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DECEMBER 22-28, 2011

A white Christmas for East County mountains



Meet Ranger and his friends
page 23

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What's new in Theaters?

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

Check out the review on
'Sherlock Holmes:
A Game of Shadows'
by Diana Saenger
on page 12

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



Looking for something to do?

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to reserve your place at the TV station
and with the Cruise!

Go on a Christmas morning cruise with Dave
Stall or see page 10 for more events in the
Gazette's community calendar for events.



Every child's dream..... a white Christmas, and that's what Lucas from Santee found nearby in the Cuyamaca Mountains last weekend. Lucas joins the staff of the East County Gazette to wish everyone a very Merry Christmas. Photo credit: Briana Thomas

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Local News & Events

Viejas Casino team members and guests donate over 3,000 toys for local Salvation Army



Chris Kelley presents the Viejas team members on stage.

Viejas Casino Team Members and guests have donated more than 3,000 toys for the Salvation Army serving eastern San Diego and western Imperial Counties.

Viejas Casino announced the grand total of 3,231 toys donated this holiday season by Team Members and guests at the annual Salvation Army Holiday Party and Auction, held yesterday evening at the

DreamCatcher at Viejas Casino. As the total number was announced, the curtain was raised on the stage, revealing the thousands of new toys, destined for needy children and families in the two-county region.

Viejas Casino Team Members donated the toys during the month of November and Viejas Casino Guests received \$5 Free Play Cash in exchange for new, unwrapped toys they donated between November 21 and 26. In addition, shoppers at the Viejas Outlets received discounts at Viejas Bowl and the Viejas Ice Rink in exchange for new, unwrapped toys during November.

Viejas Casino General Manager Chris Kelley said, "We



Viejas team members in front of over 3,000 toys that were collected at the Viejas Casino Toy Drive. Photo credit: Kathy Foster

are extremely proud of the tremendous support that we received from our Team Members and our casino guests. It demonstrates the spirit of community that we all share, and

our commitment to helping those in need in San Diego and Imperial Counties."

Also at last week's annual Salvation Holiday Party and

Auction, Viejas Casino presented Salvation Army Captain Terry Masango with a check for \$25,000 raised at a recent Celebrity Slot Tournament.

'East County Christmas for Kids' throws Christmas party for families in need



Santa is joined by his helpers to get the Christmas gifts and food to families in need. Photo credit: Kathy Foster

The "East County Christmas for Kids" is a non-profit outreach project Sponsored by the Church of Saint Luke in Rancho San Diego to provide Christmas gifts and non-perishable food to the families of five of the Cajon Valley School District schools; Chase, Bostonia, Lexington, Naranja and Johnson.

A Christmas party was recently given for the children and the families of the five schools. Approximately 1,700 kids and 600 families volunteered to serve at the party. Each child received a Christmas present; stocking stuffers; a choice of a book; a visit with Santa, and about 40 pounds of food to take home.

Leftover food went to two food banks in El Cajon.

The Toys for Tots Chairperson suggested that 400 of the 500 remaining gifts go to another Christmas party on New Year's Eve. There were more than 100 stuffed animals, which were given to The San Diego Police Department Southern Division to give to kids in need.

Sponsors included: Cajon Valley Middle school, Toys for Tots, San Diego Food Bank, the Church Of Saint Luke, All Hours Bail Bonds, Imortgage Lending, Knights Of Columbus and Las Madrinass.

Jim Cates, coordinator for the 'East County Christmas for



Clowns were on hand to entertain children of all ages. Photo credit: Kathy Foster



Families gather in the multi-purpose room for festivities.

Kids' said "Thank you all for taking the time to volunteer for what turned out to be a truly wonderful Christmas Party."

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech,
City of El Cajon Public
Information Officer

El Cajon City offices plan an extended holiday closure

An extended holiday closure is planned for City offices from December 23, 2011, through January 2, 2012, to include City Hall, the Recreation Centers, the Public Works Yard and Fire Administration offices. Regular office hours will resume on Tuesday, Jan. 3, 2012. If you are planning to conduct City business in the next few days, we are here to serve you until 5:30 p.m. on December 22. We look forward to serving you in the New Year when City offices reopen on Tuesday, Jan. 3, 2012.

The El Cajon Police Station will be closed December 23, December 26, December 30 and January 2. They will be open December 27, 28, and 29.

Activity in neighborhood

parks is relatively busy during the winter school break. To accommodate community needs, all neighborhood parks will remain accessible including outdoor restrooms (closed December 24, and 31). For those wishing to try out their new skates or skateboards - Kennedy Skatepark will also be open on December 23, and 27 through 30 and January 1 from 1 p.m. to 9 p.m. Wells Dog Park will be closed on December 25 and January 1, 2012.

These closures will not impact emergency services, such as police, fire and public works. In an emergency, call 9-1-1. For all non-life threatening emergency needs, call (619) 579-3311.

El Cajon Police Holiday Storefront At Westfield Parkway

Take a break while shopping and visit the El Cajon Police Holiday Storefront in the Westfield Parkway Plaza mall, near the entrance to Dick's Sporting Goods, now

through December 30. See a restored 1942 Police vehicle, law enforcement photos and displays, plus valuable safety information from both police and fire. The storefront will be open weekdays from 10 a.m. to 6 p.m. During the weekend, members of the El Cajon Police Mounted Patrol will be riding through the parking lot areas of the mall as part of the enhanced holiday security. Please place your store bought items in the trunk, or covered in your vehicle to prevent theft. Safe shopping!

Holiday shopping from the malls to downtown El Cajon

If you would like a break from the busy malls, visit the fun and unique gift shopping and delicious dining available in downtown El Cajon! Your shopping along Main Street includes a variety of clothing stores, jewelry, hair salons, specialty shops offering massage and psychic readings, special framing for that special photo or work of art, and numerous art galleries and museums! Pick up a gift or a gift card. Have lunch or dinner at any of our great restaurants, from Italian, Mediterranean, and Mexican food to your favorite American classics of salads, burgers, steaks and more! If you haven't been downtown for a while - stop in, and discover all the great things we have to offer, not only during the holidays, but year-round!

Applicants sought For El Cajon Personnel Commission

The City of El Cajon announces it's accepting applications for one vacancy on the Personnel Commission. Among their duties, the Personnel Commission hears employee appeals and alleged violations of personnel rules or matters involving alleged discrimination and certifies its findings to City Council. The Commission reviews classification specifications and investigates and makes recommendations on personnel policy. The City Council will make an appointment to the Commission from a list of three applicants nominated by the four seated members of the Personnel Commission. The three applicants selected for nomination will be notified of the date and time of the City Council meeting and the Personnel Commission meeting. The appointed Commissioner will serve a four (4) year term. Requirements: Applicants must be a resident of the City for not less than one year prior to appointment and continue to reside in the City during the term of office. Personnel Commissioners are required to comply with Ethics training requirements and file a Statement of Economics Form 700 according to provisions of the Political Reform Act, the Fair Political Practices Commission, and the City's Conflict of Interest Code. The Council shall make one appointment from a

list of 3 persons nominated by the four appointed Personnel Commission members, except when an incumbent is to be re-nominated in which case 1 name may be submitted. Interested applicants should contact Judi Gonzalez in the Human Resources Department at (619) 441-1736 by January 13, 2012. **NOTE:** City Hall Administrative Offices will be closed from December 23, 2011 through January 2, 2012, and will reopen on Tuesday, January 3, 2012, at 7:30 a.m. An application form is available on the City's website at www.cityofelcajon.us on the Home Page, under the heading "What's New". Application forms are also available in the City Clerk's Office, First Floor City Hall, 200 Civic Center Way, El Cajon, CA 92020, or you may call the City Clerk's office at (619) 441-1763.

Stop by Wings And Snow at Sophie's Gallery

Don't forget Sophie's Gallery is hosting their annual Wings and Snow event now through December 30. The gallery is located at 109 Rea Avenue in El Cajon; and hours are Monday through Friday from 9 a.m. to 4 p.m. Enjoy Sophie's mosaic artwork with a variety of fanciful winged creatures using mosaic tiles, glass and repurposed objects in a non-traditional celebration of the holidays. The month long show will also feature pizza box art, pizza peels, and paper mache sculptures. Bring your Christmas shopping list for some great gift ideas! For more information, call Sophie's Gallery at (619) 593-2205.

Mark your calendars for the grand re-opening celebration of Renette Park Community Center

Save the date! Plan to attend the Grand Re-Opening of Renette Park Community Center, Thursday, Feb. 2, 3 to 6:30 p.m., at 935 South Emerald Avenue. Enjoy facility tours, program demonstrations and the ribbon cutting ceremony at 4 p.m. For more information, call (619) 441-1754.

Birchwood Lane - 26 unit affordable "For Sale" Housing Project

The Redevelopment Agency is seeking qualified families to purchase one of 26 brand new single-family homes in the Birchwood Lane Project. The project is located on Birchwood Lane near the intersection of Broadway and Ballantyne. All units will be affordable to low-and moderate-income first-time homebuyers with substantial first-time homebuyer assistance provided by the City. For more information, please contact Maureen Judish at Re/Max Pacific (619) 857-6991.

Mobile home and single-family home rehabilitation loans

This special mobile home program provides a deferred, zero interest loan to rehabilitate mobile homes (in specific parks) and single-family homes within the City limits of El

See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —

Highlights ...



Joshua White - he received a commendation from the City Council for winning 2nd place at a major jazz competition. Photo credit: Monica Zech

Continued from page 4

Cajon. Repayment is deferred and occurs upon sale, rental, refinance, transfer, or when the owner no longer occupies the property. Homeowners must have owned the property for at least one year prior to application and meet additional criteria. Contact (619) 441-1710 for more information.

A new kitten, cat or dog for the holidays!

There are plenty of kittens, cats and dogs (large & small)

available for adoption at the El Cajon Animal Shelter. One fee includes their vaccinations, microchip, spay or neuter, as well as a visit to the vet. In addition to adoptions, the shelter provides many services for the Cities of El Cajon and La Mesa. Be sure to check with shelter staff if you are searching for a lost pet in the event it has been recovered. Most important, consider having your dog micro-chipped to make it easier to find them should they ever become lost. Shelter hours for viewing the animals are Tuesday through Saturday 10 a.m. to 5 p.m.; closed from 1 to 2 p.m. The front office is open until 5:30 p.m. for licenses; and they are closed Sundays, Mondays and holidays. Stop by and adopt a new, loving pet for your family. Adoptions are \$80 for cats and dogs; and if you adopt a senior pet (over 8 years old); the adoption fee is \$30. The shelter is located at 1275 N. Marshall in El Cajon, just two blocks north of Fletcher Parkway. For more information, call (619) 441-1580.

