



VOLUME 12
NUMBER 16

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Meet Barney and his friends on page 27

INSIDE THIS ISSUE

Business 2-4
Local 5-8
Health 9
Inspiration 10
Class Act 11-18
Legals..... 20-22
MotorSports 23-25
Classifieds 26
Pets 27

EAT FOR FREE? Find out where on page 13

What's new in Theaters?

Ready to go to the movie theatre but not sure what to see?

Check out the review on
'WARRIOR'
by Diana Saenger
on page 14



and
'Conan the Barbarian'
by Michael Black
on page 15

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

Police Chief takes his seat in new headquarters



El Cajon Police Chief Pat Sprecco ready to take the seat in his office at Police Headquarters in El Cajon's new Public Safety Center. Photo Credit: Diana Saenger

NEW OFFICE HOURS

Effective Monday, August 22, 2011

City Hall
Monday through Thursday: 7:30 a.m. - 5:30 p.m.
Alternate Fridays: 8:00 a.m. - 5:00 p.m.

Public Works (Vernon Way location)
Monday through Thursday: 6:00 a.m. - 3:30 p.m.
Alternate Fridays: 6:00 a.m. - 2:30 p.m.

Fire Administration
Monday through Thursday: 7:30 a.m. - 5:30 p.m.
Alternate Fridays: 8:00 a.m. - 5:00 p.m.
(Closed daily from: 12:00 p.m. - 1:30 p.m.)

Offices will be closed on the following Fridays in 2011:

Friday, September 2
Friday, September 16
Friday, September 30
Friday, October 14
Friday, October 28
Friday, November 11
Friday, November 25
Friday, December 9
Friday, December 23

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Business/Finance & Real Estate

El Cajon Police Division moves to a new location this week



The Communications Center Suite. Photo credit: Diana Saenger

by Diana Saenger

There's often nothing more exciting than moving into a new building, but for the El Cajon Police Department members the move to the new \$40 million Public Safety Center for the City of El Cajon means more for the community at large. One has only to look at the new building or step into the spacious and welcoming front lobby to imagine what improvements await the professionals who work there to maintain the community's safety and well-being.

"This facility, which will also be part of the new firehouse and the animal control center, will work for at least 50 years," said El Cajon Police Chief Pat Sprecco.

The 332,150 sq. ft., five-story building with an additional 212,750 sq. feet of parking was paid for by the vote of the people with Proposition O approval of a half-cent sales tax increase before construction began in 2009.

Overseen by Gafcon, Inc., a San Diego-based construction management team, the facility

is a state-of-the-art building designed to be "Green" and meet energy efficient standards, such as the efficient voice activated or clap on lighting system. Along with low-energy audio-visual equipment and natural ventilation/cooling, full solar panels on the trellis over parking spaces in the outdoor lot help with energy costs and assist the building to maintain power in emergency situations.

"We are deeply proud of our entire project team for successfully delivering this outstanding project to the City of El Cajon," Said Joe DeMello, senior project manager for Gafcon, and who on this tour was proudly showing off greenery on some of the roof tops to help promote a "Green" environment.

Two large parking areas below ground include designated areas for certain departments such as the 120 police officers and 347 other city employees that will occupy the building. A state-of-the-art indoor firing range in the lower area is complete with sound-proof doors and a filtration system that can recycle air. Chief Sprecco explained the indoor range eliminates the officers

having to travel or worry about weather and makes it easy for them to use before or after their shifts.

The building has multiple new administrative office spaces, community meeting rooms, and separate spaces for watch commanders, lieutenants and sergeants. There are state-of-the-art crime and forensic laboratories, easily accessible ceased property and evidence storage areas and a gym (partially funded by grants) for officers and all city employees.

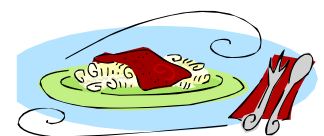
The detention center for short-term custody holdings has its own garage entrance with doors that can be locked while transferring detainees as well as showers or clean-up facilities. A separate men's and women's section and juvenile waiting area are well monitored with hidden cameras. The records division is plenty large for years of expansion and easy access.

Canine officers, who keep their dogs at home, have kennels at the new Center where dogs can remain cool and

See POLICE HEADQUARTERS
page 4



Front lobby. Photo credit: Diana Saenger



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SHOP EAST COUNTY

— BUSINESS/FINANCE & REAL ESTATE —

Police headquarters ...



Police headquarters outside near parking area. Photo credit: Diana Saenger

Continued from page 2

protected while officers attend to other duties. Tactical units (swat, etc.) have their own rooms, a new patrol briefing room is first-rate, and the officer's new lockers are a much needed improvement, said Chief Sprecco. "At the old station they were elementary-school size," he said. "These new ones are as tall as the officers with three separate small compartments, constant air-filtration so bullet-proof vests can air out, a huge bottom drawer for various items and an electrical plug in each locker to recharge phones, flashlights, etc."

The Communications Center Suite, that looks like something out of a TV show, will aid personnel in maintaining safety and keeping an eye on the city at all times. Each dispatcher has his/her own console with plenty of devices within reach and a large screen on the wall visually helps with large images when needed. This area can also function as an emergency communication center – something extremely valuable during fire season or other disasters.

The City of El Cajon Public Safety Center and Police Department is located at 100 Civic Center Way adjacent to City Hall. For non-emergency information call (619) 579-3311.



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Entry Deadlines September 1st

— Kiwanis Convention —



Alpine Kiwanis members showed up to support their club and take part in seminars at last weeks California-Nevada-Hawaii District Convention held in San Diego. Photo Kathy Foster

— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech,
City of El Cajon Public
Information Officer

Note: Most grade schools are back in session – please drive carefully and watch increased traffic conditions and children heading off to school.



Kathi Henry

Thank You Kathi Henry

After 30 years with the City of El Cajon, City Manager Kathi Henry retires on Friday, Aug. 26. The City Council and City Directors paid tribute to Ms. Henry during her last City Council meeting held this past Tuesday, Aug. 23. She's been the City Manager of El Cajon for the past 7 years. She's been an amazing leader and she will be missed!

El Cajon's Finest move into their new home near City Hall

Officers and staff move into the new El Cajon Police station

at 100 Civic Center Way! The new offices officially opened on Wednesday, Aug. 24, 2011. Visit www.elcajonpolice.org for more information, or visit the City website for a look at pictures of their new home at www.cityofelcajon.us.

NEW HOURS for El Cajon City Offices!

As of Monday, Aug. 22, most City of El Cajon government facilities have begun longer operating hours! City offices will also be closed alternate Fridays beginning September 2. The following hours are part of a new 9/80 work schedule for many of the City's offices. These changes will not impact the San Diego County operations located at the Civic Center.

The new hours are as follows:
City Hall, at 200 Civic Center Way & Fire Administration, at 100 E. Lexington Avenue, hours are Monday through Thursday: 7:30 a.m. - 5:30 p.m., Friday: 8 a.m. - 5 p.m. Closed alternate Fridays.

Police Administration: Monday-Thursday: 8 a.m. - 5 p.m., Friday: 9 a.m. - 5 p.m. Closed alternate Fridays.

Public Works - (Vernon Way facilities only): Monday through Thursday: 6 a.m. - 3:30 p.m., Fridays: 6 a.m. - 2:30 p.m. Closed alternate Fridays.

*City offices, except Recreation Centers, and the Animal Shelter, will be closed on the

following Fridays in 2011: Sept. 2, 16, 30; Oct. 14, 28; Nov. 11, 25; and Dec. 9, 23. A full calendar of operating hours and dates can be found on the City's website at www.cityofelcajon.us. If you conduct business with the City on a regular basis, please note the hour change.

Concerts On The Green plays The Blues

On Friday, Aug. 26, enjoy Blues music with "Aunt Kizzy's Boys" at Concerts on the Green! Concerts are from 6 to 8: p.m. at the Prescott Promenade located at 201 East Main Street in downtown El Cajon. These "free" concerts are presented by the El Cajon Community Development Corporation and the downtown business district, and sponsored by Sycuan Casino and Taylor Guitars. Bring your family and friends for an evening of music and dine at one of the many wonderful restaurants surrounding the Prescott Promenade; or pack a picnic and sit back, relax and enjoy the show! For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcajon.com.

Starz Carz at the next Cajon Classic Cruise

The theme of the next Cajon Classic Cruise on Wednesday, Aug. 31, is "Starz Carz Are Out

Tonight!" This free event runs from 5 to 8 p.m. in Downtown El Cajon, located at the Prescott Promenade at 201 East Main Street. Enjoy classic motorcycles and cars, great restaurants, street vendors, special raffles, live entertainment, and awards for the top cars! The El Cajon Community Development Corporation (CDC) has extended the Cajon Classic Cruise car show schedule this year through October 26th. For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at www.downtownelcajon.com.

Mother Goose Royal Tea Party

The Mother Goose Parade association will be holding a Mother Goose Royal Tea Party and Fashion Show on Saturday, Aug. 27, 11 a.m. to 2 p.m. at the Foothills Christian Youth Center, located at 365 West Bradley Avenue in El Cajon. Fashions will be featured from Glamour Girls, Cabi, and Westfield Shopping Mall. This is a fundraiser for the 65th Annual Mother Goose Parade scheduled in November. Tickets are \$25 per person, or \$160 for a table. For more information call (619) 444-8712.

Visit the Knox House Museum on September 3

Tour the Knox House Mu-

seum, and see where El Cajon began! The Knox House is a wealth of information, with photos and artifacts on the history on the City of El Cajon. Hours are from 11 a.m. to 2 p.m. at 280 N. Magnolia Avenue, El Cajon. Free Admission. Private tours also available for your class or organization. For more information please call (619) 444-3800, or visit www.elcajonhistory.org.

Fun events are planned for El Cajon's Centennial in 2012

The excitement is growing as plans continue for the City of El Cajon's Centennial Celebration in 2012. The exact date of the City's 100th Birthday is Monday, Nov. 12, 2012; but fun events are in the planning stages for the months leading up to that date! The Centennial Celebration Committee, led by Councilmember Jillian Hanson-Cox, has been meeting monthly to discuss ideas to make this the event of the century. We are still looking for old photos of El Cajon. If you know of someone who will be turning the age of "100" in 2012, we would love to hear from you! Join our monthly discussions, submit ideas, or be a part of the celebration as a contributing sponsor. Please contact us through our website at www.elcajon100.com.

Kiwanis Motorcycle Ride

The Kiwanis Club of El Cajon Valley will hold its annual Charity Motorcycle Show and Poker Run on Saturday, Sept. 17. El Cajon Harley Davidson will host the start of the Poker Run which will tour East San Diego County for 115 miles. The holder of the best poker hand will not only win a special prize, but will also be eligible to enter a drawing for a 2010 Ford F-150 pickup truck compliments of El Cajon Ford. The Boys and Girls Club of Santee will host the Motorcycle Show and post-run activities. Beneficiaries will be the Boys and Girls Clubs of East County and children's programs sponsored by Kiwanis. Additional information may be found on the club's web site at www.elcajonvalleykiwanis.com or by calling committee chair, Bob Callen at (619) 244-9730. For additional information call (619) 670-9390.

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

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— LOCAL NEWS & EVENTS —

Valhalla High School students earn prestigious Girl Scout Gold Award



Bailey Schrader

Girl Scouts San Diego hailed the leadership and community service achievements of local Girl Scouts at its recent annual Gold Award ceremony at the Joe and Vi Jacobs Center. The recipients included two East County residents who are members of the Valhalla High School class of 2012.

Bailey Schrader of El Cajon, daughter of Moline and Kevin Schrader, has been in Girl Scout Troop 6684 for 12 years. Bailey earned a Gold Award for her "Children's First-Aid and Safety Classes" project for elementary school children.

Emily Burke's Gold Award project, "100 Dresses," enabled girls in low-income families to buy new dresses for their 5th grade promotion, and also receive hygiene/accessory kits. "I wanted to help the girls feel beautiful and confident so they

would feel successful on their special day," she said. Emily, daughter of Elizabeth and Thomas Burke, is a resident of Rancho San Diego. She has been a member of Girl Scout Troop 6383 since 1999.

The Girl Scout Gold Award – Girl Scouting's highest honor – recognizes the leadership, effort, and positive impact girls in grades 9-12 have on their communities. Each recipient spends two to three years completing a seven-step process that includes exploring career interests, colleges, internships and jobs. It culminates when the girl plans, executes and evaluates a major service project based on a personal passion that addresses the needs of a specific community.

"As I shook the hands of the awardees, I marveled over how they poured their hearts, time and talents into their projects," said Jo Dee C. Jacob, chief executive officer of Girl Scouts San Diego. "These amazing leaders-in-the-making joined the elite 5.4 percent of Girl Scout Gold Award recipients nationwide – to the great benefit of the communities they serve."

Those who benefited from the 2011 Gold Award recipients' projects included children who discovered the joy of dance, art, and music, along with the fun side of math, science, reading, and healthy living; organizations

preserving culture, history, serving veterans, and protecting the environment and wildlife; families in the midst of medical crises, homelessness and trauma recovery; senior citizens who got to share treasured photos, recipes and stories; and individuals whose lives will be saved by workshop participants who learned self-defense, earthquake safety and first aid. Other projects promoted inclusive environments and individual confidence.

Founded in 1912, Girl Scouting provides the world's best leadership experience for girls. Through Girl Scouts, girls discover themselves, connect with others, and take action to make the world a better place. Girl Scouts San Diego (www.sdgirlscouts.org) provides activities for 40,000 local and adult members, trains volunteers, and maintains three camps and four program and service facilities.

Transformers to be moved through county



Large transformers are schedule to be moved through East County.

