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JANUARY 5-11, 2012

New Year... New Ambassadors needed



Meet Buddy and ALL his friends. See page 23

INSIDE THIS ISSUE

Local	2-6
Inspiration	8
Health	9
Community Calendar	10
Movies	12
Sports	15
Kids Page.....	16
Puzzles	17
Legals.....	18-21
Classifieds	22
Best Friends	23

What's new in Theaters?

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

Check out the reviews on

'War Horse'
and
'Mission Impossible —
Ghost Protocol'



by Diana Saenger
on page 12

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



With the new year here, pageant directors are looking for new applications for this year's ambassadors. See page 6 and 11 for more information on upcoming pageants.

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Local News & Events

2012 a centennial year for the San Diego East County Chamber of Commerce

by Diana Saenger

Mention turning 100 years old and heads might turn. This year three of East County's entities will mark that celebration. The San Diego East County Chamber of Commerce, along with the cities of El Cajon and La Mesa will celebrate that centennial.

Scott Alevy, President and Chief Executive Officer of the San Diego East County Chamber of Commerce, has been in his present position for one year. He joined the Chamber when he was operating his own PR firm.

"I've always believed in what Chambers do and what they are about," Alevy said. "I believe businesses should

help other businesses and the Chamber should play a part in that. If you have an effective chamber it makes a more effective business community."

The Chamber's motto is, "Building Our Community One Person at a Time." Its goal is to identify and motivate current and emerging leaders committed to the betterment of East County. The Chamber has several programs of varying topics to do that including: leadership, history and art, the justice system, education, government and safety, healthcare, government and safety.

Alevy is a former Chula Vista City Councilman, and previously led public policy and communications at the San Diego Regional Chamber of Commerce as that organiza-

tion's Vice President. He was External Affairs Director for SBC/AT&T for a decade, following two decades in professional broadcasting and public relations practice.

With his experience in public relations, government relations, public affairs, community outreach, marketing and broadcast media, Alevy understands what makes a business thrive and a community prosper. When he came on board as CEO of the chamber he faced some challenges.

"We had a line of credit that needed to be paid off and some holes in our budget," Alevy said. "We've since paid off that line of credit, increased our income about 17 percent and reduced our expenses about eight percent, renegotiated and strengthened our agreements with vendors, and we can say we are a well-run business."

The Chamber deals with businesses that are members of the Chamber and that support has upped their membership significantly over the years. Last year membership on January 1 was 690, and currently there are 840 members.

"Most people like the advocacy that comes with the Chamber and that's one of the things we've stepped up," Alevy said. "Once we take a position on a piece of legislation, a land issue or any other issues we take our action a little bit further and make our position known in important arenas."

Part of the Chambers value to their members includes a focus on optimizing competitive viability in the regional, national, and global marketplaces; acquainting participants with East County's assets, needs and challenges; providing a forum to promote, discuss and resolve challenges with experienced community leaders; encourage and promote active community involvement and networking; classes at local colleges and SCORE, member to member deals; and increase personal awareness and confidence. Membership is open to business owners and anyone interested in their community, and Alevy said members get out of it what they put into it.

"A member can pay their dues, get our emails and never come to a meeting or event and for some that's okay," he



Scott Alevy, President and Chief Executive Officer of the San Diego East County Chamber of Commerce. Photo Credit: Kathy Foster

said. "But others want and deserve so much more so that's what we try to offer them. We have products and services. And as a leader I work with our team to set the bar and have a business where our employees have done what they need to do to comply with regulations and that our businesses know what they need to do as well. There are many new laws taking affect this year that we will inform our members about. Knowledge is power."

Alevy is excited by the Centennial the Chamber will

celebrate this year. Plans are underway for several events including a Gala at the U.S. Grant on February 4, 2012.

The San Diego East County Chamber of Commerce is a 501 C6 nonprofit with a 501 C3 Educational Foundation and serves the communities of Alpine, El Cajon, Lakeside, La Mesa, Lemon Grove, Rancho San Diego, Santee, Spring Valley and surrounding unincorporated areas. The Chamber office is located at 201 S Magnolia Ave., El Cajon, and can be reached at (619) 440-6161.

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech,
City of El Cajon Public
Information Officer

Happy New Year!

*Please note, this coming Friday, Jan. 6, El Cajon City offices will be closed. For a full calendar of operating hours and dates for 2012, visit the City's website at www.cityofelcajon.us.

Grand Re-Opening of Renette Park Community Center

Renovations are complete and the Renette Park Community Center is now open to the public! Stop by the center and see all the beautiful renovations. Mark your calendar and plan to attend the official Grand Re-Opening of the Renette Park 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, please call (619) 441-1754. Don't forget to reg-

ister for Winter classes before they fill up!

Help the "Meals On Wheels" Program at a special event Saturday!

This special event is called the "San Diego Food Truck Wars Rematch!" The El Cajon Subaru Dealership is hosting a special event that will support the Meals-On-Wheels program that helps to feed hungry seniors throughout the county. The Food Truck Rematch is being held Saturday, Jan. 7, from 11 a.m. to 2 p.m. at 900 Arnele in El Cajon. The top gourmet food trucks will compete for "East County's Top Truck!" Come vote for your favorite truck by purchasing food from Groggys, Mad Maui, Mangia Mangia, New York Rye (defending champion), Slow Cal BBQ, Sweet Treats Truck and Two For The Road. El Cajon Subaru will also make a special check presentation to the Meals On Wheels program during this event. For more information call (619) 278-4005.

Knox House Museum activity in January

This coming Saturday the Knox House Museum will be featuring a special exhibit of Children's Toys On The Frontier, Jan. 7, from 11 a.m. to 2 p.m., at 280 N. Magnolia Avenue in El Cajon. By the way, if you love to read, the Knox Readers History Book Club will feature a discussion on "Lincoln", Wednesday, January 11, 2:00 p.m., at the Knox House Museum - everyone is welcome! For more information on these exhibits, tours and the book club, please visit www.elcajonhistory.org, or call (619) 444-3800.

You could be the next Miss El Cajon or Miss El Cajon Teen

If you are a young lady, age 13 to 24, you're invited to attend a pageant orientation on Sunday, Jan. 22, 2012, at Kennedy Recreation Center, 1 p.m., at 1675 East Madison Avenue. There are no entry fees. This is your opportunity to meet new people and

make lasting friendships by representing your City and promoting volunteerism in your community. The pageant will be held on March 3, 6 p.m., at Cuyamaca College Theater. A Miss Rancho San Diego and Miss Rancho San Diego Teen will also be selected. Over \$2,000 in scholarships will be awarded. Judging is on poise, personality, evening wear and a personal interview, no swimsuits or talent competition. For more information, please email your questions to misselcajon@cox.net, or call (619) 390-0061. More information can be found on Facebook by searching Miss El Cajon.

The 2012 East County CERT Schedule is posted - Register Now!

It's all about being prepared for a disaster, such as an earthquake, firestorm or house fire. This FREE disaster preparedness education program offers residents the knowledge and tools they'll need in the event of a disaster. There are three academies being offered for 2012. Pick the one that best fits your schedule, and call (619) 441-1737 to register. Leave your name and best contact phone number.

The 2012 schedule is as follows:

Academy - #1 - Jan. 28 - Disaster preparedness/CERT Organization

Feb. 11 - Disaster Medical/Triage

February 25 - Fire Extinguishers/Light Search and Rescue

March 10 - Fire Extinguishers/Light Search and Rescue hands on - at *HTF

March 24 - Disaster Psychology/Hazardous Materials/Terrorism

April 7 - All inclusive manipulative review & graduation - *At HTF

Academy #2 - June 9, 23, July 7-*HTF, 21, August 4, 18-*HTF

Academy #3 - September 22, October 6-*HTF, 20-*HTF, November 3, 17, December 1-*HTF

These classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. There are two class locations for "registered" CERT students, the first at 8054 Allison Avenue in La Mesa, and the other at 1301 N. Marshall Avenue, the Heartland Training Facility (HTF), in El Cajon. Class sizes are limited to 35 per academy, ages 16 and up, non-residents welcome. For safety concerns, we ask you do not bring babies or children to class. Wear closed toed shoes only - no sandals. On the first day you will need to bring a 1½ inch thick notebook binder for the curriculum. Any classes missed may be made up during the following academy. Classes are taught by members of Heartland Fire & Rescue and Santee Fire Departments. For general information on being prepared for a disaster, please visit www.heartlandfire.org.