Prepare now - S.D. County combines emergency websites

The San Diego County Office of Emergency Services has

combined their three former individual websites (Ready San Diego, San Diego Emergency and San Diego Recovery) into one website. The new website is: www.sdcountyemergency.com. This website contains great information on preparedness, information during an emergency and information on recovery. During an emergency, the public will be directed to this website for information. Keep this website handy when a disaster occurs.

Apply now for an internship in politics

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Meet new people, join The Book Club at the Library!

Discussing books and au-

thors in their libraries is a natural fit for book lovers. The Pageturners Book Club of the El Cajon Branch Library, at 201 E. Douglas Avenue, is looking to expand its membership. The group meets on the first and third Wednesdays of each month, from 1 to 2:30 p.m. in the library. The club is free of charge and new members are welcome to drop into a meeting. Members take turns leading the sessions, and authors are chosen by the group. "Members discuss works by a different author at every meeting," says Adult Services Librarian Jenne Bergstrom. "They're encouraged to read any book by the current author, and come to the group ready to discuss that title." Upcoming authors include 1930 Nobel Prize winner Sinclair Lewis, popular crime novelist P.D.



Swearing in the new Police Chief Jim Redmond. Photo credit: Monica Zech

James, and New York Times bestselling authors Patrick Taylor and Karen White. For more information call the library at (619) 588-3718.

If you have an event in the City of El Cajon that you would like to share, contact

Monica Zech, Public Information Officer for the City of El Cajon, at (619) 441-1737 or via e-mail at mzech@cityofelcajon.us, or mail to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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HUD REACHES SETTLEMENT WITH CONNECTICUT LENDER ACCUSED OF MATERNITY DISCRIMINATION

Luxury Mortgage Corporation to pay \$12,000 to settle claims it denied loan to woman on maternity leave

WASHINGTON – The U.S. Department of Housing and Urban Development announced in November through a press release that it has reached an agreement with Luxury Mortgage Corporation (LMC), a mortgage lender based in Stamford, Connecticut, settling accusations that the lender discriminated against a woman by denying her mortgage loan because she was on maternity leave. Under the settlement, LMC agrees to pay the woman who was denied the mortgage \$12,000.

The settlement is the result of a complaint that was filed by a couple who claimed LMC discriminated against them when it denied the woman a mortgage loan because she was on maternity leave. The woman alleges that even though her employer provided a letter stating that she was on paid maternity leave, LMC told her that the letter was not sufficient. The Fair Housing Act prohibits housing discrimination in sales, rental, and lending based on a person's sex, or family status.

"A woman's access to a mortgage loan shouldn't hinge on her maternity status," said John Trasviña, HUD Assistant Secretary for Fair Housing and Equal Opportunity. "Mortgage professionals have a right to protect their business interests, but lending practices that involve denying mortgages to expectant mothers, especially when they are on paid leave and plan to return to work, violate the law."

In addition to compensating the woman who was denied the mortgage \$12,000, LMC, while admitting no violation of the law, agrees to change its lending policy to approve mortgage loans to qualified women who are pregnant or on maternity/parental leave, including leave for adoptions.

If you feel you have been discriminated against or illegally been denied a housing dwelling, please contact your fair housing services provider and ask to speak to a Fair Housing Counselor immediately.

Jose Cervantes is the Fair Housing Programs Director at CSA San Diego County and can be reached at (619) 444-5700.

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— LOCAL NEWS & EVENTS —

Bits and Pieces Around East County



Edward Thomson

Local Fletcher Hills Resident Receives Service Award

Edward Thomson, East County native of 28 years and current resident of Fletcher Hills, was recognized for his 15 years of service at St. Paul's Senior Homes & Services and his commitment to improving the lives of seniors in San Diego.

Thomson began his career at St. Paul's in 1996; now he is the CFO. He's affectionately referred to by the residents as "sonny," even though he's 60-years of age. St. Paul's Senior Homes & Services is

a nonprofit retirement community with independent, assisted living and skilled nursing communities, as well as an intergenerational day care program and Program of All-inclusive Care for the Elderly (PACE). St. Paul's provides affordable, innovative and comprehensive programs in a non-denominational environment with great value placed on optimal independence at all stages of life.

St. Paul's may be located north of downtown, but Ed's heart is in East County. He is an active member of the John A. Davis YMCA in La Mesa, where he avidly takes aerobics classes, lifts weights and practices yoga at least three days a week. Ed's four kids all attended Parkway Middle School and/or Grossmont High School and his seven grandkids are all active in La Mesa AYSO soccer. And on Sundays, Ed can be found at Journey Community Church, where he's been a long-time member.

For more information on St. Paul's Senior Homes & Services, please visit <http://www.stpaulseniors.org>.



Students at Lakeside Farms Elementary filled the auditorium to congratulate their fellow student 2nd grader Trevor Payne, age 7, who entered a video contest through Mor Furniture for Less and won! State-wide winner Trevor won bedroom furniture for himself and a \$2500 check for his school. Trevor said he wanted to be a hero for his school, said Principal Scott Goergens. The students watched Trevor's video before a representative from Mor Furniture presented Principal Goergens with a check for Lakeside Farms. Photo credit: Patt Bixby

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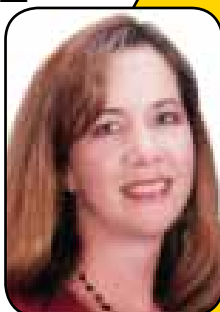
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Inspiration

Merry is as merry celebrates

Rev. James L. Snyder

Although I may look a little stodgy on the outside with a few gray hairs blossoming on the top, I still know how to celebrate, and this is the time of the year to do that sort of thing. I love a good Christmas celebration.

For the last few years, I have never had to check my calendar to know when it is time to celebrate the Christmas season. It seems that the Thanksgiving turkey always gives rise to what I shall refer to as the Holiday Turkey. No sooner is my Thanksgiving turkey resting snugly inside of me when the Holiday Turkeys begin their assault on Christmas.

Do not let this get out, but I love it.

Some people are quite offended when these Holiday Turkeys begin their assault on Christmas. I would be insulted if they did not. I expect them to attack anything to do with Christmas. It just goes to show that the Christmas story has not lost its offense.

Those of us who celebrate the

birth of the Lord Jesus Christ embrace this time of the year with a great deal of joy and praise. After all, we are celebrating the fact that Jesus Christ came into the world to save sinners. What better message to celebrate at this time of year when most people are having a difficult time.

Don't get me wrong here. I believe in celebrating Jesus Christ every day. There is something special about setting aside one day out of the year to recognize his birth. I do not worship the manger nor do I venerate the three wise men. I do, however, appreciate the fact that Jesus Christ came into this world and it certainly is my privilege once a year to celebrate His birthday. I know He was not born on December 25, but it is the thought that counts.

Even those who do celebrate Christmas sometime celebrate the wrong thing. People who do not have much money spend themselves poor getting Christmas presents for their family, and then they spend the rest of the year trying to pay off those purchases. That is a nice gesture but that is not the reason for the season. Instead of spending money this year for your family,

why not spend a little time with them. That will do more good than something you buy in the store that will be obsolete by the time they open it Christmas morning.

Then there are those who take this time of the year to do nothing but party, party, party. By party, I mean getting so inebriated they have no idea what they are doing or saying. Many people will die during the celebration of Christ's birth because of some intoxicated driver.

This is not the reason for the season.

You can always tell the quality of a person by what they celebrate and how they celebrate. Of course, the Holiday Turkeys will accuse me right here of being judgmental. Perhaps they are right.

What is wrong with a little bit of being judgmental?

Why is it we can be judgmental in every area of our life except those areas that are matters of life and death.

My doctor is so judgmental that sometimes I would like to punch him in the nose. What right does he have to tell me that I have something wrong with me? Well, he's the doctor. How many people have shortened their life by not listening to their judgmental doctor?

Some alcohol-saturated person will challenge me and say, "You have no right telling me what to do. I'm going to have a good time. Don't you judge

me." Then they get smashed, jump in their car and end up killing some young family coming home from a Christmas party.

That certainly is not the reason for the season.

The Christmas season is not the season to get so drunk you do not know what you are doing that you hurt other people and it is not the season to spend yourself into the poor house for the next year or so.

The Christmas season is the season to celebrate God's answer to man's incurable dilemma. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16 KJV). The answer to all of man's problem is Jesus Christ.

The Christmas season is the season to join with family and neighbor and sing of God's amazing Grace. Go ahead. Deck your halls with Holly but in the midst of it all, give God the glory in the highest. This is the season for our streets to echo with the joyous celebration of Christ coming into this world.

Then there are those who object.

I have a proposition for all of the Holiday Turkeys who object to me celebrating Christmas or trying to call it something other than what it really is.

You do not have to celebrate the Christmas season; just allow me to celebrate it in a way that I see fit. Then, I will not celebrate April 1 or Halloween but will allow you to celebrate your holidays anyway you want to. I think that is fair. It is a two-for-one deal I am not sure anybody could ever pass up.

Celebrate your holiday, and I will celebrate the Christmas season and wish all my friends a very Merry Christmas and a happy New Year.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church web site is www.whatafellowship.com.

Dear Dr. Luauna



I have a hard situation. My wife left me a year ago, I have five children and she moved in with another man. She seems so broken and so confused, one minute she said she wants to come home and the next minute she doesn't. One minute she says she loves me and the next minute she doesn't. I'm trying to create a "Merry Christmas" for my kids but my heart is not very merry. I do not want a divorce. Signed, I Need a Miracle.

Dear I Need a Miracle,

I'm so sorry for all that you and your kids are going through. This is no easy trial, and I thank God that we serve a miracle working God. I know it's not easy to smile on the outside, but try setting an arena of happiness for your children through this Christmas season when your heart feels like it has been torn to pieces on the inside. In the Bible there is a story about King David, a mighty warrior, who was so broken, he wept and his bed was filled with tears, *Psalm 6:6*. There is another scripture which says, God holds our tears in a bottle, *Psalm 56:8*. In such times of brokenness, we must lean, depend, and trust God to bring us through this overwhelming tunnel of darkness. We may not realize, but in our weakness, God is our strength. Some problems that we cannot fix in the natural, we must have faith and ask God in prayer to bring His perfect will. Your children need you right now, and I commend you for thinking of them first.