The Department of Public Works (DPW) wanted to inform the community that SDGE's contractor American Heavy Equipment (AHE) has submitted a moving permit application and traffic control permit request to transport

seven large transformers from the San Diego Port to Bell Bluff Truck Trail (east of Alpine). The truck will get onto I-8 from Greenfield Drive and will exit on Japatul Valley Road and will not be traveling through the Community of Alpine.

The first move was scheduled for August 23. This is the first of seven roundtrip moves that will occur every two to three days apart after the initial move. The moves are planned to be performed late in evening to early morning outside peak travel times. DPW is working closely with AHE to ensure all the County requirements are met and is anticipating issuing the permits later today. AHE has permits from Caltrans, the Port District, the cities of San Diego, National City and El Cajon that cover their areas.

There will be four CHP off-duty patrol officers and two pilot vehicles accompanying the transport vehicle. DPW staff will be present in the field during the move across County maintained roads as necessary. Attached is a sample photo of the transport vehicle and the trailer that will be utilized. If you have any questions about the move, please contact Murali Pasumarthi, DPW Traffic Manager, at (858) 874-4040.

Lakeside Roundup

by Patt Bixby

Chamber mixer

Classic Cars, Western Music, BBQ sandwiches with cowboy beans and desert were all part of the Lakeside Chamber of Commerce, August 18 Business Mixer hosted by East County Feed & Supply owners George and Marty Barnard.

Held at the feed store located at 10845 Woodside Ave., the event was one of the largest to date. The mixer offered Chamber members and perspective members an opportunity to enjoy an excellent meal while networking with fellow business owners.

The next Lakeside Chamber of Commerce meeting is September 12, 6 p.m. at the Lakeside Community Center. Business owners are welcome.



Chamber members eat a barbecue at East County Feed & Supply at the Chamber monthly mixer. Photo credit: Patt Bixby

Viejas Casino guests celebrate 20-Year Winning Streak with free meal, \$100,000 Bingo and a Corvette giveaway

Viejas Casino, Southern California's premier gaming, dining and entertainment destination, is celebrating its 20th anniversary with special events and promotions during September ... including a drawing for a 2012 Corvette.

On September 13, Viejas Casino says "Thank You" to its guests and supporters all across Southern California with the offer of a free meal at the award-winning Harvest Buffet.

Viejas Casino, one of the first tribal casinos in California, was formally established on September 13, 1991, ushering in an exciting era of tribal government gaming in California, which has provided world-class gaming, entertainment and dining to hundreds of thousands of people from California and beyond. Tribal gaming, supported by California voters in two statewide propositions, also ushered in a new era of economic self-sufficiency for Viejas and many other tribes, ending generations of poverty and dependence.

To recognize Viejas Casino's 20th Anniversary, there will be a tribal blessing with sage-burning at the casino's south entrance at 5 p.m. on Saturday, September 17, along with historic bird-singing, which dates back over 10,000 years in Kumeyaay history. There will also be free food and entertainment in the V Lounge and a drawing for a 2012 Corvette at 8 p.m. In addition to the Corvette, one lucky guest will win \$20,000 and eight guests will each win \$2,000. And the celebration continues at the Viejas bingo pavilion, where \$100,000 is guaranteed to be given away on September 17. Reservations can be made at the casino or online at www.viejas.com.



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— LOCAL NEWS & EVENTS —

Local Representatives fighting unfair fire tax

Many East County's local representatives are fighting the new \$150 Fire Tax the State of California has implemented.

Assemblyman Brian Jones (R-Santee) testified before the State Board of Equalization today to register concerns regarding the implementation of the State Responsibility Fire Fee, which mandates the collection of a fire "tax" on roughly 1 million structures in California.

In testimony before the Board, Assemblyman Jones questioned the legality of the tax, which was passed by the Legislature with a simple majority vote and signed by the Governor as part of the 2011-2012 Budget deal. Proposition 26 was passed by California voters less than a year ago, and expressly prohibits the Legislature from using loopholes to raise taxes by disguising them as fees and therefore circumventing the

Constitutional requirements for passing higher taxes.

"This is nothing more than political sleight of hand and clearly does not pass Constitutional or ethical muster" said Assemblyman Brian Jones. "It wrongly labels a 'tax' as a 'fee' and also double-taxes residents by combining new State Responsibility Area 'fees' with current local fire district assessments."

Assemblyman Jones asked questions regarding the Board's authority to collect the taxes, how the tax will be collected, and how they will handle the issue of double taxation.

"Locals already have the authority to create assessment districts for fire prevention and protection. Now, yet another tax will be levied on those who are already voluntarily contributing to fire protection, and this will disproportionately affect

the residents in Eastern San Diego County," he concluded.

The San Diego County Supervisors are also fighting this new tax on rural landowners. The following is a letter sent to Governor Jerry Brown from the County Supervisors:

"We are deeply committed to protecting the San Diego region from catastrophic wildfires and strongly oppose the recent Fiscal Year 2011-12 State Budget's decrease of approximately \$43.5 million in FY 2011-12 to CAL FIRE's budget. Public safety in the San Diego region will be jeopardized as a result of these significant funding reduction for firefighting personnel and resources.

"Additionally, the FY 2011-12 State Budget (ABX1 29) included the establishment of a fire prevention fee of up to \$150 per structure within state responsibility areas (SRAs). A

SRA fire prevention fee is not the solution to balancing the State's budget. We oppose the SRA fee and urge you to take immediate action to repeal ABX1 29.

"Public Safety should be the number one budget priority for any government agency. Even during challenging fiscal times, the County of San Diego has invested in fire protection and emergency services in the region, including over \$200 million since the 2003 firestorm. Additionally, the County makes an annual \$15.5 million commitment to fire protection, approximately two-thirds of which are contracts with CAL FIRE to provide enhanced fire protection services with 24/7 coverage at more than 50 fire stations throughout State Responsibility Areas in unincorporated San Diego County. We live in a region that demands year round preparedness to wildfires. San Diego was devastated by two major firestorms in 2003 and in 2007 and has battled more than 50 additional large wildfires in the last decade. These fires resulted in the destruction of thousands of homes, the devastation of nearly one-million acres of public and private land, and the tragic loss of innocent lives. In 2003, the state estimated the reimbursable costs to state and local governments for the 2007 southern California fires alone were \$317 million, or which the federal government was responsible for \$238 million and the State and local governments were responsible for up to \$79 million. Cutting CAL FIRE funding is not a prudent solution to resolving the State's budget crisis and will pale in comparison to the costs incurred by the State to respond to the next major wildfire.

"Furthermore, the SRA Fee constitutes an illegal tax and is a desperate measure that unfairly targets rural property owners who already pay for fire protection through property taxes. This amount to double taxation because many of these property owners also pay additional taxes and benefit assessment fees to local fire districts, as much as \$392 annually. We estimate more than \$5,000 parcels with dwelling units in San Diego County would be subject to the SRA Fee. However, there is no guarantee that the same amount of funds contributed by residents in our region will be reimbursed back into San Diego County for additional fire protection.

"ABX1 29 does not ensure that a higher level of tax being collected translates into a higher level of the protection.

Rock Your World: Rose Quartz

by Sharon Denny, Angel/Tarot Reader/Yoga Instructor

If ever there was an easily obtainable stone, it would be rose quartz; and, indeed, it is often the first stone many people will be attracted to and buy. It comes from Brazil, India, Madagascar and the USA. It is a member of the quartz family and ranges in color from deep to very pale pink. So, I ask you, do you have a rose quartz crystal? And, if you do, have you "done" anything with it?



Rose Quartz is often associated with the heart chakra and known as the love stone. The heart chakra is the energy center located in the heart, lung, and chest region. This chakra is said to be the mid point between the upper and lower chakras and holds all the information and experiences that we gather as humans. But just because rose quartz is associated with the heart and the heart chakra, doesn't mean we cannot use it over any area of the body where we may feel we want to "channel" love. And just because the stone is easily obtainable and inexpensive doesn't mean it doesn't exude some very powerful healing energy. It does. It truly suggests by its very being that we are not to confuse gentleness with weakness.

This "love" stone is used to attract love into your life, but it's also used to bring self love to your body and auric field. It vibrates compassion and forgiveness in a gentle, but powerful way so that if you wear it and feel like too many old emotional issues bubbling up to the surface of your consciousness, you might want to take it off for awhile. This has been my experience with this stone. And then again other times, it just does its "work" so softly that you don't even realize that anything is even happening. I think this lovely stone reminds us to not take anything or anyone for granted, including ourselves!

Use this stone in your home to bring harmony, peace, love and joy. That's a beautiful recipe for any family, couple or single person...a great stress reducer! And don't forget to cleanse it when you are not "feeling" its vibration. It does absorb the negative effects of fear and guilt and even childhood traumas. You can easily run it under tap water to bring it back to "life" again.

So now have you decided to "do" something with that piece of rose quartz you have? Or, if you don't have one, please visit Home and Soul at 229 Main Street in El Cajon. You will find many wonderful pieces of rose quartz for display or as jewelry or to carry in your purse or pocket. And if you want to further your healing, call 619.440.4504 to set up an appointment for a number of wonderful services, such as Reiki, massage, acupuncture or a psychic reading.

In fact, as a result of budget cuts the existing levels of fire protection will not even be sustained. An additional concern is that revenues generated by this new fee will be directed to fund CAL FIRE administrative expenses and supplement existing CAL FIRE services.

"The San Diego County Board of Supervisors fully understands the severe financial crises that currently challenges all levels of government and recognize that like us, you have been forced to make difficult decisions. However, funding for fire protection should not be compromised. It is important that we corroboratively do everything possible to protect the citizens of this region and the State of California.

"We urge you to make pub-

lic safety a budget priority by restoring CAL FIRE funding immediately to protect life, safety and property throughout the state and in the San Diego region. We urge that you repeal ABX1 29."

Editor's Note: Support your local representatives in this fight with the State of California. As a fire victim of the 2003 wildfires, I saw no firetrucks in our neighborhood to protect our properties. We already pay taxes for fire protection. Why should the State penalize homeowners for living in the outskirts when our fire departments are forced to go into the heavier populated areas and cities during times of wildfires, due to the lack of fire trucks, personnel, etc.? I think we are really getting 'burned' on this one.



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*Offer expires 08/31/11

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For Health's Sake

Tips for packing healthful school lunches

The rush of getting the kids out the door in the morning can make packing a healthful lunch seem like an impossible burden.

The typical parent will pack around 200 school lunches yearly, and planning them all requires some serious nutritional skills. Not only do parents need to know how to choose healthful fare, but they need to know how to pick foods their kids will actually eat.

"When you plan your child's lunches, be sure to choose items that are both healthful and fun," says Edmond Sanctis, co-founder of Sahale Snacks, a producer of all-natural nuts and nut blends. "You want to select foods that are colorful and appealing and that provide energy and nutrients to get them through the day."

- Get creative with protein. Nuts and beans provide more fiber and less saturated fat than traditional proteins, like meat, cheese, and eggs. Try making a bean dip from chickpeas or pinto beans and pairing it with crunchy vegetables, like carrots, celery, bell peppers, or whole-wheat pita triangles. Or add texture and sweetness to low-fat yogurt with a handful of nuts or granola.

- Pack edible ABCs. Fresh fruits and nuts are a fun way for kids to get much-needed vitamins, from A to zinc. For example, oranges pack a wallop of vitamin C, blueberries are full of antioxidants, and almonds are rich in vitamin E, calcium, magnesium and iron.

- Portion control matters. Little bellies require smaller portions. While kids love opening crinkly bags of chips, the serving size may be too large and unhealthy. Instead, look for small portion packs, like .75-ounce bags of healthful nut blends, such as Sahale Snacks Cashews with Pomegranate or Almonds with Cranberries. Choose packaged foods made with natural sweeteners and flavors, like vanilla, honey and sea salt, instead of artificial flavors or high fructose corn syrup.

- Drinks are as important as foods. Once you've gone to all that trouble to choose nutritious foods, don't ruin your efforts by tossing soda into your child's lunchbox. Opt for unflavored low-fat milk, water or 100 percent fruit juice. Many juice products only have small amounts of real fruit juice, so read labels carefully.

- Make veggies special. Add extra flavor and crunch to salads with apple slices, nuts

and dried cranberries. Or mix in pre-packaged nut blends or seasoned nuts. For young children, consider blends combining tree nuts with dried fruit, like pomegranate. Older kids might like salads topped with more flavorful choices, such as Sahale Snacks Barbecued Almonds with Mild Chipotle and Ranch.

For more healthful, kid-friendly food ideas, visit www.sahalesnacks.com.

"While you needn't be a seasoned chef to pack great school lunches, it helps to know a few tricks of the lunchbox trade to get your kids eating more healthfully," says Sanctis.

The difference between a goal and a dream



by Judy Callihan Warfield

When thinking about changes in the future, what comes to mind? There is a difference between dreaming about how life may be, and actually setting a goal that can help accomplish that goal.

A goal is a specific thing. Sometimes a client might tell me they would like to be rich. The problem with that statement is that it is not specific. When someone relates they want to make a specific amount each year and they have actually worked out the details of how to get there, I know that person will probably obtain that goal.

Knowing the steps to achieve the goal and setting specific time frames for those steps is essential. Let's talk specifics. First clearly put that goal in writing. Next decide what steps must be accomplished to make that goal a reality. Be sure to create specific deadlines to achieve each of those steps. A common mistake is to set unrealistic timeframes for these goals, so be careful.

After your goals are on paper, keep them in sight and review the plan everyday and do something towards accomplishing that goal. Before you know it the goal will be achieved.

