorized www. annualcreditreport.com; otherwise you'll pay a small fee.) This helps you identify bad credit behavior and spot fraudulent activity or errors before they damage your credit.

A good strategy is to rotate ordering a free report from one bureau every four months; that way, you'll keep year-round tabs on what's being reported about you. You can also order individual credit scores for around \$15.

Many good resources share what you can do to protect – or repair – your credit scores, including the Credit Education center at www.myfico.com, the Federal Trade Commission's Credit & Loans page under "Consumer Protection" at www.ftc.gov, and What's My Score, a financial literacy program run by Visa Inc., which also features a free FICO Score Estimator that can help you approximate your score (www. whatsmyscore.org).

Jason Alderman directs Visa's financial education programs. To participate in a free, online Financial Literacy and Education Summit on April 4. 2011, go to www.practicalmoneyskills.com/summit2011.

Biz Bits



Lipstick Jungle in Lakeside is now open at 13280 Old Hwy 8 Business (next to Alpine Rock & Block). Pictured above is Mike Anderson, Toni Hutchinson (nail tech), Daniel and Pam Garcia (Owners), Cindy Crawford, Marji Schmigall and Terri Leimbach at the official Lakeside Chamber ribbon cutting/business mixer on January 5. Nearly 75 people attended the mixer which included the ribbon cutting and grand opening of the new salon. Join the Lakeside Chamber of Commerce as a new Chamber member and the Chamber will provide a ribbon cutting for your business. Contact Lipstick Jungle at (619) 312-1251, Photo credit: Patt Bixby

Two City Openings for Gillespie Field **Development Council**

The City Council has extended the deadline for accepting applications for two appointments to the Gillespie Field Development Council. The filing period begins on January 26 and ends at 5:00 p.m. on February 14, 2011. Interviews and appointments are scheduled for February 22, 2011, at 7:00 p.m. in the City Council Chambers, located at 200 Civic Center Way in El Cajon.

The following positions are currently open:

Gillespie Field Development Council

One (1) Four-Year Term expiring 01/31/2015

One (1) Four-Year Term expiring 03/18/2015

Applications are available in the City Clerk's Office, first floor at City Hall, located at 200 Civic Center Way in El Cajon. To apply online go to www.ci.el-cajon.ca.us and look under "What's New" for City Commission Vacancies. For more information please call (619) 441-1764.

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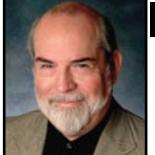
Proceeds benefit: The Girl's Self Esteem Scholarship Programs, Produced by the Council for Youth Empowerment, a 501 c 3 non-profit organization.

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For Health's Sake

Stop smoking now and forever

the use of hypnotherapy comes

into play and why is has a very

high success rate for smoking

cessation of approximately 75

percent (mine is around 95 per-

cent). Keep in mind that suc-

cess rate also depends on your

desire to change. Make sure

that you are the one desiring

this change, not your spouse or

boss or kids, etc. Thru hypno-

therapy we are dealing directly

with the sub-conscious mind to

make the changes in habits and

People began and remain

smokers for a multitude of

behavior that you desire.



by Judy Callihan Warfield

Thy is it so hard to quit smoking? Well perhaps this will help you understand why habits are so hard to change. Our behavior, habits, and patterns reside in our sub-conscious mind. Our logic, reasoning.

and will power reside in our conscious mind. Herein lies the problem. Logically, you know you need to stop this destructive habit.

You know all the health reasons why you should stop. You have always prided yourself with a very high motivation and will power. But, you just can not stop smoking. STOP BEATING YOURSELF UP!! People will try to change behavior or habits and when they can't they blame themselves and get frustrated which usually escalates the bad behavior and habit.

Allow me to explain this dilemma so you can stop blaming yourself for your lack of will power, etc. The conscious mind makes up approximately 10

percent of the power of your removing the desire to smoke mind. The sub-conscious mind without giving you a different makes up a huge 90 percent tool can be risky. of the power of your mind!!! So you can see that applying Most people recognize that only 10 percent as opposed to a stubborn 90 percent is usually a losing battle. This is where

smoking is damaging to their health. But, did you know that it is the number one reason for impotence in men!!! It slowly decreases our lung capacity, we lose our stamina and energy, it also starts to eat away at our self esteem and confidence because we are unable to keep those promises to ourselves.

Most people do not have a physical addiction to nicotine unless they are smoking over one-and-a-half packs a day. That flu like symptom or the shakes that a lot of people experience when they attempt to stop smoking is due to sugar withdrawal. Since sugar is one of the most addictive substances on the planet, of course, it would be included in the list of ingredients that will help to addict you to the cigarettes.

There is absolutely nothing in a cigarette that reduces stress. If that were the case the cigarette companies would be manufacturing a non prescriptive pill that would outsell any type of cigarette. What is relaxing is putting yourself in a place just for you; taking that deep breath; mentally focusing on something else; and giving yourself a "reward".

There are hypnosis techniques that will work faster than lighting up a cigarette because nothing works faster than your own thought process.

I prefer a program that is a combination of gradual reduction in number of cigarettes each day each week with reduction and de-sensitization of "smoking triggers" and some mild aversion techniques to cement in the change of behavior and, of course, we are going to be dealing directly with your sub-conscious mind which is where this habit resides

How much time, money, and energy goes into this destructive habit in your life? Now is the time to make a permanent change in your life!

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

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reasons. Some people smoke because of stress, boredom, social, loneliness, peer pressure from childhood, fear or rejection from smoking friends, ritual enjoyment, and some people actually get secondary gains from smoking by being able to take smoking breaks, etc. Unless you are able to address and unveil what your "smoking triggers" are, chances are that it will continue to be very difficult to finally guit for good. These individual and specific issues must be addressed in private

Laughter is the **Best Medicine**

Retired pirate

Once there was a retired pirate who decided visit his brother. When the pirate got to his brother's house, he knocked on the door and his brother answered the door and said, "Oh my gosh, what happened to your hand!?! "

The pirate said, "I lost it in a sword fight, but now I have a

Then the brother said, "What about your leg?"

The pirate said, "A cannonball hit it, but now I have a peg

Then the brother said, "Well, what about your eye?"

The pirate said, "I got some dust in it."

The brother said, "How could you lose your eye by just getting some dust in it?'

Then the pirate said, "It was my first day with my hook!

Dear Dr. Luauna



n the times we are living in, it seems so many are facing hardships of every kind at every turn. What do you do when trouble comes your way?

Sometimes the first instinct is to throw your hands up in the air and quit; I want to encourage you to do just the opposite, endure! Endurance means, "The power to withstand hardship or stress," with Jesus we have the power to withstand.

2 Timothy 2:3-4, "You therefore must endure hardship as a good soldier of Jesus. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier." The Apostle Paul used the example of a soldier in this scripture because hardship is a fact of Christian life. A stress free life with no hardships is not realistic, instead the Christian is promised Jesus will equip us for victory, He will help us overcome.

The battles of life are very serious, much is at stake, the Lord is using Christians as instruments of light to shine in the darkness. Our key to victory is trusting the Lord to bring us through. As we lean upon Jesus and His promises, on the other side of hardship, we shall be strengthened.

1 Peter 5:9-10, "Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood

in the world. But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen and settle you.'

The meaning of steadfast is, "Fixed or unchanging." I Corinthians 15:58, "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."

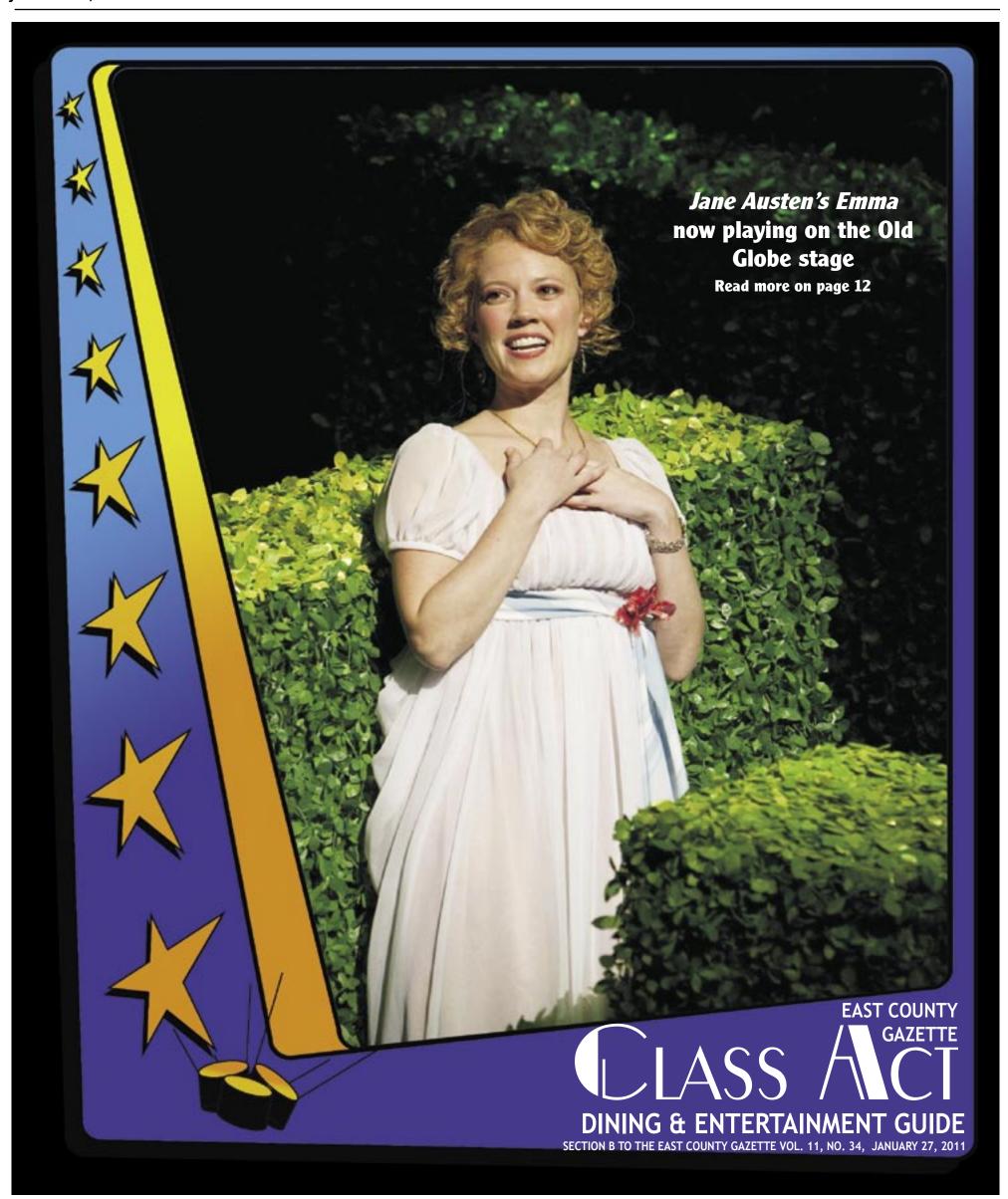
Jesus himself, gave some powerful advice to his disciples, which is timely for us today, John 16:33, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." Because Jesus has overcome the world and its problems, He is able to promise peace to

Jesus brought peace to his disciples when they were in the middle of a storm, Mark 4:39, "Then He arose and rebuked the wind, and said to the sea, 'Peace, be still!' And the wind ceased and there was a great calm.

Rise up Christian soldiers, the Prince of Peace, Jesus is with vou!