I understand that you don't want a divorce, and I have seen many families restored from this type of situation. At the same time, I have seen great men and women come out of this situation with a divorce and God restored their lives. No one can give you the perfect answer. Strength and wisdom can only come from above. The Bible is filled with amazing stories of heartache, rejection, turmoil and brokenness which were healed. When Jesus comes on the scene and touches the heart of man, He can change the whole situation. Know that you are special, an amazing man indeed and Jesus loves you. Let's pray and ask Jesus to come into your heart first, repeat this prayer, "Jesus, I am unable to fix my entire situation and I need you. First, forgive me of my sins, come into my heart, be my Lord and my Savior. I put my children, my wife and my life in the palm of your Hand. Help me, in the mighty name of Jesus, Amen."

I will be praying for you and your family. This Christmas, wake your kids up and come to church, know that Jesus loves you.

Please tune into my radio program on KPRZ AM 1210 on Sundays at 7 a.m., or join us for church service, A Touch From Above Prayer Mountain, 16145 Hwy 67, Ramona, CA, Sundays at 10 a.m. Our television program airs on Tuesdays at 9 p.m. on Cox Cable Channel 18 & 23 and Wednesdays on Time Warner at 5p.m. on Channel 19. I would love to hear from you, please send me an email: drluauna@atouchfromabove.org



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It was the night before Christmas and Santa's a wreck... How to live in a world that's politically correct?

His workers no longer would answer to "Elves", "Vertically Challenged" they were calling themselves.

And labor conditions at the north pole, Were alleged by the union to stifle the soul.

Four reindeer had vanished, without much propriety, Released to the wilds by the Humane Society.

And equal employment had made it quite clear, That Santa had better not use just reindeer.

So Dancer and Donner, Comet and Cupid, Were replaced with 4 pigs, and you know that looked stupid!?

The runners had been removed from his sleigh; The ruts were termed dangerous by the E.P.A.

And people had started to call for the cops, When they heard sled noises on their roof-tops.

Second-hand smoke from his pipe had his workers quite frightened. His fur trimmed red suit was called "Unenlightened."

And to show you the strangeness of life's ebbs and flows: Rudolf was suing over unauthorized use of his nose, And had gone on Geraldo, in front of the nation, Demanding millions in over-due compensation.

So, half of the reindeer were gone; and his wife, Who suddenly said she'd enough of this life, Joined a self-help group, packed, and left in a whiz, Demanding from now on her title was Ms.

And as for the gifts, why, he'd ne'er had a notion, That making a choice could cause so much commotion.

Nothing of leather, nothing of fur, Which meant nothing for him. And nothing for her.

Nothing that might be construed to pollute. Nothing to aim. Nothing to shoot. Nothing that clamored or made lots of noise. Nothing for just girls. Or just for the boys. Nothing that claimed to be gender specific. Nothing that's warlike or non-pacific. No candy or sweets...they were bad for the tooth. Nothing that seemed to embellish a truth.

And fairy tales, while not yet forbidden, Were like Ken and Barbie, better off hidden.

For they raised the hackles of those psychological Who claimed the only good gift was one ecological.

No baseball, no football...someone could get hurt; Besides, playing sports exposed kids to dirt.

Dolls were said to be sexist, and should be passe; And Nintendo would rot your entire brain away.

So Santa just stood there, disheveled, perplexed; He just could not figure out what to do next.

He tried to be merry, tried to be gay, But you've got to be careful with that word today.

His sack was quite empty, limp to the ground; Nothing fully acceptable was to be found.

Something special was needed, a gift that he might Give to all without angering the left or the right.

A gift that would satisfy, with no indecision, Each group of people, every religion; Every ethnicity, every hue, Everyone, everywhere...even you.

So here is that gift, it's price beyond worth... "May you and your loved ones enjoy peace on earth."

by Harvey Ehrlich 1992.

Healthy holiday travel tips

by Dr. Bruce Kaler,
U.S. HealthWorks

Here are some tips to make sure you reach your destination this holiday season without contracting a nasty cold or the flu.

Get a flu vaccine as soon as possible: The current vaccine is widely available in almost all communities. It takes a minimum of two weeks to develop any immunity after receiving the flu shot. Although this requires acting soon and planning ahead, it is the absolute most important factor.

Having seven to eight hours of restorative sleep will give you a fighting chance of resisting whatever exposure you get when traveling. Travel days are usually long and hectic. If it can be avoided, you don't want to start your day already run down.

Carry pocket-sized Kleenex, Purell, saline nasal spray: Using hand sanitizer periodically after touching public surfaces once you settle into your seat and before eating is important. Avoid touching your own face, nose or mouth with contaminated hands. Usually illness such as the flu and other com-

mon respiratory illnesses are not airborne. They don't fly over your left shoulder while you are looking the other way. The majority of transmission is self-inflicted. You have the germs on your hands and then eat, touch your nose or mouth.

Keep arm's length from other travelers, airport attendants: Be aware that others may be sick and not be so mindful when they cough or sneeze. This is tough to avoid in close quarters, especially in your seat on an airplane. However an understanding and awareness could prevent you from being the unsuspecting target of their germs.

Stay well hydrated: The cabin air is usually very dry. For comfort, occasional use of saline nasal spray is good. Keeping the nasal mucosa moist and generally staying well hydrated will make you less vulnerable to the unavoidable germs you may encounter. Eat wisely and avoid alcohol during your flight.

Prolonged sitting in cramped positions enhances risk for blood clots or phlebitis: Even a healthy person is at risk. The cramped position, lack of regular muscle movement in

the lower extremities, high altitude and not drinking enough water can put you at risk. Deep Venous Thrombosis (DVT) is a very serious medical condition caused by blood clots in the legs. If untreated, it can lead to life threatening problems. Wear comfortable nonrestrictive clothing. Wiggle toes and feet. Stretch legs periodically if the space allows. Get up and move around the cabin briefly every 20 to 30 minutes. Changing position and physical activity can help restore sluggish circulation which puts you at risk.

If you have any chronic medical problems, consult your health care provider

before your trip: Even some medications can increase your risks. Your physician may recommend a medication or aspirin prophylaxis for the trip.

Don't let paranoia about germs or DVT distract you from the enjoyable goals of holiday travel. A few simple steps and planning should help you have a happy, healthy and successful trip.

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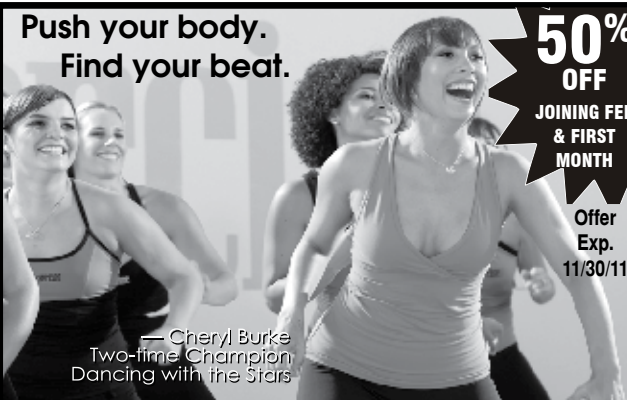
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— COMMUNITY EVENTS —

Out and about in the County

Nightly through the Holidays: TOGETHER, A HOLIDAY SPECTACULAR! (7 days a week) at 6 p.m. and 7 p.m. As the Holiday Spirit fills the air, the outdoor Viejas Outlets Show Court will host the magical and "ooh"-inspiring production of *Together, A Holiday Spectacular! Together, A Holiday Spectacular!* is a celebration of family, friends and the spirit of the holidays told in an immersive 360 degree experience that will dazzle our Guests with water fountains, lasers, fire cannons, pyrotechnics and state-of-the-art special effects, all choreographed to some of the best known, best loved Christmas music. This 15-minute "spectacle in the round" weaves a holiday storyline into thousands of sparkling Christmas lights, elaborately designed water effects and 6 giant video screens featuring full HD video and original animation. This kaleidoscopic winter fantasy takes our Guest through the full range of holiday emotions; from explosive fire-fueled storytelling to foggy holiday dreamscapes to chill inducing magical moments, until, in a heartwarming finale, the sky ignites with fireworks as a gentle snow falls on our disbelieving Guests. *Together, A Holiday Spectacular!* is a celebratory holiday experience that will become an annual must-see tradition for young and old alike. Show is at the Viejas Outlet Center fountain area, 5000 Willows Road, Alpine.

Through December 30: Stop by the El Cajon Police Community Storefront in the Westfield Parkway Plaza mall near the entrance to Dick's Sporting Goods. Law enforcement, safety displays and information. Open weekdays from 10 a.m. to 6 p.m.

Through Dec. 31 St. Madeleine Sophie's Center, the non-denominational adult day-training facility for adults with developmental disabilities, will host the annual Wings & Snow holiday exhibit this winter. Sophie's Gallery artists have created a variety of fanciful winged creatures on pizza peels (paddles) using mosaic tiles, glass and repurposed objects in a non-traditional celebration of the holidays. Students have also created pizza box art and paper mache sculptures. Wings & Snow can be viewed at both Sophie's Gallery locations. Sophie's Gallery at NTC Liberty Station and Sophie's Gallery in El Cajon. Sophie's Gallery in El Cajon will hold a public reception from 5 - 8 p.m. on Dec. 16. (Hors d'oeuvres, wine and pizza courtesy of Mangia Bene will be served), 109 Rea Avenue in Downtown El Cajon. For more information: email sophiesgallery@stmsc.org or call (619) 593-2205.

Through December 31 Art exhibition: San Diego Natural History Museum. Among Giants widely regarded as the premier whale photographer of the world, Flip Nicklin, a National Geographic contributing photographer, will be presenting images featured in his latest book, *Among Giants*. For anyone who has marveled at the majesty of whales in the wild, *Among the Giants* is guaranteed to be inspiring, even moving—its unmatched images

of these glorious beings an inescapable reminder of our responsibility as stewards of the ocean. Accompanying the photographic exhibition will be a showing of the magnificent whale sculptures by world famous sculptor Randy Puckett. Sponsored by Lindblad Expeditions. For more information, visit www.sdnhm.org or call (619) 255-0210 (M-F).