Time management is essential so set aside a specific daily time to review the plan and work on it. Perhaps further education is necessary like setting a budget; but whatever the goal, it can be achieved.

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



Health... Just Common
Horse Sense
by Dr. Donald Adema

International travel is always challenging and a trip to Ecuador with multiple stops certainly confirmed the concept. A 14-hour flight involving seeing the new *Arthur* movie twice was almost too much to bear. Never see *Arthur* once!

However, once there, what a trip. The Andes are amazing and eating fresh trout at 12,000 feet up will never be forgotten. To be able to grow an apple tree with an orchid and avocado tree close by just fascinated the farmer in us. But, Mrs. A and I could not do the guinea pig on a stick. Nope, had to draw the line on that new experience.

The missionary host team is not the average missionary family. They have a thriving business that supports many efforts including a clinic that has its own little state-of-the-art hospital and radio station. The more they give, the more they are given. As soon as it was discovered that radio broadcasts are not foreign to my practice, I was promptly put on the air waves of Ecuador to present the concept of hospice medicine. The feedback was overwhelming. In fact, we will be partnering with an intensivist (wonder of wonders!) to set up the first hospice service ever established in Ecuador.

The most thought provoking moment was the question and answer session after lecturing 30 varied physician specialists on addressing the gut for a better immune status and outcomes. They were a quiet group and the setting was a beautiful home overlooking Cuenca. The first question was from an internist who has a growing patient population of Americans settling in Ecuador to stretch their retirement dollar was, "Why do all American physicians order so many pharmaceuticals?" So, Mrs. A and I starting looking at property and prepping our property for sale. Sort of just kidding.

Laughter is the Best Medicine

Why dogs can't use computers

1. He's distracted by cats chasing his mouse.
2. SIT and STAY were hard enough; CUT and PASTE are out of the question.
3. Saliva-coated floppy disks refuse to work.
4. Three words: carpal paw syndrome.
5. Involuntary tail wagging is a dead give-away that he's browsing www.purina.com instead of working.
6. The fire hydrant icon is simply too frustrating.
7. He can't help attacking the screen when he hears "You've Got Mail".
8. It's too messy to "mark" every Web site he visits.
9. The FETCH command isn't available on all platforms.
10. He can't stick his head out of Windows.

Have a funny joke, story or anecdote you would like to share? Write to Jokes: East County Gazette, P.O. Box 697, El Cajon, CA 92022 or write to www.jokes@ecgazette.com

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Inspiration

Finding a cure for textaholics

Rev. James L. Snyder

Recently, the Gracious Mistress of the Parsonage and Yours Truly upgraded our lives with cell phones. Up to this time, I just assumed the cell phone was what a prisoner used.

My wife and I drug our feet for a long time until we finally took the plunge. Both of us finally went to the cell phone store and signed up for cell phone service. She picked out a phone for her and then picked up another phone and turned to me and said, "I think this will suit you."

I learned long ago that when my wife is "thinking," I should not interrupt the phenomenon.

I must say she did not hog the whole experience of purchasing cell phones. She rather graciously allowed me to pull out my checkbook and write a check for our cell phone service. I wrote that check and signed it with a smile not knowing what I was really doing.

I have found not knowing what I am doing really is a very peaceful part of my life. There is no stress when you do not know what you are

doing. However, when you have some idea what you are doing, then comes the stress. I must admit, most of my life is stress free.

Now, that we have upgraded our lifestyle, life has become rather easy for us.

I really did not know how the simple act of signing up for cell phone service would so drastically change our life. There is something with our service called texting. I have heard of this of course, but I had no idea what it was all about. But I was shortly to discover the bliss of the world of texting.

Not long after we purchased our cell phone service we were at a restaurant celebrating our wedding anniversary. Yes sir, 40 years ago we tied the knot and we have had a wonderful time together. Oh sure, there have been those "knotty" situations, but overall everything has held together. That sure was a tight knot we tied back in the day.

We were celebrating at a certain restaurant and my wife needed to go to the lady's room for whatever ladies do in the lady's room. While she was gone, the waitress came to take

our drink order. Even though I have been blissfully married for 40 years, I never take it on my own to make decisions for my better half. I have not had enough practice making decisions for my half. So, when the waitress asked for her drink order I did not quite know what she wanted.

Then it dawned on me. I will text her. After all, isn't that why we got this cell phone service in the first place? So I text her and ask her what she wanted me to order her for her drink.

Within a very short time, my cell phone buzzed and I looked at her text. "Coffee."

I looked at the waitress who was looking rather strangely at me, and said to her, "My wife will have coffee."

This was just the beginning of the textualization of our formal blissful relationship. We really do not have to talk anymore; we can just text each other, which cuts down on the shouting.

Just the other night I was sitting in my easy chair reading a book and a text message came on my cell phone. I picked it up and looked at the text message and it said, "Can you come to the bedroom immediately." Not knowing what opportunities awaited I rushed into the bedroom.

There my wife was on one side of the bed and said to me, "Help me turn this mattress over."

We were at the mall together and we usually go to different stores. My cell phone rang and a text message came, "Where are you?"

I immediately text back, "Right behind you."

A text message returned quickly saying, "Oh, I thought you were lost."

"No," I fast text back to her, "but it can be arranged."

I am neither a psychiatrist nor a psychologist but I think my wife has become intoxicated by this new technology.

I said to her once, "Lay down the cell phone and nobody will get hurt."

She quickly text me and said, "Touch my cell phone and you die."

I'm not sure if there is a rehab center for textaholics yet, but I know someone who should go there. Wait a minute... I have a text coming in.

"What do you want for supper? Meatloaf or fried chicken?"

"Fried chicken is fine with me," I text back.

Now, where was I? Ah yes, a rehab center for textaholics. Wait a minute... I have another text coming in.

"Can you pick up a quart of milk at the store?"

"Okay."

Yes, a rehab center for textaholics. If anybody knows one you can text me with the information.

But then again, maybe being addicted to texting isn't all that bad. After all, it facilitates keeping in touch with someone without actually having to talk to them. That can't be all bad.

It still does not trump God's ability to keep in touch with us. I like what the prophet says, "And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear" (Isaiah 65:24 KJV).

I think God has texting beat, thumbs down.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

Dear Dr. Luauna



I am losing my house. We are under so much pressure and our home is in chaos. My husband and I keep fighting, and the kids also are in turmoil because we can't make ends meet. I'm about ready to throw my hands up and walk out. Signed, **I Give Up**

Dear I Give Up,

Sorry to hear about you losing your home. Like thousands of others who are in the same boat, it's time to ask, what is really important. Is it our houses? Is it our possessions? Is it any type of material things? No. Many made a mistake when the housing market was up. It seems many refinanced and invested in something above their means. We must regroup and get back to the basics of living within our means. Don't be afraid to let go of your house; your house is not what makes you. Don't allow the trials to create chaos, frustration and tear apart your family or your marriage. Jesus loves you, and He is there in a present time of trouble to help you through this.

Proverbs 16:16, "How much better to get wisdom than gold! And to get understanding is to be chosen rather than silver." *Proverbs 10:22*, "The blessing of the Lord makes one rich, and He adds no sorrow with it."

The greatest gift for any home and a sure foundation is Jesus. *Isaiah 28:16*, "Therefore thus says the Lord God: Behold, I lay in Zion a stone for a foundation, a tried stone, a precious cornerstone, a sure foundation; whoever believes will not act hastily." He is the Rock in which we must build our lives upon. So that when the trials come -- and they will -- even if the whole world money system collapses, if we put our trust in Christ and His Word, we will find safety. *Luke 6:48*, "He is like a man building a house, who dug deep and laid the foundation on the rock. And when the flood arose, the stream beat vehemently against that house, and could not shake it, for it was founded on the rock."

Your family is a gift, and your husband and children are a blessing. The pressure of finances is trying to destroy the very foundation of your home. Make Jesus your Lord and build your family's foundation on the Rock of Ages because He loves you. Please come to church on Sunday morning at 10 a.m., A Touch From Above, 16145 Hwy 67, Ramona, CA.

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

Religious humor bits

The preacher and the ghost

There was a new preacher who wanted to rent a house in the country. The only house available was rumored to be haunted. Since the preacher didn't believe in such things, he rented it.

It wasn't long before the ghost made its appearance. The preacher told his friends about the ghost, but they didn't believe him. They told him the only way they would believe was if he would take a picture of the ghost.

The preacher went home and called for the ghost. When it appeared, the preacher explained the situation and asked the ghost if it would mind having its picture taken. The ghost agreed.

When the picture was developed, the ghost wasn't visible. Feeling very disappointed, the preacher called again for the ghost. When it appeared, the preacher showed it the picture and wanted to know why the ghost wasn't in it.

The ghost thought a minute and replied, "Well, I guess the spirit was willing, but the flesh was weak."

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DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 12, NO. 16, AUGUST 25-31, 2011

— COMMUNITY EVENTS CALENDAR —

Out and about in the County

Aug. 25-28: Julian Star Fest – Menghini Winery – See telescopes & view objects in the night sky, vendors, guest speakers, camping available Friday and Saturday night. For more information call (619) 890-5267 or www.julianstarfest.com

Aug. 26: 12 p.m. Fall Job Fair hosted by Congressman Duncan Hunter at Cuyamaca College Student Center Room. Contact Andrea Jones at 448-5201.

Aug. 26: Summer Movies in the Park in Lemon Grove — Free, fun family event showing *Rio*, 3232 Main St., Lemon Grove, CA 91945. Movie will begin at Dusk.

Through Sept. 30: Concerts on the Green will be held Fridays, through Sept. 30, from 6 to 8 p.m. on the Prescott Promenade in El Cajon on Main Street.

Concert lineup:

August 26 Aunt Kizzy's Boy's - blues

September 2 Old Town Road - bluegrass

September 9 Akayaa & Bolga Zohdoomah - world music / African

September 16 Scott Martin Latin Soul - Latin jazz

September 23 The Stoney B Blues Band - blues

September 30 Sue Palmer & Her Motel Swing Band - boogie woogie / swing

For more information visit www.downtownelcagon.com, or by calling the El Cajon CDC at (619) 401-8858.

Through Dec. 3: The Ramona Mainstage has upcoming events through Dec. 3. Currently scheduled are:

Comedy: Bobcat Golthwaite - Aug. 27; Gallagher - Sept. 16; Steve O - Oct. 1; Rob Schneider - Nov. 5 and Christopher Titus - Dec. 3

Music: New Wave of British Heavy Metal - Featuring Diamond Head, Girlschool, Hydrogen and Al Atkins - Aug. 20; Pat Travers - Aug. 26; Montrose - Sept. 10 smf Abbamania - Nov. 11.

The Ramona Mainstage has free parking, air conditioned and has food drinks and alcoholic drinks. Under 21 admitted with parent or guardian. The Mainstage is located at 626 Main Street, Ramona. (760) 789-7008.

Through Oct. 19: Cajon Classic Cruise Wednesdays through Oct. 26, and Dec. 7, 5 to 8 p.m. on Main Street and Magnolia Avenue in downtown El Cajon. Tune to Downtown El Cajon Radio FM 104.1 during the show.

Cajon Classic Cruise 2011 Season Schedule

Aug. 31 - Starz Carz Are Out Tonight!

Sept. 7 - Mustang Evolution

Sept. 14 - Autumn Cajon Speed Fest

Sept. 21 - Panels on Promenade

Sept. 28 - Monster Truck Madness

Oct. 5 - Tractor Trendz

Oct. 12 - Auto Graphix

Oct. 19 - Horsepower Hour: Extreme Blowers

Oct. 26 - Halloween Trunk or Treat

Dec. 7 - Holiday Parade of Lights

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** Schedule subject to change without notice **

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For more information visit www.downtownelcagon.com, or by calling the El Cajon CDC at (619) 401-8858.

Sept. 3: Movies in the Park in Ramona. *Yogi Bear*, 17953 Dos Picos Park, Ramona, Movie beings at dusk.

Sept. 9, 10, 11: Sycuan 22nd Annual Pow-Wow. Native American dancers, drummers, and bird singers from across the nation will convene at the Sycuan reservation this weekend for the 22nd annual Sycuan Pow-Wow. The three-day event will also feature Indian foods, Native American arts and crafts, and informational booths. The pow-wow is free and open to the public. Contestants will vie for up to \$125,000 in prize money. Participants include members of the Apache, Comanche, Cherokee, Chippewa Cree, Kumeyaay, Kiowa, Pawnee, Piute, Crow Creek Sioux, Yaqui and other tribes in traditional attire. The pow-wow grounds are located behind the Sycuan casino at 5459 Sycuan Road in El Cajon. Alcohol, firearms and drugs are not permitted on or near pow-wow grounds. For more information contact Julie La Brake at (619) 445-7776 or email at jalabrake@sycuan-nsn.gov

Sept. 17: Delightful Dolls of Southern California, Doll Show and Sale will take place at the Al Bahr Temple, 5440 Kearny Mesa Road on Saturday 10 a.m. to 3 p.m. For more information contact Linda Payne Smith at (619) 265-0443 or lpaynesmith@cox.net.

Sept. 17: Alpine Show and Shine Car Show and Chili Cook-Off. Car show open to pre 1973 cars and trucks. Entry fee \$30. Trophies for Best in Show. Each entrant receives two free lunch tickets. The car show and chili cook-off will be held at the Alpine Community Park, 1830 Alpine Blvd. in Alpine. 7 a.m. Pancake Breakfast, 8 a.m. - 3 p.m. car show, 11 a.m. - 3 p.m. chili cook-off. For more information call Doug Benson (619) 445-3328 or Jerry Price (619) 709-4411.