> Connect with Dr. Luauna questions@drluauna.com www.drluauna.com www.atouchfromabove.org

Facebook & Twitter: Dr Luauna Stines 760-315-1967



— LOCAL EVENTS —

Out and about in the County

Through January 30 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Best of Nature View inventive and daring nature-based imagery by amateur and professional photographers. From an elk silhouetted in the morning mist with reflections that mimic wildfire, to the underside of brilliant red cardinal wings against a snowy sky, the images in Best of Nature are not to be missed. Three rounds of judging took place to choose the winning photographs, which range from land-scape and wildlife images to abstract/impressionistic nature-based images. Traditional and digital photographic works are represented in the show. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through February 28 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. BioScapes See the winners of the 2010 Olympus BioScapes Photo Competition on display. Now in its eighth year, the Olympus BioScapes competition is the world's premier platform for honoring images and movies of human, plant and animal subjects as captured through light microscopes. The images illustrate how photography has become an essential part of scientific investigation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3, 2011 3D Film Premiere Turtle Reef— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Turtle Reef is a new emotionally inspiring story that explores the intimacies of the relationships between creatures on a coral reef in Hawaii over a 24-hour period. Explore the dynamic relationships and partnerships formed on coral reefs featuring the Hawaiian Green Turtle (Chelonia mydas). Endangered by over fishing, these turtles were brought to the brink of extinction before legislation in 1978 protected them. Today, the Hawaiian population is recovering, but in may other places elsewhere in the world, turtles face a grim future. Turtle Reef is a new film from the award-winning team that produced the giant-screen Ocean Oasis. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232-3821.

Through April 3, 2011 3D Film Experience—Waking the T. rex:San Diego Natural History Museum, 1788 El Prado in Balboa Park. The Story of SUE In May 2000, the world was introduced to Sue, the most complete T. rex specimen ever discovered. Her skeleton has fascinated millions. Now this famous Tyrannosaurus rex, the most renowned predator of the dinosaurs, will awaken. Join scientists as they decipher fossil clues to piece together the lifelong struggles, from nest to death, of this famous Tyrannosaurus rex. Witness her life events unfold, including an epic battle with a Triceratops, in a world where the only rule is eat or be eaten. Recommended for children age 9 and up. Waking the T. rex 3D: The Story of SUE is presented by D3D Cinema and The Field Museum. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

— ON THE CLASS ACT COVER —

Jane Austen's Emma – A Musical Romantic Comedy entertains on the Old Globe stage now – March 6.



Through April 3 Traveling exhibition— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Lizards & Snakes: Alive! Small and shy, or big and fierce? Bright as a jewel, or hardly visible? Four legs? Two legs? No legs at all? When you're talking about lizards and snakes—the squamates—the answer is usually . Yes! This ancient group, whose scientific name is Latin for "scaled," is more diverse than mammals, as old as dinosaurs. And they're almost everywhere: harsh desert to lush rainforest, high in the treetops, beneath the ground. We share the planet, but we often overlook these quiet neighbors. So welcome to the world of squamates, and get ready to be surprised! Created in collaboration with the American Museum of Natural History and Fernbank Museum of Natural History, this fascinating exhibition features a mix of live animals and interactive displays that reveal the secret lives of a group more diverse than mammals and as old as dinosaurs. Lizards and Snakes: Alive is funded by the San Diego County Board of Supervisors at the recommendations of Chairwoman Pam Slater-Price, Supervisor Ron Roberts, and Supervisor Greg Cox. Additional financial support provided by the City of San Diego Commission for Arts and Culture. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13-17, students; \$11 for children 3-12. Free for members. For more information call (619) 232-3821.

Through early April; 9:30 a.m. and 1:30 p.m. Whale-watching Cruises Don't miss your chance to watch whales migrate past San Diego! The Museum offers several types of whale-watching and nature cruises this winter. Museum members receive great discounts on whale-watching cruises! Also, nonmembers may purchase museum/cruise combo packages at a reduced price. Call the Museum's Visitor Services Desk for more information at 877.946.7797.

Jan. 30; 12:15 p.m. and 2:15 p.m. Free family performance—Wacky Science Sundays with Ms. Frizzle™ and The Magic School Bus© Wahoo! Join us for live performances EV-ERY Sunday at the Museum. Get ready to explore the wild and wacky worlds of mysterious creatures, fascinating habitats, and phenomenal hands-on science! FREE with Museum admission. For more information or to register, visit www.sdnhm.org or call (619) 255-0210 (M–F).

Jan. 29: The Neighborhood House Association's Housing Counseling program, 841 South 41st St. San Diego, is hosting a First Time Homebuyer Education Class on Saturday, Jan. 29 from 9 a.m. to 5 p.m. to provide first time homebuyers with the knowledge and confidence needed when purchasing their first home. This class fulfills the requirement for potential buyers to utilize government assistance programs such as the down payment, closing costs and shared equity programs. The class will provide education and counseling on budgeting for a home purchase, finding a home, shopping for a loan and caring for a home. Guests must pre-register by calling (619(263-7761 x122 or emailing ccollins@neighborhoodhouse.org to obtain a seat. There is a \$35 registration fee per household. Neighborhood House Association (NHA) Housing Counseling Program is a U.S. Department of Housing and Urban Development (HUD) approved counseling agency and is dedicated to providing families with the knowledge, awareness and resources related to all housing issues.

Feb. 5: E-Waste Recycling Event 10 a.m. to 4 p.m. at River Valley Charter School 9707 ½ Marilla Dr., Lakeside. Recycle Computers-Monitors-Laptops-TV's-Printers-Cell Phones-FAX-VCR-DVD, Stereos-Cameras-Scanners etc. NO APPLIANCES OR BATTERIES

Feb. 7: Hooley's 2 Year Anniversary Celebration La Mesa Chamber and East County Chamber Mixer at Hooley's Irish Pub from 5:30 to 7 p.m. Hooleys located at 5500 Grossmont Blvd. #277, La Mesa, CA 91942. Event Cost is \$10 to Members of both chambers, potential members \$15 per person. Door price \$20 per person. All prices include 1 Free Drink Ticket which can be redeemed for any beer, house wine, or well drink. Hooleys will be serving Irish Skins, Veggie Tray, Chicken Tenders, Chicken Pasta, and Shepard's Pie.

Feb. 11: Harrah's Rincon Casino presents: "Dia de Los Enamorados" – in the Pavilion Super Bailazo –This evening of sizzling Latin entertainment features Los Caminantes, Industria del Amor, Los Pastele Verdes & Los Moonlights. Showtime is 9 p.m. Tickets are \$35 per person in advance and \$50 per person

on the day of the show and can be purchased through Ticket-master by phone (800-745-3000) or through their website (www. ticketmaster.com). All guests must be 21 years of age or older to attend the show.

March 4: La Mesa Scholarship Pageant at Sonrise Community Church in Santee, 8805 N. Magnolia Ave., Santee. To become a contestant or for more info contact Alexandra Kuty 619-698-4163.

ONGOING

Wednesdays: Santee Farmer's Market from 3 to 7 p.m. on Mission Gorge, 10445 Mission Gorge

Fridays: La Mesa Farmers Market 3 to 6 p.m. in Allison Ave. parking lot, East of Spring Street.

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

Wednesdays in February- Karaoke at Harrah's Rincon.

Don't just sit at home and watch those talent contest TV shows – come on out to Harrah's Rincon and check out Karaoke Wednesdays at Harrah's Rincon. Every Wednesday night from 8 p.m.-midnight in the Oasis Lounge, guests can take the mike and thrill the audience with their hidden talent.

Permanent exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Fossil Mysteries From dinosaurs to mammoths, discover the rich fossil history of our region. In this major exhibition created by the Museum visitors can play the role of paleontologist: ponder a mystery, examine the strong fossil evidence from the Museum's collection, and use scientific tools to discover answers. Traveling through a 75-million-year timeline, from the age of dinosaurs to the Ice Ages, experience an unfolding of the prehistory of southern California and the peninsula of Baja California, Mexico. Major funding provided by the California Cultural and Historic Endowment; National Science Foundation; Stephen and Mary Birch Foundation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Ongoing Giant-screen film—Ocean Oasis Take a fascinating journey into Mexico's beautiful Sea of Cortés and the Baja California desert. San Diego Natural History Museum, 1788 El Prado in Balboa Park. Ocean Oasis is the winner of the Jackson Hole Wildlife Film Festival and the International Wildscreen Film Festival. For more information visit www.sdnhm.org. Produced by the San Diego Natural History Museum, Summerhays Films and PRONATURA A.C. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Exhibition—All That Glitters: San Diego Natural History Museum, 1788 El Prado in Balboa Park. The Splendor and Science of Gems and Minerals Gems seduce us with their sparkle. But did you know that every glittering ruby, sapphire, diamond, and opal has a history as old as the Earth itself? A gem isn't just a pretty bauble—it's a wonderful by-product of the tremendous forces that have shaped our planet. Discover how the same Earth processes that build landscapes produce dazzling gemstones and precious metals—even right here in San Diego County, one of the most famous gem-producing regions in the world. The exhibition, developed and built by Museum exhibit designers, features a stunning selection of spectacular natural mineral crystals, exquisite jewelry, and works of art. All That Glitters: The Splendor and Science of Gems and Minerals is funded by the San Diego County Board of Supervisors at the recommendation of Chairwoman Pam Slater-Price, with additional sponsorship by Bank of America Charitable Foundation and Jerome's Furniture. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13-17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

New books — entertaining and educational

Reviews by Diana Saenger

rush Barry Brush by Linda Valderrama with illustration by Soudabeh Memarza-

There's nothing better than combining two important elements in a child's life. That's what San Diego author Linda Valderrama has done in her children's book Brush Barry Brush. Book Illustrator Soudabeh Memarzadeh creates visual drawings of different children as they eat a particular food, and on the opposite page is the book's theme message – brush your teeth - with the child brushing his teeth. Written with a very simple message the book is probably geared to younger children who need to set basic hygiene patterns at

Linda Valderrama, who states the country is facing the very significant increase in tooth decay among young children, has more than a basic desire to encourage children to brush. She's a graduate of Ohio State University with more than 25 years of dental hygiene experience. The author spent three years working as a dental hygienist in Geneva, Switzerland and

a voung age.

is a member of the San Diego County Dental Hygienist's Association. The book includes a



chart with fun stickers the kids and parents can use to keep track of their progress.

Early Childhood Educator Gail Flacks highly recommends the book. "This is a delightful and effective introduction to the wonderful world of oral hygiene for preschoolers,"

Writer and food critic Gloria Gale said about Brush Barry Brush, "Your children can see vivid portrayals of kids, just like themselves, who still can eat all the goodies then brush away trouble.'

