



VOLUME 14
NUMBER 35

Gazette Newspaper Group, [LOCAL, STATE AND NATIONAL AWARD WINNING PUBLICATIONS](#), proudly serves
El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

JANUARY 24-30, 2013



PRESORTED
STANDARD
U.S. POSTAGE PAID
EL CAJON, CA 92020
PERMIT NO. 237

SUBSCRIBE
TODAY!
CALL
(619) 444-5774



Meet Sparkles and her friends. See page 19

INSIDE THIS ISSUE

Local 4-5
Inspiration 6
Health 7
Calendar 9
Movies 10
Puzzles 13
Legal Notices.. 14-17
Classifieds 18
Best Friends 19

What's new in theaters?

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



Check out the reviews on
'Broken City'
by
Diana Saenger
on page 12

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

Disney on Ice this weekend



Join the fun at Valley View Casino Center this weekend as Disney on Ice performs for San Diego Jan. 23 - 27. See page 9 for details.

Border Patrol speaks out on safety



An informational meeting open to the public took place at the Alpine Elementary School on January 17 about safety and law enforcement procedures. Attending were agents from the U.S. Border Patrol Agency, U.S. Customs Department and U.S. Department of Homeland Security. Pictured left to right are Border Patrol Agents Pete Vasquez; Michael Doolittle; Paul Beeson, Chief Border Patrol Agent in the San Diego Region; Wayne Jackson; Timothy Heck. Photo Credit: Kathy Foster.

LegalShield.
A unique service.
A priceless benefit.

\$1.19
Only 1 day

LegalShield will help when you call....

Legal Advice, Letters/Calls on your Behalf, Contracts & Documents
Lawyers Prepare: Your Will, Living Will, Healthcare Power of Attorney
Trial Defense: Pre-Trial, Representation at Trial
IRS Audit Assistance • 25% prepared member discount
24/7 Emergency access and online legal forms.

Call Jacquie Solomon at (858) 205-3440
today to start your protective shield.

BE PROTECTED IN 2013



Local News & Events

Law enforcement agencies hold public forum in Alpine



Paul Beeson, Chief Border Patrol Agent in the San Diego Region. Photo credit: Kathy Foster

by Diana Saenger

A packed audience filled the Alpine Elementary School on January 17 to hear agents from the U.S. Border Patrol, U.S. Customs Department and U.S. Department of Homeland Security bring the community up to speed on safety and operations.

Paul Beeson, Chief Border Patrol Agent in the San Diego Region, began the meeting with some statistics about the area. Six Border Patrol stations cover 60 miles of land borders – 10 miles each – from the coast to El Centro in Imperial County, and 114 miles of coastline.

"The purpose of this host is to inform you of what we see going on in the East County from our perspective and we would also like to hear from you about any concerns you have," Beeson said.

The local U.S. Border Patrol has worked under a national strategy since 2004. They are always in need of agents to serve in various capacities including to maintain borders that work, facilitating the flow of legal immigration and goods while preventing the illegal trafficking of people and contraband, technology responding to electronic sensor television systems, aircraft sightings, and interpreting and following tracks, marks

and other physical evidence. Some of the major activities are farm and ranch check, traffic check, traffic observation, city patrol, transportation check, administrative, intelligence, and anti-smuggling activities.

"We are seeing fewer people crossing the borders due to the stricter regulations since 911 and due to the economy south of the border which has improved," Beeson said. "Last year we reached the lowest amount of arrests these officers have made in a considerable amount of time with 20, 400, -- a drop from the 500,000 in the mid-1990s."

Border Patrol Commander Michael Doolittle is in charge of the Boulevard/Jacumba area, which sees a lot of activity with illegals who tend to walk about six miles a day. His agents must cover rough terrain, thick brush areas, border crossings and highway activity.

"Because we have extreme weather of heat and cold we spend a lot of time looking



Have you seen poster

for the lost between highway I-8 and the Mexican border," Doolittle said. "The illegals are getting very sophisticated these days by using spotters with cell phones to guide a group to the freeway."

Doolittle explained there is more danger these days for several reasons. The risk of being appended has risen because the cost per illegal has risen from \$300-500 in the 1980s to \$5000-8000 each today, so no one wants to lose that amount by being caught. The smugglers, who use to accompany their group all the way to their destinations, face little risk of arrest as most now set up in high point areas with binoculars to guide by cell phones.

Border Patrol Commander Wayne Jackson is in charge of the Campo to San Diego area that includes 400 agents.

They also support sector segments from the desert and Mt. Laguna. They man two checkpoints. In one recent incident a driver was stopped for DUI and going the wrong way on the freeway (a common ploy to try to avoid detection) netted a huge drug bust of 500lbs of drugs and 700lbs of marijuana.

"Apprehension has been down since 2009 when Agent Robert Rosas was murdered," Jackson said. "The agents take it personally when people cross near the white cross there. They have great tracking skills."

Border Patrol Commander Timothy Heck oversees El Cajon which includes 10 miles of coverage from Tecate, to El Cajon and Santee. The 28-year veteran said they average five-10 arrests a day. "The smugglers are very smart these days using tunnels and damag-

ing our vehicles when they can by flattening tires," he said.

Pete Vasquez Assistant Chief Patrol Agent of Information and Communication suggested the public pay attention to flyers and posters with information and wanted criminals, and that if anyone sees something suspicious to report it.

William Raymond, Director of Air operations for the U. S. Border Patrol was present and talked about their operations watching all incursions into the United States.

Joe Garcia, Deputy Special Agent in charge of Immigration and Customs enforcement explained some of the duties of his department, and Roy Frank of the San Diego Sheriff's Department was also in attendance.

See SAFETY FORUM page 5

www.sycumgolf.com

FREE ROUND OF GOLF!

WHEN YOU JOIN OUR GOLD CLUB*

BENEFITS:

- Up to 20% off Green Fees
- Nine Hour Early Twilight Access
- 10% Off pro shop merchandise
- 10% Off golf lessons
- 15% Off hotel rooms (based on availability)
- 5% Off food purchases (Dietary: beverages not included)
- PLUS...Exclusive member-only specials throughout the year

\$49/year

*Valid Mon-Fri on 18-hole Gold Club, anytime on 9-hole Gold Club. Golf cart and food not included.

Sycum golf resort

2007 Delaware Road / El Cajon, Ca 92019 / 619.219.6028



Pete Vasquez, Joe Garcia, William Raymond and Roy Frank were part of the U.S. Border Patrol informational forum.

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

Ye Olde Fix-It Service Shoppe

Consignment Services or Service Estimate-Free

Specializing in Black Hills Gold & Silver
Custom Gold Smithing Your Gold or Ours - Ringing Sizing

• Watch batteries • Watches • Jewelry • Clock repair

FREE
Prong
Inspection

Don't Lose Your Diamonds



**WATCH
BATTERY
\$4.99**

Installation
Labor Only
\$2.99 or \$3.99

9773 Maine Ave, Lakeside • 619-634-8389

Domestic
Civil
Criminal

Surveillance
Subrosa
Investigations

DB INVESTIGATIONS

DON BERTSLER

Private Investigator

(619) 443-4093 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

PI
18486

Lisa's FurBabies Pet Sitting

Serving: Lakeside, Alpine, Santee, & El Cajon
Overnights Available**Large Dog Boarding
Licensed**Bonded**Insured

www.EastCountyPetSitter.com

619-971-4625

LisasFurBabies1@aol.com



Lisa O'Connell Owner

**THOUSANDS OF PEOPLE
COULD HAVE BEEN READING
YOUR AD RIGHT NOW!
Call today to reserve this
spot! (619) 444-5774**

CHAPTER 7 & 13 BANKRUPTCY

✓ **DEBT NEGOTIATION**
✓ **FREE CONSULTATIONS**

Law Offices of Adam B. Arnold

2552 Fletcher Pkwy #A, El Cajon, CA 92020

619-599-3303

www.ababkfirm.com



Lic. #917522

Tree-trimming

Complete landscape and building services

♦ H.O.A. Friendly ♦ Insured, Bonded

(619) 726-6836

• bcbrandoncopp@gmail.com • jmaclandscaping.com



"For the Best Plumbing Values in Town"
REPAIR ♦ REPIPE ♦ REMODEL

LIC. # 749354

619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

**STAMP, COLORED OR STANDARD
DRIVEWAYS & PATIOS**

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net
VISA/MASTERCARD ACCEPTED



Landscape: Design, Installation & Maintenance

Also: Hydroseeding, Xeriscapes
& Irrigation Systems



**MOST NATURAL
LANDSCAPING**

Phone (619) 766-4086

Michael Smith

State Lic. #431457

Medicare

**\$0* Premium Plans
Available Now**

*All income levels qualify. Some restrictions apply.
Call today to see if you qualify!*

Call Peter: 888-939-7383

Some Changes Medicare Specialists - CA License #0140491
*You must contribute to pay your Part B premiums without penalty for a full year

BEAUTIFYING YOUR ENVIRONMENT SINCE 1990

Estates Tree Service

• FREE Estimates • Crown Reduction • Pruning
• Lacing • Shaping • Difficult Removals
• Palm Tree Trimming • Stump Grinding, Chipping & Hauling

Serving All Of San Diego & North County

760-440-9138 or 619-258-5828



Lic #896532 • Insured & Workers Comp



**THOUSANDS OF PEOPLE
COULD BE READING YOUR
AD RIGHT NOW!
ADVERTISE TODAY!
CALL (619) 444-5774**

Wendy Kane
Registered Addiction Specialist

**Helping You To Put The Pieces Of
Your Life Back Together**

Recovery Coaching - Interventions
Specializing in Chronic Relapse
RAS #K0704180836
wkane4380@gmail.com

INSURANCE • BANKING • INVESTMENTS • MEMBER SERVICES



JENS SEDEMUND
30+ years experience

Phone: 619-415-6789
jans@germansetter.com
Licensed: 872804
Bonded and insured

SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —

El Cajon highlights

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

**Celebrating 100 Years
As A City! Visit [www.
elcajon100.com](http://www.elcajon100.com)**

Downtown Farmer's Market is coming to El Cajon

Following approval at Tuesday's City Council meeting, the City of El Cajon will now have its own farmers' market in downtown El Cajon! The City is working with the International Rescue Committee (IRC) and others to establish a certified farmers' market on Thursday evenings, beginning March 21, at the Prescott Promenade, located on East Main Street in downtown El Cajon. The market will run from 3 to 7 p.m. and will feature fresh, high quality, locally grown produce, in ad-

dition to other fresh, prepared, and cooked food items. There will be something for all ages, including: art displays, family-oriented activities, and a small venue for local musicians. No entry fee will be required and vendors at the market will accept all forms of payment, including Electronic Benefit Transfer (EBT). The market is seeking qualification to participate in the Women, Infants, and Children (WIC) program. Moreover, through IRC's "Fresh Fund" nutrition incentive program, consumers of low to moderate income levels can increase their buying power at the market. The market represents an exciting opportunity for the continued revitalization of downtown El Cajon. For more information and updates, look for the Downtown El Cajon Farmers' Market on Facebook and visit the markets website at www.ElCajonFarmersMarket.org.

Citizen Of The Year luncheon on February 26

The East County Chamber of Commerce has selected Sunshine Horton as their El Cajon Citizen of the Year! A special luncheon will be held on February 26 to honor Sunshine and the others that were nominated for this prestigious award. The luncheon will be held at the Ronald Reagan Community Center located at 195 E. Douglas Avenue, from 12 p.m. to 2:30 p.m. Tickets are \$22 per person. For more information or to register, call (619) 440-6161. Congratulations Sunshine!