Sept. 18: 'Monarch Mania.' Are you a vendor looking for a "wild" venue? "Monarch Mania," set for Sunday, Sept. 18 at Viejas Outlet Center in Alpine, is for you. A limited number of vendor spaces are available in and around the Show Court of the award-winning Viejas Outlet Center site, and will be assigned on a first-come basis. Products most suited for this venue are garden and/or nature-related, although all applicants will be considered. In addition to the Monarch butterfly release, "Monarch Mania" will include caterpillar races, a plant sale (of specialty butterfly host and nectar plants), caterpillar sale to grow your own butterflies, and a chrysalis tree where onlookers will watch butterflies emerge before their very eyes! Ongoing educational programs will be held throughout the day, with special guests to include live owls, hawks, hummingbirds, snakes, lizards, spiders and more. Event hours are 10 am to 6 pm. Admission to the event will be free. "Monarch Mania" is hosted by CHIRP for Garden Wildlife, Inc., a not-for-profit habitat education corporation. Proceeds benefit habitat education programs for our schoolyards and backyards. For additional information, visit www.chirp.org or phone CHIRP for Garden Wildlife, Inc., at (619) 445-8352.

Oct. 1-2: Oktoberfest in El Cajon! The German American Societies of San Diego, Inc., hosts its traditional Oktoberfest on the first two weekends of October. Stop by and enjoy authentic German food, such as bratwurst, ox-on-the-spit, potato salad, potato pancakes, sauerkraut, red cabbage and a variety of German pastries. They offer a large selection of German beers and liquors, and soft drinks and water, to enjoy with your friends and family. The Oktoberfest is held at the German/American Society at 1017 S. Mollison Ave. in El Cajon. For more information, visit www.germanclubsandiego.org or call (619) 390-9793.

Oct. 8: Santee Car Show & Festival. Enjoy live music, classic cars vendor and food booths. 9 a.m. to 5 p.m. at 101 Riverview Parkway in Santee. Win a 1967 Mustang, only 2000 tickets will be entered. Tickets are available at all Chamber events or you can pick them up at the Chamber office. Call (619) 449-6572 for details.

ON THE COVER

Local Indian Tribes, Barona and Sycuan, celebrate their heritage with annual powwows the first two weekends in September. Read about both powwows on this page under Sept. 9 and Featured Event.

Featured Event

Sept. 2, 3, 4: 41st Annual Barona Powwow: Experience San Diego County's largest celebration of Native American tradition and culture at the 41st Annual Barona Powwow. Since its inception in 1970, the Tribal celebration has grown into a three-day event drawing over 10,000 Native Americans and visitors from across the nation and featuring more than 200 dancers competing for \$60,000 in cash prizes.

"Over the past four decades, the Barona Powwow has grown to become such a wonderful cultural celebration and we are proud to be able to share it with visitors from San Diego and throughout the United States," said Edwin "Thorpe" Romero, chairman of the Barona Band of Mission Indians. "During Labor Day weekend, guests will have the opportunity to come out to Barona and experience traditional Native American culture by watching a variety of performances, tasting traditional Indian foods and visiting crafts booths. It is an exciting event for all."

Throughout the Labor Day weekend celebration, the Powwow will showcase traditional Tribal dances from dancers of all ages, singing and music, a hand drum contest and exquisite hand-crafted arts and jewelry. Visitors will also have the opportunity to taste a variety of authentic Native American cuisine, including Indian Fry Bread, and take part in games and contests for all ages.

To help celebrate the 41st annual Barona Powwow, the Barona Cultural Center & Museum has extended its 40th anniversary Powwow exhibition for its final year. The Barona Band of Mission Indians invites all to visit the museum exhibit to learn about the event's history and traditions. The commemorative retrospective, Barona Powwow Celebrates 40 Years!, is available for viewing in the Barona Museum Community Center now through Sept. 4.

The Powwow festivities will take place at the Barona Baseball Field (just one mile north of Barona Resort & Casino) on the Barona Indian Reservation, located at 1095 Barona Road in Lakeside. Admission and parking are free. For more information, call (619) 443-6612 or visit www.barona-nsn.gov.



EAST COUNTY GAZETTE

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1130 Broadway, El Cajon, CA 92021

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Send in your letters and opinions to:

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

or e-mail us at: editor@ecgazette.com

The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District.

The East County Gazette adjudication number: GIE030790. March 10, 2006. www.eastcountygazette.com

— DINING —

Viejas says 'Thank You' to its guests with free meal

by Diana Saenger

Any announcement from a restaurant offering free food might make some read that line twice. But that's exactly what Viejas Casino is offering customers at the Casino's award-winning Harvest at Viejas on September 13. Viejas Casino guests can begin lining up at 9 a.m. to receive a plated free meal including an entrée, salad, drink and specially-themed dessert.

The complimentary meal is part of Viejas Casino's 20th Anniversary celebration. "Viejas Casino was one of many firsts," said Robert Scheid, Viejas Public Relations Director. "It was one of the first tribal casinos in California, formally established on September 13, 1991 and ushering in an exciting era of tribal government gaming in California, which has provided world-class gaming, entertainment and dining to hundreds of thousands of people from California and beyond."

Steve Robbins, Viejas Director of Food & Beverage, has certainly faced some huge challenges in his first months

at Viejas. The All-You-Can-Eat crab, 2 for 1, promotion runs through the end of August. "We've served nearly 55,000 lbs of crab this month, which has lead to a 50 percent increase in business volumes for the month," Robbins said.



"This is a big challenge for a single restaurant, but our kitchen, service staff and support from other departments on property are doing a great job in meeting the demands of the diners."

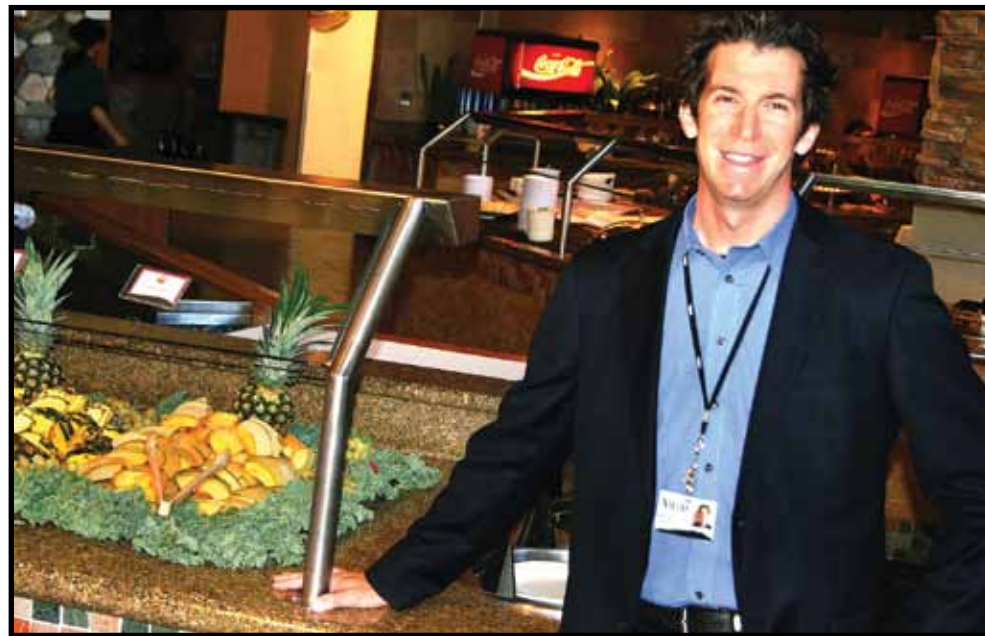
Robbins has had plenty of experience manning a kitchen. He previously served as Director of Food and Beverage, at Sandia Resort And Casino in New Mexico; Director of Food Operations at Harrah's And Harveys Casino Lake Tahoe

and Food and Beverage Manager at Harrah's Ak-Chin Casino Resort. He understands facing back to back food promotions requires a supportive team.

"We did a lot of pre-planning and assured the staff they could do this by exhibiting a cool, calm and collected attitude," Robbins said. "I'm a hands-on Director, so I don't stand back and watch, I jump in and help wherever I can. We have a commitment to Viejas to showcase our service and quality of food."

Upon arriving at Viejas, Robbins stepped right in to make changes in the both the Harvest Buffet and the Grove Steakhouse. He updated the buffet menu including adding fired chicken cooked in a state-of-the-art pressure cooker that takes only 16 minutes to cook. He re-aligned the set-up of some of the buffet items and added some new items. In the Grove Robbins created a new 90-day seasonal menu with Executive Sous Chefs James Donovan and Bobby Mariner and upgraded their beef to 100 percent Certified Angus Beef."

"The Viejas tribal government has been very sup-



Steve Robbins, Viejas Director of Food & Beverage, Photo credit: Kathy Foster

portive of our changes in Food and Beverage, which is greatly appreciated," Robbins said. "We all have our guest's best interests at heart and are committed to delivering exceptional guest service one guest at a time."

Pat Kell and Kathleen Jaime were recently found enjoying a plateful of crab in the Harvest Buffet. "This is my second time here for this promotion," Kell said. "It's a lot of food for the money."

"I've been coming here for some time," Jaime said. "I've noticed a 100 percent improvement in the food here in the buffet recently. I'm very pleased, and I will be back."

The "Thank You" free meal is available 9 a.m. to 9 p.m. September 13 at Viejas Casino. Guests will go to a booth to get a wristband marked with a time for their meal and then will have an hour to enjoy their plated free meal.

Other upcoming events for the 20th anniversary celebration include a tribal blessing with sage-burning at the casino's south entrance at 5 p.m. on Saturday, September 17, along with historic bird-singing, which dates back over 10,000 years in Kumeyaay history.



Hungry guests enjoy the Harvest Buffet, Photo credit: Kathy Foster

There will also be free food and entertainment in the V Lounge and a drawing for a 2012 Corvette at 8 p.m. In addition to the Corvette, one lucky guest will win \$20,000 and eight guests will each win \$2,000. In addition to the drawing for the Corvette, Viejas Casino guests will also have the opportu-

nity to purchase limited-edition commemorative gaming chips, but only while supplies last. And the celebration continues at the Viejas bingo pavilion, where \$100,000 is guaranteed to be given away on September 17. Reservations can be made at the casino or online at www.viejas.com.

— Big winner —



Jeanne Kever of Alpine won \$28,000 at Viejas Casino on Saturday, August 20 in the final "Club 250" drawing. More than \$75,000 was given away during the week-long promotion. "We love going to Viejas, it's close and so much fun," Kever said. "And to top it off and win such a big jackpot was very exciting." Photo Credit: Kathy Foster

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— AT THE MOVIES —

'Warrior' is about more than a fight



Tom Hardy and Joel Edgerton star in *Warrior*. Photo Credit: Chuck Zlotnick / Lionsgate

Review by Diana Saenger

As a critic, I try to keep my knowledge of a film to a minimum before seeing it, which helps with a truer observation about the movie. That practice sometimes results in a huge surprise. Take *Warrior*, for instance. Having seen a partial trailer here and there, I assumed it would deal mostly with fighting in a ring, and after *The Fighter* — last year's terrific year-end surprise — I wasn't sure I wanted to go down that road again.

Warrior focuses on two estranged brothers who end up glove to glove in a MMA (mixed martial arts) match for big bucks. Tommy Conlon's (Tom Hardy) return to his hometown in Philadelphia after 14 years starts this intense and sometimes brutal story. Having lost his mom, he's now on his father's doorstep asking for his help in training for the mega-bucks Sparta martial arts match.

Dad, "Paddy" (Nick Nolte), a recovered alcoholic, thinks this might be a joyful reunion with Tommy, but that's not the case. Tommy, who's short and sour on exactly what he thinks about his dad, makes it clear he only wants his talents as a former trainer. Noticing that Dad has filled the house with religious items, Tommy becomes even angrier telling his dad, "Mom needed you, I needed you."

Paddy agrees to help, knowing he'll have to convince Tommy he can't be serious about training if he won't give up his pills and horrible diet. The family dynamics slowly unfold through weeks of rigorous training in the gym

and elsewhere. Paddy tries everything to emotionally reunite with his son, but nothing works. Tommy is shut off to his father's pleas.

Hoping to fix family problems all at once, Paddy heads off to see his other son Brendan (Joel Edgerton), who's mad at him as well as at Tommy. However, Brendan leaves Paddy in the driveway, crying because his son won't even let him see his only two grandchildren.

Brendan, an ex-fighter-turned teacher, suddenly finds himself out of a job. He tries a few parking lot fights at local strip clubs but ends up getting massacred for only a few bucks. He too sets his sights on Sparta as a way to keep his home from foreclosure. For him it's a fight for his family. A surprising subplot about Tommy reveals that — for him — it's a fight for his country.

I soon realized that *Warrior* set its sights on something much deeper than fighting. As noted in the film's notes; it's truly about "redemption, reconciliation and the power of the human spirit." As he proved with *Miracle*, director

Gavin O'Connor knows how to get a heartwarming and crowd-cheering story out of a supposed sports movie. His excellent casting helps him do the same with this film.

Even though Tommy comes off like a pure bully and ungrateful son at the beginning, Hardy (*Inception*) offers up a character with a shadow of empathy, one that made me watch each scene with great expectation. And Edgerton (*Animal Kingdom*, *Star Wars: Episode III*) plays the kinder, gentler brother evenly. He projects both a sad irony and true faithfulness to his family — even over the objection about fighting from his wife (Jennifer Morrison). Veteran actor Nolte is convincing as a man down on his luck but ready to get up and try once again.

Because *Warrior* includes many brutal fight scenes, I encourage the squeamish to risk a few minutes of closed eyes to see it. The end scenes alone will keep viewers on the edge of their seats. I wouldn't be surprised if this excellent film receives some 2011 Oscar mentions. *Warrior* opens September 9.