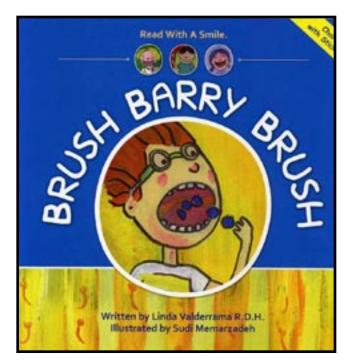
Brush Barry Brush is available from http://shirlevsgirlpublications.com/ or www.amazon.com

Published by Shirleysgirl publications Softcover ISBN 978-0-578-06605-31 pages \$11.95

Ben KaChoo Sink or Swim - by Angela Larson with illustration by Laura K. Brown

This is a book connected to a toy in a wonderful idea from Fierce Fun Toys. Ben is a hippo with allergies that lives in the zoo's swamp. Living in a swamp and having allergies leads to explosive results: Ben sneezes, he

sneezes a lot. The story is written from Ben's point of view as he talks about his allergy, other animal friends in the zoo and his favorite foods. The illustrations are fun and inviting and help tell the story. With a squeeze of his tail the 10inch hippo plush toy of Ben KaChoo offers six different 'sneezes', along with a "whoa" and "excuse me" Clearly not your average hippo, or even your average sneezer! There's a page of fun stickers in the back of the book. Toy and book are purchased separately. Fierce Fun Toys, LLC is a philanthropic for-profit company that donates a portion of their proceeds to charities that help children including Half the Sky (supporting orphans in China) and Smile Train (helping children with cleft



lip/palette worldwide).

Ben KaChoo Sink or Swim is available from http://fierce- funtoys.com/

Published by Fierce Fun Toys Softcover ISBN 978-1-4507-3125-6 34 pages \$11.95





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— ON STAGE —

Spotlight on community theater

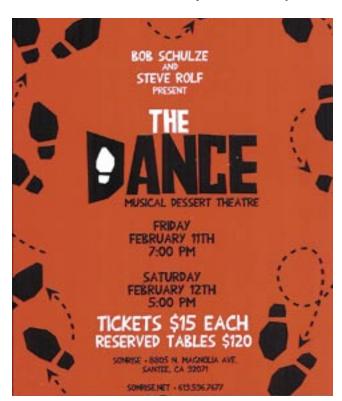
Previews by Diana Saenger

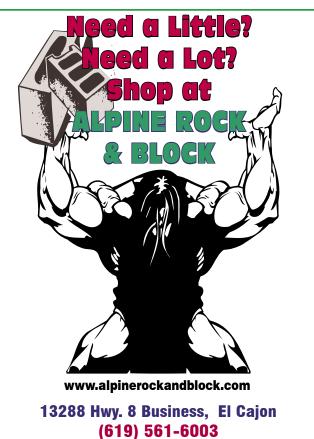
new year brings out new theatrical productions with a fresh energy. San Diego is blessed to be home to some of the country's most recognized playhouses and staff. Anyone who has not experienced this great accolade might find something currently playing that sounds appealing.

Broadway San Diego

The greatest family musi-

cal of all time, the wonderful The Wizard of Oz, twists its way across the country! The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto and their friends the Cowardly Lion, Tin Man and Scarecrow in this lavish production, featuring breathtaking special effects. dazzling choreography and classic songs. The Wizard of Oz runs Feb.15 - 20 at the Civic Theatre. For more information call (619) 570-1100 or visit http://www.broadwaysd.com





Cygnet Theater Company

The Tragedy of the Commons by Stephen Metcalfe and directed by Sean Murray, plays at The Old Town Theatre Jan 29 - Feb 20. Dakin Adams, a retired school teacher, spends his days writing and sending his thoughts - his blogs – out in the void that is the internet. His wife, Macy, walks the dogs and gardens. It would seem the only thing they have in common anymore is their home, their memories and their love of "the view" - the Pacific Ocean as seen from the back deck of the house. But now their neighbor is selling and the new owner is coming in to tear down and rebuild - build "up" – and the view – and the fragile relationship of two people - is in ever increasing jeopardy. For more information call (619) 337-1525, or visit www.cygnettheatre.com

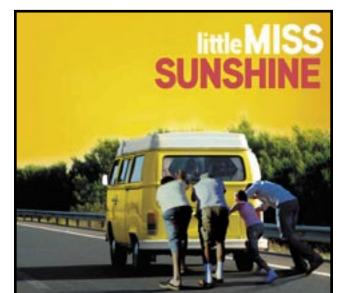
La Jolla Playhouse

Little Miss Sunshine brightens up the Playhouse stage Feb. 15 - March 27. Based on the Academy Award-winning film, Little Miss Sunshine is an outrageously funny and surprisingly touching new musical. The Hoover family has seen better days. Richard, the father, is a floundering motivational speaker, Grandpa's been kicked out of his retirement home, and Uncle Frank's been dumped by his boyfriend. Moody teenager Dwayne has taken a vow of silence and overextended mom Sheryl can do little more than slap on a smile. But when the youngest Hoover... energetic Olive, enters a regional children's beauty pageant, the family thinks their luck could change and embarks on a cross-country trek chasing the coveted title of "Little Miss Sunshine." For more information call (858) 550-1010, or visit www.lajollaplayhouse.org

Old Globe Theatre

Jane Austen's Emma – A Musical Romantic Comedy entertains on the Old Globe stage now – March 6. The delightful story of *Emma*, a timeless love story from one of the most widely read writers of all time, is now a musical, and will once again entice modern audiences to fall in love with one of Jane Austen's most adored characters. Emma, a beautiful and clever young woman who prides herself on her matchmaking ability, is preoccupied with romance yet is clueless to her own feelings of love. When she takes on a young friend as her latest project, her well-intentioned efforts misfire, leading to a whirlwind of complications. Tony Award nominated composer Paul Gordon and director and Tony Award nominee, Jeff Calhoun, bring Jane Austen's masterpiece to musical life

Running in the Shirley and Harvey White Theatre now – Feb. 27 is Arthur Miller's Death of A Salesman – winner of both the Pulitzer Prize and the Tony Award for Best Play. Salesman is a work of tremendous emotional impact and an unflinching examination of the American dream that is



Little Miss Sunshine will be performed at the La Jolla Playhouse Feb. 15 - March 27. Photo courtesy

as relevant today as the day it was written. After a lifetime as a traveling salesman, Willy Loman finds himself at the end of his career and at the end of his rope. As dreams of the past collide with visions of what might have been, Willy's wife and sons wage a desperate struggle to engage him in the present. For more information call (619) 23-GLOBE,or visit www.TheOldGlobe.org

San Diego Repertory Theatre

Superior Donuts by Tracy Letts and directed by Sam Woodhouse runs Feb. 5 - March 6, in the Lyceum Space at Horton Plaza. Hot off the Broadway stage, this is a hilarious and soulful story of the owner of a struggling, rundown donut shop in uptown

Chicago. His shop gets vandalized. Arthur is worn out. Is Superior Donuts destined to close its doors forever? Enter live wire Franco Wicks, a young black man with his Great American novel tucked under his arm. Franco convinces Arthur to hire him with the dream of transforming the donut stop into an upscale coffee shop with live music and poetry slams. The growing bond between them is the heart of a tale about two very different men with extraordinary potential who discover the healing power of friendship. Their story is full of surprising secrets, big laughs and even bigger emotional stakes. For more information call (619) 544-1000 or visit. www.sdrep.org



— HOME ENTERTAINMENT —

Home entertainment grows more exciting every month

Reviews by Diana Saenger

ost movie fans know the first months of the year offer few interesting films on the big screen. That's good for the DVD market where new titles arrive faster than the ads in our mailboxes. The array of selections for home viewing whether looking for something brand new, a beloved classic, a must-have horror film or a new-to-the-home market 3D. just gets easier all the time. The only tough part is what to watch. Here's a few that might have escaped everyone's list.

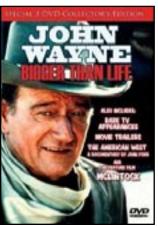
Featured DVD



'Secretariat' – Blu Ray & DVD

This film was on my TOP TEN list of 2010. Randall Wallace's biopic details the horse's history in an engaging and heartwarming story about family, faith, a remarkable animal and an equally momentous woman who fought family and logic to do what she felt in her heart was the right thing to do. The Chenery farm in Virginia is experiencing solemn times. Mrs. Chenery has passed on, and Penny Chenery-Tweedy (Diane Lane) and her family have returned to console her ailing father (Scott Glenn). She's also faced with figuring out with her brother Hollis Chenery (Dylan Baker) what to do with the financially stressed farm operation. They disagree, and soon Penny is on her own facing a world where women have not trod before and her own family does not understand her distraction from them. But this story is really about Big Red - raced under the name of Secretariat - and how he defied the odds and won accolades and hearts.

I enjoyed watching the film for the third time on Blu-Ray. It's just as exciting; however, I did notice that the usual Blu-Ray elements didn't quite grab me this time. I think that's because cinematographer Dean Semler's work on the film was so dazzling even Blu-Ray couldn't enhance it. There is plenty of humor in Secretariat, mostly at the hand of Malkovich as trainer Lucien who not only dresses like a vaudevillian actor but has a quirky personality. The faithbased elements in the film are uplifting all the way through. The bonus features on the DVD are great and include Wallace's interview with the real Penny Chenery; all about the horses in Heart of A Champion and Choreographing the Races. Rated "PG" – Walt Disney Studios Home Entertainment.



'John Wayne: Bigger Than Life'

The iconic John Wayne rode onto DVD this week in a special three-disc set collector's set that includes the western comedy McLintock! (1963), in which Wayne plays cattle baron George Washington McLintock who fights his wife, daughter and political landgrabbers, finally "taming" them all. The film co-stars Maureen O'Hara and Wayne's son, Patrick. Also featured are some of Wayne's TV appearances and three documentaries: Bigger Than Life (1990), covering the legend's life and films; The American West of John Ford (1971), highlighting the career and western films of acclaimed director John Ford, including interviews with Wavne and other colleagues; and No Substitute for Victory (1970), hosted by Wayne, about the communist threat and its zenith in Vietnam. Not Rated - Synergy Entertainment.

'Alice In Wonderland' – Blu Ray & DVD

Experience the magic and majesty of this classic with the ultimate collector's dream. For the first time, Walt Disney's timeless classic bursts into brilliance in Blu-ray Hi Definition! Featuring Disney Enhanced Home Theater Mix, this remarkable digital restoration boasts pristine sound and unparalleled picture quality. Join Alice as she chases the



White Rabbit and journeys into a topsy-turvy world that gets "curiouser and curiouser" as her fantastical adventures unfold. Meet the Mad Hatter. March Hare, Tweedledee & Tweedledum, the Cheshire Cat, the Queen of Hearts and more. The Blu-Ray bonus features include: Through The Keyhole: A Companion's Guide To Wonderland and an exciting interactive game, "Painting The Roses Red," specifically designed for this landmark release. Rated "G" - Walt Disney Studios Home Entertainment.



'I Spit on Your Grave; Unrated' - Blu Ray & DVD

A beautiful woman from the city, Jennifer Hills (Sarah Butler), rents an isolated cabin and Jennifer (Sarah Butler) gets cornered by intruders the country to write her latest novel. Soon, a group of local lowlifes subject Jennifer to a nightmare of degradation, rape and violence. Left for dead, she returns for vengeance. Trapping her male attackers one-by-one, she inflicts acts of physical torment upon them with a ferocity that surpasses her own ordeal. When the carnage clears, victim has become victor. This is a remake of the 1978 film and will mostly appeal to horror fans. (Note: only a portion of the DVD cover is shown due to reader sensitivity) Rated STRONG R - Anchor Bay Entertainment.



'Inception' – Blu Ray & DVD

Although this DVD was released in December, the film is getting Oscar buzz, so it's a good time to get the DVD if anyone has yet to see it. Director Christopher Nolan directs an international cast in this sci-fi actioner. Dom Cobb (Leonardo DiCaprio) is the best there is at extraction: stealing valuable secrets inside the subconscious during the mind's vulnerable dream state. His skill has made him a

coveted player in industrial espionage but also has made him a fugitive and cost him dearly. Now he may get a second chance if he can do the impossible: inception, planting an idea rather than stealing one. I have to admit I found this film too confusing to be enjoyable, but its drawing raves from critics and fans Rated PG-13 parents strongly cautioned - Warner Bros. Home Video.