February 7 next Historical Speaker

The Centennial Historical Speaker series continues for 2013! Our next speaker is Ms. Kate Breece from Helix Water District, with a presentation titled "From the Flume to the

Ozone." This talk is scheduled for Thursday, Feb. 7, from 6:30 to 7:30 p.m. at the Downtown El Cajon Library, located at 201 East Douglas Avenue. Talks are scheduled for the first and third Thursday of the month. For the full schedule of speakers, visit www.cityofelcajon.us. For more information, please call (619) 588-3708.

City alternate Friday and holiday closures

February alternate Friday closures for City Offices: The next alternate Friday closures will be February 1 and 15.

February Holiday Closure: Monday, Feb. 18, City offices will be closed in observance of Presidents' Day holiday. Please go to www.cityofelcajon.us for a full calendar of hours for City offices in 2013.

Have you submitted your application for Miss El Cajon?

Young ladies between the ages of 10 and 24, if you would like to represent the City of El Cajon, then you are encouraged to participate in the 2013 Miss El Cajon Pageant. The pageant is a rewarding experience for all who participate, with the chance to win a scholarship and to serve our community for an entire year. There are no entry fees and you are judged on personal interview, evening gown, poise and personality. No swimsuit or talent competition and you must be a resident of El Cajon. The Miss Rancho San Diego title will also be awarded. The orientation and first rehearsal is Sunday, Jan. 27 at 1 p.m. at Kennedy Recreation Center, 1675 East Madison Avenue. Call (619) 368-6948 for an application, or email: misselcajon@cox.net. The pageant date is March 2 at 4 p.m. at the Cuyamaca College Theater.

Register now for Recreation's Winter Session

Registration for the Winter 2013 session continues and great programs are still avail-

able. The City of El Cajon Recreation Department invites you and your family to register for a wide variety of fun programs for ages 9 months to adults and seniors. Register for any of the Level 2 and up dance classes to take part in the March 24 Dance Recital! The Recital will be held at Cajon Valley Middle School. To see the full line-up of classes, please pick up the new 2013 Guide to Recreation at any of our recreation centers, local libraries, or see the current guide online at www.elcajonrec.org, where you can register as well.

Space still available for first of three FREE Disaster Preparedness Academies

We still have spaces available for our first CERT disaster preparedness academy beginning January 26. Our East County Community Emergency Response Team (CERT) disaster preparedness academy is all about being prepared before a disaster occurs! Visit our website at www.heartlandfire.org to see the full schedule. We have three academies planned, the first beginning this Saturday Jan. 26, the second academy begins June 15, and the third academy begins December 7. Once the academy begins, classes are every other Saturday morning, from 8:30 a.m. to 12:30 p.m. Classes are taught by members of Heartland Fire & Rescue, and Santee Fire. If you would like to register, call (619) 441-1737.

Note: For information on preparing for a disaster, visit www.readysandiego.org.

Resident Leadership Academy starting soon

The El Cajon Collaborative invites you to join the East Region Resident Leadership Academy starting in late January, continuing every Thursday from 5 to 7 p.m. This free, 14-week course will give you the knowledge and skills you need to become a leader in your

community. Topics covered include: community leadership and advocacy, crime prevention and community safety, healthy food systems and healthy food access, and resident-led community improvement projects. Upon completion of the academy, residents will have an opportunity to work together on their own community improvement project. For more information and class location, please call (619) 447-4380.

Celebrating 100 years!

The City of El Cajon is now celebrating its Centennial Year! Learn more about the history of El Cajon by going to our Centennial website at www.elcajon100.com. You are welcome to share your memories and photos of growing up in El Cajon on this website as well. Do you like to volunteer? Find out more about the "100 Hours Honoring 100 Years" volunteer program by going to our Centennial website and downloading the forms. Join us as we celebrate the people of El Cajon - the people that make our City the Valley of Opportunity!

Flu season 2013

Flu Season has arrived and officials say it is already worse than previous years. What can you do? Vaccinations for the flu virus are strongly recommended. The vaccine prepared this year protects against all three of the recognized strains. Receiving a flu shot does not guarantee you will not get the flu, but it significantly reduces your chances. Remember, cover your mouth when coughing and wash your hands often. To schedule your vaccination, contact your health provider, or for a list of County Public Health Clinics offering the flu vaccine for \$10, visit: <http://www.sdiz.org/Community/phc-flu-iz-clinics-2012-13new.html>. You may also call 2-1-1 for a location near you.

Note: If you have an event in the City of El Cajon that you would like to share, send it to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020, or via e-mail at mzech@cityofelcajon.us.

NOTICE OF PROVISIONAL APPOINTMENT TO THE GOVERNING BOARD OF THE DEHESA SCHOOL DISTRICT

NOTICE IS HEREBY GIVEN, pursuant to Education Code Section 5092, that

On December 13, 2012, a vacancy occurred on the above-named governing board; and

On January 17, 2013, the remaining members of said governing board appointed Derek Voth as the provisional appointee who shall hold office until the next regularly scheduled election for district governing board members on November 4, 2014; and

The provisional appointment confers all powers and duties upon the appointee immediately following his or her appointment; and

Unless a petition calling for a special election is filed with the County Superintendent of Schools within thirty (30) days after the date of the provisional appointment, it shall become an effective appointment; and

A petition calling for a special election shall be filed with the County Superintendent of Schools, 6401 Linda Vista Road, San Diego, California 92111-7399 not later than February 18, 2013, and shall contain the following:

1. The Registrar of Voters' estimate of the cost of conducting the special election.
2. The name and residence address of at least one, but not more than five, of the proponents of the petition, each of which proponent shall be a registered voter of the school district.
3. The text of language of the petition shall not appear in less than six-point type.
4. Signatures of at least one and one-half percent (1-1/2%) of the number of registered voters of the district or twenty-five (25) registered voters, whichever is greater, at the time of the last regular election for governing board members. In districts with registered voters of less than two thousand (2,000) persons, a petition shall be deemed to bear a sufficient number of signatures if signed by at least five percent (5%) of the number of registered voters of the district at the time of the last regular election for governing board members.

A petition calling for a special election shall be prepared and circulated in conformity with the requirements of sections 100 and 104 of the Elections Code.

Date: January 17, 2012

Dehesa School District

By Janet Wilson
Title Superintendent/Principal

**TO PLACE YOUR AD,
CALL
(619) 444-5774
TODAY!**

— LOCAL NEWS & EVENTS —

Lakeside Roundup

by Patt Bixby

Chamber Mixer

The Lakeside Chamber of Commerce January mixer was held at Steers Burgers and Fries where Chamber members mingled with new and prospective members. The mixers have grown as word has spread about the productive networking opportunities. It's an opportunity to discover job related businesses and exchanged business cards.

The Lakeside Chamber of Commerce is starting to prepare for the Lakeside Western Days Parade. This is just one of their annual community events which include the Lakeside Expo and the Spirit of Christmas on Maine Ave.

Lakeside Union School District

The Lakeside Union School District Board of Trustees revealed several recognitions. Meadow Smith, Safety Patrol Captain at Lindo Lake Park was selected through an interview process as the Honorary Colonel of Lakeside and will represent the district at a countywide competition for

Colonel of San Diego County. Vanessa Serrano, an eighth grade student at River Valley Charter High School, won the American History Contest.

Pledge of Allegiance was led by students from Lakeside Middle School.

Reports to the board: Dep-

uty Superintendent Kamran Azimzadeh presented the General Fund Report, the child nutrition report and a Governor's Budget update. Interim Superintendent Sam Mershon discussed the implementation of various programs and new facilities; and the growth and safety issues at the school sites. Mershon

said elementary schools are full and discussed long and short term solutions, possibility of staggered times for safety issues. Security at the schools was also discussed. Students at East County Academy of Learning erected a memorial of the Connecticut tragedy with colored tape provided by El Cajon Blueprint.

Safety forum ...

Continued from page 2

The forum was then opened to questions from those attending and the agents made sure they heard from all who wanted to speak.

When getting into more information about smuggling across the border Beenson profiled one particular suspect wanted for recent activity and handouts with his photo and other information was available. Beeson also mentioned the Operation P.R.I.D.E. Program, an educational program where uniformed Border Patrol Agents assist educators and service organizations in addressing challenging topics to students.

For more information about Operation P.R.I.D.E. call (619) 216-4149.

To report suspicious activity to the border patrol call 24/7, (619) 498-9900.



El Cajon Centennial Moments

Sharing a piece of history

Centennial Moment: El Cajon's first historian: Hazel Sperry



As we congratulate and celebrate El Cajon's 2012 Citizen of the Year, Sunshine Horton, this Centennial Moment will reflect on the work of the 1979 Citizen of the Year, Hazel Sperry.

Below is an excerpt from Valley of Opportunity, by Eldonna Lay, curator of the Knox House Museum.

Hazel and Arlo Sperry moved their two children onto 46 acres of citrus land in El Cajon. Immediately, Hazel plunged into social and school activities, which led to her life-long fascination with El Cajon's history. Hazel, taking copious notes in her crabbed, spidery handwriting, began interviewing and recording that which had gone on in the years before. Her careful cataloging of those early people and events became the foundation upon which the El Cajon Historical Society was later formed. Without her notes, letters, and stories – carefully held

together with seamstress's straight pins - much of El Cajon's history would have been lost forever.

For her commitment to preserving El Cajon's History and her work within the community, Hazel Sperry was chosen as El Cajon's Citizen of the Year in 1979. For more information regarding El Cajon's history visit www.elcajonhistory.org.

All information was provided by the El Cajon Historical Society. The photographs were provided by Helix Water District. For more information regarding the region's water sources and development, please visit Helix's Water District's website at www.hwd.com and the Historical Society's website at www.elcajonhistory.org.

Thank you for reading our weekly Centennial Moments. For more information about El Cajon, "The Valley of Opportunity," please visit our website: www.cityofelcajon.us.

Be aware of your surroundings

Reports have come in about robberies and attempted robberies at local East County ATM's and Banks. A woman in Santee was approached from behind by a man telling her to "withdrawl money for him" and when she stepped back away from him he held his hands in his pants, appearing to have a weapon and made a comment about her children in the car behind her. The woman ran to her vehicle, locked the doors and managed to get the license plate and make of the suspects vehicle before he drove off. A police report was made.

Several similiar stories have been reported. Please take all precautionary measures, being aware and alert at all times, especially when handling money in public.

Kamps

PROPANE

YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969



New Customer Specials
Home Delivery
Best Service in East County
Installation & Service
Budget Pay Available
16245 Alpine Boulevard
619-390-6304

Over
40
YEARS
IN EAST
COUNTY

- Beef
- Ham
- Spare Ribs

Mr. Angler's
Family BBQ

WEEKLY SPECIAL

BEEF OR HAM SANDWICH PLATE

Limit 1 Coupon
Per Plate

\$5.99 (with coupon)

901 EL CAJON BLVD., EL CAJON • 442-1170

MOST FOR YOUR MONEY
SEPTIC SERVICE
PUMPING & CLEANING
ELECTRONIC LOCATING
OPERATION STATUS REPORT

AL MAX

SANITATION

1-800-404-6480 TOLL FREE

619-562-5540

35 YRS. EXPERIENCE LICENSED & BONDED

BEST PEOPLE + BEST EQUIP
AND KNOW HOW = BEST JOB

Inspiration

My New Year's diet fits me to a T-shirt

by Dr. Rev. James L. Snyder

Personally, I sure will be glad when January is over. If confession is good for the soul, then let me have a good soul cleansing and confess that January is not my favorite month of the year.