Warrior

Studio: Lionsgate

Gazette Grade: A+

MPAA: "PG-13" for sequences of intense mixed martial arts fighting, some language and thematic material

Who Should Go: those who like come-from-behind stories.



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— AT THE MOVIES —

'Conan the Barbarian' — remake fail



Photo: Jason Momoa and Rachel Nichols star in *Conan the Barbarian*. Photo credit: Simon Varsano

Review by Michael Black

A remake of the 1982 classic was inevitable. With new state of the art graphic computers, improved 3D technology, the remake should be a drop in the bucket success as long as filmmakers followed the rules of what a good movie should be; high-quality acting, a first-class script and a superior soundtrack.

Unfortunately, in the new *Conan the Barbarian* they only got one out of three. The acting was tolerable at best. Jason Momoa as Conan was a decent choice, but he lacked the raw charisma that Schwarzenegger had in the original. And his success was also hindered by a script that failed miserably in this remake. For instance, Conan's father, played by Ron Perlman, says, "I love you son" just before he dies. Barbarians would never say the word "love." Conan later on says this dreadful line, "I live, I love, I slay...and I am content." I rolled my eyes in disbelief that someone thought that was a good line for Conan to say. Less is more, especially when it comes to Conan, who is supposed to be a barbarian — crude, rude and no manners.

The antagonist is Khalar Singh (Stephen Lang) who is looking for a magical mask that was broken apart with each piece given to tribes of distant lands to keep safe. Khalar,

along with his witch daughter, Marique (Rose McGowen), track down each of the pieces to reassemble the mask in the hopes to bring back Khalar's dead wife and then rule the world. The makeup and hair on McGowen was interesting, but she doesn't have a lot of screen time and is underutilized. Along with the mask pieces, they had to find a pure blood woman, in this case Tamara (Rachel Nichols). Her blood would activate the masks' evil powers and turn her into Khalar's dead wife. There are plenty of bare breasted women to please the guys, and I guess Momoa — shirtless and almost naked in one scene — works for the ladies.

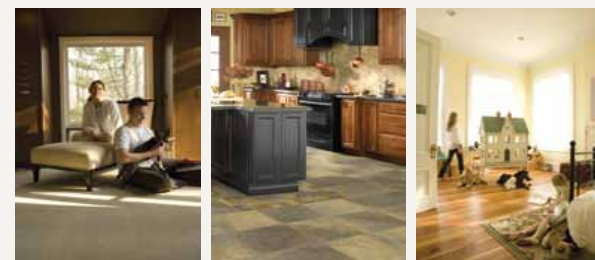
The film's success hinges on the anticipation of good battle scenes. Not here. Most of the action scenes looked rushed and unpracticed. The actors seemed to wave their swords around, and added unnecessarily large amounts of blood spurts that look fake, spurts around a lot. One of the biggest letdowns of this remake is the total lack of well-orchestrated soundtrack that went with the action. The original 1982 soundtrack accompanied the action perfectly and was the best part of the original.

Another key thing that bothered me was why Khalar Singh's army had their sailing ship set on top of six elephants and traveled that way wherever they went. I kept wondering

how they got the ship on top of the elephants and why would you do that in the first place? The movie plowed on but I kept coming back to that same question for the rest of the movie. The climax battle between Conan and Khalar was

disappointing and ridiculous. Director Marcus Nispel should have sent the script back and told them to think more like a barbarian and spend some of the money on the action scenes instead of fake looking computer generated sets.

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Conan the Barbarian

Studio: Lionsgate

Gazette Rating: D

MPAA: "R" for strong bloody violence, some sexuality and nudity

Who Should Go: Jason Momoa fans

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— OPEN BOOK —

Lucille Ball – America's Sweetheart

Appause Theatre & Cinema Books gets a big applause for the outstanding job authors James Sheridan and Barry Monush have done on providing fun, informational and often exciting or unknown details about Lucille Ball – one of America's favorite actresses. Their new book *Lucille Ball FAQ: Everything Left to Know About America's Favorite Redhead* – is a must own for Ball or fans of TV & film comedians.

The 26 chapters in this book leave nothing unturned. Examples such as "Mr. and Mrs.": The Men Lucy Married; "The Lucy Ricardo Show": I Love Lucy; "World's Greatest Grandma" Life With Lucy; "Real Gone With The Wind,": Projects That Never Happened; and others offer juicy tidbits about Ball's life, loves, struggles and triumphs. In the preface Monush admits he liked Lucy more than the average *I Love Lucy* aficionado. Sheridan admits in his introduction that he was hooked by the comedian at the age of seven when he visited a "Lucy: Tribute" at Universal Studios in Florida.

At the beginning is a wonderful and easy to follow timeline of her life and career entitled "I Thought You Wanted to Know Something About Her." The first chapter about her roots reveals Lucy's grandfather loved vaudeville shows and took Lucy and her brother Freddy. In the chapter about men we learn Lucy and Desi were almost strangers when they married in 1940, but their union would spawn a show that the world fell in love with.

The huge book has many wonderful tales. Find out what famous movie star tore down a house he owned next to Lucy's that brought rats running all over Lucy's property. There are pages upon pages about Lucy's friends and enemies; her shows' successes and the struggles that often accompanied them. There's an entire chapter that references "other shows or celebs" that were spoken about on Lucy's shows. (That took some research to find!)

Want to know: Where Lucy hung out? About her relationship with different studios? What her home life was like? About her children? About her

awards? Or about her films, plays or radio show? It's all in this book. Readers will be amused by the circumstances of her audition for *Gone With The Wind*.

The book is very-well laid out. Chapters have short sections that are easy to read and not tedious. The headings are clear and the bibliography is beneficial. Most amazing are the many, beautiful and well-transferred personal photos from the authors in the book. I have to say, well done James and Barry. What a grand tribute to Lucy fans.

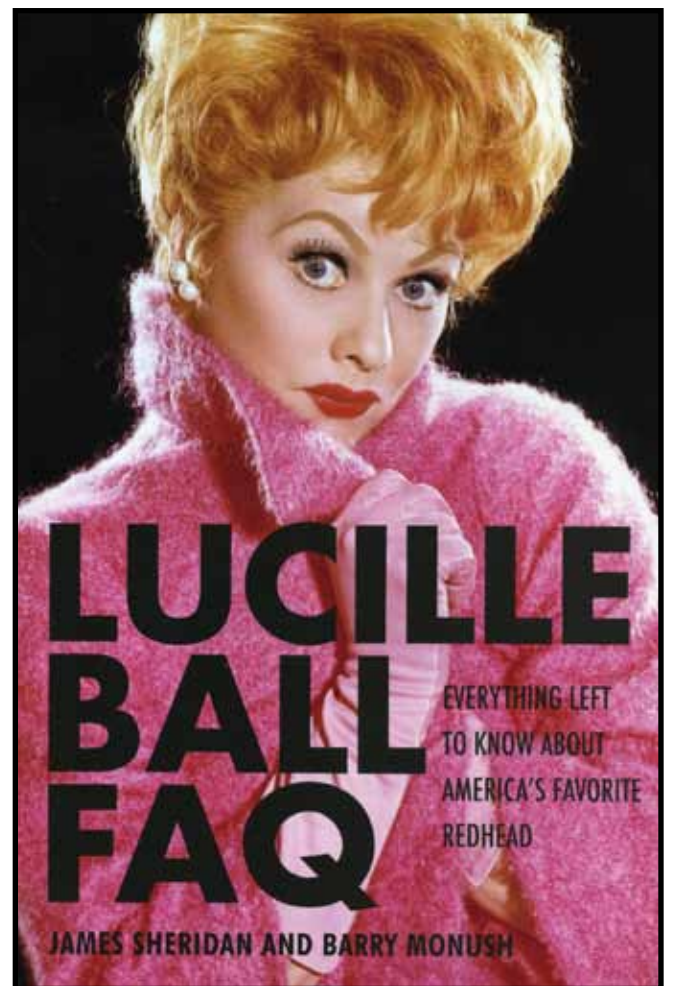
ABOUT THE AUTHORS

James Sheridan is a recent graduate of Fordham University at Lincoln Center, where he majored in Communications and Media Studies. A lifelong Lucy fan, he could name every *I Love Lucy* episode in order at the age of seven.

Barry Monush is the editor of the *Screen World* annuals. He is the author of *The Encyclopedia of Hollywood Film Actors*, *Everybody's Talkin'*, and *West Side Story: Music on Film*, all from Applause Books. He recently updated Stanley Green's *Hollywood Musicals Year by Year*. He is a researcher at the Paley Center for Media.

DATA ABOUT THE BOOK

- *Lucille Ball FAQ: Everything Left to Know About America's Favorite Redhead*



thing Left to Know About America's Favorite Redhead

- ISBN 9781617740824
- Softcover
- 500 pages
- \$19.99

- Applause Theatre & Cinema Books, June, 2011

— Grand Opening —



Wilson's Leather celebrated a grand opening of Black Rivet, a new concept shop "created for people with personality." Offering affordable current fashion trends in clothing and accessories for both men and women. Black Rivet is located inside Wilson's Leather at Viejas Outlet Center in Alpine. Pictured above is Chris Renzulli, DJ for the event, Tracey Hayes, Store Manager, Mallory Jespersen, Sales Associate and Brittany Watson, Assistant Store Manager. Photo credit: Debbie Norman

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Be Aware: Community Crime Reports

El Cajon man shoots three, burns down home



House fire on Prince Street in El Cajon. Photo courtesy of Heartland Fire and Rescue

by Lt. Mark Coit
Administrative Lieutenant/PIO

On August 21, Officers and El Cajon Fire personnel responded to a radio call of suspicious circumstances at 1033 Prince Street in El Cajon. The caller described a male walking into the residence with a gun and made the statement he had started a fire. Officer

Jarred Slocum and his partner Officer Tim McFarland were the first to arrive. As they were moving into position on the house, the suspect, identified as Kevin James Collier fired several rounds and Officer Slocum, striking him in the head. Officer Slocum was able to return fire as he retreated from his position. He collapsed a short distance away, still within line of sight from where the

shots had been fired. Officer McFarland saw Officer Slocum had been hit and rushed to assist him. As Officer McFarland drug Officer Slocum to a safe position, two citizens ran out and helped him. Officer Slocum was taken to the hospital and underwent surgery for his injury. He is listed in critical but stable condition.

Officer Slocum has been with the El Cajon Police Department since March 2007. He is married and has two children. The family has asked for privacy while they help him recover from his injury. Officer McFarland graduated the police academy in January 2011 and is currently in his field training. He started with the police department as a maintenance aide in 2004. He was later promoted to a communications operator and was a dispatcher from 2009 until he was hired as an officer. Officer Slocum is Officer McFarland's Training Officer.

The El Cajon SWAT Team was deployed to the scene, however the fire set inside the house prevented an immediate entry. Fire personnel began fighting the fire and used water drop helicopters to prevent the fire from spreading to the neighboring houses. SWAT was eventually able to make entry along with fire fighters, and confirmed there were no survivors in the house. A body was found in the front portion



Police departments came from as far as Chula Vista to aid El Cajon Police officers. Photo

of the house. A second body has been discovered in the rear of the house. The bodies are believed to be Kevin Collier and Beverly Rakov. However, positive identification is pending the medical examiner's investigation.

Members of the Bomb/Arson Squad are assisting El Cajon Detectives in the search of the residence. They hope to be

able to identify the cause and origin of the fire and assist in evidence collection.

As details of the case began to emerge, investigators learned that Collier had sent text messages to friends that he had shot his daughter, Rhilee Jean Collier and his mother-in-law, Beverly Rakov, and that he started her house on fire. As detectives

worked the scene, they found a truck parked on the street outside 1033 Prince Street. The truck is a work truck used by Collier. Officers found a small child in the back seat of the truck. It appears the child suffered a gunshot wound to the head. Detectives believe the child is Rhilee Collier however; they are waiting confirmation from the Coroner's Office.

Operation Shadowbox focuses on downtown El Cajon crime

by El Cajon Police Chief
Pat Sprecco:

In November 2010, I sent a written request to the San Diego Field Division Special Agent in Charge for assistance from members of the Drug Enforcement Administration Mobile Enforcement Team (DEA/MET) in targeting drug trafficking in the city of El Cajon. I would like to thank Acting Special Agent in Charge Bill Sherman for his assistance in this matter. Our officers had noticed increased narcotics trafficking and violent crime in certain neighborhoods of El Cajon. These crimes have been attributed primarily to Iraqi organized crime elements, and as this investigation has discovered, the Sinaloa Cartel, a Mexico-based drug trafficking organization (DTO) which supplies them.

On January 5, 2011, members of DEA/MET and our

Special Investigations Unit discussed the joint operation. DEA/MET Group Supervisor Toby Byrd and El Cajon Police Department Special Investigations Unit Sergeant Mike Hook supervised the operation, and were managed by DEA Assistant Special Agent in Charge Steve Tomaski and El Cajon Police Lieutenant Steve Shalkowski. The targets of this investigation are members of an Iraqi DTO which has suspected affiliation with the Chaldean Organized Crime Syndicate. This syndicate began in the early 80's in Detroit, Michigan. Crimes associated with the syndicate include murder, arson, weapons and narcotics trafficking, money laundering, fraud, theft, counterfeiting, racketeering, alien smuggling, assault, kidnapping, and armed robbery. Chaldean organized crime has historical ties to the Sinaloa Cartel, and the Mexican Mafia.