'The Tudors: The Final Season' - Blu Ray & DVD

Anyone who has seen even one episode of *The Tudors* knows it's addictive. Even

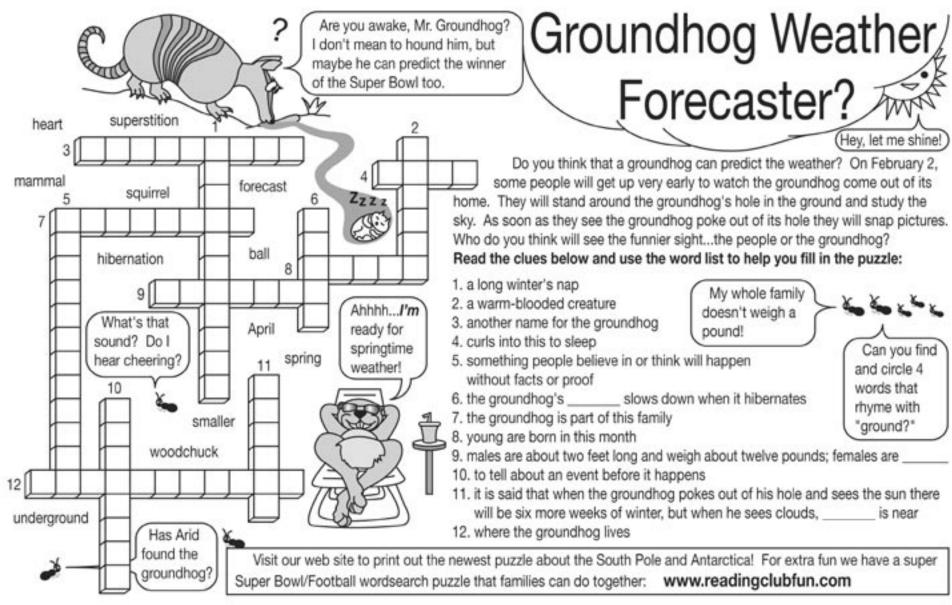
my 22-year-old grandson could hardly wait for each Showtime season series to be released. The Tudors presents the rarely dramatized, tumultuous early years of King Henry VIII's nearly 40 year, omnipotent reign (1509-1547). In addition to his famous female consorts and 20+ year marriage to Catherine of Aragon to the infamous dalliance with Anne Boleyn, the series delves in to Henry's most notable political relationship and the deconstruction of the Roman Catholic Church in England. Jonathan Rhys Meyers marvelously portrays Henry even through the beheading of several wives. Most notable in the series is the amazing production design by Tom Conroy, elaborate costumes by Joan Bergin and the extraordinary and vibrant cinematography by Ousama Rawi. This is one of the best series on DVD. Not Rated - Showtime Entertainment. Saenger Syndicate

For more DVD picks visit www.reviewexpress.com



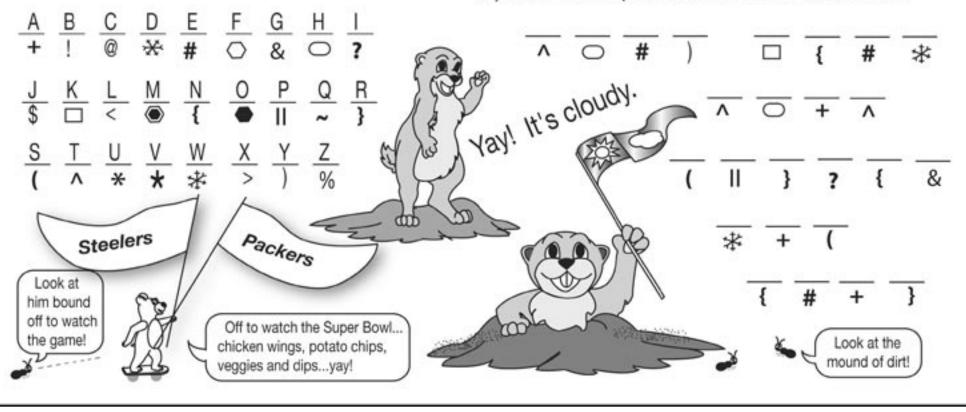




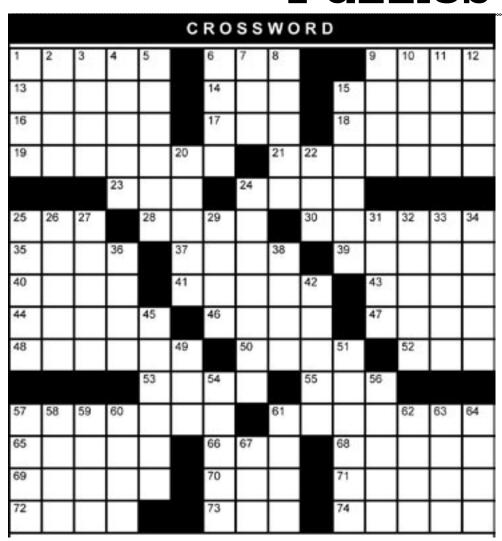




Why did the groundhogs cheer when they came out of their burrows and saw only clouds? Use the alphabet code to fill in the blanks and find out:



Puzzles and Fun



THEME: SUPER BOWL

ACROSS

- 1. Sounds of horse's hooves
- 6. Greenwich time
- 9. Type of ball
- 13. Get hot or make more intense
- 14. Female reproductive cells
- 15. Staple of American frontier
- 16. Description for twins
- 17. Choose instead
- Necktie alternative
- 19. *Super Bowl I winner
- 21. *It's very pricey during the big game
- 23. "Without further
- 24. Pretentiously artistic
- 25. Pimple fluid

5 4 8

CROSSWORD SOLUTIONS

- 28. *The 50 30. Actress Loren
- 35. *Football fan quality
- 37. Prince of India
- 39. Persons, places and things
- 40. Moon in Spanish
- 41. This Dogg can rap
- 43. Scraps of meal
- 44. Camel's cousin
- ___, won two rings 46. *The Big as coach
- 47. Urban myth, e.g.
- 48. *Last year's winner
- 50. Tear violently
- 52. '90s sarcastic catchphrase
- 53. City noise, sing.
- 55. Author Fleming
- 57. *Pay dirt
- 61. Moon between Sun and Earth,
- 65. Address to a woman
- 66. Old, over-worked horse

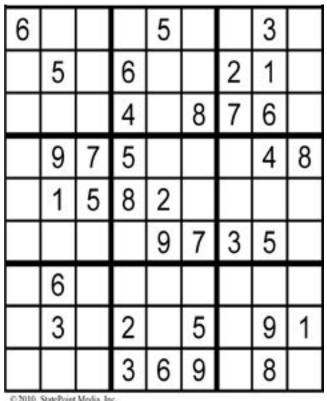
- 69. Advertisers pay dearly to protect this
- 70. Dental group
- 71. Misbehave
- 72. Grazing lands
- 73. Acid
- 74. Sleazy

DOWN

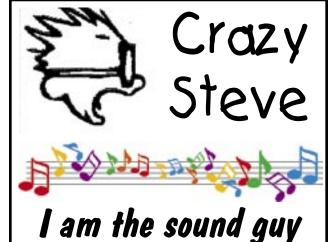
- 1. Crack in a lip
- 2. "The Kinks" hit
- 3. Relating to ear
- 4. Absolutely first class and genuine
- 5. Like cartoon mouse Gonzales
- 6. Thick, messy substances
- 7. *Best performer
- 8. Batu Khan's people
- 9. "Cliffs Notes," e.g.
- 10. Reproductive structures
- 11. Rumpelstiltskin's weaver
- up 15. Heavy elementary particle
- 20. Bellows
- 22. "___ Now or Never" by Elvis
- 24. Take a recess
- 25. Burial garments
- 26. Palate lobe
- 27. Moses' mountain
- 29. "____ and rave"
- 31. *Betting game
- 32. 2nd largest of the Great Lakes
- 34. Balance sheet entry
- 36. Wish harm upon
- 38. First-rate
- 42._ ____ attack
- 45. "Don't try this _
- 49. *MVP Eli's relationship to Archie
- 51. *Site of 2011 Super Bowl
- 54. Relating to kidneys
- 56. Sister's daughter
- 57. Male version of Emilia
- 58. Cher has only one
- 59. June 6, 1944
- 60. Follows zigs
- 61. Exclamation of surprise, archaic
- 62. Liver delicacy
- 63. Potato
- 64. ESPN award
- 67. *As anticipated as the big game?

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



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

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

CASE NO.37-2010-00106373-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF FREYSI GUERRERO OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON FOR CHANGE OF OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON HAS FILED FOR AN ORDER TO CHANGE NAME

FROM: FREYSI GUERRERO OLIVERO TO: FREYSI G. BHATTI

AND FROM ALYAHNA JAY HAIRSTON TI: ALYAHNA GUERRERO HAIRSTON THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101, Department D-25 on FEBRUARY 03, 2011 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 DECEMBER 20, 2010.

East County Gazette - GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME FICTITIOUS BUSINESS NAME(S): Alpine

Motor Vehicle Registration Service Located at: 2128 Arnold Way Ste. 8, Alpine, This business is conducted by: An Individual

The business has not yet started. This business is hereby registered by the

following: Rodney N. Galloway Jr., 2414 Pimlico Place, Alpine, CA 91901

This statement was filed with Recorder/ County Clerk of San Diego County on November 29, 2010.

East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033744

FICTITIOUS BUSINESS NAME(S): Alliance Dwellings, LP Located at: 657 Live Oak Drive, El Cajon

CA 92020 This business is conducted by: A

Corporation The first day of business was: December

December 20, 2010.

17, 2010

This business is hereby registered by the following: Alliance Dwellings, Inc 657 Live Oak Drive, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on

> East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034110 FICTITIOUS BUSINESS NAME(S):

Performance Mobile Detailing
Located at: 1476 Greenfield Drive, El Cajon, CA 92021

This business is conducted by: An Individual The business has not yet started.
This business is hereby registered by the following: 1. Joseph Bertasso 1476 Greenfield Drive, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.

East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

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

CASE NO.37-2010-00072845-CU-PT-EC IN THE MATTER OF THE APPLICATION OF RASHID RASHID ON BEHALF OF MINOR AVEEN RASHID FOR CHANGE OF NAME PETITIONER: BASHID BASHID ON BEHALE OF MINOR AVEEN RASHID HAS FILED FOR AN ORDER TO CHANGE NAME

FROM: AVEEN RASHID TO: AVEEN RASHID SALEH

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, FOURTH FLOOR on FEBRUARY 14, 2011 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 petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be publish in the East County Gazette, a newspaper 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 DECEMBER 29, 2010.

East County Gazette - GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000453

FICTITIOUS BUSINESS NAME(S): Jimbo's

Located at: 9388 Mira Mesa Blvd., San Diego, CA 92126 This business is conducted by: A

Corporation The first day of business was: January 1,

This business is hereby registered by the

following: 1. S.N.K. Inc. 9388 Mira Mesa Blvd., San Diego, CA 92126 This statement was filed with Recorder/ County Clerk of San Diego County on January 5, 2011.