At the beginning of each year, a certain resident in our home begins acting like an angel and starts harping about a diet. But, not just "a diet." I could take that, I think. Rather, "my diet." What my diet has to do with her is a question I have yet to ask.

One of my New Year's resolutions is to ask no question I do not want to hear the answer. Believe me when I say ignorance is bliss.

The Gracious Mistress of the Parsonage is a health nut, whereas, I am just a plain nut with lots of fudge icing on the top. As nuts are concerned, I prefer nuts with fudge icing.

Every year right after Christ-

mas and before the New Year comes in, my wife and I have this conversation about the upcoming diet. I need to correct myself here. When I use the word "conversation," I probably should use the word "monologue." When it comes to diets, I have absolutely nothing to say. My wife on the other hand, has plenty to say and when she is saying it to me, she holds nothing back.

When it comes to diets and dieting, I have my own ideas about the whole matter. I do not see myself as fat, just post-thin. For arguments sake, let's say I am fat. I take refuge in the Bible along this line, which says, "All the fat is the Lord's" (Leviticus 4:16b KJV).

If I was to argue with my wife, which I promise you I am not going to, I could lay all of the blame about my being post-thin on her. I have pictures to prove my point. Before we got married, I was very thin. Now look at me! I don't have to draw a picture for you, do I?

Along this line of diets, I think I am doing rather well. I have come up with ideas that have made me quite comfortable along this line.

Last week I bought a dress shirt and brought it home. When I tried it on it was three sizes too big for me making me look rather thin. I love that shirt. That shirt was made for people like me. Every time I wear that shirt in public somebody usually says, "You must've lost a lot of weight." I just smile.

I have other shirts in my closet that have brought me no end of grief. Here is what I want to know. Why do my shirts get thin but I don't? After all, we go to the same places and eat at the same restaurants. There is something here I believe I am missing!

Whenever I am off on a trip somewhere my wife always says just as I leave, "Make sure that you watch what you eat while you're away."

I am delighted to report to her or anybody else who will listen that I always watch what I eat. After all, I would hate to take a bite of broccoli by mistake. Therefore, I watch every bite I eat to make sure it is as delicious as possible.

My wife is always encouraging me to eat more fruit. I believe fruit is a matter of personal opinion and preference. My wife believes that bananas are fruit. I, on the other hand, believe that a banana split is fruit.

My wife has the idea that an Apple a day keeps the doctor away. I have a different slant on that idea. I believe an Apple Fritter a day keeps everybody away.

When it comes to salads, my wife is the crowned queen of salads. She has a golden touch when it comes to making salads. If I am not careful, she will serve me a salad three times a day. Another thing I need to watch out for with her salads. Occasionally, she will try to slip in some form of broccoli. For some unknown reason she believes broccoli is the panacea for all ills nutritionally.

As diets come and go, my diets usually go without leaving a trace behind them. Years ago, I got serious about a diet and was determined to lose 25 pounds of ugly fat. Much to my chagrin, I lost the other fat instead. Now look at me!

The diet phase is beginning to run its course as we come to the close of January. Towards the end of January, my lovely bride begins thinking of Valentine's Day. For me, whatever gets her attention off my diet is good news any day of the week.

I suppose it is true what people say that you are what you eat. I further suppose that it is important to eat the right things. Not only is that true physically but also spiritually. The Bible has something to say about this.

"As newborn babes, desire the sincere milk of the word, that ye may grow thereby" (1 Peter 2:1 KJV).

Nothing is more important in my daily routine than feasting on the Word of God. I may not do very well on my physical diet, but I do take special care about my spiritual diet.

Dear Dr. Luauna — He Delivered Me



Dear Readers,

Is anyone going through something so overwhelming right now that the burden seems too heavy? I want to share with you a story in the Bible. David was a great man who was secretly anointed by God to be King. Not very long after that anointed calling of God, David found himself in many trials. Pursued, and being chased down as a wanted man.

David wandered through the desert, hiding in caves, broken and hurting deep within. He fled into the town of Achish where some of the men of the city recognized David. They captured him and took him to the King. David realized he might be killed. Overwhelmed with fear, it reveals in I Samuel 21:10-15, that he acted crazy.

Right after the close call, David writes in Psalm 34:17-19; "The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all."

After reading the story of David, I thought to myself, "When did he cry out?" Sometimes, our situation calls for a deep, hidden silent prayer. Lord HELP ME. Jesus loves us all so much, and He knows what we go through. Our deepest prayer sometimes is just a weeping and deep cry with no words uttered.

God is there to help us. God's love for us is amazing. We must understand God's thoughts of us are great. Some may ask why am I going through these hard times, or thinking maybe God doesn't love us anymore. But he does. His thoughts are different than ours. Isaiah 55:8-9; "For My thoughts are not your thoughts, nor are your ways My ways, says the LORD. For as the heavens are higher than the earth, So are My ways higher than your ways, and My thoughts than your thoughts."

Jesus is already working on the problem. He is faithful, He loves us, and we are on His mind always. The trial, addiction, marriage, sickness, that situation is already being worked on. Jesus hears our cries, even those which are so deep within our hearts. He will deliver each of us.

Remember when you are hardest hit, you must not quit. God bless all of you. Turn on your radio every Sunday 9 a.m. 1210 KPRZ AM. Come out to Prayer Mountain.

Visit my website: www.atouchfromabove.org Send your letters to PO Box 2800 Ramona, CA 92065, (760) 789-6207. Order my book, Mission America.

In His love & mine
Dr. Luauna

— In Loving Memory —



John Anthony Arnold

March 22, 1964- January 1, 2013

Beloved son, Brother, Uncle and friend passed away January 1, 2013. John had a huge heart and he will be greatly missed! We will remember him always for the time he spent with all of our children as a GREAT uncle. Never telling any of the kids "no", and always taking care of them as if they were his own. We will miss walking through the front gate at Daddy's and being greeted by Johnny without fail. He will forever be missed by all those who knew him.

John was preceded in death by his mother Marion, and his sister Christine, along with other family members. He is survived by his father George M. Arnold Jr., his brothers; George, David, Barbara, Diane, Theresa, Virginia, Laura and Elizabeth along with many, many nieces and nephews, friends and family.

We love you Johnny!

Learn What's in this Powerful Book

The Rapture? Wars Israel The beast Anti-Christ? What is 666? Trumpets...? Famine

Revelation

Join us Wednesdays 7 p.m. - 2013

Dr. Stines will teach the book of Revelation and Daniel

ATFA - Prayer Mountain 16145 Hwy 67 Ramona, CA 92065

KICK START YOUR BUSINESS!

We will work with your budget....
Call us and see how easy and
affordable it can be!

(619) 444-5774

Advertise in the paper everyone's reading!



For Health's Sake

2013: Resolve to live longer

Resolve to do something simple that feels good and helps you live longer: Stand UP. Besides giving you a better attitude, getting up from your desk or couch can have a big impact on your health, according to recent studies equating more time sitting with a shorter, less healthy life.

Researchers looked at nearly 12,000 Australian adults and used actuarial tables to study their TV watching habits. They then adjusted for general health, smoking, diet, disease status, exercise regimens, and other confounders, and reported in the *British Journal of Sports Medicine*(1) that every single hour of television watched after the age of 25 reduces the viewer's life expectancy by 21.8 minutes - even for people who exercise regularly! In perspective, smoking a cigarette reduces life expectancy by about 11 minutes, bringing researchers to

the conclusion that TV viewing time may be associated with a loss of life that is comparable to other major chronic disease risk factors such as physical inactivity and obesity.

Another meta study(2) reviewed the results of 18 studies involving 794,577 people, and found "the average adult spends 50 to 70 percent of their time sitting." After examining time sitting with health, they found people who sat the most had a 112 percent increase in risk of diabetes; a 147 percent increase in risk for CV disease; and a 49 percent greater risk of dying prematurely. Once again, this was true even if the research participant regularly exercised.

The reason, according to senior author D. Dunstan, "The most striking feature of prolonged sitting is the absence of skeletal muscle contractions, particularly in the very large muscles of the lower limbs." Lack of muscle contraction means less glucose burned, resulting in surplus blood sugar which contributes to diabetes as well as other health risks.

Both studies agree with the advice of posture exercise professionals: Get up and move around often. From people with nagging back pain who feel like they just "can't straighten up" to fitness buffs who want to exercise effectively, unfolding your body is a good thing. And, if the idea of standing taller to live longer sounds too good to be true, try this demonstration:

Sit down and take in a deep breath. Notice how much air you are able to inhale.

Now, stand up tall, and take another deep breath. Notice any difference?

Most people find they can take a deeper, fuller breath when they stand, and most physicians agree that breathing is good for your health. So, as we all sit down to start the New Year... well, get back up and walk around more!

In other words...Sit down and die sooner, or stand up and live longer.

Dr. Steven Weiniger, internationally renowned posture expert, lectures about posture exercise for pain relief and aging well, and trains certified posture exercise professionals (CPEPs) in StrongPosture™ exercise protocols. He is author of *Stand Taller ~ Live Longer, An Anti-Aging Strategy*, the self-help guide to a seven-week posture strengthening program that can benefit virtually anyone. For more information, visit www.StandTallerLiveLonger.com or call (866) 443-8966.

1 *Television viewing time and reduced life expectancy: a life table analysis -- Veerman et al. 46 (13): 927 -- British Journal of Sports Medicine, 10/2012*

2 *Associations Between Television Viewing Time and Overall Sitting Time with the Metabolic Syndrome in Older Men and Women: The Australian Diabetes Obesity and Lifestyle Study Journal of the American Geriatrics Society May 2011, V59/ 5, pp 788-796.*

Top New Year's Resolutions for Men's Health

This year, millions of New Year's resolutions will be made - and then broken soon after. But there is one resolution that all men should keep: to maintain a healthy lifestyle.

Prostate cancer is the most common non-skin cancer in America, affecting one in six men, according to the Prostate Cancer Foundation. In addition, heart disease killed 26 percent of the men who died in 2006. And half of the men who die suddenly of coronary heart disease have no previous symptoms, according to the

Centers for Disease Control and Prevention (CDC).

There are many simple ways men can reduce their risk for life-threatening health conditions. Make a New Year's resolution to improve your health and better your life with these easy tips.

Get checked

Sometimes improving your health is as simple as a trip to the doctor. As you age, the likelihood of being diagnosed with prostate cancer increases significantly. Men over 40

should begin discussing their prostate health with a physician. Catching prostate cancer in its earliest stages can greatly improve a man's chance at survival, so it's important to be proactive and talk to your doctor about your prostate health. You can learn more about risk factors and prevention on the Prostate Cancer Foundation's website at www.PCF.org.

Eat healthy

Choosing healthy snacks and avoiding fatty meals can help reduce your risk of heart

See MEN'S HEALTH page 10

Sharp Senior Programs

January & February 2013 programs

The Senior Resource Center at Sharp Grossmont Hospital offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call 619-740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

Shape up in the New Year

Want to lose weight? Think you need more fiber? Want to have more energy and just feel better overall? Think you should exercise, yet don't have "the get up and go" to do it? Learn simple tricks to make your diet healthier (for example: eat a rainbow.). Find out what makes being healthy challenging and make a plan to make it easier! Presented by Candy Cumming, Registered Dietitian, Sharp Center for Weight Management on Wednesday, Jan. 30, 11 to 12:30 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277 or register online at www.sharp.com.