Dec. 23: No Limit, high energy dance band from 8 p.m. - 12 a.m. at The V Lounge in Viejas Casino, 5000 Willows Road, Alpine. Event is free. (619) 659-5652.

Dec. 24: Kruk-Elite Elvis Tribute, Elvis Presley Tribute with hits from the 50's 60's and 70's! Performs from 8 p.m. - 12 a.m. at The V Lounge in Viejas Casino, 5000 Willows Road, Alpine. Event is free. (619) 659-5652

Dec. 24: Christmas Week Services at the United Church of Christ of La Mesa (UCCLM) 7 p.m. Christmas Eve - Come... Worship with us...Celebrate with us...Await the coming Babe of Bethlehem with us...A coffee and cookies gathering will follow. 10 a.m. Christmas Day...Share the beauty and warmth of this season of joy as we celebrate the birth of Jesus. Everyone welcome! UCCLM, an Open & Affirming Congregation, is located at 5940 Kelton Avenue, La Mesa, CA 91942 (619-464-1519, www.ucclm.org).

Dec. 30: The Mighty Untouchables at Dreamcatcher at Viejas. Doors open at 8:30 p.m. Event is free and is from 9 p.m. to 1:30 a.m. This supreme multicultural mix of musicians and singers entertain throughout the world, offering everything from Motown to classic rock, along with Latin, country, current pop hits, and much more. TheDreamCatcher is in Viejas Casino, 5000 Willows Road, Alpine. (619) 659-5652

Jan. 4: Live Owls, Hawk & Kestrel to be guests at next CHIRP meeting 6:30 p.m. at Crown Hills Clubhouse in Alpine, will focus on, and feature, several live birds-of-prey. Nancy Conney of Sky Hunters Raptor Education & Rehabilitation will join CHIRP members and guests with four of her live, educational raptors. "This is an amazing opportunity to get up-close and personal with a red-tail hawk, barn owl, kestrel and screech owl," said Hilde Hinchcliff, CHIRP program chairperson. Nancy will talk about the importance of raptors in our environment, along with points about living in harmony with them. The program is free of charge, and guests are welcome. It will be held at Crown Hills Clubhouse. For more information, visit www.chirp.org or phone CHIRP at (619) 445-8352.

Jan. 7: Sycuan Live & Up Close with LIVE's Ed Kowalczyk, 8 p.m. Featuring state-of-the-art sound & lighting, excellent acoustics and just 457 plush seats, Sycuan Live & Up Close is San Diego's premiere venue for live entertainment. Get up close and intimate from any seat in the house! Click here to see the venue! Tickets available online http://sycuan.ticketsunplugged.com/event_details.php?show_id=791 or at the Box Office. Must be 21 for show.

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Jan. 14 & 15: La Mesa Community E-Waste Event. The La Mesa Chamber of Commerce is hosting an electronic waste (e-waste) recycling collection event in the parking lot of Grossmont Center between b2befit and Fuddrucker's between 9 a.m. and 4 p.m. The event is a free service to everyone to properly dispose of their computer obsolesces, and at the same time, help reduce improper and illegal dumping in our city and landfills. More importantly, the event helps protect our planet from various toxicities from reaching our soil and environment. E-waste includes: electronic products or devices, such as computer monitors, televisions, PC systems, printers, copiers, facsimile machines and home entertainment systems that have reached their useful end, whether in working condition or not.

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1130 Broadway, El Cajon, CA 92021

Publishers: Debbie and Dave Norman Editor-in-Chief: Debbie Norman
Entertainment Editor: Diana Saenger
Office Manager: Brice Gaudette Administrative Assistant: Briana Thomas
Distribution Manager: Dave Norman
Photographers: Kathy Foster, Tom Walko, Kenny Radcliffe
Writers: Patt Bixby, Diana Saenger, Chuck Karaszia, Kenny Radcliffe
Columnists: Dr. Donald Adema, Monica Zech (City of El Cajon), Dr. Luana Stines
Cartoonists: David & Doreen Dotson
Advertising: Briana Thomas, Patt Bixby, Kathy Foster

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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.
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Business/Finance & Real Estate

Insurance and art mix to make a better world

by Debbie Norman

In these days insurance is a necessary expense. The first thing one must consider when obtaining an insurance policy is finding an agent that will work hard and secure the best policy for their individual needs at the best possible rates. Jose Gonzalez has been in the insurance industry for 16 years. He began

as a teenager, cleaning floors and taking out the trash, and has learned every aspect of the industry while working his way up the industry ladder.

Last week Jose Gonzalez held a grand opening for *GO Insurance* for auto, home and business insurance. He has helped thousands of customers meet their insurance needs and the door is open to help-

ing many more. "I started this business because I understand the many unique needs of each individual and/or business," Gonzalez said.

Always keeping his eye on the consumer, Gonzalez said he doesn't just sell his clients a policy, he becomes their partner. "I get most of my clients by word of mouth," Gonzalez said. "I also look for discount options that my clients may be eligible for like the Good Driver Discount. Drivers who qualify for the Good Driver Discount can save even more money."

Gonzalez also loves art. So much so he's planning to add an art gallery in the lobby of his business. He is currently featuring the artwork of Angel Valra, an artist whose artwork is displayed across Mexico as well as the United States. Valra has been invited to display his art at El Cubo, Tijuana's Centro Cultural Centre Museum. He is the first Californian to be invited to do a solo exhibit at the museum, which will be on display there May through August of 2012. Valra's art is at this location for a limited time.



Another creation by Angel Valra. Photo credit: Debbie Norman



Pictured left to right: Jorge Dantes, Jose Gonzalez and Angel Valra standing in front of 'Cosmic explosion,' one of Valra art pieces on display. Photo credit: Debbie Norman

Whether it's insurance or taking a break from a hectic world to view some beautiful art, Gonzalez invites the public to stop by *GO Insurance*.

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GO Insurance is located in the shopping strip mall near Hwy. 67 at 10769 Woodside Avenue, Suite 210-B in San-tee, (619) 442-6666.

River Park Fire Station and Administrative Building VIP reception

by Patt Bixby

On December 16, the new River Park Fire Station and Administrative Building was dedicated to the citizens of the Lakeside Fire Protection District with a flag raising and ribbon cutting ceremony.

The architect for the new 24,900 sq. ft. facility was Jeff Katz Architecture with contractor EC Constructors.

The governing board chambers was dedicated to the late R.A. "Rick" Smith who served the Lakeside community as a Lakeside Fire Protection District Director from December 1990 until December 2011. Smith's work through the upper San Diego River Improvement Project to obtain the necessary funds to build a new fire station for the citizens of Lakeside on the banks of the San Diego River will be forever remembered with a dedication plaque in his name.

The official raising of the flag for the first time and ribbon



Fire Station flag raising ceremony. Photo credits: Patt Bixby



Lakeside Fire Chief Andy Parr and Rick Smith's daughter, Cynthia Marie Smith of Lakeside.



New Fire Station ribbon cutting ceremony.

cutting with County Supervisor Dianne Jacob along with local dignitaries marked the comple-

tion of the new Fire Station 2 and Fire Administrative complex at 12216 Lakeside

Ave., Lakeside. The ceremonies were followed with a brief guided tour of the facility.

— AT THE MOVIES —

'Sherlock Holmes; A Game of Shadows' – can be missed

Review by Diana Saenger

Anyone who wants to see Robert Downey Jr. dress up in drag like Dustin Hoffman did as *Tootsie*, or do acrobatics like Chow Yun Fat in *Crouching Tiger, Hidden Dragon*, should line up for a ticket to *Sherlock Holmes; A Game of Shadows*. I had hoped the sequel to the 2009 *Sherlock Holmes* would raise the bar just a little; instead it's so low only mice can squeeze under.

For the first hour I watched a series of scenes that didn't connect and had no point. A comment from a fellow film critic backed up my thoughts that I had no idea what was going on. The very thin plot seems to piggy back on director Guy Ritchie's previous film. Sherlock's sidekick, Dr. Watson (Jude Law), really wants to get married and settle down.

But Sherlock is not ready to share Watson with Mary (Kelly Reilly) just yet and does everything he can to forestall the wedding. As bombs blast nearby and Sherlock babbles away to Watson while drinking formaldehyde, the evil university professor Moriarty (Jared Harris) shows up to add even more drama to this chaos.

I adore Downey, Jr. but re-



Jude Law and Robert Downey Jr. star in *Sherlock Holmes; A Game of Shadows*. Photo Credit: Daniel Smith / Warner Bros. Pictures

ally miss his talent in playing an interesting character someone might really care about. The more his antics kicked up and the loonier he acted, the more I felt like I was watching the

Joker in the 2008 *The Dark Knight*.

I can't help but feel these movies are a real disservice to Arthur Conan Doyle who penned the Sherlock Holmes detective stories. Maybe it's because three different writers worked on the screenplay for this movie. Regardless, there's nothing entertaining enough about *Sherlock Holmes; A Game of Shadows* to warrant spending money to see it.



Sherlock Holmes; A Game of Shadows
Studio: Warner Bros. Pictures
Gazette Grade: D -
MPAA: "PG-13" for intense sequences of violence and action, and some drug material
Who Should Go: Jude Law fans

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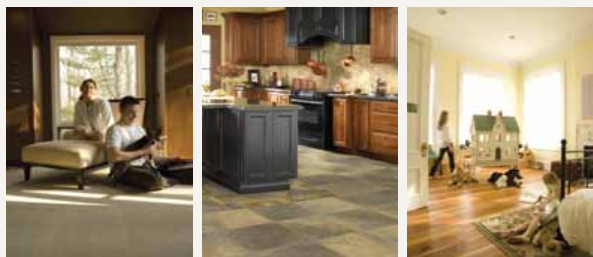
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MOTOR AND SPORTS

2012 MINI Cooper S Coupe



2012 MINI Cooper S Coupe. Photo credit: Dave Stall

by Dave Stall

Being an owner of a 2006 MINI Cooper S JCW GP 0101 (Limit of 400 imported to the US) I have a fondness like no other car I own. When I heard MINI was coming out with a Coupe I was really excited.