East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000447

FICTITIOUS BUSINESS NAME(S): a.) Rlenerz Designs b.) Kindred Media Design Located at: 1274 Dawson Drive, Chula Vista, CA 91911

This business is conducted by: Husband and Wife

The business has not yet started This business is hereby registered by the following: 1. Arlene Guevarra Carcab 1274 Dawson Drive, Chula Vista, CA 91911 2. Richard Rogador Carcabuso 1274 Dawson Drive, Chula Vista, CA 91911 This statement was filed with Recorder County Clerk of San Diego County on January 5, 2011.

East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000132 FICTITIOUS BUSINESS NAME(S): Pure

Lifestyle Wellness Located at: 526 Burnham Street, El Cajon, CA 92019

This business is conducted by: A General Partnership

The first day of business was: January 3,

This business is hereby registered by the following: 1. Stephanie Morgon 526 Burnham Street, Fl Caion, CA 92019: 2. Lauren Morgon 2251 Bolinas Street, San Diego, CA 92107

This statement was filed with Recorder County Clerk of San Diego County on January 3, 2011.

East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00071844-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: COWANA JOANANNE-MARIE WHITE FOR CHANGE OF NAME PETITIONER: COWANA JOANANNE-MARIE WHITE HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

COWANA JOANANNE-MARIE WHITE TO: FALLON COWANA STONE

THE COURT ORDERS that all persons nterested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, on FEBRUARY 28, 2011 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 NOVEMBER 04, 2010. East County Gazette – GIE030790

1/13. 1/20. 1/27. 2/03. 2011

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2011-001173 FICTITIOUS BUSINESS NAME(S): TMC Located at: 17120 Skyline Truck Trail #9,

Jamul CA 91935 This business is conducted by: An Individual The first day of business was; November

This business is hereby registered by the following: 1. Thomas M. Carlisle 17120 Skyline Truck Trail #9, Jamul, CA 91935 This statement was filed with Recorder County Clerk of San Diego County on

January 12, 2011. East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034292

FICTITIOUS BUSINESS NAME(S): GM Door & Trim Inc Located at: 751 E. Bradley Sp-30, El Cajon,

CA 92021 This business is conducted by: An Individual

The first day of business was: July 21, 2006 This business is hereby registered by the following: 1. Gustavo Morales 751 E. Bradley Sp-30, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010. East County Gazette- GIE030790

1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001042 FICTITIOUS BUSINESS NAME(S): Sweet

Located at: 1140 N. Anza #13. El Caion. CA 92021

This business is conducted by: An

The business has not yet started.

This business is hereby registered by the following: 1. Joanne M. Colmenero 1140 N. Anza #13. El Caion. CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000785 FICTITIOUS BUSINESS NAME(S): Surl

Snack Located at: 915 Beryl Street, #2, San Diego, CA 92109

This business is conducted by: A Limited Liability Company The business has not yet started.

This business is hereby registered by the following: 1. Surf Snacks LLC 915 Beryl Street, #2, San Diego, CA 92109 This statement was filed with Recorder County Clerk of San Diego County on January 10, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001083 FICTITIOUS BUSINESS NAME(S): V&S

Dentistry Located at: 2526 Fletcher Parkway, El Caion, CA 92020

This business is conducted by: Husband

The first day of business was: March 3, 1988 This business is hereby registered by the following: 1. Vlatko Varagic 1985 Hacienda Dr., El Cajon, CA 92020; 2. Stella Z. Varagio 1985 Hacienda Dr., El Caion, CA 92020 This statement was filed with Recorder, County Clerk of San Diego County on January 11, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001294

FICTITIOUS BUSINESS NAME(S): a.)wimy b.) wimy Services Located at: 3985 Kansas St. #7, San Diego

CA 92104 This business is conducted by: A Limited

iability Company The first day of business was: January 1,

This business is hereby registered by the following: 1. Wimy LLC 3985 Kansas St. #7, San Diego, CA 92104 Wyoming

This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000504

FICTITIOUS BUSINESS NAME(S): Shae Technologies
Located at: 4455 Rosebud Lane #D, La

Mesa, CA 91941 This business is conducted by: An Individual

The first day of business was: January 1, This business is hereby registered by the following: 1. Brian Kelly 4455 Rosebud Lane

#D, La Mesa, CA 91941 This statement was filed with Recorder/ County Clerk of San Diego County on January 6, 2011.

East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2011-001233
FICTITIOUS BUSINESS NAME(S): Favro Inc., DBA Home and Soul Located at: 229 E. Main St., El Cajon, CA 92020

This business is conducted by: A Corporation
The first day of business was: September

22, 2001 This business is hereby registered by the

following: 1. Favro Inc. 229 E. Main St.. El Cajon, CA 92020

This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2010-032424 ORIGINAL FILE NO. 2010-007373-01

as general partner(s) from the partnership under the fictitious business name: Petal Pusher Diva'z.

the Partnership was filed on March 15, 2010, in the County of San Diego, CA. The following General partner has withdrawn:

THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON DECEMBER 06, 2010 East County Gazette GIE030790

JAN. 6, 13, 20, 27, 201

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001517

FICTITIOUS BUSINESS NAME(S): a.) DASH b.) Nightlife Bartending c.) Hurry For Sale d.) Lawn Heaven

Located at: 8561 Calle Norte, Lemon Grove, CA 91945

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Andrew Stutz 8561 Calle Norte,

Lemon Grove, CA 91945 This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2011.

Fast County Gazette- GIF030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034107

FICTITIOUS BUSINESS NAME(S): Jewlz's Notary Service

Located at: 7664 El Cajon Blvd., La Mesa CA 91942

This business is conducted by: An Individual The first day of business was: December 27, 2010

This business is hereby registered by the following: 1. Julie Prince 7664 El Cajon Blvd., La Mesa, CA 91942

This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000768

FICTITIOUS BUSINESS NAME(S): a.) San Diego Photo Restoration b.) La Mesa Photo Restoration

Located at: 4464 Panorama Dr., La Mesa, CA 91941

This business is conducted by: An Individua The business has not vet started. This business is hereby registered by the following: 1. Paul D. Kamp 4464 Panorama Dr., La Mesa, CA 91941

This statement was filed with Recorder County Clerk of San Diego County on January 07, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001082 FICTITIOUS BUSINESS NAME(S): Santee

Pet Hospital Located at: 8936 Carlton Hills Blvd.

Santee, CA 92071

This business is conducted by: An Individual The first day of business was: January 1, 1981

This business is hereby registered by the following: 1. Stella Z. Varagic 1985 Hacienda Dr., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 11, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2011-000933
FICTITIOUS BUSINESS NAME(S): SOCAL Development

Located at: 10965 Hartley Rd. #N, Santee, CA 92071

This business is conducted by: A Corporation The first day of business was: January 11,

This business is hereby registered by the following: 1. SOCAL Electric 10965 Hartley Rd. #N. Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on

January 11, 2011. East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME NO. 2011-000215

FICTITIOUS BUSINESS NAME(S): Strickler Services Located at: 13764 Wyeth Rd., El Cajon,

CA 92021 This business is conducted by: Husband and Wife

The business has not yet started. This business is hereby registered by the following: 1. Jeffery B. Strickler 13764 Wyeth Rd., El Cajon, CA 92021; 2. Carol A. Strickler 13764 Wyeth Rd., El Cajon,

This statement was filed with Recorder/ County Clerk of San Diego County on January 04, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

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The East County Gazette

STATEMENT OF WITHDRAWL

The following person(s) has/have withdrawn

The Fictitious Business Name Statement for

Debbie Miller 6541 Bantam Lake Dr., San Diego, CA 92119

— LEGAL NOTICES —



ORDINANCE NO. 4964

AN ORDINANCE APPROVING SPECIFIC PLAN NO. 521 FOR SHARED PARKING AND INTERCONNECTING ACCESS BETWEEN ADJACENT PROPERTIES AND TO PERMIT A BUILDING TO CROSS A PROPERTY LINE IN THE C-G (GENERAL COMMERCIAL) ZONE, APNS: 511-171-14, & -16, GENERAL PLAN DESIGNATION: GC (GENERAL COMMERCIAL).

WHEREAS, on December 14, 2010, the City Council held a duly noticed public hearing to consider Specific Plan Application No. 521, for shared parking and interconnecting access between adjacent properties and to permit a building to cross a property line, said property being located on the southeast side of East Main Street, between East Madison Avenue and Melody Lane, and addressed as 1375, 1385, and 1475 East Main Street; and

WHEREAS, the Planning Commission held a hearing on this item at its November 8, 2010, meeting and adopted Resolution No. 10642 recommending City Council approval of Specific Plan No. 521, subject to conditions; and

WHEREAS, the applicant has complied with all recommended pre-ordinance conditions of approval set forth in Planning Commission Resolution No. 10642 and the site plan pertaining to Specific Plan No. 521 has been received by the City; and

WHEREAS, the proposed project is exempt from environmental review in accordance with Section 15305 (Minor Alterations in Land Use Limitations), Class 5 of the CEQA Guidelines.

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

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

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

- B. The proposed Specific Plan No. 521 serves the public interest by preserving shared parking and interconnecting access between adjacent commercial properties, thus promoting traffic safety and reducing traffic impacts to East Main Street.
- C. The proposed Specific Plan No. 521 is consistent with and will facilitate the systematic execution of the General Plan by promoting the continuing operation of a business (automotive dealership) which is consistent with the GC designation of the General Plan, and by preserving integration and interconnecting access between adjacent commercial developments as described in General Plan Policy 9-4.13.

SECTION 2: The City Council hereby approves Specific Plan No. 521 for shared parking and interconnecting access between adjacent properties and to permit a building to cross a property line, as presented on "Exhibit A" of Specific Plan No. 521, which is on file in the Community Development Department and incorporated herein by reference.

SECTION 3: After the effective date of this ordinance all new uses, and all new or remodeled buildings, structures, or other improvements, shall be in conformance with, and in accordance with, Specific Plan No. 521

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

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 25th day of January, 2011, by the following vote to wit:

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

NOFS None

ABSENT: None
DISQUALIFY:None

MARK LEWIS
Mayor of the City of El Cajon

ATTEST: KATHIE RUTLEDGE, CMC City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4964 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 25th day of January, 2011.

/s/ Kathie Rutledge, CMC, City Clerk

Publish: 1/27/2011 East County Gazette- GIE030790



01/27/11

CITY OF EL CAJON
PUBLIC NOTICE
NOTICE OF PUBLIC HEARING

FY 2011-12 ONE YEAR ACTION PLAN ALLOCATIONS FOR COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) AND THE HOME INVESTMENT PARTNERSHIPS PROGRAM (HOME) PROJECTS AND SERVICES

Under Title I of the Housing and Community Development Act of 1974, as amended, the City of FI Caion invites citizens to participate in the preparation of the FY 2011-12 One Year Action Plan. The One Year Action Plan consists of the proposed activities to be funded through both the Community Development Block Grant (CDBG) an Home Investment Partnerships (HOME) programs. The CDBG funds are for community development improvements to benefit low and moderate income residents, and the HOME funds are to assist in providing affordable housing opportunities. The City anticipates receiving approximately \$1,080,000 in CDBG funds and approximately \$650,000 in HOME funds for fiscal year 2011-12 (July 1, 2011 - June 30, 2012)

NOTICE IS HEREBY GIVEN that a public hearing will be held at 7:00 p.m. on Tuesday, February 22, 2011, in the City Council Chambers located at 200 Civic Center Way in El Cajon. The purpose of the public hearing is to provide El Cajon citizens with the opportunity to voice their opinions on, and participate in the development of the City's program to use the federal CDBG and HOME funds. This is the first of two public hearings to be held. The second public hearing will be April 12, 2011, at 3:00 p.m.