Help!! I'm a caregiver

Family caregivers can find out about health and community resources, placement options, support groups and more. Andrea Holmberg, Program Coordinator, Senior Resource Center, will discuss emotional issues people face when caring for a loved one and caring through the holidays. Thursday, Feb. 7, 2 to 4 p.m. Sharp Grossmont Hospital's Brier Patch Campus, 9000 Wakarusa St., La Mesa.. Registration required. Call 1-800-827-4277 or register online at www.sharp.com

Carotid Artery screening

Do you have episodes of slurred speech, facial drooping, temporary loss of vision or one-sided weakness or numbness? This free screening tests the carotid blood flow to the brain. Students from Grossmont College's Cardiovascular Technology Program perform this non-diagnostic check. Saturday, Feb. 9, 9 a.m. to 2 p.m. at the Sharp Grossmont Hospital Cardiovascular Services Office, 5555 Grossmont Center Dr., La Mesa. Appointment required. Call 1-800-827-4277.



We Welcome All Families!

Adema
Family Medicine

Donald Adema, DO
(Board Certified
Family Practice)

Most Insurance
Accepted

10201 Mission Gorge Rd., Santee, CA

(619) 596-5445

Call today for your appointment!

Laughter is the Best Medicine

The \$100 prayer

A little boy, who wanted \$100 very badly, prayed for two weeks but nothing happened. Then he decided to write GOD a letter requesting \$100.

When the postal authorities received the letter to GOD, U.S.A., they decided to send it to the President. The President was so impressed, touched, and amused that he instructed his secretary to send the boy \$5. Mr. President thought that this would appear to be a lot of money to the little boy.

The little boy was delighted with the \$5 and immediately sat down to write a thank you note to GOD that read: "Dear God, Thank you very much for sending me the money. However, I noticed that for some reason you had to send it through Washington, D.C., and, as usual, those JERKS deducted \$95 for taxes!.

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.



Leo's Lakeside Pharmacy

CARING FOR YOU AND ABOUT YOU!

Serving the Community since 1960

We accept Express Scripts from Tricare Insurance

CVS - Caremark • Walmart - Humana

Anthem Blue Cross
(Certain restrictions apply)

and all major insurance!

Free Delivery and Mail Service

Expert in PA and TARS

TRANSFER YOUR RX AND GET \$5 OFF ANY LEADER BRAND VITAMINS

9943 MAINE ST, LAKESIDE • FAX (619) 443-8517 • CALL (619) 443-1013

SANTEE - We Welcome Your Business - We Deliver

www.leosrx.com
info@leosrx.com

MON.-FRI. 9AM-7PM
SAT. 9AM-5PM
SUN. CLOSED



HOME LOANS

2.875%
15 Year Fixed
3.182%APR
Call
Today!

Primary Residential Mortgage, Inc. is a full-service Mortgage Lenders and one of the top FHA originators in the nation.

Our Well Rounded Team of Experts Can Help You!

PURCHASE OR REFINANCE

- FREE Pre-Qualify — so you can shop with confidence
- GUARANTEED RATES — FREE — We back your rate at application
- FHA, VA, Conventional loans available
- 3.5% percent cash down to purchase loans up to \$697,500
- Branches Nationwide — Large enough to be secure, small enough to care



CHRIS WILEY
Branch Manager
NMLS LICENSE #240137

***"Your
East County
Home Loan
Professionals"***

DID YOU KNOW??

**Veterans (VA) — 2 years after a Foreclosure,
Short Sale, or BK — 0% down purchase**

**Everyone (FHA) — 2 years after BK and 3 years
after Foreclosure — 3.5% down purchase**



**KELLI
KRUEL**
Loan Officer
NMLS LICENSE #222434



**CHRISTINE
WAITS**
Loan Officer
NMLS LICENSE #222514



JANICE B. ZIEGLER
Loan Officer
NMLS LICENSE #336176

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, in-house, from start to finish. Having been in the mortgage business since 1998, we have the strength and experience to get your loan done and make your dream a reality.

WE DO OUR HOMEWORK TO HELP YOUR LOAN CLOSE ON TIME!
CALL US TODAY (619) 722-1303

2124 Arnold Way, Alpine, CA 91901



Licensed by the Department of Corporations under the California Residential Mortgage Lending Act.

Some products and services may not be available in all states. Credit and collateral are subject to approval. Terms and conditions apply.
This is not a commitment to lend. Programs, rates, terms, and conditions are subject to change without notice.

— IN THE COMMUNITY —

Out and about in the County

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Hearty Beef Sandwich Scores Big at Mealtime

**"Wow!
This really
hit the
spot!"**



Allison Hazell scored a touchdown in the kitchen. Instead of reheating leftovers for dinner, the home cook spun a hearty new meal.

After mixing pulled beef with peppers, onions and spices, she tossed it with a favorite barbecue sauce, placed it atop a toasted slice of bread and smothered it with cheese. Voila! A winning combination was born.

See step-by-step photos of Allison's recipe plus thousands more from home cooks everywhere at: www.justapinch.com/openface

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...



Allison Hazell
Midlothian, VA
(pop. 204,214)

Open Face BBQ Beef Brisket Sandwich

What You Need

- 3 lb beef brisket or eye round
- 1 can low sodium beef broth
- 1 can water
- 1 package dry Italian salad dressing seasoning
- 1 med onion, chopped
- 1 green pepper, chopped
- 1 tbsp dried cilantro,
- 1 tsp dried oregano
- 2-3 tbsp favorite BBQ sauce such as Famous Dave's Sweet and Spicy
- 4 slices rye bread
- 4 slices Swiss or sharp white cheddar cheese fresh cilantro or parsley

Directions

- Place beef in Crock Pot with broth, water and Italian seasoning. Cook for 10 hours on low. Reserve half of beef and enough liquid that remaining beef is totally drenched but not soupy for another use, such as chimichanga filling, tacos, shredded beef nachos, etc.
- To Crock Pot, add chopped onion, pepper, cilantro and oregano. Turn Crock Pot to high and cook for 40-60 mins.
- Take mixture out of crock pot and place in bowl. Add BBQ sauce and stir to combine.
- Place heaps of meat mixture onto lightly toasted bread slices.
- Top with cheese. Broil until cheese melts and is bubbly brown. Garnish with cilantro.

Submitted by: Allison Hazell, Midlothian, VA (pop. 204,214)
www.justapinch.com/openface



2013 College Grove, Lemon Grove & Spring Valley Pageants: Become a youth ambassador, Participate in community service, Make new friends, Earn a scholarship! Applicants must reside in the following zip codes: 91945, 91977, 91978, 92104, 92105, 92113, 92114, 92115, 92116, 92119 and 92120. Inquire about the details by calling (619) 928.4774 or email: grove.pageant@gmail.com



Are you prepared for the 2013 fire season?

FREE WORKSHOP

Date: Saturday, January 26, 2013
Time: 9am-1:00pm
Place: Lakeside Community Center
Moreno Room
9841 Vine St.
Lakeside, CA 92040

Defensible Space Workshop

Registration:

Register at EventBrite:
<http://www.eventbrite.com/event/3214940975/rss>
Call: Cheryl Lartigau or Orson Bevins
Phone: 619-562-0096
Email: defensiblespace@firesafesdcounty.org



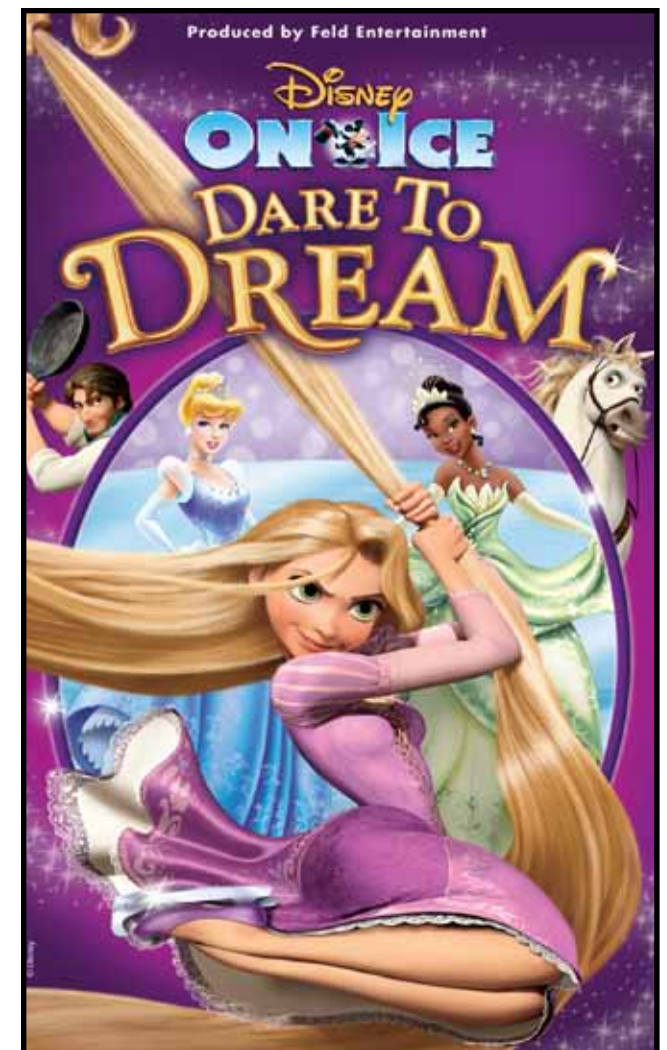
Sponsored by the
Fire Safe Council of San Diego County
11769 Waterhill Rd. • Lakeside CA • 92040
619-562-0096

PARTNERS



Jan. 26: Defensible Space free workshop. 9 a.m. - 1 p.m. at Lakeside Community Center, Moreno Room, 9841 Vine St., Lakeside, CA 92040. Register at EventBrite: <http://www.eventbrite.com/event/3214940975/rss> Call Cheryl Lartigau or Orson Bevins at (619) 562-0096 or email: defensiblespace@firesafesdcounty.org. Sponsored by the Fire Safe Council of San Diego County, 11769 Waterhill Rd., Lakeside CA 92040, (619) 562-0096.

Feb. 19: The Alpine Woman's Club is holding their February luncheon on Tuesday at 12 noon. Don Halte will entertain us with his melodic singing voice, accompanied by his guitar. He performs for many other organizations and is a past cast member of the CCT Senior Follies. The luncheon is open to all East County women as well as past and future members. You're invited to come and enjoy good food, our program, and making new acquaintances. The Club is located at 2156 Alpine Blvd., Alpine, CA 91901. For more information, please contact Judy Grant at (619) 445-1987 or email alpinejude@yahoo.com



Get Tangled Up In The Fun!
Opening Night Tickets \$10!*

JAN. 23 - 27



Wed. JAN. 23 • 7:00 PM	Thu. JAN. 24	Fri. JAN. 25	Sat. JAN. 26	Sun. JAN. 27
OPENING NIGHT TICKETS \$10!*	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM

*Excludes Front Row and VIP seats. No double discounts. Additional fees may apply.
*Spanish performance

Buy tickets at disneyonice.com, Ticketmaster.com,
ticketmaster® Retail Locations, Valley View
Casino Center Box Office or call
1-800-745-3000

Regular Ticket Prices: \$17 • \$24 • \$40 VIP • \$60 Front Row
Additional fees may apply.