East County Chamber launches 'Business Solutions Academy'

The San Diego East County Chamber of Commerce, in partnership with the Grossmont-Cuyamaca Community College District (GCCCCD), has launched a "Business Solutions Academy," featuring a series of professional development educational classes planned for 2012 and designed to assist business owners in the East County. Two classes are scheduled for January, both of them from 1:30 to 4:30 p.m. at the Chamber offices, 201 S. Magnolia Ave. in El Cajon. "New Year, New Attitudes," a class on how to improve attitudes in the workforce and how attitudes can affect customer service, company image, productivity and employee retention, will be held on Wednesday, Jan. 18. "Customer Care Essen-

tials," a class on exceeding customer expectations, dealing with challenging customers and managing customer feedback, will be held on Wednesday, Jan. 25. Cost to attend each class is \$45 per person for Chamber members, \$60 per person for non-Chamber members. For registration information, contact the Chamber of Commerce at www.eastcountychamber.org or (619) 440-6161, or GCCCCD Workplace Learning Resource Center at Cuyamaca College at (619) 660-4508.

Discover all the new shops & restaurants in Downtown El Cajon!

Visit the fun and unique shopping areas of downtown El Cajon, and enjoy one of many delicious dining areas available! Shops along Main Street includes a variety of clothing stores, jewelry and specialty shops, hair salons, relaxing massages, psychic readings, special framing for that special photo or work of art, and numerous art galleries and museums. Have lunch or dinner at any one of our great restaurants, from Italian, Mediterranean, and Mexican food - to your favorite American classics of salads, burgers, steaks, even a new brewery! 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!

One vacancy on the 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
See HIGHLIGHTS page 5



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— LOCAL NEWS & EVENTS —

Highlights ...

Continued from page 4

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. 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.

Add a new kitten, cat or dog to your family!

We still have 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.

El Cajon's Centennial Celebration in 2012

Plans continue for the City of El Cajon's Centennial Celebration in 2012. You can



East County CERT graduates. Photo credit: Monica Zech

be a big part of the celebration - and of history. The exact date of the City's 100th birthday is Monday, Nov. 12, 2012; but fun events are in the planning stages leading up to that date - and after! The Centennial Celebration Committee, led by Councilmember Jillian Hanson-Cox, is now accepting volunteers. Go to www.elcajon100.com or visit our Facebook page under El Cajon Centennial. Look for the volunteer information and registration page, as well as

sponsorship opportunities. If you know of someone turning the age of 100 during 2012, call (619) 441-1737.

Note: Please keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, 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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— LOCAL NEWS & EVENTS —

Bits and Pieces Around East County

Alpine Fire Department Protection District approves pension changes for its firefighters

The Alpine Fire Protection District has approved pension changes with the Alpine Fire Fighters Association. After months of negotiations, at a Board meeting on December 20, 2011 both sides agreed to a contract extension that makes changes to the pensions of current and future Firefighters employed with the District. All employees of the Alpine Fire District are members of the CalPERS retirement system.

The retirement age for all new hire Firefighters has been raised. Under the current pension formula Alpine firefighters can retire at age 50. Under the new system all new hire firefighters will be eligible to retire at 55. This change will not affect any currently employed firefighters.

Savings from this change will be realized in future years.

Also Alpine firefighters will begin paying the employee share of their pension cost. Currently the District pays the employee and employer portions of the pension cost. The employee share is an amount equal to nine percent of the employee's base salary and the employer portion is equal to 24.112 percent. Details of the approved agreement call for a gradual phasing out of the nine percent, with the employees picking up three percent each year for the next three years beginning in FY 12/13. When fully implemented, this will save the District over \$108,000 per year.

In addition the firefighters will receive a salary increase of 1.5 percent each year for the next three fiscal years. The District also restructured the Health benefits package for

safety personnel. That change will save the District about \$8,000 per year.

On June 23, 2011, by a 3-1 vote the Board of Directors of the Alpine Fire Protection District declared a fiscal emergency based on declining revenue, pay-off of the CalPERS risk pool side funds and the continuing State of California budget crisis. The District receives the majority of its funding from property tax revenues. Since 2008 the District has experienced a 13 percent reduction in property tax revenue.

Improved services at college student health clinics to be funded by fee increase

Student health clinics at Grossmont and Cuyamaca colleges will be able to offer longer hours, better staffing and more wellness education

as the result of a \$4 per semester fee increase beginning in fall 2012.

Students at the two East County community colleges will begin paying a student fee of \$18 per semester, or \$15 during the summer session, under the new fee structure approved Dec. 13 by the Grossmont-Cuyamaca Community College District board.

Students in the Grossmont-Cuyamaca district have been paying less for student health fees than any other community college in San Diego County. Grossmont and Cuyamaca college students now pay \$14 per semester and \$11 in the summer, compared to \$17 per semester and \$14 during the summer at all other community colleges in the county. The other colleges will also be increasing their fees to \$18 per semester (and \$15 during the summer) beginning next fall.

The most financially needy students who receive public assistance will not be required to pay the student health fee, but students determined to be low-income but not eligible for public assistance will no longer have their health fees waived.

In a Dec. 13 presentation to the Governing Board, Cuyamaca College President Mark J. Zaccovic and Grossmont College President Sunita V. Cooke said revenues for the student health centers have dropped in the past two years because of decreased enrollment and more low-income students. In the 2010-11 school year, about \$165,000 in general funds had to be used to pay for health center costs not covered by the student fees. With less money available, the district was forced to reduce services at a time when more students are unemployed and have no other health care options.

With the additional funding, the health centers will have additional staffing, expanded clinic hours, and will be able to provide more diagnostic tests, screening and lab tests.

The centers will also offer more education about stopping smoking, weight control and alcohol abuse. Additional crisis counseling will be offered, an important service to deal with the stresses of the unemployed and returning veterans.



Santana High School and Grossmont Union High School District held a dedication ceremony honoring the new campus library (right), Career Technical Education building (back left) and 10-classroom Building 200

"Our health centers provide a vital role on our campuses, especially for many of our students who have no health insurance," said Bill Garrett, president of the Grossmont-Cuyamaca Community College District board. "These fees will allow us to provide the kind of basic health services that our students deserve."

Santana High School dedicates new Career Technical Education Building, Library and classroom building

Officials from Grossmont Union High School District (GUHSD) and Santana High School joined students for a dedication and ribbon-cutting ceremony recently to celebrate the completion of three modernized buildings on the high school campus. The new Career Technical Education (CTE) building, campus library and 10-classroom Building 200 feature indoor and outdoor classrooms, laboratories and applied learning spaces with state-of-the-art equipment to readily prepare students for the workforce.

The new CTE building, also known as Building 800, houses classrooms, observations sites and applied learning spaces where students can actively engage in courses on architectural design, alternative energy, principles of engineering, civil engineering and many more subjects. The modernized facilities support the goals of GUHSD's CTE Plan, which includes providing learning spaces where educators can effectively teach using the CTE approach. This includes adaptable learning spaces, modern equipment and tools used in a variety of sectors, to help pre-

pare students for internships, postsecondary education and/or employment.

Now part of the Santana High School Renewable Resources and Sustainable Living Program, the CTE facilities include an 18,000-square foot building connected to a 24,000-square foot outdoor area. The building received the HONOR award by 2010 C.A.S.H./AIACC Leroy F. Greene Design and Planning Awards as well as the California Department of Education - CTE - Prop 1D Grant.

The dedication ceremony featured a welcome by Santana High School Principal Tim Schwuchow and remarks by GUHSD Superintendent Ralf Swenson and California Department of Education Assistant Superintendent Dr. Patrick Ainsworth. The ceremony was followed by tours of the facilities where students demonstrated the new education spaces through project-based learning activities.

The CTE Building 800 modernization project at Santana High School is a part of the Proposition U bond passed in November 2008 by East County voters. The \$417 million bond measure is budgeted at \$601 million, which includes expected State funding and interest earnings. The bond will substantially complete the modernization of District schools, provide classrooms and equipment for CTE, and construct a new high school in the Alpine/Blossom Valley area.

The project team for the new Santana High School buildings includes program manager Gafcon, Inc., architect Harley Ellis Devereaux and construction managers C.W. Driver and Erickson-Hall.



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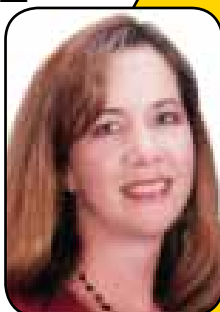
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Inspiration

Here we go again; the art of redundancy

Rev. James L. Snyder

Forgive me if I have said this before, but, "Happy New Year." It may be the epitome of redundancy but I have given this greeting for 60 years and I mean it as sincerely this year as I have all the years preceding.

The first few years of my life, I had no teeth and so all I could say was "Goo-goo, daa-daa." It meant the same thing. This year I have all of my teeth but I am not certain how many more years.

The way we start life is the way we usually end life, with no teeth and drooling all the time with a silly grin on our face.

Why is it so cute to have a toothless drool at three months but rather disgusting when you are 93 years old?

We all start life wearing diapers and if we live long enough we will end our life wearing the same apparatus. I guess it all depends upon what we do between the two events.

I suppose I could be guilty of not learning as much as I could at my age, but one thing I have learned is the good things in life are always repeated. Sure,

there are some things that we do once in a lifetime and cherish their memories, but the good things in life are those things we continually repeat.