The City Council will allocate CDBG and HOME funds for FY 2011-12 at this time. Public input is welcome and encouraged on the proposed use of these funds. Citizens may participate in written form prior to the public hearing or orally during the hearing. Written comments must be submitted to the Redevelopment and Housing Department no later than 5:00 p.m. on Tuesday, February 15, 2010. All comments and/or other inquiries should be forwarded to the Redevelopment and Housing Department, 200 Civic Center Way, El Cajon, CA 92020 or call (619) 441-1786.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or a citizen with speech or hearing impairments, and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

East County Gazette- GIE030790 01/27, 2/04, 2/11/11

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

NOTICE OF TRUSTEE'S SALE TS #: CA 10-393310-LL Order #: 603655 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/23/2005, 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 state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings hank 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): HOLLY S. REVILLE, A SINGLE WOMAN Recorded: 6/29/2005 as Instrument No. 2005-0549073 in book , page of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 2/22/2011 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: \$249,457,35 The purported property address is: 10104 CAREFREE DRIVE SANTEE, CA 92071 Assessor's Parcel No. 381-350-07-29 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 Americas Servicing Company 1 Home Campus X2504-017 Customer Service Des Moines IA 50328 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. 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: 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 holders right's 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# 3874223 01/27/2011, 02/03/2011,

02/10/2011

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 245353CA Loan No. 0080278757 Title Order No. 620804 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06-23-2003. 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 02-17-2011 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 07-01-2003, Book , Page , Instrument 2003-0777970, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: SHARON KAY ALBERTSEN AND DAVID R. ILLIG WIFE AND HUSBAND AS JOINT TENANTS. 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 DIFGO, CA Legal Description: LOT 50 (EXCEPTING THE SOUTH 5 ACRES AND EXCEPTING THE NORTH 3 ACRES) OF SAN DIEGO EUCALYPTUS COMPANY'S LANDS TRACT NO. 1, IN THE COUNTY OF SAN DIEGO. STATE OF CALIFORNIA ACCORDING TO MAP THEREOF NO. 1288, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY SEPTEMBER 22, 1910, EXCEPT FROM THE ABOVE DESCRIBED LAND THAT PORTION DESCRIBED AS FOLLOWS: BEGINNING AT THE POINT OF INTERSECTION OF THE NORTHERLY LINE OF THE SOUTH 5 ACRES OF SAID LOT WITH THE EASTERLY LINE OF SAID LOT; THENCE WEST ALONG SAID NORTHERLY LINE 1080.13 FEET TO THE WESTERLY LINE OF SAID LOT; THENCE NORTH 27° 54' 00" WEST ALONG SAID WESTERLY LOT LINE 11.32 FEET TO A LINE WHICH IS PARALLEL WITH AND 10.00 FEET NORTHERLY FROM THAT COURSE ABOVE MENTIONED, HAVING THE BEARING AND DISTANCE OF WEST 1080.13 FEET THENCE FAST ALONG SAID PARALLEL LINE 513.66 FEET; THENCE NORTH 66.26 FEET TO THE SOUTHERLY LINE OF THE NORTH 3 ACRES OF SAID LOT: THENCE EAST ALONG SAID SOUTHERLY LINE 550.94 FEET TO THE EASTERLY LINES OF SAID LOT; THENCE SOUTH 15° 11` 40' EAST ALONG SAID EASTERLY LOT LINE, 79.02 FEET TO THE POINT OF BEGINNING. Amount of unpaid balance and other charges: \$259,303.51 (estimated) Street address and other common designation of the real property: 11205 OAK CREEK DRIVE LAKESIDE CA 92040 APN Number: 377-300-14 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: 01

26-2011 CALIFORNIA RECONVEYANCE COMPANY, as Trustee LOREN LOPEZ, ASSISTANT SECRETARY CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Sales Information: (714) 730-2727 or www.lpsasap. com (714) 573-1965 or www.priorityposting. com ASAP# 3890481 01/27/2011, 02/03/2011, 02/10/2011

NOTICE OF TRUSTEE'S SALE T.S. No. 10

31945-FC-CA YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED12/14/1995 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(s) must be made payable to National Default Servicing Corporation), 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; 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 in an "as is" condition, 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. Trustor: MAJOR FINCH III AND VERONICA FINCH, HUSBAND AND WIFE AS JOINT TENANTS Duly Appointed Trustee: NATIONAL DEFAULT SERVICING CORPORATION Recorded 12/19/1995 as Instrument No. 1995-0576276 of Official Records in the office of the Recorder of SAN DIEGO County, California. Date of Sale 02/23/2011 at 10:00 A.M. Place of Sale: At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA Estimated amount of unpaid balance and other charges: \$312,755.61 Street Address or other common designation of real property: 3128 CALLE ALEJANDRO, JAMUL, CA 91935 A.P.N.: 597-280-11 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation if any, shown above. If no street address or other common designation is shown directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of 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. The undersigned mortgagee, beneficiary or authorized agent for the mortgagee or beneficiary pursuant to California Civil Code 2923.5(b) declares that the mortgagee, beneficiary or the mortgagee's or beneficiary's authorized agent has either contacted the borrower or tried with due diligence to contact the borrower as required by California Civil Code 2923.5. Regarding the property that is the subject of this Notice of Sale, the "mortgage loan servicer" as defined in California Civil Code Section 2923.53 (k) (3) declares that it has obtained from the Commissioner a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 and that the exemption is current and valid on the date this Notice of Sale is recorded. The timeframe for giving a Notice of Sale specified in Subdivision (a) Section 2923.52 does not apply to this Notice of Sale pursuant to California Civil Code Sections 2923.52 or 2923.55. Date: 01/24/2011 NATIONAL DEFAULT SERVICING CORPORATION 7720 N. 16th Street, Suite 300 Phoenix, AZ 85020 phone 602-264-6101 Sales Line 714-730-2727; Sales Website: www ndscorp.com/sales Nichole Alford, TRUSTEE SALES REPRESENTATIVEASAP# 3890941 01/27/2011. 02/03/2011. 02/10/2011

0122276 Title Order No. 10-8-447602 Investor/ nsurer No. 1697080741 APN No. 505-590-19-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 10/08/2004. 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 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 DAVID J. HAMILTON AND LONNA L HAMILTON HUSBAND AND WIFE AS JOINT TENANTS., dated 10/08/2004 and recorded 10/15/04, as Instrument No. 2004-0979682, in Book , Page 3815), of Official Records in the office of the County Recorder of San Diego County, State of California, will sell on 02/10/2011 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 10176 TRES LAGOS COURT, SI VALLEY, CA. 91977. 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 \$313.059.18. 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: 12/24/2010 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 rpose. ASAP# FNMA3868981 01/13/2011, 01/20/2011. 01/27/2011 FICTITIOUS BUSINESS NAME

NOTICE OF TRUSTEE'S SALE TS No. 10-

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001604

FICTITIOUS BUSINESS NAME(S): a.)
Aquarian Assisted Residential Facilities b.)
Aquarian Assisted Living Facilities
Located at: 1475 6th Ave., #512, San Diego,
CA 92101
This business is conducted by: An Individual

The business has not yet started.
This business is hereby registered by the following: 1. Kasey Coony 1475 6th Ave., #512, San Diego, CA 92101
This statement was filed with Recorder/
County Clerk of San Diego County on January 18, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001362

FICTITIOUS BUSINESS NAME(S): Flinn Springs RV Park

Located at: 15141 Old Highway 80, El Cajon, CA 92021

This business is conducted by: A Limited Liability Company
The first day of business was: January 13

2011
This business is hereby registered by the following: 1. Country Creek LLC 15141 Old

Highway 80, El Cajon, CA 92021
This statement was filed with Recorder/
County Clerk of San Diego County on
January 13, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

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 T.S. No. GM-223982-C Investor No. 1702597313 Loan No. 0601712386 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/25/2006 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 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:MORGAN M. HURLEY, A SINGLE WOMAN Recorded 10/2/2006 as Instrument No. 2006-0698708 in Book page of Official Records in the office of the Recorder of San Diego County, California. Date of Sale:2/10/2011 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: 805 VAN HORN BOAD FI CAJON California 92019 APN #: 514-340-31 The total amount secured by said instrument as of the time of initial publication of this notice is \$334 594 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: 1/13/2011 ETS Services, LLC 2255 North Ontario Street, Suite 400 Burbank, California 91504-3120 Sale Line: 714-730-2727 Omar Solorzano, TRUSTEE SALE OFFICER ASAP# FNMA3869719 01/20/2011, 01/27/2011, 02/03/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-002242

FICTITIOUS BUSINESS NAME(S): a.) Associate Home Care DBA AHC b.) Associate Home Care Services Located at: 3307 Palm Ave., San Diego.

This business is conducted by: An Individual The business has not yet started This business is hereby registered by the following: 1. Alex V. Lim 3706 Shooting Star Dr., San Ysidro, CA 92173 This statement was filed with Recorder/

County Clerk of San Diego County on January 24, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001577

FICTITIOUS BUSINESS NAME(S): Filippi's

Located at: 13034 Campo Rd., Jamul, CA 91935

This business is conducted by: A

The first day of business was: November

This business is hereby registered by the following: 1. D&D Restaurants, Inc. 531 Flower St., Chula Vista, CA 91910 This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2011-001115
FICTITIOUS BUSINESS NAME(S): On-Guard Security & Patrol Located at: 933 Peach Ave. #12, El Cajon, CA 92021

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Brian I. Sanders 933 Peach. Ave. #12, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on January 12, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001873

FICTITIOUS BUSINESS NAME(S): Shawna Parks Photograph Located at: 5965 Sallisaw Court, San Diego, CA 92120

This business is conducted by: A Corporation

The first day of business was: January 1,

This business is hereby registered by the following: Southern Image Productions Illisaw Court, San Diego, CA 92120 This statement was filed with Recorder County Clerk of San Diego County on January 20, 2011.

East County Gazette- GIE030790 1/27, 2/03, 2/10, 2/17, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000816

Cherished Companions Located at: 1228 Sumner Ave. #46, El Caion, CA 92021

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Jo Ann Mueller 1228 Sumner Ave. #46, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on

January 10, 2011. East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034287

FICTITIOUS BUSINESS NAME(S): Ken's Liquor

Located at: 132 E. Mission Ave. #A. Escondido, CA 92025 This business is conducted by: Co-Partners

The first day of business was: January 1, 2006 This business is hereby registered by the

following: Haithem Ballo 758 S. Mollison Ave. #41, El Cajon, CA 92020 Diaa Ballo 758 S. Mollison Ave. #41, El Cajon, CA 92020

This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.

East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033092

FICTITIOUS BUSINESS NAME(S): No Name Printing and Sign Located at: 411 W. Chase Ave. #16, El Caion CA 92020

This business is conducted by: An Individual The business has not yet started.
This business is hereby registered by the following: Loay Yousif 411 W. Chase Ave. #16, El Cajon, CA 92020 This statement was filed with Recorder/

County Clerk of San Diego County on December 13, 2010. East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00072841-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF SHARMISTHA MITRA-KELLY FOR CHANGE OF NAME PETITIONER: SHARMISTHA MITRA-KELLY HAS FILED FOR AN ORDER TO CHANGE NAME

FROM: SHARMISTHA MITRA-KELLY TO: SHARMISTA MITRA-KELLY

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 FEBRUARY 16, 2011 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 DECEMBER 29, 2010.