NEED TO ADVERTISE?

Call us and see how
easy and

affordable it can be!

(619) 444-5774

Advertise in the paper
everyone's reading!



Ahi Sushi & Grill Special Grand Opening

Please Join Us In Celebrating Our New Grand Opening
By Enjoying A **Free 1 Crunchy Roll**



No Purchase necessary, Please Present Coupon When Ordering,
Only One Coupon Per Table

FLETCHER HILLS TOWN CENTER

2872 Fletcher Parkway • El Cajon, CA 92020 (Next to Vons Market)
www.iloveahi.com

(619) 337-1388 • Fax: (619) 337-1288

— AT THE MOVIES —

'Broken City' — good cast, bad movie

Review by Diana Saenger

Unless getting the flu, or going to the dentist is something you enjoy than stay away from *Broken City* — it's just as painful. This is a crime drama with little plot, a supposed who-done-the double crossing, which by the time it's easily revealed you don't care, and a terrific cast that is so wasted you can't even imagine them as these characters.

Billy Taggart (Mark Wahlberg) was once a cop in New York City. He was good, and he loved his job. But then he did something he wasn't supposed to and that career came to an end. After hitting the bottle too hard and eventually cleaning up, Billy now works as a private detective.

The thing he can't shake is his anger at what happened

and he can't channel what happened into the box labeled I did this to myself. The only good thing in his life seems to be his fiancée Natalie (Natalie Martinez) who is an actress. They seem to hit it off until her job takes more time away from Billy, and his depression about his situation deepens.

Luckily as Billy canvases some old acquaintances luck turns his way. He gets a call from Mayor Hostetler (Russell Crowe) who remembers Billy's spunkiness and hires him to trail his wife Cathleen (Catherine Zeta-Jones) as he believes she's having an affair.

There's a lot of boring politics involved with a Mayor run-off looming between Hostetler and Jack Valliant (Barry Pepper), who has his own dirty laundry he's reluctant to bring out of the hamper.

What transpires is a series of mistaken identities, shadows of possible suspects involved in several subplots but mostly disappointment. Wahlberg, also a producer on the film, serves the emotions of his character



Catherine Zeta-Jones and Russell Crowe star in *Broken City*. Photo Credit: 20th Century Fox

well, it's just the character is hard to diagram. I never understood what he really wanted or how far he would go to get it.

Crowe is such a great actor that seeing him practically read

the lines off a blackboard is disappointing. The same can be said for Zeta-Jones, who is lovely, of course, in the part but her character can't make up her mind if she's a victim or a perpetrator.

Movies in the theater this time of year are a real hit and miss, but unless you are die-hard fans of this cast, I'd wait for the rental to appear, which looking at the box-office on *Broken City*, might be soon.



Broken City

Studio: 20th Century Fox

Gazette Grade: D

MPAA: "R" for pervasive language, some sexual content and violence.

Perricone's
Since 1946

**Italian Restaurant
Pizza**

Celebrating over 65 Years
of service to East County diners

**All You Can Eat
LUNCH BUFFET**
Monday - Friday 11 a.m. to 2 p.m.
\$7.95 per person

**\$4⁰⁰ OFF
LARGE PIZZA
OR
\$2⁰⁰ OFF
SMALL PIZZA**

with coupon exp. 01/30/13

LUNCH SPECIALS

(Includes Salad and Garlic Bread)

Spaghetti \$7.95 Lasagna.....\$8.95

Dinner Specials

(Includes Salad and dinner roll)

Monday: Lasagna & Spaghetti.....\$10.95
Tuesday: Zucchini Parmigiana.....\$10.95
Wednesday: Eggplant Parmigiana.....\$10.95
Thursday: Ravioli (meat or cheese).....\$9.50
Friday: Tortellini (chicken, cheese or spinach).....\$8.85
Saturday: Half & Half.....\$8.85
Sunday: Lasagna.....\$10.45

1588 E. Main Street
El Cajon
Open 7 Days 11 am

CATERING FOR PICK UP,
UP TO 100 PEOPLE

**ORDERS TO GO
619-444-4546**

kellio & sons construction

Serving San Diego County since 1977

• Trusted • Professional • Lic. #682792

- Home Renovations
- Kitchen/Bath Remodeling
- Decks & Patio Covers
- Stamped Concrete/Staining
- Complete Home Maintenance & Repair. Visit Our Web Site: kellioconstruction.com

(619) 991-0493

Men's health ...

Continued from page 7

disease, diabetes and certain forms of cancer. Foods that are low in saturated fat and dietary cholesterol and high in fiber can help prevent high cholesterol, according to the CDC. Additionally, several studies suggest that eating fish can help protect against prostate cancer because they have "good fat," particularly omega-3 fatty acids.

Exercise

Maintaining a healthy weight is crucial to preventing heart disease. Physical activity will help lower your blood pressure and cholesterol. According to the Surgeon General, adults should engage in moderately intense exercise for at least 30 minutes a day. By maintaining a healthy weight, you will also lower your risk for diabetes.

Relax

Don't sweat the small stuff. Reducing your stress at work and at home can help improve your overall health and lead to a longer, happier life. Seek medical treatment for stress, high blood pressure, high cholesterol and depression. Treating these conditions may save your life and have been shown to improve survivorship in prostate cancer.

These are resolutions to keep. Now is the perfect time to make changes to improve your health.

CCRB
CONSUMER CREDIT RESTORATION BUREAU

OVER 120 PROFESSIONAL STAFF MEMBERS
COME VISIT OUR NEW LOCATION!
1530 JAMACHA RD. SUITE W
EL CAJON, CA 92019

619.822.1110 OFFICE 619.822.1112 FAX
www.CCRB.us
24 HOUR WEB LOGIN ASSISTANCE

HAVE YOU EVER BEEN DENIED...

- ... Auto Loans?
- ... Credit Cards?
- ... Employment?
- ... Student Loans?
- ... Home Financing?
- ... Business Line of Credit?

WE WILL HELP YOU:

- Eliminate Debt
- Protect Your Credit
- Manage Your Credit
- Prevent Fraud/ Identity Theft
- Establish Good Credit
- Eliminate Negative Credit
- Business & Personal Credit
- Avoid Bankruptcy

WE HELP REMOVE: Late Payments | Judgements | Collections | Liens | Student Loans | Charge Offs | Foreclosure | Repossessions | & MORE

NACISO CERTIFIED & FTC COMPLIANT

Learn to Play
Organ and/or Piano
Your Home

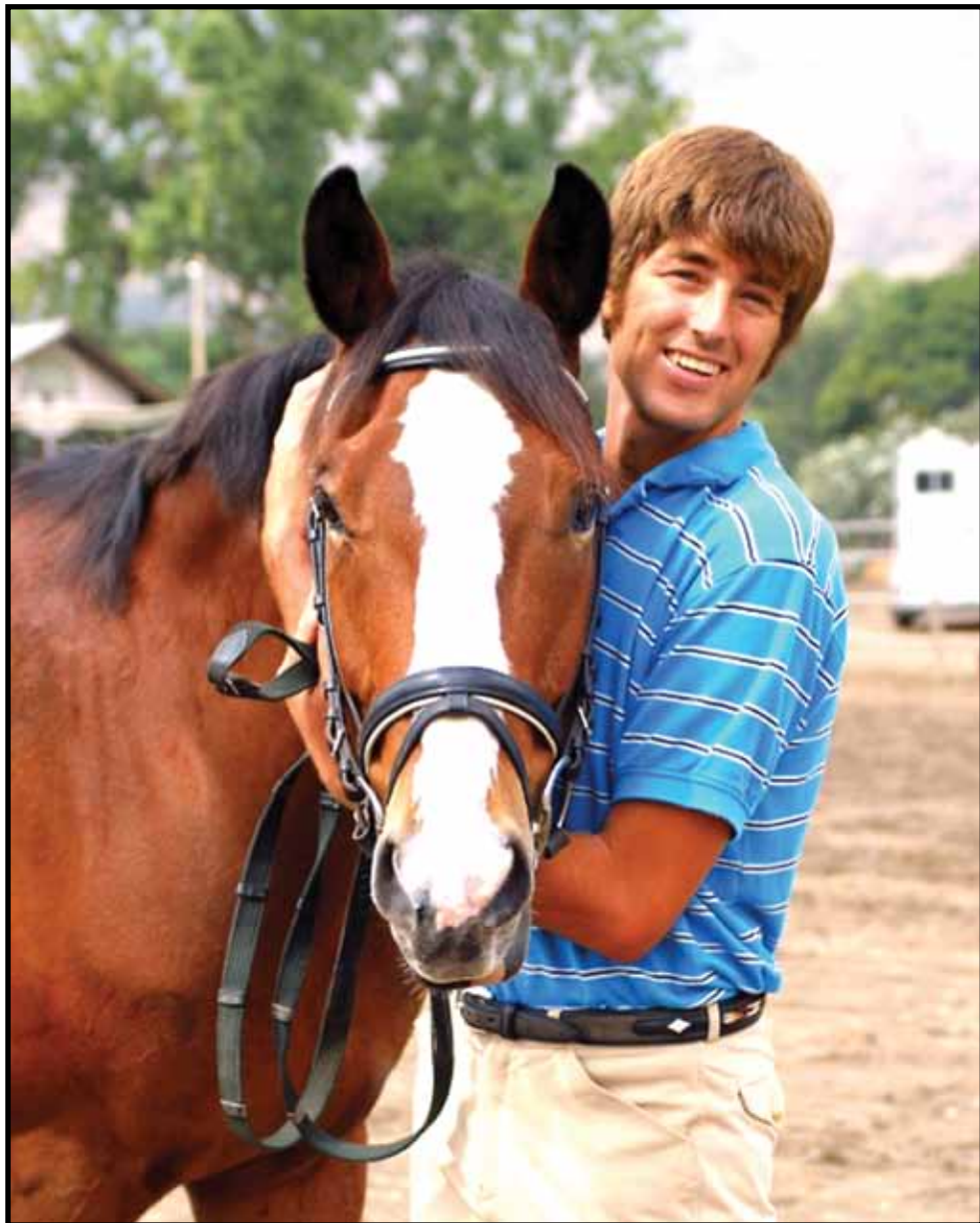
40 years of instruction 1979-2019

Family Discounts

Please Call David Bruce @ 445-2519

— COMMUNITY —

Partners Therapeutic Horsemanship Volunteer of the year



Shane Clarke.

by **Karen Crampton**
Executive Director,
PATH Instructor

It was a fortunate day 12 years ago when I volunteered as an instructor at a therapeutic riding center. It was there that I met young Shane. He had just competed at Calnet's annual horse show for riders with special needs in Los Angeles where he won his first blue ribbon. He had the biggest smile, and the biggest cowboy hat, which concealed his riding helmet. It was obvious he had a natural gift for riding. Shane was a diamond in the rough.

He learned the basics: sitting trot, posting, cantering, and jumping low crossrails. He tried to master the basic dressage tests, but it was always a challenge, learning the test and riding a circle. We walked and rode the tests over and over. It took years before he could put on a bridle and get all the buckles in the right places,

but he never got frustrated or gave up.