My first driving experience in the MINI was at Auto Club Speedway during the Motor Pres Guild Track Days. The manufacturers bring out their cars for journalists to drive on the street and on the road course.

My first pick to hit the race track was the MINI Cooper S Coupe, Getrag 6-speed manual, equipped with the Sport options, which enhances the suspension and the performance. This Coupe goes around 12 turns with straightway speeds of over 100 miles per hour, followed by a hard right hander! Glad I wore my Pilot's!

What a car is all I can say — Go-kart with doors, a Indy car with a body. Use any comparison as long as it has great handling and performance. Plus by keeping a light foot on the gas pedal and run premium fuel, mileage could be up to 27 mpg in the city and 35 mpg on the open road.

The rear wing over the back window, which looks like a baseball cap worn backward, blocks out the headlights of the vehicle behind this car. Did MINI engineers do that on purpose?

It is small, but it has all the safety gear MINI has been known for. However in my book, it is all about the drive. My MINI does not have a back seat and neither does the Coupe. But it does have a massive cargo area under the large hatch. If the load is long, there is a trap door for the things that need to stretch.



2012 MINI Cooper S Coupe. Photo credit: Dave Stall

Although it does not come with a spare tire, it has performance run-flat tires. They are great on the track and fine on the city roads. There is a little noise from the tires resonating through the hatch area, but with the option of the Harman-Kardon Sound System, the noise won't be noticed.

My tester had optional black wheels with John Cooper

Works emblems in the centers — loved it! Loved the look, painted optional Lightning Blue Metallic, with black stripes the run the length of the Coupe.

Interior is all MINI, big large gauges, Blue Tooth, XM all the comforts of home. Go to www.miniusa.com and build a custom Coupe or visit Brecht MINI and they will help put a smile on your face!



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— MOTORANDSPORTS —

Thunder and lightning too much for Ravens

by Chuck Karazsia

For the third week in a row, the San Diego Chargers have taken care of business at Snapdragon Stadium in Mission Valley. This time the Bolts went toe-to-toe with a brawler ending with a final score of San Diego, 34, – Baltimore, 14.

With three straight wins, the Chargers improved their record to (7-7), and are tied with the Oakland Raiders. Both these teams are trailing Denver Broncos (8-6) with two games left in the regular season. This latest win for San Diego came on a day when the Raiders and Broncos lost, and the Chiefs beat the previously undefeated Green Bay Packers. Such is the parity in this league where no team is out of it in the AFC West – yet.

In the first drive of the game after a 22-yard Ray Rice run, a 33-yard pass to Anquan Boldin, a, Eric Weddle touchdown saving pass deflection, and a missed Ravens field goal, the San Diego Chargers offense on it's next five possessions, scored five consecutive times. Except for a desperate Raven's late game touchdown, the Chargers defense pretty much did what they wanted and controlled the running game

of Ravens offense, constantly frustrating Baltimore QB Joe Flacco.

On a day when the Ravens had zero sacks of the Chargers quarterback, the Bolts defense tallied seven of their own of the opposing quarterback. Chargers outside linebacker Antwan Barnes had a career day with four QB sacks (fifth Charger ever). He has eleven sacks on the season (2nd AFC).

The former fourth round draft pick of the Baltimore Ravens had this to say following the Chargers victory. "I'm just proud of the guys in this locker room," Barnes said. "This whole game wasn't just about me playing. It's about our team getting back into the playoff hunt."

So the Chargers are in the playoff hunt for at least another week. They are playing the way fans expect and doing what it takes to win the game.

Chargers Head Coach Norv Turner said about Philip Rivers, "Philip went through a tough stretch. When we protect him and when he's got his guy's, he's as good as anyone."

Rivers has been playing superbly. In this game, he completed 17-of-23 passes for 270



San Diego Chargers head coach Norv Turner smiles during the second half of an NFL football game against the Baltimore Ravens, Sunday, Dec. 18, 2011, in San Diego. (AP Photo/Denis Poroy)

yards, one touchdown (Floyd 28-yards), and no interceptions. In the last three games Rivers has had seven touchdowns with no interceptions.

Ryan Mathews continues to run the ball well. He scored two touchdowns and ran for 90 yards on 26 carries. His partner Mike Tolbert gained 40 yards on eight carries. He also scored a touchdown.

The Bolts' skilled players are able to perform because of those player's who battle in the trenches. These are the interior linemen. Head Coach

Norv Turner realizing their importance said this about them. "I gave all the offensive and defensive linemen game balls. Obviously getting big Jared Gaither (6'9", 340 lbs.) in here helped a lot. Tyronne Green and Vasquez are healthy. We just solidified the front. And, getting (wideout) Malcolm (Floyd) on the outside back helps. We've got all our guys."

After a short week, the Chargers travel to Detroit to tackle a Lions team desperate for a win to reach the playoffs. The game will be played at Ford Field. Kickoff is 1:05 p.m. Saturday.

Qualcomm Stadium temporarily renamed Snapdragon Stadium

Qualcomm Incorporated (NASDAQ: QCOM) unveiled plans Friday to temporarily rename Qualcomm Stadium®, "Snapdragon Stadium™" – an initiative designed to drive consumer awareness and brand impact for its Snapdragon® mobile processors. With consumers becoming increasingly more tech savvy, the desire to understand how their smartphones and tablets work continues to increase. Renaming Qualcomm Stadium to Snapdragon Stadium is an important step in increasing consumer awareness of Snapdragon processors, which serve as the "heart" of mobile devices and currently power more than 300 smartphones and tablets worldwide.

The stadium renaming, a collaboration between the City of San Diego, the San Diego Chargers and the San Diego Bowl Game Association, represents a first in the area of stadium naming sponsorships and capitalizes on a 10-day span when the stadium plays host to three nationally televised football games: the San Diego Chargers Dec. 18 matchup with the Baltimore Ravens; and the San Diego County Credit Union Poinsettia Bowl and Bridgepoint Education Holiday Bowl, taking place on Dec. 21 and Dec. 28, respectively.

With this stadium transformation Qualcomm aims to inform consumers about how Snapdragon processors help consumers do more on their mobile devices – such as watch HD video, play console-quality games and surf the Web – while maintaining the life of their battery for longer periods of time. Qualcomm will utilize a unique opportunity to promote its Snapdragon processors and reach millions of consumers in a high-impact and cost-effective manner. The combined three games are expected to have over 30 million TV viewers and 150,000 fans in attendance.

"Mobile is the biggest technology platform in human history, having a transformative impact on billions of people around the world," said Dr. Paul Jacobs, chairman and CEO of Qualcomm. "Naming Snapdragon Stadium will help us drive consumer awareness for Qualcomm's Snapdragon mobile processors and how they enhance the user experience on hundreds of millions of smartphones worldwide."

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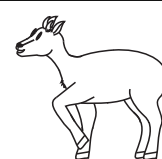
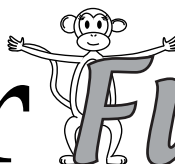
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The Night Before Christmas!

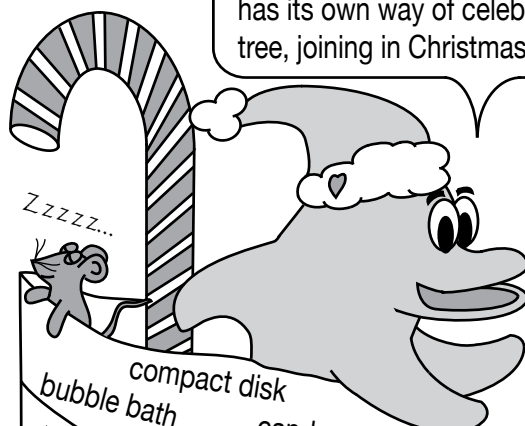
The night before Christmas is an evening filled with wonder and surprises. Each family has its own way of celebrating as they wait for Christmas morning to arrive: trimming a tree, joining in Christmas caroling or sharing hot chocolate and Christmas cookies. One fun family custom is the hanging of stockings by the fireplace in hopes of finding small candies and treasures in them – from the tops to the toes – on Christmas morning!

What might Santa tuck into a stocking to be found on Christmas morning? **Can you find and circle the surprises listed in the stocking?**

*It's Christmas Eve
and...*

1. one family is putting up its Christmas _____ and decorating it.
2. when Mary and Joseph could not find a room in Bethlehem, an innkeeper offered his _____.
3. lighted _____ are in our windows.
4. children hang their _____.
5. families attend church _____.
6. kids remember to leave cookies and milk for Santa Claus and _____ for his reindeer.
7. a family's favorite Christmas _____ is being read aloud.
8. in one story, animals can talk at midnight; they are given the gift of _____ for one special night.
9. friends and families join together to stroll the block and sing Christmas _____.
10. Santa Claus is busy delivering _____!

*Merry Christmas
to you and your
family!*



Zzzzzz

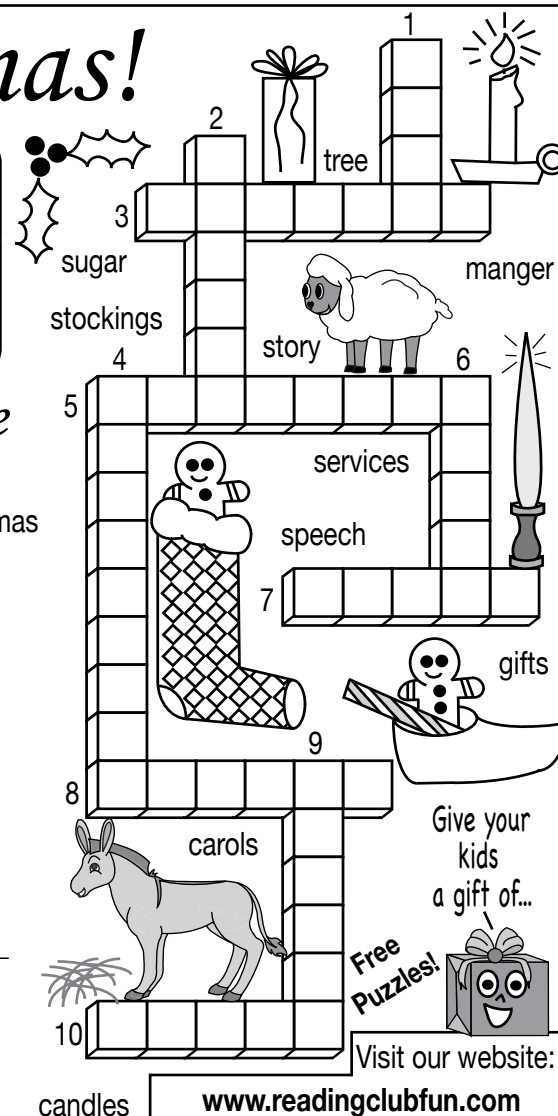
compact disk
bubble bath
candy canes

to you and
family!