I would wager that in this New Year there would be relatively few, if any, new things. The past year was supposed to carry with it a lot of brand-new things. Most things were those repeated and repeated for many years.

This year is an election year. Of course, the purpose of this year is to elect a new president. Every four years we elect a "new" president and I have participated in many presidential elections. At least, I went to the voting booth and voted. In all those years of electing a "new" president it has usually worked out that the new president was remarkably quite like the old president.

Some political pundits make a great deal between a Republican and a Democrat. It may be my age, but it seems to me that most Democrats are Republicans in disguise and most Republicans are Democrats in disguise. If I was backed up against a wall with a firing squad in front of me and asked to tell the difference between a Democrat and a Republican, the only thing I could come

up with would be the spelling.

A Republican when elected will always act like a Democrat and a Democrat when elected will usually act like a Republican. Then they wonder why the voting public is confused.

As far as I am concerned, a rattlesnake wearing a rabbit outfit does not change its nature. It still has poisonous fangs looking for some human flesh.

What has not changed is the fact that a politician running for office will say anything to get elected and then once elected will develop an acute sense of amnesia, which is not that cute.

Whenever I hear politicians say that when they are elected they are going to change things I know I am either listening to a fool or someone who is trying to fool me. Hundreds of politicians have run on the platform of changing Washington DC. Well, how has that been working?

The coming presidential election will be the same as every other one in the history of the United States.

In spite of that, there are a few things I am glad will not change.

The things that are really important in life are those things that do not change.

For instance, I am glad the sun comes up every morning. Even though every day is a new day, the same sun starts the day with its rising. The beautiful thing about this is that we can only live one day at a time. I cannot remember how much time I have spent worrying about something in the future and

when that day came, I worried in vain.

I am so glad that the rising of the sun is not in the hands of some political committee somewhere. Wherever two or three politicians are gathered together, there is gridlock. If a political committee were responsible for the rising of the sun, it would never rise. The only thing a political committee can do when it comes to the phenomenon of rising is in the area of taxes and their salaries.

As sure as the sun will rise tomorrow so will our taxes and so will the salaries of the politicians. Would be great the politician's salary was tied to the economy? If the economy was up, the politicians would get a raise. If the economy went down, the politicians would take a cut in salary.

I am not sure how to do that, but if it ever became law in our country, the economy of our country would be on the rise for generations to come.

Another redundancy that I am delighted to participate in and that is the mercies of God. "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness" (Lamentations 3: 22-23 KJV).

Although repeated daily, God's mercies are never redundant.

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. E-mail james-snyder2@att.net. The church web site is www.whatafellowship.com.

Five secrets of highly optimistic Americans

Do you want to start the New Year with a renewed sense of optimism? Do optimistic people think or behave differently?

A new study recently uncovered the secrets of optimistic people who feel in control of their lives.

One key to achieving optimism and lowering stress levels is to find ways to take greater control over your life, say researchers.

Sixty-six percent of Americans now say they feel in control of their lives, and their lives are headed in the right direction, according to Lincoln Financial Group's "MOOD of America" study.

So how can you be more like them?

Grasp the future

Surprisingly, researchers uncovered several consistent behaviors and attitudes that are strongly associated with feeling in control of one's life -- all of which revolve around not letting money or your job define who you are.

Upbeat Americans are driven by a mindset that they can always find ways to solve problems. And they seem to have struck the right balance between finding time for fun things they enjoy and taking the necessary steps to secure their futures.

"Americans who feel in control of their destinies share a common mindset focused on positive, constructive behaviors every day," said Mark Konen, president of Insurance and Retirement Solutions for Lincoln Financial Group.

Simple steps to optimism

The good news is there are certain behaviors you can adopt to positively impact your life. Consider these top five behaviors of Americans who feel in control of their lives:

- They value and cultivate personal relationships.
- They volunteer in their communities and give to charity.
- They take quiet time to be alone and think.
- They exercise and spend time on hobbies.
- They adhere to budgets and save for retirement.

Not surprisingly, those who said they felt in control have taken concrete steps to build financial security, such as establishing retirement accounts and owning other financial products, including life insurance.

They are also more likely to stay within their budgets and save money from every paycheck, regardless of amount.

It's not about money

One of the secrets of optimistic Americans, according to the research, is they are not driven by the desire to be wealthy.

Instead, Americans "in charge" consider financial freedom -- having enough money to do what they want -- to be four to five times more important than being wealthy.

"The combination of traits that apply to 'take charge' Americans shows these people strike the right balance," says Konen. "They value alone time, but also invest in relationships with friends and family. They enjoy leisure time but make time to sit down with their paperwork and adhere to budgets."

More details from the new survey can be found at LincolnFinancial.com/surveys.

According to the new research, the key to optimism is adopting a mindset centered on the fact that it's squarely within your power to control your destiny.

While you must take steps to build a secure future, it's equally important to take time to enjoy life.

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For Health's Sake

Stay mentally sharp & fit by starting a 'Health Club' for your brain

2012 is upon us and many of us are thinking about what the New Year will bring. This time of year is an occasion to get us thinking about our health – specifically brain health. A healthy lifestyle is easy to understand but not everyone realizes the more you work out your brain, the better you'll be able to process and remember information. Carve out time to give your brain work outs. You can do that by creating your own "health club" that includes ongoing learning. Make a commitment to keep learning, no matter what your age or stage of life, and you are automatically improving your brain power.

Learning curve

College, high school, and elementary school students all the way down to K-4 are continually engaged in stimulating learning experiences. These young students don't have to work on brain fitness because for them, everyday learning is a habit. But that's not true as we grow older. Think of the brain's inner workings this way. Some of the circuits—conduits of information and memory

slow down. As we decrease our need to keep the brain as fit as a student studying for college exams, the creation of new neural pathways diminishes. So what can you do to have a sharper brain? Plenty. Brain fitness isn't rocket science. Start by making a commitment to learning something new on a regular basis, weekly or daily and then add in other challenging ways to give your brain a regular boost of energy. A growing body of research actually also shows that people who commit to lifelong learning can lower their risk of Alzheimer's disease and other forms of dementia.

Jump start your brain power

You may not realize it but your brain power has incredible potential when it is "sharpened" and kept fit. There's no better time than now to invest in your brain's fitness. As millions of people grow older, many experience age-related changes like forgetfulness or decreased concentration skills. Some people find they have difficulty sleeping and their short-term memory isn't as sharp as it used to be. Did you know your short-term

memory is like a scratch-pad for temporary recall of information being processed? In order to understand this sentence your brain needs to remember the beginning as you read along toward the end and get to the period. About 70 million baby boomers are heading to retirement in the next few years. Many people join health clubs to stay fit and others exercise at home with family and friends. If you are heading to retirement, make sure you continue to exercise your brain. By learning something new you are breaking the way you think about topics and ideas. You are using brain pathways that may not have been used if you hadn't ramped up your brain calisthenics.

Brain health tips—a 'no-brainer' Here are some things you can do to keep your brain sharp and fit:

- Use your senses to learn. Know how you learn best, and then use it to your advantage. Some people learn best with audio tapes, others prefer videos or an in-person classroom.

- Stay Organized. Take notes. Use both words and pictures. Take advantage of calendars, date books and other organizational tools to help you concentrate while learning.

- Journal: Record information of your learning milestones by keeping a journal. Writing down your experiences helps build on previous knowledge and creates good retention.

- Participate in educational experiences. Take an adult education class or enroll in a technical college course.

- Take up a new hobby. People who enjoy life have found new outlets like quilting, woodworking and other hobbies.

- Take up a new sport. Have you thought about learning to ice skate, curl, play badminton, take up golfing or numerous other sports? Your local parks and recreation department probably has numerous opportunities for you along with other community resources.

- Play board games and puzzles. The more you play the better your mental dexterity will likely become.

It's time to stoke the fires of aging in the brain. Build your own "health club" which includes a variety of brain fitness activities. It's never too late to learn something new and feed an aging brain.

Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery and development of medicines to treat age related memory loss and the diseases of aging. Mark has been taped as an expert in the field of neuroscience for The Wall Street Journal Morning Radio, CBS and CNN Radio among others. Mark is also a contributor to the "Brain Health Guide" which highlights the research at Quincy Bioscience and offers practical tips to help keep health brain function in aging. Visit www.TheGoodNewsAboutAging.com for more articles and tips for healthy aging.

Grossmont Healthcare District board elects 2012 board officers

The board of directors of the Grossmont Healthcare District (GHD), a public agency that supports health-related community programs and services in San Diego's East County, has elected its board officers for 2012. Unanimously elected for their second consecutive yearlong terms were Deborah McElravy as president and Michael T. Long as vice president. Robert "Bob" Ayres will serve as secretary/treasurer. Also serving on the five-member board are Gloria Chadwick and Michael Emerson.