Even at the tender age of 12, he was helpful and gentle

with the littlest students in the program. He became a sidewalker and leader. He has always offered a cheerful, "Okay," when asked to

fetch a horse, groom and tack it up. "No," or, "I'm too tired," were not in his vocabulary. His giving and generous nature was evident from the start. Difficulties in school only made his positive experiences at the barn more valuable.

Many years ago, Shane practiced hard to compete again at Calnet. When he was asked to give up his horse so another little girl could ride it, he paused, nodded, "yes," and rode another, less flashy horse. He didn't pout; he just went out, rode well and won the Challenge Cup! It was an example of his generosity and positive attitude.

Even as a youngster, he would pick up a broom and sweep out the office and tack room without being asked!

Shane has learned many skills through the riding program and is an amazing example of giving back. He has learned, through observation, all the skills to correctly coach and assist all types of special needs riders as a sidewalker. He is always willing to help in lessons no matter how hot, dusty or late in the day it is, even after riding his own horse in a lesson.

Shane has always shown empathy and kindness for the horses. He correctly schools

our horses, progressing successfully from the hunter/jumper ring to dressage. He doesn't mind the most thankless, menial task. He now has the responsibility of assisting in the daily care of the horses.

It is an absolute joy to have him around. He is respected and admired by everyone he meets at the ranch. He is a great example for our younger students and volunteers. His positive nature has encouraged everyone who participates at Partners. Shane is a shining example of how we should always treat our friends, strangers and the animals we meet. He exemplifies, "Pay it Forward."

Rex Cole

Junior Golf Tournaments

Cottonwood Golf Club

Begins January 20, 2013!
The 3rd Sunday Every Month

Trophies, Hot Dog, & Drink Included!

9 Holes

Boys & Girls Ages:

10-Under

11-12

13-15

Jan. 20-2:00pm

Feb. 17-2:00pm

Mar. 17-2:00pm

Apr. 21-2:00pm

May. 19-4:00pm

June 16-4:00pm

July 21-4:00pm

Aug. 18-4:00pm

Sept. 15-2:00pm

Oct. 20-2:00pm

Nov. 17-2:00pm

Family Team Scramble Event!

December 15-2:00pm

Full Ceremony Dinner \$40^{pp.}

Contact: Rex Cole. PGA
(619) 889-1491

\$20



There are no calories to count, points to add, or food that arrives in the mail.

It's Not a Miracle... It's Medifast.
The fast and healthy way to lose weight.

Whether you have 20, 40, or 100 lbs. to lose, we'll get you there and help you stay there!


- Lose Weight Quickly & Safely
- One-on-One Consultations
- The Brand Recommended by over 20,000 Doctors Since 1980

\$100 OFF* with this ad.
Expires 1/31/13

* Promotional offer may not be combined with any other offer and is based on the purchase of a full-service Medifast Weight Control Center Program.

WEIGHT CONTROL CENTERS
(888) 963-3432
www.SanDiegoMedifast.com
El Cajon • (619) 590-1930
Carlsbad/Oceanside • Carmel Mtn Ranch • Chula Vista
Encinitas • Mission Valley • San Marcos • Temecula

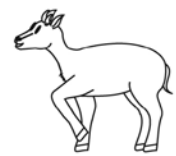
We've got flashlights, sleeping bags...






Newspaper Fun!

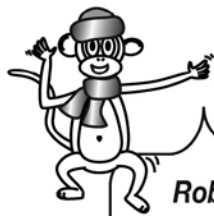
www.readingclubfun.com

...water, blankets, and books to read!



Animills LLC © 2011 V8-N2



Robert Frost was a famous American poet. In one of his poems, called "**Birches**," he wrote about swinging on the branches of birch trees. He described the way an ice storm weighs branches down with a coating of ice. Brrrrr! Hmmm...**Frost** wrote about **ice** storms!


"... Loaded with ice a sunny winter morning
After a rain. They click upon themselves
As the breeze rises, and turn many-colored
As the stir cracks and crazes their enamel.
Soon the sun's warmth makes them shed crystal shells
Shattering and avalanching on the snow-crust-
Such heaps of broken glass to sweep away..."

Getting ready for the ice storm:

1. have _____ stored in bottles
2. to listen to news and weather reports have a _____ with batteries
3. get plenty of fresh batteries for _____ and lanterns
4. store cans of _____ to eat
5. pile dry _____ for the fireplace
6. shovel _____ in buckets to spread later on ice
7. drain water from basement _____ so they won't freeze
8. kindly bring all _____ inside

Read the clues to fill in the puzzle!

Ice Storm!



1

2

3

4

5

6

7

8

We're safe, snug and warm!

radio

logs

pipes

food

sand

flashlights

pets

water

Geesshhh! What horrible weather...I don't want to be out here either!



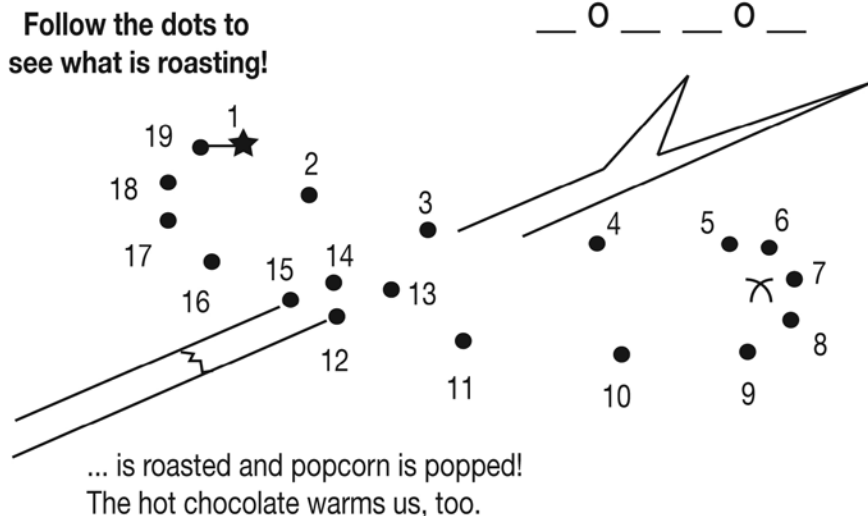
G L I T T E R I N G O P R S S N F G
 N S E Q W F T G H Y J K N I N O P L
 A Q R C G T Y H U N L C G H O B F A
 S N O W B L O W E R N O T E W U R Z
 M E D F C R T G Y K H L O Y S T K E
 I S K N E C E O J H F D M N U O G D
 B L O T T C O M B D G K I O I U T R
 T E N G I K H B D S I R S A T P O I
 J I O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

Find and circle all of these "stormy" words:

- | | | | |
|------------|------------|------|---------|
| snowsuit | glittering | cold | icicles |
| snowblower | snowplow | ice | sand |
| snowbanks | winter | wind | frost |
| snow tires | shovel | gray | glaze |

Sizzlin'! Outside, the frozen rain is pinging against the glass. Inside, the fire is snapping and crackling as a ...

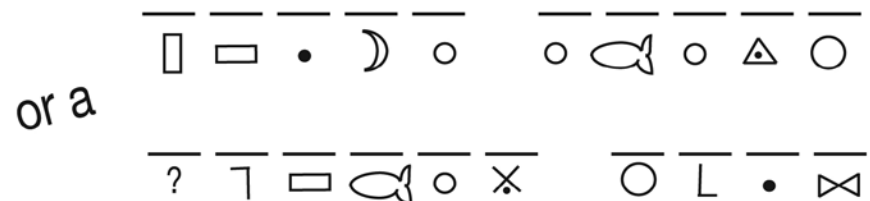
Follow the dots to see what is roasting!



By Another Name...

The U.S. National Weather Service describes an ice storm as a storm that leaves at least .25 or 1/4 inch of ice on surfaces out in the open.

When freezing rain comes down and leaves an icy coating or glaze on trees, bushes and houses and the world is full of glitter in the sunshine, some people (in parts of U.S. and in Canada) call it a:



Visit our web site to print out winter reading logs and certificate sets. While there, print out last week's puzzle to see if you can plan a party while staying inside your budget: www.readingclubfun.com

A	B	C	D	E	F	G	H	I	J	K	L	M
•	□	△	×	○	▽	□	L	7	⊙	∅	□	×
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
△	⊙	□	×	×	?	○	!	⊙	×	○	∪	∪

Puzzles & Fun

CROSSWORD

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

if you could save \$522 ...
why wouldn't you?*

Call 1-866-929-9071 to get your fast, free
car insurance quote.

esurance
an Allstate company

*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

THEME: SUPER BOWL

- ACROSS
- 1. Idealized image
 - 6. Snake in the grass
 - 9. Attired
 - 13. Bourne actor
 - 14. U.N. labor agency
 - 15. Domenikos Theotokopoulos, a.k.a. El _____
 - 16. Like NCAA's eight
 - 17. Microprocessor chip, for short

- 18. Number of planets
- 19. *Expensive Bowl purchase
- 21. *Tied with Steelers for most appearances
- 23. Big fuss
- 24. Hoodlum
- 25. Car wash option
- 28. Camera setting
- 30. *Found on many players
- 35. Corner pieces
- 37. Snoopy
- 39. As opposed to best
- 40. Etna output

- 41. Where one is treated for drug or alcohol dependence
- 43. Flood survivor
- 44. Time on the job
- 46. Foolhardy challenge
- 47. Tyrant's power
- 48. Listed on driver's license
- 50. Chapter 11 issue
- 52. "____ for the course"
- 53. Royal Indian
- 55. E in B.C.E.
- 57. *Cause of Superdome leak

- 61. One who inspires fear
- 65. Set of values
- 66. *Coach's ____ talk
- 68. Factual evidence
- 69. No person
- 70. Draft choice
- 71. Lacks
- 72. Very pleased with oneself
- 73. *It's won more than its counterpart
- 74. Affirmatives

- DOWN
- 1. Brainchild
 - 2. French Sudan, today
 - 3. Gulf V.I.P.
 - 4. "____ go!"
 - 5. Iroquois tribe
 - 6. *Record-holder for touchdowns and points scored
 - 7. Mont Blanc, e.g.
 - 8. _____ football
 - 9. Stewie Griffin's bed
 - 10. Construction set for kids
 - 11. Common flu feeling
 - 12. Some letter toppers
 - 15. Cheap showy jewelry
 - 20. Pitcher's domain
 - 22. *Wide receiver, aka wide ____
 - 24. Taqueria offering
 - 25. Like one from Prince Charles' domain
 - 26. Winged
 - 27. *47
 - 29. Three-____ sloth
 - 31. *____ Dorsett, won one Super Bowl ring
 - 32. Girl Scout unit
 - 33. Japanese port
 - 34. Catchall category
 - 36. Belted out
 - 38. Bygone era
 - 42. Type of sailing ship
 - 45. *Joe Montana, only _____ winner of Super Bowl MVP
 - 49. "The Joy Luck Club" author
 - 51. *Named after Vince Lombardi
 - 54. Birthplace of anime
 - 56. Saints' lights
 - 57. Barbie dolls' boyfriends
 - 58. Nucleus plus electrons
 - 59. Biblical pronoun
 - 60. *Peyton is still seeking his second one of these
 - 61. Work detail
 - 62. Famous seamstress
 - 63. "Going, going, ____!"
 - 64. Salamander in terrestrial stage, pl.
 - 67. Will Ferrell played one

SODUKO

dish

Starting at

\$19.99

for 12 mos.