The investigation soon focused on 811 E. Main Street in El Cajon. This location houses an Iraqi social club and is a hub of criminal activity conducted by Iraqi organized crime in El Cajon. Crimes documented at 811 E. Main include: attempted murder, methamphetamine and marijuana sales, sale of diverted pharmaceuticals, gambling, resisting arrest, illegal liquor sales, and illegal sales of firearms.

Complaints have been made to the El Cajon Police Department for many years. These complainants varied and included wives of men who attend the club complaining of their family's money being gambled away. Neighbors complained of apparent drug sales in the parking lot and suspicion of gambling, prostitution, and other nuisance activity. Complaints from club members themselves described

a criminal element at the location involved in drug dealing. Intelligence indicates that people managing the club are aware of the criminal activity and demand a portion of the money received. Armed guards are allegedly provided during high stakes card games. DEA Intelligence corroborated that gambling and prostitution occur on the premises.

A 1998 El Cajon Police investigation into gambling led to the execution of a search warrant and the seizure of illegal slot machines. A 2007 DEA investigation identified 811 East Main as a gathering location for several Iraqi narcotics distributors. In September 2009, the Regional Auto Theft Task Force initiated an investigation into several subjects who conducted illegal activity at 811, including the illegal sales of firearms and possession of hand grenades.

During the course of Operation Shadowbox, from January 2011 to present, DEA/MET and El Cajon Police have purchased large amounts of narcotics, pharmaceuticals, firearms, and improvised explosive devices (IEDs) from subjects at 811 E. Main. Information indicates subjects from 811 arrange narcotic shipments from El Cajon to Iraqi DTO elements in Detroit, Michigan. Narcotics and firearms purchases have been made from associates of 811 in other locations around El Cajon, as well as purchases of narcotics and firearms from other distributors around San Diego County who have uncertain links with the Iraqi DTO. In April 2011, a DEA undercover operative was shown a hand grenade at 811 East Main and was told additional grenades were available, being obtained from a Mexican military source of supply.

This operation has so far resulted in 60 arrests. 30 arrests will be referred for 30 State prosecutions and charges include sales, possession for sales and conspiracy to distribute narcotics and pharmaceuticals, and possession of firearms by convicted felons. 30 arrests will be referred for Federal prosecution and charges include participation in a Continuing Criminal Enterprise, conspiracy to distribute and distribution of narcotics, marijuana, and pharmaceuticals, conspiracy to import marijuana, and possession and distribution of automatic weapons.

The investigation has resulted in the seizure of over 13 pounds of methamphetamine; over 4 pounds of MDMA (ecstasy) and pharmaceuticals including Vicodin, Oxycontin, Codeine, Xanax, and Percocet, one pound of cocaine, heroin, See SHADOWBOX page 23

LEGAL NOTICES

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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021354**
FICTITIOUS BUSINESS NAME(S): Advanced
Exteriors Inc.
Located at: 8203 University Ave., La Mesa,
CA 91942
This business is conducted by: A Corporation
The first day of business was; November
1, 2006
This business is hereby registered by the
following: Advanced Exteriors Inc. 8203
University Ave., La Mesa, CA 91942
This statement was filed with Recorder/County
Clerk of San Diego County on July 27, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-020296**
FICTITIOUS BUSINESS NAME(S): J. Charles
Weber Fire & Life Safety Consultant
Located at: 9146 Bubbling Wells Rd., Lake-
side, CA 92040
This business is conducted by: An Individual
The first day of business was: January 11,
2011
This business is hereby registered by the fol-
lowing: John Charles Weber 9146 Bubbling
Wells Rd., Lakeside, CA 92040
This statement was filed with Recorder/County
Clerk of San Diego County on July 15, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021642**
FICTITIOUS BUSINESS NAME(S): National
Ave. Wireless
Located at: 3582 National Ave. Suite 1, San
Diego, CA 92113
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the
following: DEM Communications Inc. 3582 Na-
tional Ave. Suite 1, San Diego, CA 92113This
statement was filed with Recorder/County
Clerk of San Diego County on July 29, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021510**
FICTITIOUS BUSINESS NAME(S): Box
Construction
Located at: 3485 Calavo Dr., Spring Valley,
CA 91978
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the fol-
lowing: Jeremy Box 3485 Calavo Dr., Spring
Valley, CA 91978
This statement was filed with Recorder/County
Clerk of San Diego County on July 28, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022863**
FICTITIOUS BUSINESS NAME(S): a.) Simply
Quiche b.) Simply Quiche and Treats
Located at: 4128 North Cordoba Ave., Spring
Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Brenda Jean Tapia 4128 North
Cordoba Ave., Spring Valley, CA 91977
This statement was filed with Recorder/
County Clerk of San Diego County on August
10, 2011.
East County Gazette- GIE030790
8/25, 9/1, 9/8, 9/15, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-023020**
FICTITIOUS BUSINESS NAME(S): B.A.S.
Trucking
Located at: 12429 Old Hwy 80, El Cajon,
CA 92021
This business is conducted by: An Individual
The first day of business was: July 1, 2011
This business is hereby registered by the fol-
lowing: Joseph H. Swanda 10003 Corkwood
ave., Santee, CA 92071
This statement was filed with Recorder/
County Clerk of San Diego County on August
11, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022696**
FICTITIOUS BUSINESS NAME(S): Edgy
Threads
Located at: 4457 Carmen Dr., La Mesa,
CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Michelle Van Rhyn 4457 Carmen
Dr., La Mesa, CA 91941
This statement was filed with Recorder/
County Clerk of San Diego County on August
09, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022676**
FICTITIOUS BUSINESS NAME(S): Happy
Family Market
Located at: 9531 Jamacha Blvd., Spring
Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Sizar Shoshane 507 Bosworth Ct.,
El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on August
09, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-023270**
FICTITIOUS BUSINESS NAME(S): a.) JT
Performance Diesel b.) JT Diesel Truck SVC
Located at: 11982 Woodside Ave. #103,
Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the fol-
lowing: John E. Scott 11982 Woodside Ave.
#103, Lakeside, CA 92040
This statement was filed with Recorder/
County Clerk of San Diego County on August
15, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022701**
FICTITIOUS BUSINESS NAME(S): Major
League CrossFit
Located at: 405-D Whispering Willow Dr.,
Santee, CA 92071
This business is conducted by: Husband
and Wife
The business has not yet started.
This business is hereby registered by the fol-
lowing: Alexander B. Stewart 405-D Whisper-
ing Willow Dr., Santee, CA 92071
Caren Stewart 405-D Whispering Willow Dr.,
Santee, CA 92071
This statement was filed with Recorder/County
Clerk of San Diego County on August 09, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-023134**
FICTITIOUS BUSINESS NAME(S): Monroy
& Monroy Inc. DBA Advanced Body Nutrition
Located at: 1855 S. Centre City Pkwy,
Escondido, CA 92026
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the fol-
lowing: Monroy & Monroy Inc. 6642 Bell Bluff
Ave., San Diego, CA 92119
This statement was filed with Recorder/
County Clerk of San Diego County on August
12, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022805**
FICTITIOUS BUSINESS NAME(S): Precision
Plastic Surgery
Located at: 8690 Center Drive, La Mesa,
CA 91942
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the
following: Ervin S. Wheeler, M.D., AMC 8690
Center Drive, La Mesa, CA 91942
This statement was filed with Recorder/
County Clerk of San Diego County on August
10, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022818**
FICTITIOUS BUSINESS NAME(S): Rancho
CAB
Located at: 12191 Cuyamaca College Dr. E
#214, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Sarmad Jassim 12191 Cuyamaca
College Dr. E #214, El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on August
10, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2011-00095535-CU-PT-CTL**
IN THE MATTER OF THE APPLICATION OF
NADEZHDA KANCHUKOVA ON BEHALF
OF MINOR DARYA KANCHUKOVA FOR
CHANGE OF NAME
PETITIONER: NADEZHDA KANCHUKOVA
ON BEHALF OF MINOR DARYA KANCHU-
KOVA HAS FILED FOR AN ORDER TO
CHANGE NAME
FROM: DARYA KANCHUKOVA
TO: DASHA GLOZMAN

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 92112,
Department 08, on SEPTEMBER 27, 2011 at
8:30 a.m.) to show cause, if any, why the peti-
tion for change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection
that includes the reasons for the objection
at least two court days before the matter is
scheduled to be heard and must appear at
the hearing to show cause why the petition
should not be granted. If no written objection
is timely filed, the court may grant the petition
without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published
in the East County Gazette, a newspaper of
general circulation published in this county,
at least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
AUGUST 02, 2011.
East County Gazette – GIE030790
8/18, 8/25, 9/01, 9/08, 2011

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2011-00093726-CU-PT-CTL**
IN THE MATTER OF THE APPLICATION OF
VERONICA WILSON ON BEHALF OF MINOR
ALEXANDRIA ELIZABETH MARIA KARAQUI
FOR CHANGE OF NAME
PETITIONER: VERONICA WILSON ON
BEHALF OF MINOR ALEXANDRIA ELIZA-
BETH MARIA KARAQUI HAS FILED FOR AN
ORDER TO CHANGE NAME
FROM: ALEXANDRIA ELIZABETH MARIA
KARAQUI

TO: KATT ANAVERO ISABELLE WILSON
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 92112,
Department 08, on OCTOBER 11, 2011 at 8:30
a.m.) to show cause, if any, why the peti-
tion for change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection
that includes the reasons for the objection
at least two court days before the matter is
scheduled to be heard and must appear at
the hearing to show cause why the petition
should not be granted. If no written objection
is timely filed, the court may grant the petition
without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published
in the East County Gazette, a newspaper of
general circulation published in this county,
at least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
AUGUST 11, 2011.
East County Gazette – GIE030790
8/18, 8/25, 9/01, 9/08, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021484**
FICTITIOUS BUSINESS NAME(S): Harpy
Global Logistics
Located at: 1451 Brabham St. #101, El
Cajon, CA 92019
This business is conducted by: A Limited
Liability Company
The first day of business was; April 1, 2011
This business is hereby registered by the
following: Del Rincon LLC 1451 Brabham St.
#101, El Cajon, CA 92019
This statement was filed with Recorder/County
Clerk of San Diego County on July 28, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021087**
FICTITIOUS BUSINESS NAME(S): Heavenly
Hairbows by Heather
Located at: 1686 Hilton Head Ct. Apt. 1307,
El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Heather Redding 1686 Hilton Head
Ct. Apt. 1307, El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on July
25, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021267**
FICTITIOUS BUSINESS NAME(S): Twinbros
Tools
Located at: 161 E. Washington Ave., El
Cajon, CA 92020
This business is conducted by: A General
Partnership
The business has not yet started.
This business is hereby registered by the fol-
lowing: Ivan A. Rodriguez 161 E. Washington
Ave., El Cajon, CA 92020
Jorge A. Rodriguez 161 E. Washington Ave.,
El Cajon, CA 92020
This statement was filed with Recorder/County
Clerk of San Diego County on July 27, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2011-00069324-CU-PT-EC**
IN THE MATTER OF THE APPLICATION
OF CHRISTINA AVANTS ON BEHALF OF
MINOR SHAWNA LARAINIE JULIE ANNE
JEAN HEINICHEN FOR CHANGE OF NAME
PETITIONER: CHRISTINA AVANTS ON BE-
HALF OF MINOR SHAWNA LARAINIE JULIE
ANNE JEAN HEINICHEN HAS FILED FOR
AN ORDER TO CHANGE NAME
FROM: SHAWNA LARAINIE JULIE ANNE
JEAN HEINICHEN
TO: SHAWNA LARAINIE JULIE ANNE JEAN
AVANTS

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, 4TH FLOOR on SEPTEMBER 21, 2011 at
8:30 a.m.) to show cause, if any, why the peti-
tion for change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection
that includes the reasons for the objection
at least two court days before the matter is
scheduled to be heard and must appear at
the hearing to show cause why the petition
should not be granted. If no written objection
is timely filed, the court may grant the petition
without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published
in the East County Gazette, a newspaper of
general circulation published in this county,
at least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
AUGUST 03, 2011.
East County Gazette – GIE030790
8/11, 8/18, 8/25, 9/01, 2011

CALL (619) 444-5774
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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021346**
FICTITIOUS BUSINESS NAME(S): Michelle
Elizabeth Fashions
Located at: 4457 Carmen Dr., La Mesa,
CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Michelle Van Rhyn 4457 Carmen
Dr., La Mesa, CA 91941
This statement was filed with Recorder/
County Clerk of San Diego County on July
27, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021078**
FICTITIOUS BUSINESS NAME(S): San Diego
Elite Umpires
Located at: 191 N. Mollison Ave. #54, El
Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: July 25, 2011
This business is hereby registered by the
following:
Ernest E. Walker 191 N. Mollison Ave. #54, El
Cajon, CA 92021
This statement was filed with Recorder/County
Clerk of San Diego County on July 25, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-020963**
FICTITIOUS BUSINESS NAME(S): sd clean oil
Located at: 4440 ½ Menlo Ave., San Diego,
CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following:
Christopher R. Hernandez 4440 ½ Menlo Ave.,
San Diego, CA 92115
This statement was filed with Recorder/County
Clerk of San Diego County on July 22, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-021601**
FICTITIOUS BUSINESS NAME(S): Un-
disputed
Located at: 117 E. Main St., El Cajon, CA
92020
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the fol-
lowing: Exodus Undisputed Inc. 117 E. Main
St., El Cajon, CA 92020
This statement was filed with Recorder/County
Clerk of San Diego County on July 29, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-022098**
FICTITIOUS BUSINESS NAME(S): The
Bakers Rack
Located at: 5638 Lake Murray Blvd. #183, La
Mesa, CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the fol-
lowing: RoseAngela Jones 5638 Lake Murray
Blvd. #183, La Mesa, CA 91942
This statement was filed with Recorder/
County Clerk of San Diego County on August
03, 2011.
East County Gazette- GIE030790
8/11, 8/18, 8/25, 9/1, 2011