socks
mittens
pencils
games
pens

K J U Y G C G H C K L
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K S K I O P A G S Y R
H E H D P K N S P G S
B M K U H S D C E G K P O I K U Y H G T
N A J T V I Y G T A O X R E B S T U N
I G K M F D C K T C O A P I K M N B P
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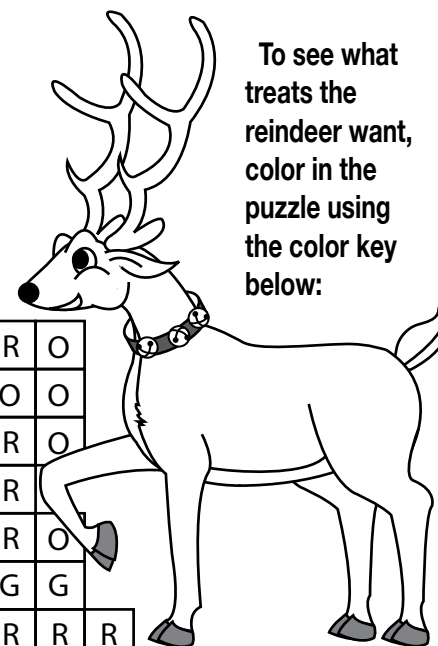
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*Treats for the Reindeer
Pulling the Sleigh!*

Gosh! We do all the work pulling the sleigh on Christmas Eve and Santa gets the cookies and milk left by children everywhere. Maybe some would leave us a little bit of sugar as a treat! Oh, we like these too:

No one is crabby tonight!
Find and circle at least 25 words that are plurals ending with the letter 's'.



To see what treats the reindeer want, color in the puzzle using the color key below:

R = Red
O = Orange
G = Green

[illegible]

Puzzles and Fun

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46				47				
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61			62	63	64	
65						66	67			68				
69						70				71				
72						73				74				

- THEME: 2011 in REVIEW
- ACROSS
1. Presumptuously daring

6. He has final say at the plate

9. Where to get pampered, pl.

13. Scoundrel

14. Needlefish

15. Diver's lung

16. Independent African ruler

17. Big Island necklace

18. Type of paint

19. *Deposed despot

21. *Atlantis was the last one

23. Right-angle building extension

24. Another spelling for #16 Across

25. ____ Bon Jovi

28. Like Jekyll and Hyde's personality

30. *Arab ____

35. Stratfor-upon-____, Shakespeare's birthplace

37. "The Man Who ____ Too Much"

39. Become established

40. Holy Father

41. It cuts edge of yard

43. ____ Verde National Park

44. A rooster to farmers?

46. Ready and eager

47. Eurasian duck

48. Scandinavian, e.g.

50. It can be wringed?

52. Greed or sloth, e.g.

53. Diamonds or hearts, e.g.

55. Nervous twitching

57. *They were super

61. *Royal beau

65. Autumn color

66. Witness

68. Polynesian kingdom

69. Like a new car

70. Employ

71. Homework assignment

72. *Pitched at Occupy Wall Street

73. 6th sense?

74. Reminiscent of the past

CROSSWORD SOLUTIONS

1	2	3	4	5	6	7	8	9	10	11	12			
13						14				15				
16						17				18				
19						20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46				47				
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61			62	63	64	
65						66	67			68				
69						70				71				
72						73				74				

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By: David & Doreen Dotson

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

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FICTITIOUS BUSINESS NAME(S): Little Gems
Located at: 2015 Fiat Ct., El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: December 1, 2011
This business is hereby registered by the following: Desiree Dunnick 2015 Fiat Ct., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on December 01, 2011.
East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-031556
FICTITIOUS BUSINESS NAME(S): Technical Postscript
Located at: 10315 Elmdale Dr., Spring Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jimmy Efrain Quinones 10315 Elmdale Dr., Spring Valley, CA 91977
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FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032333
FICTITIOUS BUSINESS NAME(S): M. Ames Welding
Located at: 9351 Single Oak Dr., Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: January 1, 2011
This business is hereby registered by the following: Michael E. Ames 9351 Single Oak Dr., Lakeside, CA 92040
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FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032920
FICTITIOUS BUSINESS NAME(S): Nick's Dent & Ding Repair
Located at: 5985 Samuel St., 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: Nick Bishop 5985 Samuel St., La Mesa, CA 91942
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12/08, 12/15, 12/22, 12/29, 2011

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2010-019397 FILE NO. 2011-032720
The following person(s) has/have abandoned the use of the fictitious business name: Fashion Nails
The Fictitious Business Name Statement was filed on July 19, 2010, in the County of San Diego.
12117 Woodside Ave., Lakeside, CA 92040
This business is abandoned by:
1. Son G Nhan 4390 VanDyke Ave., San Diego, CA 92105
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON November 28, 2011
East County Gazette GIE 030790
12/01, 12/08, 12/15, 12/22, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-031894
FICTITIOUS BUSINESS NAME(S): Union Express Automotive
Located at: 9842 Channel Rd., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Amer Shaae 9842 Channel Rd., Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on November 15, 2011.
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12/08, 12/15, 12/22, 12/29, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-031396
FICTITIOUS BUSINESS NAME(S): Taste Of Gen San
Located at: 2939 Alta View Dr. Ste. H, San Diego, CA 92139
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Felicidad A. Pedrena 1483 Manzanita Way, San Diego, CA 92139
This statement was filed with Recorder/County Clerk of San Diego County on November 08, 2011.
East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032849
FICTITIOUS BUSINESS NAME(S): Loomis Motors
Located at: 7656 Formula Pl., Ste. C/D, San Diego, CA 92121
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Michael Loomis 8026 Linda Vista Rd. #1-0, San Diego, CA 92111
This statement was filed with Recorder/County Clerk of San Diego County on November 28, 2011.
East County Gazette- GIE030790
12/15, 12/22, 12/29, 2011 1/05, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032499
FICTITIOUS BUSINESS NAME(S): Western Mechanical
Located at: 9830 Vine St., Lakeside, CA 92040
This business is conducted by: A Corporation
The first day of business was: February 5, 1992
This business is hereby registered by the following: Western Enterprises Inc. 12103 Coping Place, Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on November 22, 2011.
East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032764
FICTITIOUS BUSINESS NAME(S): Seaside Pools
Located at: 915 Beryl St. #2, San Diego, CA 92109
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: Kevin McGrath 1521 Caudor St., Encinitas, CA 92024
Daniel Wheeler 915 Beryl St. #2, San Diego, CA 92109
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East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032483
FICTITIOUS BUSINESS NAME(S): SD Construction Works
Located at: 1772 Summertime Dr., El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Sergio Alberto Escobedo 1772 Summertime Dr., El Cajon, CA 92021
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East County Gazette- GIE030790
12/01, 12/08, 12/15, 12/22, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033166
FICTITIOUS BUSINESS NAME(S): Sports Uniforms USA
Located at: 9314 Horton Dr., 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: Nicholas M. Lewis 9314 Horton Dr., La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on December 01, 2011.
East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

Trustee Sale No. 750158CA Loan No. 0021040910 Title Order No. 110296916-CA-MAI NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04-07-2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01-05-2012 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 04-20-2005, Book N/A, Page N/A, Instrument 2005-0324090, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: HENRY L CASTRO AND PAULA K CASTRO, HUSBAND AND WIFE, AS COMMUNITY PROPERTY., as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., (MERS), SOLELY AS NOMINEE FOR LENDER, ENCORE CREDIT CORP., A CALIFORNIA CORPORATION, IT'S SUCCESSORS AND ASSIGNS., as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **SALAM G. SHABA, AN UNMARRIED MAN** Recorded: **4/6/2007** as Instrument No. **2007-0231313** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **12/29/2011 at 10:00:00 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: **\$498,239.45** The purported property address is: **929 E CHASE AVE EL CAJON, CA 92020** Assessor's Parcel No. **493-470-07-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. 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 Mortgagee, the Mortgagee's Attorney, Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704**
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 #0016498 12/8/2011 12/15/2011 12/22/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033595
FICTITIOUS BUSINESS NAME(S): Total Control Pest Management, Inc.
Located at: 6190 Jackson Dr., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was: October 3, 2011
This business is hereby registered by the following: Total Control Pest Management Inc. 6190 Jackson Dr., La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on December 06, 2011.
East County Gazette- GIE030790
12/22, 12/29, 2011, 1/05, 1/12, 2012

Lien Sale
2010 Nissan Atima
VIN#1N4AL2AP7AN472161
Lic#6MQA365 CA
Lien Sale 12/27/11
8:30am
1354 N. Magnolia Ave.