DISH NETWORK

SAVE! & Ask About SAME DAY Installation!

PLUS 30 Premium Movie Channels FREE for 3 Months!

CALL 1-888-903-6814

ALTIMEDIA AUTHORIZED RETAILER

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

© StatePoint Media

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 & SODUKO SOLUTIONS

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

OUTZKIRTS By: David & Doreen Dotson

I FOUND THIRTY CENTS IN THE COUCH AND A QUARTER IN THE DRYER.

AH, BUT I FOUND EIGHTY CENTS UNDER THE DRIVER SEAT IN MY CAR.

THAT BRINGS OUR COMBINED YEARLY TOTAL TO TWENTY-ONE DOLLARS.

Get Yer Kicks in the Sticks!

OUR SAVINGS PLAN ISN'T GROWING VERY FAST. WE NEED TO CHANGE WHAT WE'RE DOING.

MORE CHANGE WOULD BE GOOD.

Discover East County's Best Kept Secret!

Open Every Day - 6:00am to 3:00pm

Hwy 67 at Maplevue • Lakeside, CA 92040

Café 67

619-443-4100

COME TRY OUR MONTHLY SPECIAL

Purchase Any Lunch Entree & Receive a Slice of Cheesecake for FREE!!

Bring this ad to redeem for this special offer
Must have original printed ad, no copies permitted

www.Cafe67usa.com

LEGAL NOTICES

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033140
FICTITIOUS BUSINESS NAME(S): Pro Service
Located at: 4466 Hilary Dr., Jamul, CA 91935
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Brandon G. Copp 4466 Hilary Dr., Jamul, CA 91935
This statement was filed with Recorder/ County Clerk of San Diego County on December 21, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000136
FICTITIOUS BUSINESS NAME(S): Brighter Smiles at Home
Located at: 2285 Euclid Ave., 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: Elaine Joanne Blanch 2285 Euclid Ave., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on January 03, 2013.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033382
FICTITIOUS BUSINESS NAME(S): Lenardo Pizza
Located at: 740 Jamacha Rd., El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Basim Yako 1109 Old Chase Ave., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 26, 2012.
East County Gazette- GIE030790
1/03, 1/10, 1/17, 1/24, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-032178
FICTITIOUS BUSINESS NAME(S): Janet's Café and Deli
Located at: 9225 Carlton Hills Blvd., 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: 1. Ryan R. Lyons 1750 Adrian Ct., Alpine, CA 91901
2. Kristin Lyons 1750 Adrian Ct., Alpine, CA 91901
This statement was filed with Recorder/ County Clerk of San Diego County on December 12, 2012.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000056
FICTITIOUS BUSINESS NAME(S): Essential Marine
Located at: 319 Joyce 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: Scott M. Berg 319 Joyce St., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 02, 2013.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033415
FICTITIOUS BUSINESS NAME(S): Weddings events design
Located at: 5750 Friars Rd. #301, San Diego, CA 92110
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: Elizabeth Cutrano/Weddings events design 5750 Friars Rd. #301, San Diego, CA 92110
This statement was filed with Recorder/County Clerk of San Diego County on December 27, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000318
FICTITIOUS BUSINESS NAME(S): Danielle's Catering
Located at: 2118 Paraiso Ave., Spring Valley, CA 91977
This business is conducted by: A Married Couple
The business has not yet started.
This business is hereby registered by the following: 1. Danielle Strong 2118 Paraiso Ave., Spring Valley, CA 91977
2. Harold Strong III 2118 Paraiso Ave., Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on January 04, 2013.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000802
FICTITIOUS BUSINESS NAME(S): a.) American Spyder b.) Spyder Ryder of America
Located at: 709 Waimea Dr., El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: November 2, 2010
This business is hereby registered by the following: Kenneth B. Miller 709 Waimea Dr., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on January 09, 2013.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000126
FICTITIOUS BUSINESS NAME(S): Ducky's Barber Shop
Located at: 941 Broadway Suite L, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: July 1, 2012
This business is hereby registered by the following: Jesse Lewis 1237 Graves Ave. Apt. 501, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on January 03, 2013.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-032420
FICTITIOUS BUSINESS NAME(S): Space-paintings.com
Located at: 6095 Horton Dr., La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: March 1, 2007
This business is hereby registered by the following: Brandon McConnell 6095 Horton Dr., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on December 13, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000251
FICTITIOUS BUSINESS NAME(S): SoCal Tots
Located at: 9330 Tiffany Park Place, 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: Brandi Naegeli 9330 Tiffany Park Place, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on JANUARY 24, 2013.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033415
FICTITIOUS BUSINESS NAME(S): Weddings events design
Located at: 5750 Friars Rd. #301, San Diego, CA 92110
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: Elizabeth Cutrano/Weddings events design 5750 Friars Rd. #301, San Diego, CA 92110
This statement was filed with Recorder/County Clerk of San Diego County on December 27, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033218
FICTITIOUS BUSINESS NAME(S): a.) PA Systems b.) Public Address Systems
Located at: 12540 Melrose Pl., El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: January 1, 1986
This business is hereby registered by the following: Kevin Crust 12540 Melrose Pl., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on December 24, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000986
FICTITIOUS BUSINESS NAME(S): JVD Golf and Promotions
Located at: 10549 Queen Ave., La Mesa, CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jeffery Harrison 10549 Queen Ave., La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on January 10, 2013.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033202
FICTITIOUS BUSINESS NAME(S): San Diego House Solutions
Located at: 9538 Leyendekker Ct., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jason Smith 9538 Leyendekker Ct., Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on December 21, 2012.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033098
FICTITIOUS BUSINESS NAME(S): No Limits Real Estate Investing
Located at: 9966 Dolores St. #207, Spring Valley, CA 91977
This business is conducted by: A Corporation
The first day of business was: September 11, 2005
This business is hereby registered by the following: San Diego Home Solutions 9966 Dolores St. #207, Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on December 21, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

NOTICE OF JUDGEMENT BY COURT Case # 37-2010-002086296-CU-BC-CTL
Plaintiff: WesleyR. Ashcraft; Wesley S. Ashcraft; and Yvonne A. Ashcraft
Defendant: Rex Stacey aka Richard Stacey, individual, et al.
Judgement by Default-Court Judgement (Code civ. Proc. 585 (b.)) The court considered plaintiff's testimony and other evidence. JUDGEMENT IS ENTERED BY THE COURT: for plaintiff WESLEY R. ASHCRAFT; WESLEY S. ASHCRAFT; AND YVONNE A. ASHCRAFT and against defendant: REX STACEY aka RICHARD E. STACEY, individually; HEARTLAND PUMP-ING & READY MIX, INC. dba HEARTLAND CONCRETE.
Defendant must pay plaintiff on the complaint: Damages in amount of \$26,110; Prejudgement interest at the annual rate of 10% in amount of \$6771; Attorney Fees in amount of \$7775; Costs in amount of \$826 and Statutory Penalty Under CA Business & Professional Code 7160 in amount of \$500; for a total amount \$41,982.
Dated: September 28, 2012
Signed: Judicial Officer Joel M. Pressman
EAST COUNTY GAZETTE GIE030790
1/17, 1/24, 1/31, 2/7/2013

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2012-00070246-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF SAUNDRA HUNNEWELL on behalf of minor ISABELLA MICHELLE HARRELL FOR CHANGE OF NAME
PETITIONER: SAUNDRA HUNNEWELL on behalf of minor ISABELLA MICHELLE HARRELL HAVE FILED FOR AN ORDER TO CHANGE NAME
FROM: ISABELLA MICHELLE HARRELL TO: ISABELLA MICHELLE RIEMANN
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN, EL CAJON, CA 92020 on FEBRUARY 13, 2013 at 8:30 a.m. IN DEPT. 14) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON NOVEMBER 28, 2012.
East County Gazette – GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000287
FICTITIOUS BUSINESS NAME(S): Baskin Robbins, #360039
Located at: 8807 ½ La Mesa Blvd., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was: January 26, 1967
This business is hereby registered by the following: Don Pauley, Inc. 8807 ½ La Mesa Blvd., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on January 04, 2013.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033694
FICTITIOUS BUSINESS NAME(S): Ceasar Anthony Giant Pizza
Located at: 6465 University Ave., San Diego, CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Eiman Hermiz 6465 University Ave., San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on December 31, 2012.
East County Gazette- GIE030790
1/10, 1/17, 1/24, 1/31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-032976
FICTITIOUS BUSINESS NAME(S): Controlled Access Systems
Located at: 7750 University Ave., La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: October 1, 1992
This business is hereby registered by the following: Jeff Godfrey 7974 El Capitan Dr., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on December 19, 2012.
East County Gazette- GIE030790
1/17, 1/24, 1/31, 2/7, 2013

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001621
FICTITIOUS BUSINESS NAME(S): a.) Mis Pictures b.) Paloma Jacobo Photography c.) Jacobo Studio
Located at: 922 S. Sunshine Ave. Apt. Q, El Cajon, CA 92020
This business is conducted by: A Limited Liability Company
The first day of business was: January 2, 2013
This business is hereby registered by the following: videophoto digital, LLC 922 S. Sunshine Ave. Apt. Q, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on January 17, 2013.
East County Gazette- GIE030790
1/24, 1/31, 2/7, 2/14, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001694
FICTITIOUS BUSINESS NAME(S): UR Cars
Located at: 10882 Calle Verde #118, La Mesa, CA 91941
This business is conducted by: An Individual
The first day of business was: May 1, 2012
This business is hereby registered by the following: Mustafa Kala 10882 Calle Verde #118, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on January 17, 2013.
East County Gazette- GIE030790
1/24, 1/31, 2/7, 2/14, 2013

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice is herby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on (February 13th 2013) at (1:00pm) at the Extra Space Storage facility at: Site Name Extra Space Storage Site Address: 10115 Mission Gorge Rd Santee, CA 92071 Site Phone # 619 562-0101. The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes and appliances. Tenant names: Melanie Cruz, Richard Simmons, Robert Thompson, Diana Johnson, Beverly Sosa-Rios, Tamara Campoy, Irela Doom, Mary Krueger, Stephen Walker, Michelle Kay, Chivas Lewis, Tammela Johnson, Anthony Wilson, Sam Kelly, Landre Malone, Jessamyn Patterson. Purchases must be made with cash only and paid at the time of the sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage refuses the right to bid. Sale is subject to adjournment.
1/24, 1/31/13
CNS-2433023#
EAST COUNTY GAZETTE

NOTICE OF PUBLIC LIEN SALE
Mobilehome lien sale on February 13, 2013, at 11:00 AM. 1174 East Main Street #44, El Cajon, CA 92021. Lien sale on account for DIANE WEBSTER TRUST 060607; DIANE L. WEBSTER; ROBERT BEAT c/o JOE BEAT; THERESA HAWKINS; VICTORIA WILLIAMS. Names published per Commercial Code §§ 7206 & 7210. View coach at 09:00 AM on date of sale. ABAMEX Auctioneers, Bond No. MS 273-80-15.
1/24, 1/31/13
CNS-2431163#
EAST COUNTY GAZETTE

NOTICE OF PUBLIC LIEN SALE
Mobilehome lien sale on February 13, 2013, at 11:15 AM. 1174 East Main Street #45, El Cajon, CA 92021. Lien sale on account for DIANE WEBSTER TRUST 060607; DIANE L. WEBSTER; ROBERT BEAT c/o JOE BEAT; THERESA HAWKINS; VICTORIA WILLIAMS. Names published per Commercial Code §§ 7206 & 7210. View coach at 9:00 AM on date of sale. ABAMEX Auctioneers, Bond No. MS 273-80-15.
1/24, 1/31/13
CNS-2431168#
EAST COUNTY GAZETTE