McElravy has served on the board since 2006, after previously serving from 2000 to 2004. She was most recently elected to a four-year term in November 2008. An East County resident since 1974, McElravy is a pharmacy manager at Costco Wholesale in La Mesa.

Long has served on the board since May 2008. The El Cajon resident was most recently reelected to a four-year term in November 2010. Long is a retired neurologist who practiced for 40 years locally as an active member of the medical staff at Grossmont Hospital.

Ayres, a retired banking executive and El Cajon resident, was appointed to the board in December 2010 to fill a vacant seat. Prior to his appointment, Ayres served on the GHD Proposition "G" Independent Citizens' Bond Oversight Committee (ICBOC) During his 45-year career in banking, Ayres has experience in the financing of a number of major private- and public-sector construction projects.

Laughter is the Best Medicine

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A blonde is on board a small two-seater airplane when suddenly the pilot dies. Not knowing how to fly a plane, she grabs the radio.

"Mayday, mayday! My pilot just died!" Ground control received her call for help and answers back: "Don't worry, madam. We'll talk you down. Just do as I say. First I need you to give me your height and position."

"I'm 5' 2" and sitting in the right front seat."

Ground control: "Repeat after me: Our Father.... who art in Heaven...."

Submitted by Mary Harrington of El Cajon

Have a funny joke or anecdote you would like to share with others? Send them to: Gazette jokes, P.O. Box 697, El Cajon, CA 92022 or email to: jokes@ecgazette.com. Include your name and city of residence so the Gazette may give credit.

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— COMMUNITY EVENTS —

Out and about in the County

Jan. 5: Alaska, Flying and Photography. Free presentation Thursday at 6 p.m. at the Alpine Library, 2130 Arnold Way, Alpine. (619) 445-4221. Bush pilot, photographer, author Mark Stadsklev will present a slideshow and sign copies of 'Alaskan Air: Nature's Artwork on the Alaskan Landscape.' Presented by the Friends of the Library and your local San Diego County Library Branch.

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.ticketunplugged.com/event_details. Must be 21 for show.

Jan. 11: Lose the Holiday Pounds: The Glycemic Index and You! 6 p.m. at El Cajon Library.

Jan. 12, 18 & 24: Meet Me at the Dinner Table - Healthy Planning with Jessica Barna at Santee Library, Thursday, Jan. 12, 6:30 p.m. at El Cajon Library, Wednesday, Jan. 18, 6 p.m.

Jan. 13: Getting Published: The Fun and Frustration with Author Robert Rogers at the Del Mar Library at 2 p.m.

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 Fuddruggers 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.

Jan. 14: "The Cultural History of the Kumeyaay/Diegueño: A Continuing Heritage from Thousands of Years Through Today" with Cheryl Hinton, Museum Director/Chief Curator Barona Cultural Center & Museum. The La Mesa Historical Society will open its popular History Roundtable Series for the City's Centennial year with a presentation on the cultural origins of our region at 10 a.m. at the Grossmont Healthcare District Auditorium, 9001 Wakarusa Drive, La Mesa. For additional information contact Jim Newland, Historian and Vice President, La Mesa Historical Society, (619) 204-0051.

Jan. 14: Road Scholar: Travel and Learn Around the World at El Cajon Library at 1 p.m.

Jan. 18: Fit & Fun After School at Lemon Grove Library every Wednesday, 4:30 p.m. for 4th graders - teens.

Jan. 19: Fit & Fun After School at Casa de Oro, 4 p.m. for 4-8th graders.

Jan. 20: Wynola Pizza Julian, 6-9 p.m., all ages, free (but purchase suggested) John Mailander and Robin Henkel playing live blues music (guitar/vocals). 4355 Highway 78, three miles west of Julian (760) 765-1004

Jan. 20: Adventures on the Pacific Crest Trail at Casa de Oro Library at 10:30 a.m.

Jan. 24: Film Screening: Documentary on Food Choices at the Lemon Grove Library at 6 p.m.

Jan. 26: NeuroTraining: Give Your Brain a Workout 6:30 p.m. at Santee.

Feb. 7: Common Ground Women's Support Group at Ramona Library at 6 p.m.

ONGOING

Fridays: Read a Book, Write a Book For Elementary Students at Lakeside Library, 3:30 p.m.

Fridays: Teen Music Shop: Musicians, Vocalists & Songwriters Welcome at Ramona Library, 3 p.m.

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

Tuesdays: Spring Valley Certified Farmers' Market will be held every Tuesday 3 to 7 p.m. Farmers' Market will be located at the old Spring Valley Elementary School campus, 3845 Spring Drive, Spring Valley, 91977. Contact Spring Valley Chamber of Commerce for more information (619) 670-9902.

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

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

East County Pageants seek contestants

Pageant organizers are currently seeking outgoing women ages 13-26 to participate in the 2012 Miss La Mesa and Miss Santee Pageants, programs that have been a tradition in La Mesa and Santee since the late 1960's and is an outstanding mentoring program for young women. The pageants are sponsored by Grossmont Center, the local Chamber of Commerce and focus on community service. There is no swimsuit competition. The pageants are set for Friday, March 2.

"We are looking for young women who wanted an opportunity to be leaders in their community. The busiest girls make the best titleholders so girls who are involved in all sorts of activities are perfect. We love seeing a diverse group of ladies with all sorts of backgrounds," says Pageant Director Alexandra Kutty.

Miss La Mesa and Miss Santee 2012 will each receive at \$1,000.00 scholarship while Miss La Mesa Teen and Miss Santee Teen 2012 will each receive a \$500.00 scholarship. The scholarship money was fundraised in August in the successful "Fashion Rocks the East" fashion show, which was held at the La Mesa Community Center.

There will also be \$1,000 dedicated for essay awards winners thanks to donations from Mary England and Sportsplex USA. "It's important to recognize the contestants in several areas including essay writing to show are commitment to education and being well-rounded women," says Kutty.

In addition, the 2012 La Mesa titleholders will receive special honors with an additional sash to recognize the centennial celebration of the city.

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

Pageant director Alex Kutty is also proud to announce the return of the Miss Rancho Jamul pageant. "We are so excited to bring back the title of Miss Rancho Jamul and continue to give young women in east county opportunities for scholarship and community service." Miss Rancho Jamul will be held at Steele Canyon High School on March 31, 2012. The pageant has not been held for the past three years.

For more information on becoming a contestant, including information on the Princess Program for girls ages 6-12, visit www.4PointsEvents.com and download the official information packet.

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- **NO Swimsuit or Talent Competition**
- **Have the time of your life**
- **Opens doors and opportunities**
- **College Scholarships Awarded**
- **Pageant date: March 03, 2012**
- **6:00 PM – Cuyamaca College Theater**

— AT THE MOVIES —

'War Horse' – heartfelt but somewhat marginal

Review by Diana Saenger

Early in the beginning of the year the buzz about Steven Spielberg's *War Horse* began. The story – adapted from Michael Morpurgo's novel – is about a young boy whose horse is taken to help fight in the British Army against the Germans. The film is heartfelt and ambitious, but somewhat a disappointment considering all the hype *War Horse* received before it opened.

The Narracotts are a typical English family who must work hard to keep their farm producing before they lose it. Their son Albert (Jeremy Irvine) helps when he can, but they need a horse that can help pull a plow through the tough mud to plant new crops. At auction Albert sets his eye on a spirited colt and talks his dad Ted (Peter Mullan) into buying him.

Albert spends his time training the colt and to his parent's surprise, Joey, the name Albert gives the horse, is actually able to pull the plow. That's a sincere scene near the beginning of the film where neighbors have gathered in the pouring rain to watch Joey as the man who threatens to take the farm also watches from his car in amazement.

The camaraderie between Albert and Joey is short lived

when British scouts visit the farm in search of horses for their troops. Joey's riveting spirit, and fast speed is just what the scouts are looking for and they take Joey away from the Narracotts.

Albert can't get over the loss of his best friend and eventually signs up to fight in the war in hopes of finding Joey. The film then transitions to Joey's story as he journeys in several sides of this war story. He meets new friends who adore and try to keep him, experiences many savage moments of war and eventually becomes the mount for British cavalry officer Captain Nicholls (Tom Hiddleston).

The story of a boy and his colt is charming, but I found the war scenes in *War Horse* too long. Another element that keeps the film from totally wowing viewers is the cast. Because there are many newcomers – who do a fine job – and other lesser-known stars, it's a stumbling block to identify with the characters and thus their plight. I also found the *Gone With The Wind* ending trite.

Spielberg's direction is superb, though missing some of the deep soulfulness of many of his films, and cinematographer Janusz Kaminski artfully creates many vivid worlds that add value to the story. *War*



Jeremy Irvine stars in *War Horse*. Photo Credit: Andrew Cooper, SMPSP / DreamWorks II Distribution Co., LLC.

Horse will appeal to a wide audience but parents should know when considering bringing small children that this is a war story and horses and men get killed.