East County Gazette - GIE030790 1/06, 1/13, 1/20, 1/27, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2011-00072989-CU-PT-EC IN THE MATTER OF THE APPLICATION OF THONG MINH NGUYEN FOR CHANGE OF NAME PETITIONER: THONG MINH NGUYEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

THONG MINH NGUYEN TO: RIKI NGUYEN

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, on MARCH 07, 2011 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.

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 JANUARY 10, 2011.

East County Gazette - GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034128

FICTITIOUS BUSINESS NAME(S): a.) Dove Real Estate b.) Pre Foreclosure San

Diego Realty Located at: 6165 Primrose Rd., La Mesa, CA 91942

This business is conducted by: General Partnership The first day of business was: December

27 2010 This business is hereby registered by the following: Carmelita A. Velasco 6165 Primrose Rd., La Mesa, CA 91942

Hugo R. Plascencia 3048 Central Ave. Spring Valley, CA 91977 This statement was filed with Recorder/ County Clerk of San Diego County on

December 27, 2010.

East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00072860-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: SARA ELIZABETH ANN HIPWELL ON BEHALF OF AUDREY ELIZABETH ANN SUMPTON AND ENZO ALLEN SUMPTON FOR CHANGE OF NAME PETITIONER SARA ELIZABETH ANN HIPWELL ON BEHALF OF AUDREY FLIZABETH ANN SUMPTON AND ENZO ALLEN SUMPTON HAS FILED FOR AN ORDER TO CHANGE

AUDREY ELIZABETH ANN SUMPTON TO: AUDREY ELIZABETH ANN HIPWELL AND FROM: FNZO ALLEN SUMPTON

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, Departn 14. on FEBRUARY 23. 2011 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 DECEMBER 30, 2010.

> East County Gazette - GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034300 FICTITIOUS BUSINESS NAME(S):

California Clean Carpet Located at: 1028 S. Magnolia Ave. #I, El Cajon, CA 92020 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Ghassan Noaman 1028 S. Magnolia Ave. #I, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on

December 28, 2010. East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-001340 FICTITIOUS BUSINESS NAME(S): Got

Massage?

Located at: 792 Maplewood Dr., El Cajon, CA 92021

This business is conducted by: An Individual The business has not yet started This business is hereby registered by the following: 1. April M. Whitman 792 Maplewood Dr., El Caion, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on January 13, 2011

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034251

FICTITIOUS BUSINESS NAME(S): Yama Yoga Healing Retreat Located at: 4829 La Cruz Dr., La Mesa,

CA 91941 This business is conducted by: Co-Partners The first day of business was: December 20.2010

This business is hereby registered by the following: Lori Shaw 4829 La Cruz Dr., La Mesa, CA 91941

Rose Polak 3883 Jewell St., Apt. B7, San Diego, CA 92109 This statement was filed with Recorder/

County Clerk of San Diego County on December 28, 2010.

> East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033052

FICTITIOUS BUSINESS NAME(S): a.) Green Grasshopper Gardening b.) Bornhorst and Mayrose

Located at: 13135-B Julian Ave., Lakeside CA 92040

This business is conducted by: An Individual The first day of business was: September 1.2001 This business is hereby registered by the

following: James J. Secord II 13135-B Julian Ave., Lakeside, CA 92040 This statement was filed with Recorder/ County Clerk of San Diego County on

December 13, 2010. East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033427

FICTITIOUS BUSINESS NAME(S): a.) Next Level Body and Skin Care b.) Next Level Skin Care

Located at: 777 6th Ave., San Diego, CA

This business is conducted by: An Individual The business has not yet started.
This business is hereby registered by the following: Candace D. King 777 6th Ave., San Diego, CA 92101 This statement was filed with Recorder/

County Clerk of San Diego County on December 16, 2010. East County Gazette- GIE030790

FICTITIOUS BUSINESS NAME

1/06, 1/13, 1/20, 1/27, 2011

STATEMENT NO. 2011-001506 FICTITIOUS BUSINESS NAME(S): Star Improvements & Landscaping Located at: 10650 Vista Camino, Lakeside

This business is conducted by: An Individual The first day of business was: June 8, 1991 This business is hereby registered by the

Shawn Mullineaux 10650 Vista Camino. Lakeside, CA 92040

This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2011.

East County Gazette- GIE030790 1/20, 1/27, 2/03, 2/10, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2010-00072785-CU-PT-EC IN THE MATTER OF THE APPLICATION OF JOSEF RAY FOX FOR CHANGE OF NAME PETITIONER: JOSEF RAY FOX HAS FILED FOR AN ORDER TO CHANGE NAME FROM: JOSEF RAY FOX

TO: JOSEF RAY SMITH

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. FOURTH FLOOR on FEBRUARY 16. 2011 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 **DECEMBER 27, 2010.**

East County Gazette - GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-032264

FICTITIOUS BUSINESS NAME(S): YNN

Located at: 917 Teatro Circle, El Caion CA 92021

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

following: Wendy A. Weick 1175 Merritt Dr., El Cajon, CA 92020

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

> East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

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MOTORASPORTS

A Super Bowl match-up

by Chuck Karazsia

he Pittsburgh Steelers and the Green Bay Packers will battle in Super Bowl XLV Sunday, February 6 at Cowboys Stadium in Arlington, Texas. Two teams rich in history and tradition will generate enough interest to make this the most watched Super Bowl of all-time.

The NFL couldn't have asked for a better match-up. Most sports leagues desire teams that will draw major television markets to play in their championship games. This is not the case for the National Football

League, because their fans don't care who is playing.

The "Cheese Heads" from small town, Green Bay, Wisconsin and the blue collar workers from "Steel Town" Pittsburgh, Pennsylvania are two legendary organizations that represent the backbone and culture of American history. In the NFC and AFC Championship games last Sunday, both of the winning teams did just enough to win

Holding the George Halas trophy high, the Green Bay Packers reserved the right to battle for the Vince Lombardi trophy in Super Bowl XLV. After defeating the Bears 21-14 in the bitter-cold of Chicago's windu city, the Packers will represent the NFC in the Super Bowl

A hard-fought and closelycontested game, Green Bay quarterback Aaron Rogers directed his Packers to a victory by completing 17 of 30 passes for 244 yards and two touchdowns. He scored the first TD of the game on a one-yard dive in the end-zone.

Green Bay defensive tackle B. J. Raji scored the Packers last

touchdown on an interception return in the fourth quarter giving the Packers a 21-7 lead.

After Bears starting quarterback Jay Cutler left the game with an injury, and an ineffective Todd Collins was benched, third-string quarterback Caleb Hanie had a spectacular performance in the second half. He completed 13 of 20 passes for 120 yards, throwing two touchdowns. Playing in only two games during the regular season in week 4 and 5 (loss to the Giants, win against the Panthers), this unknown quarterback nearly pulled off the upset of the century, had it not been for the pick-six to Rahib. The Packers \hat{h} eld on to a 21-14

In the second game of the Championship double-header Ben Roethlisberger and the Pittsburgh Steelers did just enough to win the AFC title, defeating the New York Jets 24-19. Losing 24-3 at halftime, the Jets came within a few plays of mounting a miraculous comeback victory...only to fall

Roethlisberger and the Steelers would prevail in the freezing cold Pittsburgh air. Completing 10 of 19 passes for 119 yards and two touchdowns Ben guided his team to victory after scoring on a two-yard jaunt in the second quarter. He later completed a crucial first-down pass with a minute plus left in the game. The Steelers prevailed clutching on to a 24-19

While the Packers and Steelers clung to victory, both teams are amazingly alike. Roethlisberger and Rogers are similar quarterbacks who can extend a play and make the big run or throw. Both teams showcase great defenses and a sound rushing attack. This will be an interesting game; and the Super Bowl hype begins!

Super treat for the Super Bowl

Thile there's a time and a place for elegant desserts, a Super Bowl party isn't one of them. All the fun and action call for something easy for guests to handle and easy for hosts to make. So for this year's party, bring some highly munchable bar cookies.

Fans of chocolate and marshmallows will cheer for these Rocky Road Squares. By substituting evaporated milk for water, you get a super-rich texture and very fudgy flavor. And by using melted chocolate morsels as well as whole ones, these Easy Double Chocolate Chip Brownies score big on the taste meter.

For more ways to make you the MVP of the party, visit www.verybestbaking.com.



Rocky Road Squares Prep: 15 minutes Baking: 20 minutes Makes 2 dozen brownies

- package (19.5 to 21 ounces) fudge brownie mix
- cup vegetable oil, per package directions
- large eggs, per package directions
- cup Nestlé Carnation Evaporated Milk
- cup (6 ounces) Nestlé Toll House Semi-Sweet Chocolate Morsels
- cups miniature marshmallows
- cup coarsely chopped walnuts

PREHEAT oven according to package directions. Grease 13 x 9-inch baking pan.

PREPARE brownie mix according to package directions, using vegetable oil and egg(s) and substituting evaporated milk for water. Spread into prepared baking pan.

BAKE according to package directions; do not over bake. Remove from oven. Immediately sprinkle with chocolate morsels. Let stand 5 minutes or until morsels are shiny. Spread evenly. Top with marshmallows and walnuts.

BAKE for 3 to 5 minutes or just until marshmallows begin to melt. Cool in pan on wire rack for 20 to 30 minutes. Cut into squares using a knife dipped in hot water.

Nutrition Information per serving: 230 calories; 120 calories from fat; 13g total fat; 3g saturated fat; 0g trans fat; 20mg cholesterol; 80mg sodium; 27g carbohydrate; 1g fiber; 18g sugars; 3g protein (Family Features)

Preventing sports injuries in kids and teens

With children's sportsrelated injuries continuing to rise nationwide to more than 3.5 million annually, keeping kids healthy is a top priority for parents, schools and sports leagues.

Despite the plethora of protective gear kids now wear for practices or games, their developing bodies are still vulnerable to injury.

The good news is that there are many different things parents and coaches can do to help kids stay safer on the field or court.

Soft tissues

"The majority of sports-related injuries involve the body's soft tissues rather than the bones,' says Dr. Teri McCambridge, chair of the American Academy of Pediatrics (AAP) Council on Sports Medicine & Fitness. 'That's why it's important that children avoid overuse or

In fact, an epidemic of recurrent elbow pain from overuse led Little League Baseball, Inc., to limit pitchers under the age of 13 to six innings per week; 13- to 16year-olds are allowed to pitch a maximum of nine innings. Since then, the incidence of recurrent elbow pain has decreased dramatically.

You can also prevent injuries by encouraging young athletes to train for their sport, rather than rely on the sport to whip them into shape. Proper physical conditioning can go a long way toward keeping players off the disabled list and on top of their game. Ask your teen's coach to help design a suitable exercise regimen.

Hard headed

Head injuries don't just happen to football players. Sports like soccer, baseball and even basketball can lead to head injuries if proper precautions

According to a 2010 study published in the journal "Pediatrics," young athletes are more susceptible to the effects of concussions because their brains are still developing. Ways to reduce risk include using protective gear, adhering to the rules of the sport, identifying athletes at risk, and educating parents, athletes and coaches about concussion dangers.

The AAP recommends that all children who suffer a concussion be evaluated by a physician and rest physically and mentally -- that means no television, video games or homework. Most symptoms resolve in 7 to 10 days, but some may take up to a month to disappear.

Return to play

Medical clearance is necessary before returning to play after any injury, but especially after head injuries. Athletes who suffer multiple concussions or post-concussive symptoms for more than three months should consider retiring from competitive sports.