NOTICE OF TRUSTEE'S SALE TS # CA-11-464516-LL Order #: 110398224-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/28/2007. 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): **SALAM G. SHABA, AN UNMARRIED MAN** Recorded: **4/6/2007** as Instrument No. **2007-0231313** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **12/29/2011 at 10:00:00 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: **\$498,239.45** The purported property address is: **929 E CHASE AVE EL CAJON, CA 92020** Assessor's Parcel No. **493-470-07-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. 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 Mortgagee, the Mortgagee's Attorney, Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704**

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 #0016498 12/8/2011 12/15/2011 12/22/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033595
FICTITIOUS BUSINESS NAME(S): Total Control Pest Management, Inc.
Located at: 6190 Jackson Dr., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was: October 3, 2011
This business is hereby registered by the following: Total Control Pest Management Inc. 6190 Jackson Dr., La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on December 06, 2011.
East County Gazette- GIE030790
12/22, 12/29, 2011, 1/05, 1/12, 2012

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00060370-CU-PT-NC IN THE MATTER OF THE APPLICATION OF KRISTEN LEANN BENTZ FOR CHANGE OF NAME PETITIONER: KRISTEN LEANN BENTZ HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: KRISTEN LEANN BENTZ
TO: KRISTEN LEANN PENA
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 325 South Melrose Drive, #100, Vista, CA 92081 Department 3 on FEBRUARY 07, 2012 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON DECEMBER 14, 2011.
East County Gazette – GIE030790
12/22, 12/29, 1/05, 1/12, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-031463
FICTITIOUS BUSINESS NAME(S): River Church Santee
Located at: 10601 Magnolia Ave., Santee, CA 92071
This business is conducted by: A Corporation
The first day of business was: April 24, 2011
This business is hereby registered by the following: Calvary Southern Baptist Church 8930 Activity Rd., Suite H, San Diego, CA 92126
This statement was filed with Recorder/County Clerk of San Diego County on November 09, 2011.
East County Gazette- GIE030790
12/01, 12/08, 12/15, 12/22, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-034003
FICTITIOUS BUSINESS NAME(S): Balo and Asso.
Located at: 336 Lilac Rd., 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: Matthew Gene Balogh 336 Lilac Rd., El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on December 12, 2011.
East County Gazette- GIE030790
12/15, 12/22, 12/29, 2011, 1/05, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033084
FICTITIOUS BUSINESS NAME(S): Harmony Farm
Located at: 11656 Johnson Lake Rd., Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: April 16, 2007
This business is hereby registered by the following: Bonnette Bowman Leja 11656 Johnson Lake Rd., Lakeside, CA 92040
This statement was filed with Recorder/County Clerk of San Diego County on November 30, 2011.
East County Gazette- GIE030790
12/22, 12/29, 2011, 1/05, 1/12, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033849
FICTITIOUS BUSINESS NAME(S): SKS Art
Located at: 13867 Lake Poway Rd., Poway, CA 92064
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: S.K. Shirley 13867 Lake Poway Rd., Poway, CA 92064
This statement was filed with Recorder/County Clerk of San Diego County on December 09, 2011.
East County Gazette- GIE030790
12/15, 12/22, 12/29, 2011, 1/05, 2012

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Name: _____ Address: _____

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_____ one year _____ two years

LEGAL NOTICES

NOTICE OF TRUSTEE'S SALE TS # CA-11-463313-LL Order #: 923431 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/21/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings 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): **FERNANDO VALDEZ AND DANIA VALDEZ, HUSBAND AND WIFE AS JOINT TENANTS** Recorded: 3/29/2005 as Instrument No. **2005-0252779** in book **XXX**, page **XXX** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 12/22/2011 at 10:00:00 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: **\$399,267.09** The purported property address is: **1716 NORTH 1ST STREET EL CAJON, CA 92021** Assessor's Parcel No. **388-201-17-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704

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 #0015407 12/1/2011 12/8/2011 12/15/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032396
FICTITIOUS BUSINESS NAME(S): a.) N Landscaping b.) Green San Diego Landscaping c.) Design Landscaping d.) New Garden Landscaping e.) N Family Landscaping Located at: 385Dominguez Way #11, 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: Nezar Hassan 385Dominguez Way #11, El Cajon, CA 92021
This statement was filed with Recorder/County Clerk of San Diego County on November 21, 2011.

East County Gazette- GIE030790
12/01, 12/08, 12/15, 12/22, 2011

NOTICE OF TRUSTEE'S SALE TS # CA-11-464105-AB Order #: 5779823 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/14/2006. 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): **DONALD UTZ, A SINGLE MAN** Recorded: 9/25/2006 as Instrument No. **2006-0681802** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 12/28/2011 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: **\$213,535.82** The purported property address is: **2441 GLADIOLA DR CAMPO (AREA), CA 91906** Assessor's Parcel No. **606-052-17-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** 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 Ext. 3704

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 #0015441 12/1/2011 12/8/2011 12/15/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032494
FICTITIOUS BUSINESS NAME(S): a.) Eye for Love b.) Eye for Love Photography c.) Eye For Love Photo d.) Eye For Love Studios Located at: 8921 Edgemoor 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 following: Whitney Robbins 8921 Edgemoor Dr., Santee, CA 92071; Dustin Robbins 8921 Edgemoor Dr., Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on November 22, 2011.

East County Gazette- GIE030790
12/01, 12/08, 12/15, 12/22, 2011

NOTICE OF TRUSTEE'S SALE TS # CA-11-444570-LL Order #: 826472 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/4/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. 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): **LEON J DEWITT AND CHRISTINE L DEWITT, HUSBAND AND WIFE AS JOINT TENANTS** Recorded: 10/18/2004 as Instrument No. **2004-0986784** in book **XXX**, page **XXX** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 12/22/2011 at 10:00:00 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: **\$298,071.21** The purported property address is: **8715 LANGHOLM ROAD EL CAJON, CA 92021** Assessor's Parcel No. **398-450-35-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704

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 #0015914 12/1/2011 12/8/2011 12/15/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032426
FICTITIOUS BUSINESS NAME(S): Accurate Concrete Moisture Testing Located at: 8544 Paseo De Los Castillos, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Michael Bivins 8544 Paseo De Los Castillos, Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on November 21, 2011.

East County Gazette- GIE030790
12/01, 12/08, 12/15, 12/22, 2011

NOTICE OF TRUSTEE'S SALE TS # CA-11-468187-EV Order #: 5885514 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/21/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **HOLLY A. HORVATH AND MICHAEL P. HORVATH, WIFE AND HUSBAND** Recorded: 4/9/2008 as Instrument No. **2008-0188725** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 12/29/2011 at 10:00:00 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: **\$208,659.40** The purported property address is: **665 North Cuyamaca Street El Cajon, CA 92020** Assessor's Parcel No. **482-231-04-00** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704

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 #0016560 12/8/2011 12/15/2011 12/22/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032839
FICTITIOUS BUSINESS NAME(S): A Qwik Smog Located at: 580 El Cajon Blvd., El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jim Thead 580 El Cajon Blvd., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on November 28, 2011.

East County Gazette- GIE030790
12/08, 12/15, 12/22, 12/29, 2011

TS # CA-08-186191-ED Order #: E839599
NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/25/2007. 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 a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **RAYMOND H. KEPPEL, AN UNMARRIED MAN** Recorded: 4/30/2007 as Instrument No. **2007-0293508** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 1/3/2012 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: **\$1,863,430.80** The purported property address is: **15596 SLEEPY CREEK RD EL CAJON, CA 92021** Assessor's Parcel No. **396-220-32** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 x3704 Ext. 3704
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. P901931 12/8, 12/15, 12/22/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033945
FICTITIOUS BUSINESS NAME(S): a.) Wave Goddess b.) Fairie Girl c.) Vintage Photo Print d.) Sterling Star Productions e.) Earth Goddess Jewelry f.) Groovy T-Shirts g.) San Diego Day Trips Located at: 5476 Kiowa Dr. #20, La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: November 9, 2011
This business is hereby registered by the following: Barbara Burtch 5476 Kiowa Dr. #20, La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on December 09, 2011.

East County Gazette- GIE030790
12/15, 12/22, 12/29, 2011, 1/05, 2012

SUMMONS CROSS-COMPLAINT (CITACION JUDICIAL-CONTRADEMANDA) CASE NUMBER ECU06519 NOTICE TO CROSS-DEFENDANT: (AVISO AL CONTRA-DEMANDADO): FALCON FRAMING COMPANY, INC.; LARA AIR CONDITIONING; LAS PALMAS LANDSCAPING; LEONARD ROOFING, INC.; MAGNA WINDOW CORPORATION; PACIFIC WINDOW CORPORATION; PAHLA CRPORATION; RII PLASTERING, INC. dba QUALITY PLASTERING, CO.; SID BLACKMAN PLUMBING; SOUTHWESTERN EQUIPMENT; SUNCOAST POST-TENSION LP; VALENCIA BROTHERS, INC. and ROES 1 THROUGH 50. **YOU ARE BEING SUED BY CROSS-COMPLAINANT: (LO ESTA DEMANDANDO EL CONTRADEMANDANTE):** CRV EL CENTRO PARTNERS, L.P. and INNOVATIVE COMMUNITIES, INC. **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 cross-complainant. 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 contrademandante. 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 gra-tuitos 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, Imperial County 939 West Main St., El Centro, CA 92243. 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): Stephen C. Grebing, ESQ. Wingert Grebing Brubaker & Juskie LLP 600 West Broadway, 7th Floor, San Diego, CA 92101. (619) 232-8151 Phone (858) 527-0111. Date: (Fecha) Sept. 12, 2011. Clerk (Secretario) By: Kristine Kussman, Deputy Clerk (Adjunto) East County Gazette GIE030790 Dec. 1, 8, 15, 22, 2011**

LEGAL NOTICES

Trustee Sale No. 20630CA Title Order No. 110367997-CA-MAI NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10-26-2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 12-29-2011 at 10:00 A.M. MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 10-31-2005, Book , Page , Instrument 2005-0946370 of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: ELIE HABCHI A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY, as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR SUNRISE BANK OF SAN DIEGO, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the trustee for the amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY STATUE, 250 E. MAIN STREET, EL CAJON, CA Legal Description: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST Amount of unpaid balance and other charges: \$612,793.92 The Street address and other common designation of the real property purported as: 1795 EL PICO DR, EL CAJON, CA 92020 APN Number: 481-210-02-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". DATE: 12-03-2011 MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE, As Trustee Sales Line: (714) 573-1965 (702) 586-4500 PRIORITYPOSTING.COM JESSE J. FERNANDEZ, PUBLICATION LEAD Meridian Foreclosure Service 3 SAN JOAQUIN PLAZA SUITE 215 NEWPORT BEACH CA 92660 MERIDIAN FORECLOSURE SERVICE IS ASSISTING THE BENEFICIARY TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P903889 12/8, 12/15, 12/22/2011