Cruise is fearless in 'Mission Impossible — Ghost Protocol'



Tom Cruise stars in *Mission: Impossible – Ghost Protocol*. Photo Credit: David James / Paramount Pictures

Review by Diana Saenger

Just when fans think they don't want to see another *Mission: Impossible* movie, director Brad Bird comes along to rev up the fun and action with *Mission: Impossible -- Ghost Protocol*. The action starts immediately when the Kremlin gets blown up and IMF operative Ethan Hunt (Tom Cruise) must dislocate himself from the area.

Because Hunt's agency has been blamed for the incident, he receives the assignment

to clear the organization's name. Unlike other *M:I* movies where Hunt acts as a lone ranger/superman type agent, this script by Josh Appelbaum and André Nemec appears more inventive. This time, since the President has ordered "Ghost Protocol" – a complete dissemination of the agency, the team must work together. That means anyone's action handled wrongly could have deadly consequences.

Joining Hunt in this mission is a rarely seen character in *M:I* films, a female agent. Jane Carter (Paula Patton), who seems tough as nails and ready for any assignment, gets plenty of them in this thriller. Completing the team are Brandt (Jeremy Renner), an analyst who has to stay one step ahead of an enemy action, and Benji Dunn (Simon Pegg), a high-tech wizard who must come up with amazing contraptions, weapons or tools to either save the team's butts or give them the upper hand in combat.

The film swiftly moves from one scenario to another, involving everything from trying to stop the enemy launch of nuclear weapons and a phony prison break to an anxiety-ridden quarter-hour in the new (very) high hotel in Dubai. The tricky plot and scenes during this portion of the movie are fun and inventive, but when Hunt ends up running up the side of the hotel or barely hanging on from one of the windows near the top, it's pure tension.

And what would a good *M:I* movie be without a mandatory car chase scene? This

one comes across as quite inventive, even though it goes on for far too long, especially when the car Hunt is driving – and Kurt Hendricks (Michael Nyqvist) is following – becomes involved in a snarl of revolving floor paddles as the two agents tussle over a suitcase with the codes that will activate the nuclear weapon.

Like all *M:I* plots, this one boasts new high-tech gadgets and situations that appear unlikely for Hunt to survive. Once again Cruise steps up to the plate for the stunts. Climbing the Burj Khalifa – the tallest building in the world at 2,716.5 feet – took some real consideration. The filmmakers hoped to create a look-alike set, but Cruise wanted to climb the real building and spent months in training. When he did his four-story free fall," said production designer Jim Bissell, "it was pretty astonishing watching him do it."

Mission: Impossible – Ghost Protocol has a lot going for it in other areas as well. Filming in Los Angeles, Moscow, Prague, Dubai, Mumbai, and Vancouver, cinematographer Robert Elswit (*There Will Be Blood*; *Good Night, and Good Luck*) once again creates realism in every shot. But it's Cruise the audience's eyes will be on throughout the film. "He's made to order for this kind of movie," Bird said.

Co-star Patton summed up the film nicely in her comments about Cruise. "It's why he's the perfect Ethan Hunt," she said. "He's fearless. He lives for danger and excitement and doing the impossible, which he's done his whole career."

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War Horse

Studio: Dreamworks / Touchstone Pictures

Gazette Grade: C+

MPAA: "PG-13" for intense sequences of war violence

Who Should Go: fans of Spielberg or the book

Mission: Impossible – Ghost Protocol

Studio: Paramount Pictures

Gazette Grade: B+

MPAA: "PG-13" for language and violence

Who Should Go: fans of this series

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MOTOR AND SPORTS

Bolts bury Raiders in a black hole



San Diego Chargers quarterback Philip Rivers (17) passes against the Oakland Raiders during the first quarter of an NFL football game in Oakland, Calif., Sunday, Jan. 1. (AP Photo/Marcio Jose Sanchez)

by Chuck Karazsia

Winning four out of five is a nice way for the Chargers to end the regular season. Factor into that a six-game losing streak, and what you have is a team who once again for the second year in a row barely missed making the playoffs and a chance to participate in the NFL Super Bowl post-season tournament.

San Diego Chargers finished their season (8-8) after defeating the Raiders 38-26 last Sunday in Oakland. Three teams ended the season atop the AFC West tied at (8-8). The Denver Broncos are champions, followed by the Raiders and San Diego. Kansas City finished at (7-9).

With nothing to play for

except pride, the San Diego Chargers headed to the Oakland Coliseum last Sunday with one thing in mind. That was to smash their force into the divisional rivalry headquarters, defeating the Raiders in the last game of the regular season. That loss eliminated the Raiders, the most disliked Bolts rival foe from the NFL playoffs.

In a game with a lot of meaning for the Raiders, a win would get them in. The Broncos had lost earlier. What happened afterward was a total collapse by the Raiders in front of their home crowd. Many upset Raiders' fans exited the game en masse early to escape the disappointment of the moment. The Raiders are the most penalized team this season.

This also was a game in which the Chargers salvaged

a winning season, ending it on a high note.

"They got us the last three and we had to stop their streak," said Chargers quarterback Philip Rivers about the rivalry.

Unlike the first outing versus Oakland where Rivers had to run for his life, and the Chargers offensive line continuing to play well, Rivers had time to find his receivers in this game. The Pro-Bowl bound quarterback completed 19-of-26 passes for 310-yards, three touchdowns, one interception.

Rivers credits his big offensive lineman to the success he has at quarterback. "The guys are great up front. They have been all year. Eleven different guys starting and they all fought their rear ends off. I wouldn't want anyone else in front of me."

The three touchdown catches he threw were to Malcolm Floyd, Antonio Gates, and Vincent Jackson. The Chargers played another good game from all facets, offense, defense, and special teams. Play of the game occurred in the second quarter when Chargers' kick-returner Richard Goodman ran for a 105-yard touchdown on a kick return, the longest in Chargers history.

Overestimated or under achieved, whatever the case,

the 2011 Chargers season is over.

After the game against the Raiders head Coach Norv Turner, who many speculate may have coached his last game with the Chargers, said, "This was fun today and it was great for our guys. They have been through a lot. Today we protected him (Rivers). Our line did a great job, and he played the way you expected him to play. Our playmakers had a chance to make plays."

About the season, Turner said, "That middle stretch was hard. You want to compete and win, and you don't have your guys. That Denver game was as tough as it gets. You can't ask your players to compete any harder than that. We had chances, we were outmanned, and we were short in an area we couldn't overcome."

Turner did have a high point. "It's the way this group reacts and handles the adversity," he said. "I hope the people in San Diego appreciate the players. It's a great group. This (kind of) quarterback, (Rivers) only comes around once or twice a lifetime. He's awfully special."

What happens next with the front office and coaching and if and when changes will be made, should be decided within the next few weeks by team owner Dean Spanos.

Parks and Recreation in Your Community

Renette Park Community Center now open

Visit Renette Park Community Center – it has a brand new look! Recently renovated with Community Development Block Grant Funds, the 40-year-old facility now includes to include a new HVAC system; ADA accessible spaces and an overall new look for the community to enjoy. Renette Park Community Center includes meeting spaces available for rent at a nominal fee. Whether you need a space to rent for club meetings, children's parties, a bridal shower or a professional training, Renette Park Community Center is the perfect place to make your event special.

The gymnasium is available for all ages with scheduled drop in play and is the host venue for the recreation department's popular youth sports program. The game room is equipped with a pool table, ping pong table and foosball table. Renette Center also hosts many popular and affordable classes including tiny tots, arts, dance, tumbling and cheer. Renette Center is open to the public Monday through Friday 2 - 9:30 p.m., and Saturday 12 - 4 p.m. For more information about the facility and programs offered, visit our website at www.elcagonrec.org, or call (619) 441-1678.

Winter Classes with the City of El Cajon Recreation Department

Winter classes start January 9. Register today by going online, by mail, or at our recreation centers during operational hours. We offer a wide variety of classes for ages 9 months to seniors. Everything from dance and tumbling to preschool and gymnastics. Winter 2012 session dates are January 9 - March 17, 2012. Visit our website for the new winter 2012 Guide to Recreation at www.elcagonrec.org, or call (619) 441-1516 for more information.

Winter is Recital Session!

The City of El Cajon's Annual Citywide Recital will be at the end of March 2012. Don't forget to sign up for winter classes so you can be part of the fun. This year there will be two recitals; "Candyland," which will showcase dancers ages 3 - 5, and "REC Radio," will showcase dancers ages 5 through adult in tap, jazz, ballet, hip-hop, lyrical and modern dance.

Registration is going on now! For more information, log onto www.elcagonrec.org.