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2011-023424**
FICTITIOUS BUSINESS NAME(S): Total
Control Pest Management
Located at: 6190 Jackson Drive, La Mesa,
CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: Juan M. Duarte Jr., 6190 Jackson
Drive, La Mesa, CA 91942
This statement was filed with Recorder/
County Clerk of San Diego County on August
16, 2011.
East County Gazette- GIE030790

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— LEGAL NOTICES —

NOTICE OF TRUSTEE'S SALE TS #: CA-11-427414-AB Order #: 5140043 **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/19/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JOSHUA SANCHEZ AND KRISTY A. SANCHEZ HUSBAND AND WIFE AS JOINT TENANTS** Recorded: 9/24/2007 as Instrument No. **2007-0623435** in book **xxx** , page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 9/1/2011 at 9:00am PST Place of Sale: **At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom** Amount of unpaid balance and other charges: **\$198,093.07** The purported property address is: **855 E LEXINGTON AVE 4 EL CAJON, CA 92020** Assessor's Parcel No. **488-261-88-04** 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 **Nationstar Mortgage LLC 350 Highland Drive Lewisville TX 75067** 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: 800-280-2891 or Login to: www.auction.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. IDSPub #0009528 8/11/2011 8/18/2011 8/25/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019431
FICTITIOUS BUSINESS NAME(S): McNelIs Realty
Located at: 10836 Stoney Creek Ct., Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Rob McNelIs 10836 Stoney Creek Ct., Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on July 07, 2011.
East County Gazette- GIE030790 8/04, 8/11, 8/18, 8/25, 2011

NOTICE OF TRUSTEE'S SALE TS #: CA-11-444253-AB Order #: 5421223 **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/12/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **AMANTE O. BARTOLOME, JR., A SINGLE MAN** Recorded: 6/15/2007 as Instrument No. **2007-0407492** in book **xxx** , page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 9/15/2011 at 9:00am PST Place of Sale: **At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom** Amount of unpaid balance and other charges: **\$213,274.74** The purported property address is: **904 AMISTAD COURT UNIT A EL CAJON, CA 92019** Assessor's Parcel No. **514-370-04-49** 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 **Nationstar Mortgage LLC 350 Highland Drive Lewisville TX 75067** 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: 800-280-2891 or Login to: www.auction.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 inten ded 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. IDSPub #0008792 8/25/2011 9/1/2011 9/8/2011

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT LYNN BARTLEY CASE NUMBER: 37-2011-00151973-PR-PI-CTL. To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of ROBERT LYNN BARTLEY aka ROBERT L. BARTLEY. A PETITION FOR PROBATE has been filed by BAMBI J. BARTLEY in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that BAMBI J. BARTLEY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedents will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: SEPTEMBER 22, 2011 AT 9 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 MADGE BRADLEY. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: JOHN C. GRIER, ESQ., MATHEWS BERGEN & GRIER 1076 BROADWAY, SUITE B, EL CAJON, CA 92021. (619) 298-2100. EAST COUNTY GAZETTE -GIE030790 August 25, Sept. 1, 8, 2011

Notice of sale of Abandoned Property
Pursuant to sections 21701-21715 of the business and professions code, section 2328 of the commercial code and section 535 of the penal code
Ace Your Storage Place
Located at:
573 Raleigh Avenue El Cajon, CA 92020 (619)440-7867
Will sell, by competitive bidding, on September 7th 2011 at 9:30 AM or after. The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:
B030 Tarl Bailey
B039 Shawn Beech
B014 John Burges
F001 Norberto Cepeda
C043 Craig Enos
E013 Angela Fuqua
H040 Vanessa James
H045 Roger Johnson
A014 & D026 Stephan Johnson
C006 Timothy Moran
William k Ritch
West coast auctions
State license bla 6401382
760-724-0423
East County Gazette GIE 030790 Aug. 25, Sept. 1, 2011

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

CASE NUMBER 37-2011-00066347-CU-OR-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO):MONTE PROULX, an individual; BANK OF AMERICA, N.A.; ALL PERSONS UNKNOWN CLAIMING ANY INTEREST IN THE PROPERTY; and DOES 1 through 10, inclusive.. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): MORNING WATERS, an individual. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of San Diego 250 E. Main St., EL Cajon, CA 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Michael Spilger & Shanna E. Welsh, 852 Fifth Ave., San Diego, CA 92101; (619) 232-7761. Date: (Fecha) March 08, 2011. Clerk (Secretario) By: T. DETTLOFF, Deputy Clerk (Adjunto) East County Gazette GIE030790 Aug. 4, 11, 18, 25, 2011

NOTICE OF TRUSTEE'S SALE TS #: CA-10-410646-TC Order #: 100753693-CA-GTI **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/22/2006. 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 state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **GAYLE TOWNSEND, AN UNMARRIED WOMAN** Recorded: 5/25/2006 as Instrument No. **2006-0372169** in book **xxx** , page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 9/15/2011 at 9:00am PST Place of Sale: **At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom** Amount of unpaid balance and other charges: **\$119,567.26** The purported property address is: **1220 CARRIZO ST JACUMBA, CA 91934** Assessor's Parcel No. **660-180-19-00** 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 **Seterus, Inc. fka IBM Lender Business Process Services, Inc . 14523 SW Millikan Way, Suite 200 Beaverton OR 97005** 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: 800-280-2891 or Login to: www.auction.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. IDSPub #0008217 8/18/2011 8/25/2011 9/1/2011

CASE NUMBER 37-2011-00068239-CL-CL-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO):Barry Pettitt, an Individual; and DOES 1-10, inclusive. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Daniel Yauger, an individual. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of San Diego 250 E. Main St., EL Cajon, CA 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Law Offices of Daniel Yauger, Daniel Yauger, Esq., In Pro Per 3170 Fourth Ave., 3rd Floor, San Diego, CA 92103, (619) 296-1600. Date: (Fecha) June 08, 2011. Clerk (Secretario) By: R. Palou, Deputy Clerk (Adjunto) East County Gazette GIE030790 Aug. 4, 11, 18, 25, 2011

NEED TO ADVERTISE? CALL US AND SEE HOW EASY AND AFFORDABLE IT CAN BE! (619) 444-5774

— LEGAL NOTICES —

Notice of sale of Abandoned Property
Pursuant to sections 21701-21715 of the business and professions code, section 2328 of the commercial code and section 535 of the penal code Ace Your Storage Place
Located at: 9672 Winter Gardens Blvd Lakeside, CA 92040 (619) 443-9779
Will sell, by competitive bidding, on September 7 2011 at 8:00 AM or after .The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:
Monica Larios AU048
Daniel Obed B0058-59
Shamora L. Daniels B0084
Dawn L. Cogburn C0028
Kelli McMurry C0071
Jeff Stotzel CU091
Heather Ross CU096
Denise Pyle CU110
Cody Myers CU112-114
Daniel L. Griffin D0007
Mishelle Barton D0012
RVING MCFARLIN DU076
William k Ritch West coast auctions State license bla 6401382 760-724-0423East County Gazette GIE 030790 Aug. 25, Sept. 1, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023279
FICTITIOUS BUSINESS NAME(S): United Utilities
Located at: 1543 Peerless Drive, El Cajon, CA 92021
This business is conducted by: A Corporation
The first day of business was: November 1, 2001
This business is hereby registered by the following: Faro LaFata Ent., Inc. 1543 Peerless Drive, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on August 15, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011

T.S. No.: 2011-00506 Loan No.: 902253786 APN: 511-290-53-40 TRA No.: 03119 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/1/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash payable at time of sale in lawful money of the United States by cash, a cashier's check drawn by 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. 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. Trustor: Verney Guy, a single woman Beneficiary Name: ING Bank, FSB Duly Appointed Trustee: Integrated Lender Services, a Delaware Corporation and pursuant to Deed of Trust recorded 3/7/2007 as Instrument No. 2007-0157717 in book ---, page --- of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 9/8/2011 at 10:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$264,583.08 The property heretofore is being sold "as is." The street Address or other common designation of real property is purported to be: 1536 GRANITE

HILLS DRIVE, UNIT C, EL CAJON, CA 92019. As more fully described on said deed of trust A.P.N.: 511-290-53-40 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. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: 8/15/2011 Integrated Lender Services, a Delaware Corporation, as Trustee 2411 West La Palma Avenue, Suite 350 – Bldg. 1 (800) 232-8787 For Sale Information please call: (714) 573-1965 Sem Martinez, Trustee Sale Officer P869447 8/18, 8/25, 09/01/2011

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARIEANNE FRANCIS DUGGER CASE NUMBER: 37-2010-00152287-PR-LA-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of MARIEANNE FRANCIS DUGGER, MARIEANNE FRANCIS SCHIRMER, MARIEANNE FRANCIS MOLINAR. A PETITION FOR PROBATE has been filed by EUGENE DUGGER JR. in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that EUGENE DUGGER JR be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act.(This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: SEPTEMBER 15, 2011 AT 1:30 P.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 MADGE BRADLEY. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner: EUGENE DUGGER JR. 1066 ALVEDA AVE., EL CAJON, CA 92019 (619) 444-0697 EAST COUNTY GAZETTE –GIE030790 July 28, Aug. 4, 11, 18, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019545
FICTITIOUS BUSINESS NAME(S): Wiener-schnitzel #475
Located at: 1281 E. Main St., 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:
Rachid Ennadja 5308 Milkweed Lane, Perris, CA 92571
This statement was filed with Recorder/County Clerk of San Diego County on July 08, 2011.
East County Gazette- GIE030790
8/18, 8/25, 9/1, 9/8, 2011



**CITY OF EL CAJON
NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT:
Chaparral High School
Storm Drain Relocation
Engineering Job No. 3395
Bid No. 011-12**

**BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on September 27, 2011**

**BIDS TO BE OPENED AT:
2:00 p.m. on September 27, 2011**

**PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Lobby Counter
200 Civic Center Way
(formerly 200 E. Main Street)
El Cajon, CA 92020
City Hall Map @ www.cityofelcajon.us**

NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$10.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will be held on September 15, 2011, at 2:00 p.m., at City Hall, 5th Floor. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. Interested contractors are invited, but not required to attend.

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

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an

amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

The Contractor shall, provide the City with an executed non-collusion affidavit.

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

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been delinquent or unfaithful in any former contract with the City.

NOTE: No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

/s/ Dede Porter
Purchasing Agent
August 25, 2011

East County Gazette- GIE030790
08/25, 09/01/11

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-020932
FICTITIOUS BUSINESS NAME(S): The RAND Group
Located at: 1494 Union St., Ste. 405, San Diego, CA 92101
This business is conducted by: A Limited Liability Company
The first day of business was: July 15, 2011
This business is hereby registered by the following:
Project RAND LLC 1494 Union St., Ste. 405, San Diego, CA 92101
This statement was filed with Recorder/County Clerk of San Diego County on July 22, 2011.
East County Gazette- GIE030790
8/04, 8/11, 8/18, 8/25, 2011



CITY OF EL CAJON

Following is a summary of an Ordinance adopted at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on August 23, 2011. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. 4970

AN ORDINANCE AMENDING SPECIFIC PLAN 182 TO MODIFY THE DESIGN REVIEW PROCESS AND TO MAKE OTHER MISCELLANEOUS CHANGES FOR CONSISTENCY WITH THE EL CAJON MUNICIPAL CODE.

This ordinance amends Specific Plan 182, which governs the development of the downtown El Cajon area. The amendments (1) streamline the development review process for certain applications for design review of site development and conditional use permits, (2) would allow approval of façade improvements and remodels through an administrative zoning permit by the Community Development Director, and (3) would cure and correct miscellaneous errors, omissions and inadvertent conflicts as a result of the recent amendment and reorganization of the City's Zoning Ordinance in 2010.

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 23rd day of August 2011, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells
NOES: None
ABSENT: None
DISQUALIFY: None

MARK LEWIS

Mayor of the City of El Cajon

ATTEST:

KATHIE RUTLEDGE, CMC

City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4970 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 23rd day of August 2011.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790
08/25/11

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MOTOR AND SPORTS

Trevor Time at Petco Park

by Chuck Karazsia

In an emotional ceremony on Sunday afternoon, the San Diego Padres permanently retired number 51 worn on Trevor Hoffman's jersey. This was only the fifth time in the Padre's franchise history of retiring a number. Hoffman was honored for his talent, commitment, character, and integrity both on and off the field of play. In my opinion this player is undoubtedly the greatest closer in the history of major league baseball.

Hoffman finished his career with an astounding 601 saves, 552 in a Padres uniform. He carries the distinction as the major league's All Time saves leader. Owning a 2.87 ERA (lowest in team history), he was a seven-time All Star, and multiple Cy Young Award and MVP nominee. Because of this and his dedication to the game and community, no one in the Padres organization will ever again wear his number 51.

Cheers rang out from the

crowd when the bell loudly gonged signaling Trevor's introduction with the ever so familiar AC/DC song "Hells Bells" ringing throughout the stadium. The bullpen gate opened as it had countless numbers of times for him in the past. This time Trevor emerged with his wife Tracy and three sons flanked at his side. Slowly walking from the outfield grass to the infield stage, a thunderous standing ovation from the 40,065 fans in attendance reverberated throughout the park roaring

their appreciation for him, his family, and his achievements.

Longtime Padres broadcast radio announcer Ted Leitner, the Master of Ceremonies for this event, did an outstanding job describing Hoffman. "I present to you a great player, a great talent, a great competitor, and a great Padre, number #51 Trevor Hoffman," said Leitner to the fans.