Trustee Sale No. 11-02801-5 Loan No. 0031133655 Title Order No. 934964 APN 507--250-22-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/1/2006. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 12/29/2011, at 10:00 AM, At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA, Power Default Services, Inc., as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on 06/14/2006, as Instrument No. 2006-0422047 of Official Records in the office of the Recorder of San Diego County, CA, executed by: BARBARA JEAN ROMNEY, A WIDOW, as Trustor, and MORTGAGE ELECTRONIC REGISTRATION SYSTEMS INC., AS NOMINEE FOR AMERICAN BROKERS CONDUIT as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is" The street address and other common designation, if any, of the real property described above is purported to be: 1852 LISA LANE, EL CAJON, CA The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining unpaid balance of the obligations secured by and pursuant to the power of sale contained in that certain Deed of Trust (together with any modifications thereto). The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$554,768.25 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. DATE 12/5/2011 POWER DEFAULT SERVICES, INC., Trustee By: Fidelity National Title Company, its agent 11000 Olson Drive Ste 101, Rancho Cordova , CA 95670, 916-636-0114 By: John Catching, Authorized Signature SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com AUTOMATED SALES INFORMATION PLEASE CALL 714-573-1965 P904064 12/8, 12/15, 12/22/2011

NOTICE OF TRUSTEE'S SALE TS # CA-09-273708-PJ Order #: 109320 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/13/2007. 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): **RAMON MINEZ AND ROSARIO MINEZ, HUSBAND AND WIFE** Recorded: 3/16/2007 as Instrument No. 2007-0182186 in book XXX , page XXX of Official Records in the office of the Recorder of **SAN DIEGO** County, California: Date of Sale: 1/5/2012 at 10:00:00 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: **\$414,268.95** The purported property address is: **413-417 MILLAR AVENUE EL CAJON, CA 92020** Assessor's Parcel No. **487-500-25** 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, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. 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 Mortgagee, the Mortgagee, or the Mortgagee's Attorney.** Date: **Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: www.priorityposting.com Reinstatement Line: 619-645-7711 Ext. 3704** 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 #0017827 12/15/2011 12/22/2011 12/29/2011

Trustee Sale No. 253993CA Loan No. 5303689623 Title Order No. 958767 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04-01-2006. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01-05-2012 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 04-05-2006, Book N/A, Page N/A, Instrument 2006-0236379, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: HENRY GAMBOA, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY, as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS) ACTING SOLELY AS NOMINEE FOR LENDER, AMERICAN MORTGAGE EXPRESS FINANCIAL, A CALIFORNIA CORPORATION DBA TEAMWORK MORTGAGE, ITS SUCCESSORS AND ASSIGNS., as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY STATUE, 250 EAST MAIN STREET, EL CAJON, CA 92019 Legal Description: As more fully described in said Deed of Trust Amount of unpaid balance and other charges: \$1,164,584.73 (estimated) Street address and other common designation of the real property: 2721 WILLOW GLEN DRIVE El Cajon, CA APN Number: 518-030-31-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 12-08-2011 CALIFORNIA RECONVEYANCE COMPANY, as Trustee DEREK WEAR-RENEE, ASSISTANT SECRETARY CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902 For Sales Information: (714) 730-2727 or www.ipsasap.com (714) 573-1965 or www.priorityposting.com P900697 12/15, 12/22, 12/29/2011

Trustee Sale No. 437428CA Loan No. 3061826008 Title Order No. 145329 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03-10-2006. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01-06-2012 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 03-20-2006, Book , Page , Instrument 2006-0191062, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: ANTONIO J. LIERAS AND CONNIE LIERAS, HUSBAND AND WIFE AS COOMMUNITY PROPERTY WITH RIGHT OF SURVIVORSHIP, as Trustor, WASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY STATUE, 250 EAST MAIN STREET, EL CAJON, CA Legal Description: As more fully described in said Deed of Trust Amount of unpaid balance and other charges: \$491,396.48 (estimated) Street address and other common designation of the real property: 499 MULGREW STREET EL CAJON, CA 92019 APN Number: 511-447-01 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 12-06-2011 CALIFORNIA RECONVEYANCE COMPANY, as Trustee BRENDA BATTEN, ASSISTANT SECRETARY CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902 For Sales Information: (714) 730-2727 or www.ipsasap.com (714) 573-1965 or www.priorityposting.com P904661 12/15, 12/22, 12/29/2011

Can Diet Soda Make You Fat?

Diet soda may not be a good weapon in your battle of the bulge. So says two new studies that indicate diet soda may contribute to larger waistlines and even to diabetes.

Two studies presented at a recent conference held by the American Diabetes Association indicate that diet soda may be free of calories but not of consequences.

Epidemiologists from the School of Medicine at The University of Texas reported data showing diet soda consumption is associated with increased waist circumference in humans, and a second study found aspartame raised blood sugar in diabetes-prone mice.

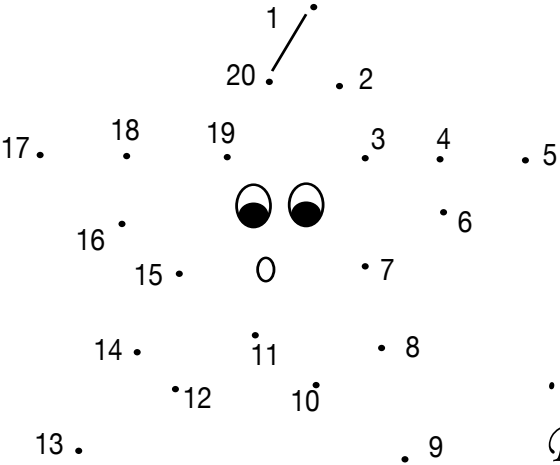
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Shining Brightly on Christmas Eve!

In the Christmas story this appeared and shone brightly in the sky. It guided the Three Kings to the place where the Christ child was born. It is a symbol of hope and joy.

What's happening below? Ohhhhhh...

Follow the dots to see!



Our Best Friends

Best Friends urges holiday shoppers 'Opt to Adopt'

Pet experts from Best Friends Animal Society want holiday shoppers to know that the precious little pup in the pet store window is a poor purchase this season -- especially if they want to avoid Santa's naughty list.

They're launching a television and web public service announcement featuring cute cartoon puppies with a serious message: Buying a dog from a pet store or online is out, and making a holiday miracle by adopting from a shelter or animal rescue organization is in. <http://www.youtube.com/watch?v=B5wKPNEg98M>

The holiday PSA was launched in movie theaters this week in Los Angeles, Las Vegas and New York City. A corresponding campaign of billboards, bus boards and mall displays is also going up this week in L.A.

Although the image of a loveable little puppy wiggling in a stocking or bedecked in a bow under the tree has become a holiday classic, the reality

of where most of these pups come from is far uglier than any holiday shopper would want to acknowledge.

Virtually all puppies sold in pet shops and online come from puppy mills-- factory-like commercial breeding facilities where puppies and their parents are forced to live lonely lives in squalid conditions, with little or no human contact, exercise or medical care.

Although puppy mills are legal in the United States, many breeders--even those that are USDA-licensed--do not even follow the minimum standards of care for their dogs, confining them in tiny wire cages. Parent dogs are treated as breeding machines and never have the experience of romping on grass, living indoors, playing with toys, enjoying treats or being held by loving people.

Pet experts from Best Friends Animal Society's warn holiday shoppers about the sickening source of those seemingly sweet pet store puppies, and to encourage anyone in the

market for a pet this season to give the precious gift of life to a homeless pet by adopting from a shelter or rescue group. For those who prefer to shop online, www.petfinder.com is the humane site to visit to find and adopt a new furry friend.

Adopting from a shelter is not at all the same as buying from a pet store. When shoppers buy online or from pet shops, they not only create a demand in their community for more pets to be bred and trucked in from puppy mills, but they also prevent a shelter dog from finding a loving home for the holidays. Adopting shelter pets simply saves lives.

Puppy mill dogs comprise a significant percentage of the 4-5 million pets that die in American shelters annually.

"As long as holiday shoppers head for the pet stores to purchase their new puppies, they are supporting the puppy mill industry since studies indicate more than 98 percent of pet shop puppies come from such commercial breeding facilities,"

says Elizabeth Oreck, national manager, puppy mill initiatives for Best Friends Animal Society.

"This continues the cycle that contributes to the pet overpopulation problem, and leads to more dogs being euthanized in shelters. Our hope is that anyone looking for a new pet will celebrate the spirit of the season and open their heart and their home to a homeless animal from a local shelter or rescue organization."

Each person who chooses to adopt is helping Best Friends achieve its mission of bringing about a time when there are no more homeless pets.

Best Friends Animal Society is a nonprofit organization building no-kill programs and partnerships that will bring

about a day when there are No More Homeless Pets®. The society's leading initiatives in animal care and community programs are coordinated from its Kanab, Utah, headquarters, the country's largest no-kill sanctuary. This work is made possible by the personal and financial support of a grassroots network of supporters and

community partners across the nation.

To become a fan of Best Friends Animal Society on Facebook go to: <http://www.facebook.com/bestfriendsanimalsociety>

Follow Best Friends on Twitter: <http://twitter.com/BFAS>

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Lisa O'Connell Owner



ADOPT-A-PET



Meet fluffy bunny Angelica. She is the Christmas angel that needs a new loving home. Angelica is an adult female English Spot. She is friendly and loves her treats. Hop on down and take home. Angelica's Animal ID # 10643 and her adoption fee is only \$5. She is available at the El Cajon Animal Shelter is located at 1275 N. Marshall, El Cajon, California 92020. Phone: 619-441-1580.

Ranger is a young Labrador Retriever mix male and is 61-100 lbs (28-45 kg). I am already neutered, housetrained, up to date with shots, good with kids, and good with dogs.

Ranger's Story...

"Hey there...my name is Ranger, and I am one incredibly handsome, intelligent, sweet and really a great dog. I am just 3 years old and my owners could not keep me, so here I am at the shelter, and in need of a new forever home. I am a Labrador Retriever-mix guy, who loves going for walks and I walk great on the leash. We could get our exercise together if you adopt me. I'm housebroken, love kids and enjoy the company of other dogs. My coat is beautiful shiny black, and I enjoy getting brushed in order to keep it looking incredible all the time! The Holidays are just around the corner, and boy...I sure would love to have a new home before then. I would need a secure yard where I could run around and play in, and then at night have a snugly dog bed in the house, where I could curl up and have lots of happy dreams. A trip to the shelter would not be complete without getting acquainted with me, so just ask our great shelter staff to introduce us, and we can get to know one another in one of our wonderful exercise yards. I'm anxious for you to visit. So come on by and let's see if we just might be the perfect match and can become the bestest friends and pals "fur"ever. Love, Ranger" Kennel #49 at the El Cajon Animal Shelter is located at 1275 N. Marshall, El Cajon, California 92020. Phone: 619-441-1580.



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