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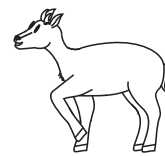


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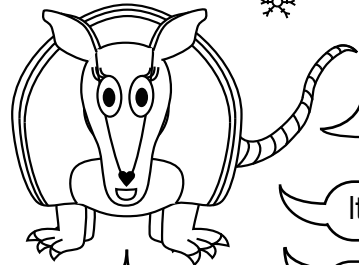
Animills LLC © 2011 V9-N1

...and bowling or roller skating tonight.



Cool Winter Action!

Move it! Move it!



So, what is your excuse for just sitting there like a lumpy pillow? Whaaaaaat?

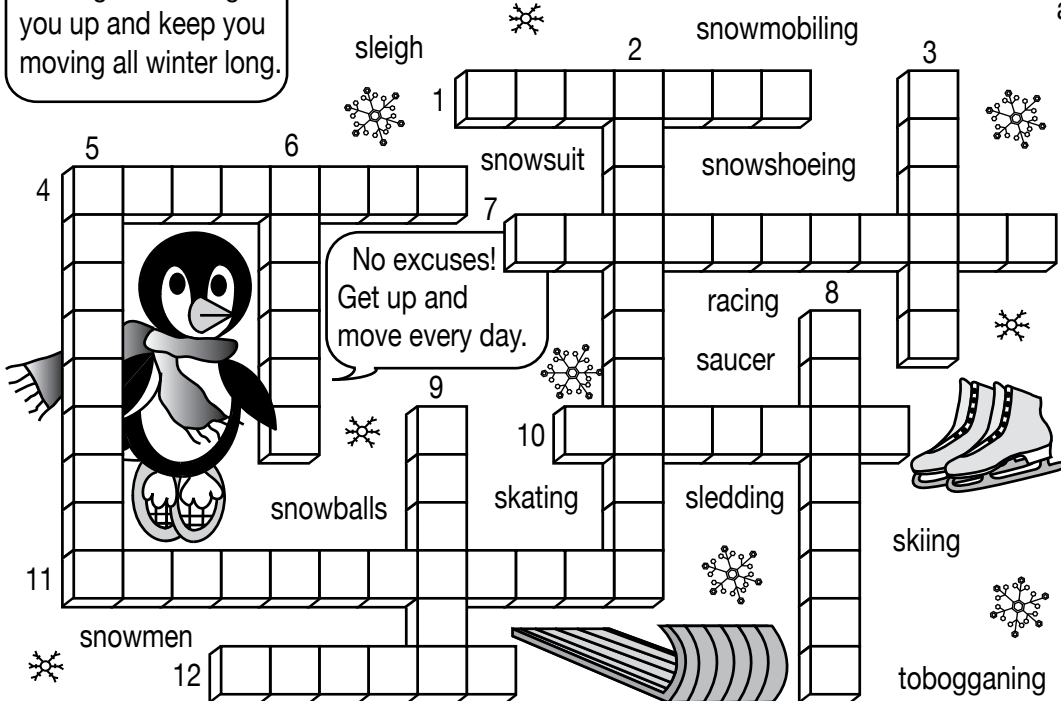
It's cold outside? Yes, of course it is. It is *wintertime*.

This week's puzzles will help you to think of things that will get you up and keep you moving all winter long.

Although it rarely snows where I live, my friends and I find many things to do to keep physically active during the colder months. We play hide-and-seek in our tunnels.

In the northern parts of our country (and once in a while down south) we have snow to play with, in or on! Sledding and building snow forts and igloos is a blast. Sometimes, there is a thick layer of ice on the ponds and lakes. That can be great for skating and playing hockey.

Read the clues below to fill in the crossword:



- gliding on ice using metal blades
- coasting down a snowy hill on a long, flat-bottomed, wooden sled that's curved up in the front
- cheering and watching trained sled dogs
- warmly lined child's winter wear
- pressing snow together to form
- twirling down a snowy hill on a round
- putting on special footgear and walking across deep snow without sinking
- sliding down snowy hills on a small, steerable wooden and metal "coaster"
- sliding downhill, with a long, narrow board on each foot
- building and dressing
- riding a motorized vehicle on snow
- riding in a horse-drawn

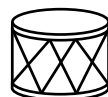
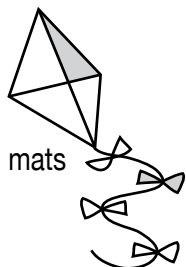
No Snow? Keep on the Go!

If it's cooler where you live, but there is no snow, there are lots of activities to keep you on the go! My friend in North Carolina rides his bike when the roads are dry. My cousin in Texas plays basketball.

If the weather is lousy, think about places that have indoor rinks, gyms or rooms to play sports and exercise. Your local recreation department might have a list of fun activities in which you can take part.

The activities below have 2 of the same letter missing. Can you study the words to fill in the missing letters?

- basketba _ _
- ex _ rcis _ tapes
- ro _ _ erskating
- vid _ o danc _ mats
- dance le _ _ ons
- vo _ _ eyball
- swi _ _ ing
- dru _ _ ing
- te _ _ is
- k _ r _ te
- so _ _ er
- bowli _ g ten pi _



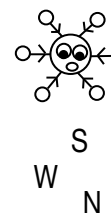
Get up and **move, move, move!**



Master of Disguise!

I'm always dropping in! I'm a master of disguise... with a little help from the temperature. Can you fill in the blanks below?

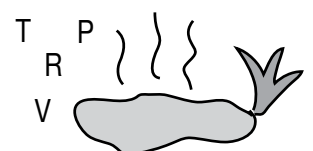
- When the air cools and I become a "cloud on the ground" I am
- When I pass through very cold air and fall gently to the earth I am



I can't see!



- The air warms and I disappear or



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Visit our website to print out new puzzles: **Winter Words** (compound words), **Time For A New Year!** Don't forget to print out the new winter reading log and certificate set too: www.readingclubfun.com

Puzzles and Fun

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
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57	58	59	60					61				62	63	
64						65	66			67				68
69						70				71				
72						73				74				

THEME:WINTER FUN

ACROSS

1. Found on a necklace
6. Cul de ____
9. Loads
13. Furry coats
14. Make a mistake
15. *Snow impression

16. Nets basketball coach
17. Major record label
18. Bogart's "Key ____"
19. *Dripped shape
21. *Like cleanest snow?
23. Sigma ____ Epsilon
24. Never wave the white one?
25. Bayerische Motoren Werke
28. Somebody ____
30. *It means more winter?

35. Paper unit
37. One of many on a list
39. Pro teams do this all the time
40. Therefore
41. **The Bear Who ____
Through Christmas"
43. Algonquian people
44. Sour in taste
46. Dunking treat
47. Retained
48. Often done for ransom
50. "Eternal life" character
52. "____ & the Family Stone"
53. It's projected in frames
55. Long time
57. *Popular sculpture
61. Result of audience demand
64. Hades river with magic water
65. Cause annoyance in or disturb
67. Native of American Great Plains
69. Worry
70. Female reproductive cell, pl.
71. Ruhr's industrial center
72. Between stop and roll
73. Type of sweet potato
74. Used in fermenting

DOWN

1. Accounting degree
2. ____ Strauss
3. Actor recently kicked off airplane
4. Used for landing
5. Psychologist's domain
6. Withered
7. Part of a circle
8. Front ____ in swimming
9. Annoying biter
10. Mike Myers animated character
11. What panhandler does
12. Vegas bandit
15. Ablaze
20. Jaunty rhythms
22. Possesses
24. F in FBI
25. *No school
26. Sarkozy's thank you
27. Engaged, as in war
29. Unaccompanied
31. St. Louis monument
32. Challenges
33. Nancy ____ of "Entertainment Tonight"

34. Like untended garden
36. Between dawn and noon
38. Welcoming sign
42. ____ of appreciation
45. Male mixologists
49. Princess tester?
51. *It features six on six
54. Diplomat on a mission
56. It can be loud or white
57. *Pulled ride
58. Not far
59. Von Bismarck or Hahn, e.g.
60. Wallop
61. Ophthamologist's check-up, e.g.
62. Civil Rights icon
63. Female sheep, pl.
66. Actress Longoria
68. The little one "stopped to tie his shoe"

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

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

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
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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	75	76	77	78	79	80	81	82	83	84

OUTZKIRTS By: David & Doreen Dotson

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12/15, 12/22, 12/29, 2011, 1/05, 2012

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FICTITIOUS BUSINESS NAME(S): Total Control Pest Management, Inc.
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This business is conducted by: A Corporation
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12/22, 12/29, 2011, 1/05, 1/12, 2012