He introduced the family members (mom Mikki, and brothers Greg and Glenn),

his former fellow teammates and player's wives, and coaches as they walked up a red carpet to greet Hoffman. For those well wishers not in attendance, taped congratulations and memories were shared chronicling the famous closer's illustrious life and career. The tribute began with a family photo album depicting a young Hoffman that was narrated by his brothers. All of the tribute was heard and seen on the Park's video screens.

Taking the podium Hoffman said, "Today is an emotional day, a special day. This is unbelievable, a dream come true. If this doesn't touch your heart; I don't know what will."

He praised and thanked his loving parents, his beautiful wife, and his two brothers for their love, leadership, guidance and support. Hoffman thanked his former teammates and coaches of whom were surprise guests in attendance, and the Padres organization, including the management and staff for the great many seasons he had with them and for hosting the event.

Hoffman spoke about his sons growing up with the Padres and the quality of people

they were around, and praised the lessons they learned from hanging out in the clubhouse. He explained the love, desire, and seriousness he had every time he crossed the chalk lines of the playing field. "I wanted to make sure I did the job that was put in front of me. I felt the energy from all you guys," he said.

Admitting appreciation of the time he had with the fans and the love and emotions that they shared, Hoffman also spoke admirably about the Padres players whose numbers were previously retired (Steve Garvey, Tony Gwynn, Dave Winfield, Randy Jones) and what they stood for. Of all the special guest's at the ceremony, it was these four he said that made him realize the relevance of his number being retired.

The prestigious event ended with all watching a videotape recording of the late Ed Hoffman (Trevor's dad) singing the national anthem at Boston's Fenway Park in 1981. This was a perfect ending to a spectacular pre-game event, and, a proper prelude to the following Padres' home game that they won 4-3 in extra innings.

Operation Shadowbox ...

Continued from page 19

crack cocaine, and over 3,500 pounds of marijuana. Additional seizures include over \$630,000 in US currency, 3 luxury cars, and the seizure of 34 firearms including semi-automatic assault rifles and several fully automatic firearms, and 4 IEDs. The IEDs were processed with the assistance of the San Diego County Sheriff's Bomb Squad and the FBI.

Several identified subjects in this investigation have lengthy criminal histories including controlled substance possession and distribution, grand theft auto, burglary, resisting arrest, possession of dangerous weapons and battery. As the investigation continues, additional members of the Iraqi DTO are expected to be identified and arrested.

Recently, a search warrant was served at 811 E. Main by the El Cajon and La Mesa SWAT Teams and representatives from all of the agencies involved in the investigation. As a result of the search warrant 100 people were detained on scene and released. Over \$16,000 was seized along with evidence of illegal gambling. State Department of Justice Agents were on hand to aid in the portion of the investigation dealing with gambling allegations. The offices of the San Diego County District Attorney and the United States Attorney, Southern District of California, have agreed to prosecute targets of this investigation. Intelligence indicates this Iraqi drug trafficking organization is involved in money laundering between Detroit, Michigan and

El Cajon, California. Agents with the Internal Revenue Service have been contacted to assist in the financial aspect of this investigation. The Bureau of Alcohol, Tobacco, Firearms, and Explosives is involved in this investigation and will assist with enforcing firearm laws in accordance with their responsibilities. The United States Border Patrol and Immigration and Customs Enforcement will be assisting with enforcing immigration laws on subjects with illegal immigration status.

This is an on-going criminal investigation. I would like to thank all of the law enforcement agencies involved in this process. Additionally, I would like to thank San Diego County District Attorney Bonnie Dumanis, as well as United States Attorney Laura Duffy and their offices for their assistance in this investigation as we prepare cases for prosecution.

The Chaldean community is outraged by recent illegal activities

This week federal and local authorities in the city of El Cajon arrested over 60 people in an investigation, dubbed "Operation Shadowbox," at a local Chaldean social club. The investigation was seeking to dismantle an Iraqi drug- and gun-trafficking organization with ties to a Mexican Drug Cartel and a Detroit crime syndicate, that was thought to be plaguing the Chaldean and Mexican communities. According to Federal and

State courts of the 30 people charged on Thursday, only 5 happen to be of Chaldean descent. The perception that the 60 people arrested were all or mostly of the Chaldean culture is factual not the case.

In a press conference held Wednesday, the Chaldean community expressed outrage with this news. The Chaldean community can not and will not tolerate this negative attention brought upon them by some misguided individuals, who in no way epitomize our community. Chaldeans, as well as all Americans, need to stand together in a united front against such disgraceful activities. Local Chaldean leaders will collaborate with the San Diego Police Department, San Diego County Sheriffs Department and the San Diego District Attorney's Office to ensure the elimination of illegal and dangerous activities in our communities.

"It's deplorable what these Chaldeans have done to tarnish our good name. Chaldeans have worked so hard to come to this great country to achieve the American Dream as have countless other immigrants from all over the world have done so in the past. We've made tremendous efforts to assimilate into America by working and serving our local communities and now the negative spotlight this investigation has brought upon our community, there is a perception that this behavior is indicative of the Chaldean culture. I want to assure everyone throughout San Diego County that this couldn't be farther from the

truth. Chaldeans make religion, family, and country the center of their value system." said Mark Arabo, President and CEO of the Neighborhood Market Association & local Chaldean Leader.

St. Peter Chaldean Catholic Diocese, Crime Stoppers, in conjunction with the San Diego County Sheriff Office, and the San Diego's District Attorneys office are uniting to create awareness and develop programs to protect our community.

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2012 Volvo XC70



2012 Volvo XC70 Photo credit: Dave Stall

by Dave Stall

Volvo has decided to hit the ground running when it comes to getting the word out about the 2012 line up. Starting with the XC70, Volvo has most manufacturers preview their new vehicles at different spots

around the country. Volvo decided to put together a Road Trip Gateway Colorado.

Mark Maynard and I started our journey in San Diego. We drove a Volvo S60 to the Westin Hotel in Los Angeles, spent the night and laid out our travel plans. We left LA and

headed to Las Vegas where we were on our own. You can't give a \$32,550 dollar Volvo to a bunch of auto reviewers without concerns. Volvo fixed that problem by making it a contest with fuel mileage part of the trip including maintaining 25 MPG on the road and gathering extra points for the final competition. We averaged 25 and up to 31 MPG on the trip. After a few side ventures in Vegas we were off to Colorado.

The XC70 is a nice ride, and I doubt many drivers get to look at their passenger say, "Wow this car rides good, and the seats are very comfortable."

The XC70 comes with two options – front wheel drive or all wheel drive, which our tester had and was helpful when we got lost looking for Grafton Colorado, a well preserved town from days gone by. Owners have two engines to choose from and one transmission.

The first engine is an inline six-cylinder and it develops 240 horsepower and 236 foot pounds of torque and has a fuel estimate of 19 MPG city and 25 on the freeway. The other engine is also an inline six-cylinder but turbocharged and gets 300 horsepower and 325 pound foot of torque with fuel mileage averaging 17 MPG city and 23 on the freeway.

Volvo has concentrated on safety for so long that they felt it is time to give the driver style, performance, fuel economy and safety. Everything on the Volvo was perfect for the trip, comfort, space, connectivity and navigation. For safety reasons drivers should set the navigation before starting a trip. Trying to do it on the open road won't work as Volvo will not allow the driver to be distracted. But once we found out how to do it correctly (Gee maybe we should have read the owners manual on naviga-



An inside rear view of the 2012 Volvo XC70. Photo credit: Dave Stall

tion) we were okay.

So we asked Volvo if we could make the 12 hour trek back to San Diego and forget about flying. Volvo said sure. Another road trip that was better than before, with great mileage and no aches and pains on

the trip. In fact recently when Volvo has asked Mark and me on a trip, we insist on driving.

My suggestion is to head down to your local Volvo dealer and check out their lineup, you may be pleasantly surprised.

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Photos by Cabray Scott

Best of Show Winner: 1948 Cadillac, Rick Carlson

I Believe in Downtown ELCAJON!

Cajon Classic Cruise Trophy Winners - Aug. 18, 2011



Motorcycle Winner: Harley Davidson Road King, Bill Flynn



S & S Winner: Chevy C/10, Glenn Elliott



1971 Chevy El Camino, Peter Spakman



1934 Ford 3-Window Highbay, Hal Harrison



1957 Chevy 4x4 Pickup, Kelly & Carrie Hawes



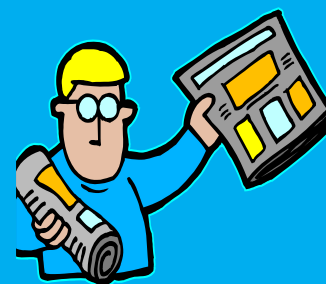
1971 Ford Bronco, Marshall Madruga



1958 Plymouth Fury, Frank Moog



1968 Jeep Rock Crawler, Andrew Timm



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Our Best Friends

For a fit pet: Make sure pet food contains the correct ingredients

by Johnny Lopez, Ph.D.

With more than 40 percent of the U.S. dog population overweight, many owners are looking for effective ways to keep their pets fit. Smaller meals and regular exercise can help, but in many cases the animal may benefit from a food ingredient that helps to metabolize fat.

Many dog owners have had recent success switching to pet foods that contain Carniking™, a safe and high-quality form of L-Carnitine. L-Carnitine is a natural nutrient, formally called Vitamin Bt, which is essential for energy production and fat metabolism.

L-Carnitine's role in the body is to transport long-chain fatty acids into the mitochondria—the "furnaces" of the body's cells—where they are broken down and converted into energy. L-Carnitine helps to supply energy to many organs in the body, such as the heart, muscles, liver and immune cells. For example, the heart derives 75 percent of its energy from fat metabolism and relies heavily on L-Carnitine to help supply it. This is why one of the largest tissue pools of L-Carnitine can be found in the heart.

Like humans, pets are able to naturally produce about one-third of the L-Carnitine they need and must rely on the foods they eat to deliver

the rest. Foods high in natural L-Carnitine include pure red meats (i.e., beef and lamb). Ingredients like chicken and fish are lower, whereas grains and vegetables are practically devoid of L-Carnitine. Since the foods dogs consume today are mixtures of many ingredients, even diets that contain red meat as the first ingredient may not contain optimum L-Carnitine concentrations.

In some cases, humans and pets do not receive enough L-Carnitine through their normal diet and supplementing L-Carnitine is recommended. Symptoms of inadequate L-Carnitine in the body include cardio muscle weakness, excessive muscle deposits of fat (lipidosis), impaired muscle

tone and poor health in general.

Carniking™ is the preferred option to supplement L-Carnitine in pet foods. Carniking™ is manufactured by Lonza, a Swiss-based life sciences company. Lonza began investigating Carniking™ in the late 1980s and it is now used in dry and wet formulas for all phases and life stages of food for companion animals.

Research suggests Carniking may aid in the following situations:

- As part of weight management programs
- In conditions of sustained exertion (walking and running)
- In diets low in L-Carnitine
- As a very good antioxidant
- In animals who have cardiac, liver, kidney and bowel disorders
- In maintaining alertness and cognitive function.



Many dog owners seeking to manage their dog's weight have had success by switching to a dog food that contains the amino acid derivative Carniking.

Lonza's Carniking™ is proven safe and is of nonanimal origins and tested free of BSE, dioxin, E. coli and salmonella.

For more information, visit www.carniking.com.

Johnny Lopez, Ph.D., received a master's in animal science and a doctorate in monogastric nutrition from the University of Missouri. Previously, he worked as a nutritionist for companies such as Purina Mills, and ADM Animal Health and Nutrition.

ADOPT-A-PET

Barney is a white 4-year-old Shepherd male. His adoption fee is \$105. Identification number: 78023. Barney is a lovable puppy seeking a special home where he'll be a cherished member of the family. Barney absolutely adores playing with his toys and going for long walks in the great outdoors. He is very social and gets along well with other dogs. Barney is strong, athletic and an excellent companion. He will do well in a family of all ages, but would prefer a home without cats. Barney's adoption fee is just \$105 and includes his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS 2905 San Luis Rey Rd., Oceanside, CA 92058 (760) 757-4357 www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.



Minnie was brought to Friends of cats by a good samaritan. She was pregnant and gave birth to four healthy kittens at the shelter. Her kittens have all been adopted and now Minnie is ready to find her forever home. Minnie is a beautiful petite two year old lady. She is a little shy at first but once you start petting her she will quickly get comfortable in your lap. She is a short haired lynx point siamese with the most beautiful blue eyes. The Lynx Point Siamese cat is one of the variations of Siamese cat, and its name comes from the fact that it has markings that are similar to those on a wild lynx. Like other Siamese cats the Lynx point will definitely have its airs and graces about it, but not in a spoilt or annoying way – these cats are born drama queens, and you will very quickly come to realise that they are actually just as special and precious as they already know they are! These cats are graceful, intelligent, and beautiful, and they clearly know it! Minnie has been tested for FIV and FELV and tested negative. She is current on all of her vaccines, microchipped, and is spayed. Her adoption fee is \$75. Minnie is accepting visitors Tuesday through Sunday from 10:00am-3:30pm. Friends of Cats is located at 15587 Olde Highway 80 in El Cajon.

Madison is a beautiful calico, DSH kitty who's looking for her forever home! Only one year old, Madison loves attention and affection, and is extremely playful. This eight-pound cutie LOVES the laser pointer and enjoys chasing around her toys. She would like to be in a low-key, adult-only home, preferably as your one and only, with no doggies. If you're interested in getting to know this beautiful girl, please visit <http://www.focas-sandiego.org/adopt/madison.htm> to learn more, or for more information about Madison, please call 858-205-9973



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