Parents and coaches should also make sure to identify the cause of any injury before allowing a child to return to play. Was the child using the right safety equipment? Was the field in bad shape? Was the exercise regime too strenuous or poorly managed? Neglecting these factors is a sure path to repeat injuries.

For more information on preventing sports injuries, visit the AAP website, www. healthychildren.org.

Weather Superstitions and Forecasts?

Match these weather superstitions and forecasts:

(More than 1 superstition can have the same forecast...you'll see!)

- Who woke me? Don't look
 - If squirrels store large numbers of acorns 2. When frogs croak louder and faster

 - 3. If March comes in like a lion When tree leaves flip over
 - "Red sky at night, sailor's delight Red sky in the morning,...
 - 6. If animals grow heavy fur
 - 7. If a groundhog awakes from hibernation and sees sunshine
 - 8. When your bones ache

- A. it is going to rain. B. it will go out like a lamb.
- C. it is going to rain. D. sailors take warning."
- E. it will be a long, cold winter.
- F. spring is near!
- G. it will be a long, hard winter.
- H. rain is coming.

— MOTORANDSPORTS —

The 2011 Mini Cooper with 4-Doors

by Dsve Stall

any drivers expressed dislike for the Mini Cooper because it doesn't have four doors. Well Mini was listening, and now there's the fourdoor S Countryman All4. My first impression was it looked like a normal Mini on steroids which wasn't a bad thing except for the headlights – I still have not warmed up to them yet.

There's fun behind this wheel. Climb in and it's obvious with the big center speedo, leather wrapped seats with six manual adjustments for driver and passenger, toggle switch controls for windows, locks, fog lights, mood lighting (four colors to choose from) and controls located either in the roof or center dash panel.

In the back are two bucket seats with a track system running between them from the center dash to the back seat wall. This rail system is neat because it's adjustable to add or take away items such as cup holders, sunglass holders, etc. Items can be moved from one end of the track to the other with lock stations along the way.

As a four door, the second row doors open wide for easy in and out. The rear cargo area has ample storage for runs to the store or golf course. For even more storage the second row seats fold almost flat for those larger items.

The Mini is powered by the 1.6-liter Turbocharged Direct Injected 16-Valve 4-cylinder engine with Valvetronic that develops 181 horsepower and averages 25 MPG in the city and 31 on the open road. The car has an efficient six-speed Getrag manual transmission, but an automatic transmission is also available. One criticism I have because I'm not fond of going into reverse in the manual transmission; there is no gate or lock to release before engaging reverse. If the driver is not careful when hunting for first gear he could end up in reverse - just an observation.

The Countryman is all-wheel-drive but effectively it only engages when the suspensions and sensors tell it too; there are no switches or knobs to fool with. I drove the Countryman for a few days, and I didn't feel the system engaging or disengaging. I liked that.

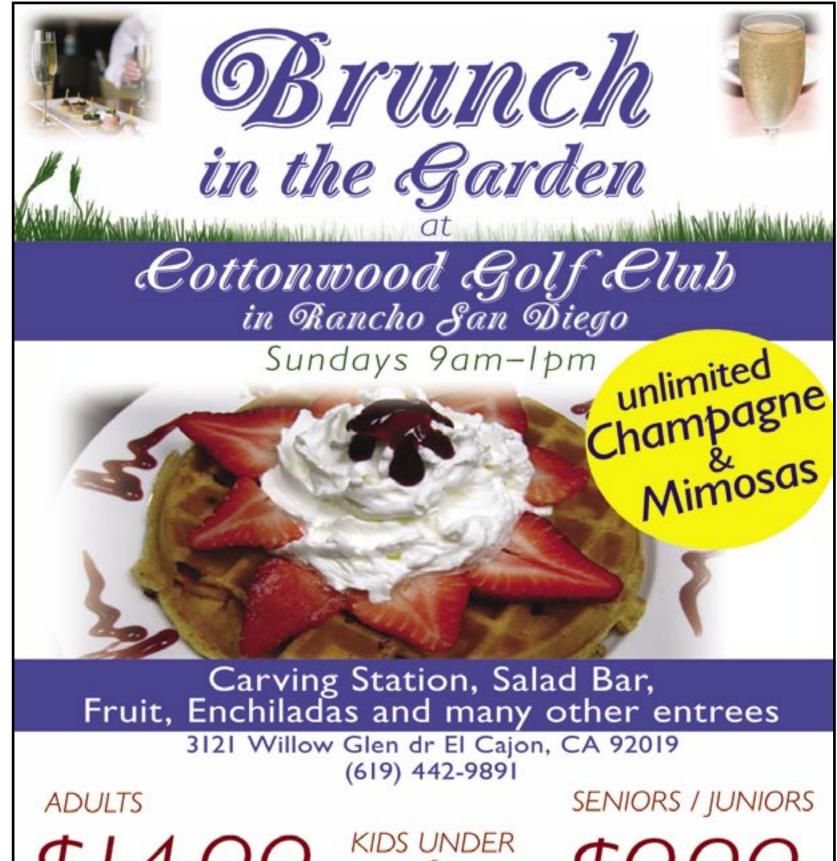
Safety is not a concern with the Countryman. There are seven air bags and a structure designed for safety, anti-lock brakes, electric power steering, four-wheel disc brakes, corner brake control, Electronic Brake Force Distribution, tire pressure monitoring, and Dynamic Stability Control to aid the driver. Mini is easy to maintain with a three-year / 36,000 mile free maintenance, four-year / 50,000 mile limited warranty and four-year unlimited mileage roadside assistance.

I drove it; I loved it and I would buy it if I didn't already have a Mini Cooper S JCW GP 0101. Call my show at (888) 344-1170 to win movie

tickets on Sunday at 6 p.m. Thanks to San Diego Mini for the car, the 100th Mini dealer in the U.S. Stop by and tell them Dave sent you to check out the dealership.

2011 Mini Coupe 4-Door S. Countryman. Photo credit: Dave Stall





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you in advance. 619-721-1500

Medical billing & retail management experienced individual seeking parttime position. Available to work M-F after 2:30pm & anytime on weekends. Knowledgeable, friendly, dependable, & highly trainable. Resume available upon request. Contact Jennifer at: msjenw72@yahoo.com or call #619-

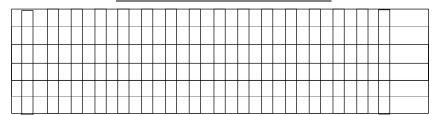
Female, 46, seeks clerical, homecare or childcare work. References, Tammy 619-401-8567

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Our Best Friends

Tips to help keep your pets warm and safe

he cold-weather months aren't just hard on humans. Pets can also be affected by the chilly temperatures.

Keeping pets safe and happy when it's cold is a major concern for all pet owners. Marc Morrone, renowned pet expert and host of Hallmark Channel's "Petkeeping with Marc Morrone" (airs weekdays at noon), is a modern-day Dr. Dolittle and Martha Stewart's go-to guy in the world of fourlegged and winged beasts, from dogs to cats and rabbits to parrots.

On his show, Marc reveals what viewers need to know about caring for their pets, and below are Marc's top tips for winter pet care:

- When fitting dogs with boots and sweaters, make sure to practice inside your home first. If your pets aren't comfortable walking around the house in their gear, they will not be comfortable in the outdoors.
- Don't forget about the wild animals in the winter. Placing a bird feeder outside your window can mean the difference between life and death for a little songbird.
- Keep antifreeze out of reach of pets. It is extremely toxic. Marc cannot stress that enough.
- If you live in an apartment building or co-op, petition the board to only use pet-safe deicer on the sidewalks and courtyard walkways throughout the winter.

- If you own a reptile, keep extra heat lamps on hand during the winter months in case one blows out during a holiday or snowstorm and you can't get out to replace the bulb.
- In the winter, dry air causes dogs and cats to shed quite a bit. To combat this, brush your pet daily and add raw flaxseed oil to your pet's food (1 teaspoon for every 10 lbs. of your pet's weight). This will help reduce dryness of the skin.

In every episode of "Petkeeping with Marc Morrone," customers stop by with pet in hand seeking Marc's advice on every topic from common cat/dog misconceptions to how to keep children and pets safe and happy while living under the same roof. This season, he looks at plus-size pets, baby pets, older pets, high-maintenance pets and more. He made his national TV debut in 1998 on Martha's show after she spotted him on a New York cable access show. The author of five books, Marc also writes a syndicated pets column for Newsday, hosts "Ask Marc, the Petkeeper" on Martha Stewart Living Radio and has a weekly show on News 12 New York called "Animal Island."

For more information on "Petkeeping with Marc Morrone," please visit www.hall-markchannel.com/petkeeping-withmarcmorrone.

TV show offers tips to help keep pets safe and happy.



ADOPT-A-PET

Meet Daisy! This 70-pound Golden Retriever is looking for a family that enjoys morning and evening walks, hikes on the weekend, playing fetch and oh yes those belly rubs. At four years old Daisy has a great temperament and loves to just hang out with you, plus she great house manners. If you want a loving dog and great walking partner, Daisy is your match. Daisy is currently in a private foster home, and her \$150 adoption fee includes vaccinations microchip, and spay. For more information about Daisy, please call 858-205-9974.





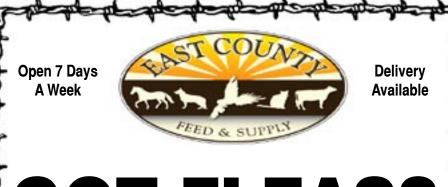
Wanted: A fun loving active companion, for an energetic 78-pound Shepherd blend. Angel is a sweet, lovable eight-year-old girl who enjoys playing and playing and playing, whether it's with other dogs, with toys or while taking long walks. She is active and fit and would make a wonderful walking or hiking partner. All that is missing is her forever family. Come meet Angel today at the County Animal Shelter in Bonita at 5821 Sweetwater Rd., or for more information call 619-788-7880 or 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip and spay.

Hollie is a one-year-old Chocolate Labrador Retriever (mix) female Identification number: 51254. Hollie is an energetic dog who can't wait for a second chance start at life and family to love! Adventuresome and engaged in life, Hollie is one entertaining pup. She likes to receive lots of mental stimulation and physical exercise. With a fun-loving spirit, she adores splaying! She would be thrilled to accompany her people friends on their athletic pursuits and outdoor activities. It will be important that Hollie's new pet-parents demonstrate consistent leadership and training with her, so that she can learn how to be the best pup she can be. She will do well in a variety of homes but would prefer to be the only pet in the home. Sweet, very lovable and endearing, Hollie loves to make her people friend's smile. Until February 14, 2011, her adoption fee is just \$14 and includes her spay, current vaccinations, certificate for a free veterinary exam, and more! Hollie is available for adoption at the North Campus of the San Diego Humane Society: 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357 www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.





Meet Brisa! A fun-loving, 63-pound German Shepherd/Australian Shepherd blend, Brisa is looking for her forever home. At eight years old, she certainly has a spring in her step and would love to brighten up your home with her adorable face and loving personality. This smart girl walks well on a leash and is treat-motivated, so we know she can learn even more. Come meet Brisa today at the County Animal Shelter in Bonita at 5821 Sweetwater Rd., or for more information call 619-788-7880 or 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip and spay.



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Three winners will be chosen every Saturday in February at 8pm. Match three symbols for a chance to win \$5,000 cash or a consolation prize of \$2,500!



\$5 Million California Lottery winner, Natalie Marston:

Feb. 5 Feb. 12 Feb. 19 Feb. 26

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