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
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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
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FICTITIOUS BUSINESS NAME(S): Academ-able
Located at: 3985 Kansas St. #7, San Diego, CA 92104
This business is conducted by: A Limited Liability Company
The business has not yet started.
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1/05, 1/12, 1/19, 1/26, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-035433
FICTITIOUS BUSINESS NAME(S): Broadway Auto Wholesale
Located at: 8888 Miramar Rd., San Diego, CA 92126
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East County Gazette- GIE030790
1/05, 1/12, 1/19, 1/26, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033542
FICTITIOUS BUSINESS NAME(S): Mom-mies Finest
Located at: 9346 Carlton Hills Dr. #47, 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: Crystal Price 9346 Carlton Hills Dr. #47, Santee, CA 92071; Christopher Tarling 9346 Carlton Hills Dr. #47, Santee, CA 92071
This statement was filed with Recorder/County Clerk of San Diego County on December 06, 2011.
East County Gazette- GIE030790
1/05, 1/12, 1/19, 1/26, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033957
FICTITIOUS BUSINESS NAME(S): Martha's Housekeeping
Located at: 4227 Sycamore Dr., San Diego, CA 92105
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Martha Bacio 4227 Sycamore Dr., San Diego, CA 92105
This statement was filed with Recorder/County Clerk of San Diego County on December 12, 2011.
East County Gazette- GIE030790
1/05, 1/12, 1/19, 1/26, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-034552
FICTITIOUS BUSINESS NAME(S): Rita A. Soliz dba RAS Trucking Consultant
Located at: 2419 Nielsen St., 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: Rita A. Soliz 2419 Nielsen St., El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on December 16, 2011.
East County Gazette- GIE030790
12/29, 2011, 1/05, 1/12, 1/19, 2012

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00071614-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF ANDREW JACOB HEBERT FOR CHANGE OF NAME PETITIONER: ANDREW JACOB HEBERT HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: ANDREW JACOB HEBERT TO: CAITLYN ANDREA HEBERT
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020 Department E-14 on FEBRUARY 15, 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 22, 2011.
East County Gazette – GIE030790
1/05, 1/12, 1/19, 1/26, 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. 2011-034216
FICTITIOUS BUSINESS NAME(S): Fat Tony's Pizza
Located at: 4973 Diane Ave., San Diego, CA 92117
This business is conducted by: An Individual
The first day of business was: December 1, 2011
This business is hereby registered by the following: Ivan Mira 740 Washington Heights R5, El Cajon, CA 92020
This statement was filed with Recorder/County Clerk of San Diego County on December 14, 2011.
East County Gazette- GIE030790
12/29, 2011, 1/05, 1/12, 1/19, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-034747
FICTITIOUS BUSINESS NAME(S): SD Auto Detail
Located at: 1600 Elizabeth Ln., El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Betar N. Jabrou 1600 Elizabeth Ln., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on December 19, 2011.
East County Gazette- GIE030790
12/29, 2011, 1/05, 1/12, 1/19, 2012

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2011-00071337-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF OSWALDO CHAVEZ FOR CHANGE OF NAME PETITIONER: OSWALDO CHAVEZ HAS FILED FOR AN ORDER TO CHANGE NAME
FROM: OSWALDO CHAVEZ TO: OSVALDO CHAVEZ
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020 Department 15 on FEBRUARY 01, 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 1, 2011.
East County Gazette – GIE030790
12/29, 2011 1/05, 1/12, 1/19, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-034003
FICTITIOUS BUSINESS NAME(S): Balo and Assoc.
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

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 454192CA Loan No. 1596656570 Title Order No. 976172 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08-29-2005. 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 01-26-2012 at 10:30 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 09-02-2005, Book NA, Page NA, Instrument 2005-0764293, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: ANDRE R HELMS, A SINGLE MAN, as Trustor, JPMORGAN CHASE BANK, N. A., 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 E. MAIN STREET, EL CAJON, CA 92020 Legal Description: REAL PROPERTY IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, DESCRIBED AS FOLLOWS: LOT 1 OF CARLOW HEIGHTS, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NUMBER 2989, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO MAY 13, 1953. Amount of unpaid balance and other charges: \$302,449.53 (estimated) Street address and other common designation of the real property: 2697 CARLOW ST EL CAJON, CA 92020 APN Number: 481-101-01-00 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: 12-27-2011 CALIFORNIA RECONVEYANCE COMPANY, as Trustee CASEY KEALOHA, 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.lpsasap.com (714) 573-1965 or www.priorityposting.com ASAP# 4162648 01/05/2012, 01/12/2012, 01/19/2012

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LEGAL NOTICES

Trustee Sale No. 11-03294-6. Loan No. 0031467525 Title Order No. 939074 APN 513-073-09-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED December 4, 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 January 18, 2012, 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 December 29, 2006, as Instrument No. 2006-0929444 of Official Records in the office of the Recorder of San Diego County, CA, executed by: MICHAEL J. LUONGO, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Trustor, in favor of 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: 5526 TRAFALGAR RD, EL CAJON, CA 92019 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 \$784,699.08 (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: December 29, 2011 POWER DEFAULT SERVICES, INC., Trustee By: Fidelity National Title Company, its agent 1920 Main Street, Suite 1120, Irvine, CA 92614, 949-252-4900 By: Michael Busby, Authorized Signature SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com AUTOMATED SALES INFORMATION PLEASE CALL 714-573-1965 P909625 12/29, 1/5, 01/12/2012

NOTICE OF TRUSTEE'S SALE TS # CA-11-466665-LL Order #: 110419254-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/25/2005. 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): JASON A. LAFAVE AND KAORI LAFAVE, HUSBAND AND WIFE Recorded: 9/2/2005 as Instrument No. 2005-0765627 in book xxx, page xxx of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 1/12/2012 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: \$274,028.09 The purported property address is: 1498 GUSTAVO STREET #A EL CAJON, CA 92019 Assessor's Parcel No. 514-450-40-01 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 #0016974 12/22/2011 12/29/2011 1/5/2012

Trustee Sale No. 439701CA Loan No. 5303159882 Title Order No. 276167 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07-25-2005. 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 01-26-2012 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 08-02-2005, Book , Page , Instrument 2005-0655565, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: SANDRA L. YANTOS, AN UNMARRIED WOMAN, as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., (MERS), SOLELY AS NOMINEE FOR LENDER, MORTGAGEIT, 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. 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: \$180,552.77 (estimated) Street address and other common designation of the real property: 1162 DECKER STREET #B EL CAJON, CA 92019 APN Number: 489-380-29-27 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: 12-29-2011 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.lpsasap.com (714) 573-1965 or www.priorityposting.com P911524 1/5, 1/12, 01/19/2012

TS #: CA-11-421728-CL Order #: 110050371-CA-LPI NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/6/2007. 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): NICHOLAS A. BARDO AND KATHLEEN A. BARDO, HUSBAND AND WIFE, AS JOINT TENANTS Recorded: 06/15/2007 as Instrument No. 2007-0407472 in book xxx, page xxx of Official Records in the Office of the Recorder of San Diego County, California; Date of Sale: 1/31/2012 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: \$472,671.76 The purported property address is: 1247 BERMUDA PL EL CAJON, CA 92021 Assessors Parcel No. 507-240-62-00 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 holder's rights against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. P911694 1/5, 1/12, 01/19/2012

APN: 487-130-14-07 TS No: CA07000203-11-1 TO No: 5728363 PROPERTY ADDRESS: 294 CHAMBERS STREET, UNIT 9, EL CAJON, CA 92020 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/21/1999. 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 1/30/2012 at 10:00 AM, At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on 06/25/1999 as Instrument No. 1999-0445286 of Official Records in the office of the Recorder of San Diego County, CA, executed by: JOHN H. MAHAFFEY, JR, A SINGLE MAN, as Trustor(s), in favor of MORTGAGE ELECTRONIC SYSTMES, INC. 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: 294 CHAMBERS STREET, UNIT 9, EL CAJON, CA 92020 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, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. 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 the Notice of Trustee's Sale is estimated to be \$62,495.95 (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. 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. DATE: December 29, 2011 TRUSTEE CORPS TS No. CA07000203-11-1 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Ernie Aguilar, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com AUTOMATED SALES INFORMATION PLEASE CALL 714-573-1965 TRUSTEE CORPS IS A DEBT COLLECTOR. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P912089 1/5, 1/12, 01/19/2012

NOTICE OF TRUSTEE'S SALE TS # CA-10-396852-VF Order #: 100643078-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/30/2007. 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): GEORGETTE E ROGERS, AN UNMARRIED WOMAN Recorded: 10/31/2007 as Instrument No. 2007-0696612 in book xxx, page xxx of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 1/26/2012 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: \$163,819.12 The purported property address is: 1475 OAKDALE AVE 10 EL CAJON, CA 92021 Assessor's Parcel No. 511-014-16-10 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. ID-SPub #0018988 1/5/2012 1/12/2012 1/19/2012

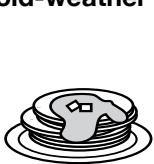
Hot, Hearty Food!

Brrrrrr! It's cold outside. After a frosty, fun activity, doesn't a hot, hearty meal sound good? Winter's a time for hot drinks and warm, nourishing foods.

Can you find and circle these cold-weather favorites?

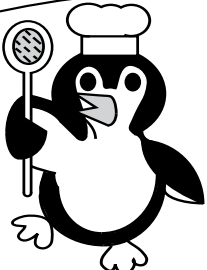
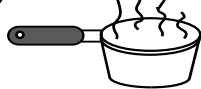
chicken broth
cheese fondue
hot chocolate
baked potato
dumplings
pancakes

meat loaf
casserole
muffins
roast
soup
stew



I H G B R D L M G P A D F A O L T A E M
N C H I C K E N B R O T H T T Z B C T I B V W T A
I Y T S A P M J Y P N B G B V T S O S L
G F R T I I S E S A B A B W E R T A Q A
S M E R I C A N F S A G N E N C E B H O M S
S J N U S O T A T O P D E K A B T C N T J R O
H O U I H U G T L A C B R T R W Q A S A C S
L U O F L R R O H O T C H O C O L A T E K B
I U P N F E S T U L N H T A S W O L N H G B E
Q A H R U F V B N H E U D N O F E S E E H C B S
J B D U M P L I N G S O P L K M H B M I O K L P

Soup's On!



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PUMPING & CLEANING
ELECTRONIC LOCATING
OPERATION STATUS REPORT**

**AL MAX
SANITATION**

**1-800-404-6480 TOLL FREE
619-562-5540**

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AND KNOW HOW = BEST JOB**

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

To place your legal ad stop by our office —

**1130 Broadway, El Cajon
or call (619) 444-5774**

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

NOTICE OF TRUSTEE'S SALE TS # CA-10-411779-RM Order # 100764203-CA-BFO YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/14/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial code and authorized to do business in this

state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **ROBERT J. FRASER, A MARRIED MAN** Recorded: 12/9/2003 as

Instrument No. **2003-1458151** in book **xxx**, page **xxx** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **1/26/2012** 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: **\$99,096.78** The purported property address is: **2646 DOUBLE O RD BORREGO SPRINGS, CA 92004** Assessor's Parcel No. **198-061-26-00** The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location.

In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to **JPMorgan Chase Bank, N.A. 7301 Baymeadows Way Jacksonville FL 32256.** Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has not obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does apply to this notice of sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the 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** **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 INFO RMATION 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 #0019491 1/5/2012 1/12/2012 1/19/2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-033795
FICTITIOUS BUSINESS NAME(S): The Logistics Shack
Located at: 7835 El Cajon Blvd., 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:
Kelly McFall 4523 Lyons Dr., La Mesa, CA 91942
This statement was filed with Recorder/County Clerk of San Diego County on December 08, 2011.
East County Gazette- GIE030790 12/15, 12/22, 12/29, 2011, 1/05, 2012

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032926
FICTITIOUS BUSINESS NAME(S): CBT
Located at: 24080 Humphries Rd., Tecate, CA 91980
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: Ramiro Cosio 24080 Humphries Rd., Tecate, CA 91980; Esteban Cosio 24080 Humphries Rd., Tecate, CA 91980
This statement was filed with Recorder/County Clerk of San Diego County on November 29, 2011.
East County Gazette- GIE030790 12/22, 12/29, 2011, 1/05, 1/12, 2012

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



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:
Replacement of the Apparatus Bay
Exhaust System and Sanitary Sewage
Ejection Pump at Fire Station 6, and
Sump Pumps at Fire Station 9
Job No. 3421
Bid No: 018-12**

**BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on February 8, 2012**

**BIDS TO BE OPENED AT:
2:00 p.m. on February 8, 2012**

**PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Lobby Counter
200 Civic Center Way
El Cajon, CA 92020**

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.cityofelcajon.us or obtained at the office of the Purchasing Agent for a fee of \$95.00 (plus \$7.90 postage if mailing is requested). This amount is not refundable.

A pre-bid conference will not be required for this project.

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

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

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

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

The City Council reserves the right to reject

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

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

s/ Dede Porter
Purchasing Agent
January 5, 2012

East County Gazette- GIE030790
01/05, 01/12/12

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2011-00102363-CU-PT-
CTL**

IN THE MATTER OF THE APPLICATION OF CHRISTOPHER MICHAEL JONES FOR CHANGE OF NAME PETITIONER: CHRISTOPHER MICHAEL JONES HAS FILED FOR AN ORDER TO CHANGE NAME FROM: CHRISTOPHER MICHAEL JONES

TO: ROXY MICHELLE JONES
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 330 WEST BROADWAY, SAN DIEGO, CA 92101 Department 8 on JANUARY 24, 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 12, 2011.

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-032989
FICTITIOUS BUSINESS NAME(S): Oasis Bar N Lounge
Located at: 4033 Avati Dr., San Diego, CA 92117
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Mizzo Inc. 4033 Avati Dr., San Diego, CA 92117
This statement was filed with Recorder/County Clerk of San Diego County on November 29, 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

**CREST/DEHESA/GRANITE HILLS/HARBISON CANYON
SUBREGIONAL PLANNING GROUP**

P. O. Box 21489, El Cajon, CA 92021-1489

www.crestplanning.org

PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm, January 9, 2012
PLACE: Crest Community Building, 113 North Park Drive, El Cajon (in Crest)
PLEASE NOTE CHANGE OF LOCATION

- 1. Call to order/Pledge of Allegiance/Roll call/Approval of December 12, 2011 meetings minutes, Expense Reimbursement requests.**
- 2. Announcements.**
- 3. Open forum followed by Group Forum:** An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- 4. Committee Reports:**
 - (a) None
- 5. Private project proposal:**
 - (a) None
- 6. Public Project Proposal**
 - (a) Notice of Intent To Adopt A Negative Declaration to various zoning ordinance updates. (Bretz)
 - (b) PLDO List Proposal.
- 7. Unfinished Business**
 - (a) None.
- 8. New Business:**
 - (a) Chairman's report on January 9, 2012 Board of Supervisor Meeting in reference to mitigation negotiations with the county for Sycuan's application on approximately 1,337 acres Fee to Trust.
 - (a) Report on meeting with Supervisor Jacob reference Red Tape Reduction proposal and status of Planning Groups.
 - (b) Election of Planning Group officers for 2012.
- 9. Adjournment**

Planning Group Members:

Judy Bowen	1. Judy Bowen	2. Pat Ulm	3. Ralph Slagill	4. Ryan Darsey
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Vacant	15. Mark Gable	

Final agenda will be posted at Old Ironside Park, Harbison Canyon 72 hours prior to meeting.

Chairman
Wally Riggs
(619) 442-4612
wrplanning@aol.com

Vice-chairman
Jason Harris
(619) 659-9675
harris@nautilus.com

_____ **one year** _____ **two years**

Our Best Friends

Give a pet a forever-home for the New Year — Stop by the El Cajon Animal Shelter

The El Cajon Animal Shelter is located at 1275 N. Marshall in El Cajon, (619) 441-1580. Hours are Tuesday through Saturday 10 a.m. to 5 p.m. The latest an adoption will be started is 4:30 p.m. Closed Sundays and Mondays. Adoptions fees are \$80 for both dogs and cats. The shelter is in need of rubber backed bathroom rugs, dog and cat toys, rawhides, pigs ears, KMR Kitten formula, towels and blankets. All donations are tax deductible.



Elvis, 6-month-old male (n), Domestic Long Hair. ID#9716



Emmy, 3-year-old female Cattle Dog mix. ID #10827



Buddy, 4-year-old male (n) Giant Schnauzer mix. ID #10273



Tiger, 6-year-old male (n) Lab mix. ID #10338



Gabby, 5-year-old female, Domestic Long Hair. ID#10895



Rascal, 2-year-old male Terrier mix. ID #10893



Ricky, 6-month-old male (n) Domestic Short Hair. ID #9044

PET OF THE WEEK



Mary is a staff favorite. She is an 8-month-old domestic short hair spayed female. Mary has been at the shelter since August. She was left in a carrier by our soda machine with her brothers. They have all been adopted and Mary would really love to find her forever home too. She

has literally grown up at the shelter, but Mary is always in good spirits. She is just so sweet and loves everyone. As soon as you start petting her she just flops over with joy. We believe she'd be great with kids and other animals with a proper introduction. Mary seems to get overlooked because she is solid black in color. If you're not set on a particular color and you just want a kitty with a great temperament Mary is definitely the one! Come on down and adopt her today!!

Adoption fee \$80.00 includes vaccines, FELV test, and microchip

Open 7 Days
A Week

Delivery
Available



GOT LEATHER

Need a repair on a favorite headstall, purse, belt, etc.?

Or just want something new?

Don't forget Fido, maybe he needs a new leash or custom collar.

Come in and visit. Bring your project or idea. Whether it's a custom carving or something you want replicated or repaired, we can help!

Custom Leather Work
by Marty Barnard

Open Mon.-Fri.
8:30am-6:00pm
Sat. 8:30am-5pm
Sun. 10am-4pm

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in the Gazette!

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LisasFurBabies1@aol.com



Lisa O'Connell Owner



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...with a BANG!

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