NOTICE OF ENFORCEMENT OF WAREHOUSE LIEN
The mobilehome located at 10767 Jamacha Blvd., Space #33, Spring Valley, CA 91978, within Lamplighter Village ("Community") and more particularly described as a Trade-name: BALBOA; Serial Number: S3112XX & S3112XXU; Decal No.: ABF4764, is subject to a Warehouse Lien pursuant to Civil Code §798.56a. This lien is hereby being enforced and the mobilehome may not be removed from the Community until the lien is cured. On August 7, 2012 the Community served a combined Three Day Notice to Pay Rent or Quit and Notice of Termination on the resident, Nicole Pepper, due to failure to timely pay the space rent. An Unlawful Detainer action was filed and a Judgment for possession of the premises was issued to the Community on November 8, 2012. A sheriff lockout occurred on January 3, 2013 and all occupants vacated the Premises, but the mobilehome remains on the space and unpaid storage rent is accruing. Storage fees owed on the space through January 5, 2013 are \$69.00 and lien fees of \$1,000.00. Storage fees will increase at a rate of \$34.50 per day from January 6, 2013 plus actual utilities consumed. THE MOBILEHOME WILL BE SOLD BY AUCTION UNDER THE FOLLOWING TERMS: February 15, 2013 at 11:00 A.M., at 10767 Jamacha Blvd., Space #33, Spring Valley, CA 91978. Sale of the mobilehome will go to the highest bidder. Home to be sold "as is, with any and all faults." Any further restrictions and/or conditions shall be provided at the time of the auction prior to the sale of the home. If you intend to bid at the sale, please contact Attorney Tamara M. Cross at (619) 296-0567, 3170 Fourth Avenue, Suite 200, San Diego, CA 92103 for the minimum bid at least two days prior to sale date. Please note: In order for you to be permitted to bid at the sale, you must be in possession of cash or a cashier's check equal to at least the minimum opening bid
1/24, 1/31/13
CNS-2435565#
EAST COUNTY GAZETTE

NOTICE TO CREDITORS OF BULK SALE (SECS. 6104, 6105 U. C. C.) ESCROW NO.: 132293P-CG
NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s) and business address(es) of the seller(s) is/are: La Mesa Nine Diamonds, LLC, 3775 Massachusetts Ave., La Mesa, CA 91941. Doing business as: ARCO AM PM
All other business name(s) and address(es) used by the seller(s) within the past three years, as stated by the seller(s), is/are:None. The location in California of the chief executive office of the seller(s) is: Same as above. The name(s) and business address of the buyer(s) is/are: Old Town Fuel Company, 3775 Massachusetts Ave., La Mesa, CA 91941. The assets being sold are generally described as: Business, goodwill, covenant not to compete, furniture, fixtures and equipment and are located at 'ARCO AM PM', 3775 Massachusetts Ave., La Mesa, CA 91941. The bulk sale is intended to be consummated at the office of: Allison-McCloskey Escrow Company, 4820 El Cajon Boulevard, San Diego, CA 92115-4695 and the anticipated sale date is 2-11-13. This bulk sale is Not subject to California Uniform Commercial Code Section 6106.2, but rather to Section 24074 of the Business and Professions Code. The name and address of the person with whom claims may be filed is: Allison-McCloskey Escrow Company, 4820 El Cajon Boulevard, San Diego, CA 92115-4695 and the last day for filing claims by any creditor shall be 2-8-13 which is the business day before the anticipated sale date specified above. Dated: 07/31/12
Buyer's Signature
Old Town Fuel Company, a California Corporation
By: /s/ Amad Attisha, President/Secretary
1/24/13
CNS-2435616#
EAST COUNTY GAZETTE


— LEGAL NOTICES —

Trustee Sale No. 24651CA Title Order No. 95503525 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/3/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 2/7/2013 at 10:00 AM, MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 04/09/2007, Book , Page , Instrument 2007-0236926 of official records in the Office of the Recorder of San Diego County, California, executed by: RICHARD NEIL BYERS AND CAROL JEAN BYERS, HUSBAND AND WIFE, AS JOINT TENANTS as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR DOLLAR MORTGAGE CORPORATION, A CALIFORNIA CORPORATION, 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 notes (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: As more fully described in said Deed of Trust Amount of unpaid balance and other charges: \$618,072.16 The street address and other common designation of the real property purported as: 1852 CAROB TREE LANE, EL CAJON, CA 92021 APN Number: 508-010-40-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site www. Priorityposting.com , using the file number assigned to this case 24651CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being

sold "as is". DATE: 1/15/2013 MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE 3 SAN JOAQUIN PLAZA, SUITE 215, NEWPORT BEACH, CA 92660 Sales Line: (714) 573-1965 OR (702) 586-4500 Jesse J. Fernandez, Publication Lead MERIDIAN FORECLOSURE SERVICE IS ASSISTING THE BENEFICIARY TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P1015188 1/17, 1/24, 01/31/2013

Trustee Sale No. 25164CA Title Order No. 95503970 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/2/2006. 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 2/14/2013 at 10:00 AM, MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 03/10/2006, Book , Page , Instrument 2006-0166283 of official records in the Office of the Recorder of San Diego County, California, executed by: ELIAS LERMA, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR INDYMAC BANK, F.S.B., A FEDERALLY CHARTERED SAVINGS BANK, 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 notes (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: As more fully described in said Deed of Trust The street address and other common designation of the real property purported as: 555 DURHAM STREET, EL CAJON, CA 92019 APN Number: 511-033-07-00 Amount of unpaid balance and other charges: \$492,229.42 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those

not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site www. Priorityposting.com , using the file number assigned to this case 25164CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. In addition, the borrower on the loan shall be sent a written notice if the sale has been postponed for at least ten (10) business days. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". DATE: 1/18/2013 MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE 3 SAN JOAQUIN PLAZA, SUITE 215, NEWPORT BEACH, CA 92660 Sales Line: (714) 573-1965 OR (702) 586-4500 JESSE J. FERNANDEZ, PUBLICATION LEAD MERIDIAN FORECLOSURE SERVICE IS ASSISTING THE BENEFICIARY TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P1016103 1/24, 1/31, 02/07/2013



ORDINANCE NO. 4986

AN ORDINANCE AMENDING SPECIFIC PLAN NO. 106 TO ADD SEVEN ADDITIONAL AGE-RESTRICTED RESIDENTIAL APARTMENTS TO AN EXISTING MIXED-USE DEVELOPMENT.

WHEREAS, the Planning Commission held a duly advertised public hearing on December 10, 2012, on this item and then adopted Resolution No. 10704 recommending City Council approval of Amendment to Specific Plan No. 106 to add seven additional age-restricted residential apartments to an existing mixed-use development; and

WHEREAS, the City Council held a duly advertised public hearing on January 8, 2013 to consider the proposed Amendment of Specific Plan No. 106; and

WHEREAS, the applicant has complied with all recommended pre-ordinance conditions of approval set-forth in Planning Commission Resolution No. 10704 and the site plan pertaining to Specific Plan No. 106 has been received by the City; and

WHEREAS, the proposed project is exempt from environmental review in accordance with Section 15303 of the CEQA Guidelines (New Construction or Conversion of Small Structures). Class 3 provides an exemption for the conversion of small structures in urban environments from one use to another. The proposed modifications to the site will result in the conversion of existing vacant commercial space to create seven new dwelling units. None of the exceptions listed in Section 15300.2 of the CEQA Guidelines exist.

The City Council of the City of El Cajon does ordain as follows:

SECTION 1. Based upon the record as a whole, the City Council hereby makes the following findings:

A. The proposed specific plan amendment will serve the public interest by providing seven new housing units designated for the elderly in close proximity to public transportation and community services, if private laundry facilities are provided in each new unit and

if the housing units are age-restricted; and

B. The proposed specific plan amendment will systematically implement the General Plan because it will remove government constraints to housing, assist in the provision or a wide range of housing types, and provide age-restricted housing in close proximity to public transportation and recreational facilities; and

C. The proposed specific plan amendment will not result in a parking problem on adjacent properties or public streets because there is sufficient existing parking at the project site, and occupancy of the proposed residential units would be restricted to senior citizens; and

D. A reduction in the amount of required parking at this project is warranted because the proposed residential units will remain age-restricted for the life of the project; and

E. The fuel truck circulation pattern is depicted on the project site plan and reduces vehicular conflicts.

SECTION 2. The City Council hereby approves this Amendment of Specific Plan No. 106 to add seven additional age-restricted residential apartments to an existing mixed-use development, as presented in "Exhibit I" of Specific Plan No. 106 on file in the Community Development Department and incorporated herein by reference, subject to the following conditions:

- In addition to complying with the notes and site configuration of the revised SP No. 106 site plan, and prior to occupancy of the proposed new residential units, the following conditions shall be satisfied:
 - The applicant shall comply with all the conditions listed in the "Standard Conditions of Development" adopted by the Planning Commission by Planning Commission Resolution No. 10649 and labeled "Exhibit A" of Planning Commission Resolution No. 10704, as applicable.
 - The applicant shall comply with the requirements of the Public Works Dept. as noted in the attached memo labeled "Exhibit B" of Planning Commission Resolution No. 10704, dated 06-20-12.
 - The applicant shall comply with the building requirements of the Building & Fire Safety Division as noted in the attached memo labeled "Exhibit C" of Planning Commission Resolution No. 10704, dated 06-05-12.
 - The applicant shall comply with the fire safety requirements of the Building & Fire Safety Division as noted in the attached memo labeled "Exhibit D" of Planning Commission Resolution No. 10704, dated 06-05-12.
 - The applicant shall comply with the requirements of the Helix Water District as noted in the attached letter labeled "Exhibit E" of Planning Commission Resolution No. 10704, dated 06-11-12.

- The following are ongoing conditions of approval for SP No. 106, which shall be noted on the revised SP No. 106 site plan under the heading of "Planning Requirements," and which shall be satisfied at all times during the life of the specific plan.
 - The SP No. 106 site plan shall be consistent with the approved site plan for CUP No. 1805. Any subsequent changes that are made to the CUP No. 1805 site plan shall be reflected on the SP No. 106 site plan and may require a formal amendment of SP No. 106.
 - The 17 age-restricted residential units at this development shall only be made available to senior citizens. The head of the household, or their spouse, must be age 62 or older. "Age-restricted" shall be as defined by the US Department of Housing and Urban Development.
 - Private laundry facilities shall be provided and maintained in each of the 17 age-restricted residential units at this development.

- If any and all conditions for this specific plan amendment have not been satisfied, or the specific plan amendment has not become effective, and if no request for an extension of time has been received within one year of this approval this specific plan shall be considered null and void per El Cajon Zoning Ordinance Section 17.35.010(C).

- The physical layout of the project site, including the shared parking areas, and the interconnecting drive aisles between lots shall be maintained as indicated on the attached Specific Plan No. 106, Exhibit I, except as modified by this Ordinance.

SECTION 3. After the effective date of this ordinance all uses, and all new or remodeled buildings, structures, or other improvements, shall be in conformance with, and in accordance with, Specific Plan No. 106, as amended.

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

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency Meeting held this 22nd of January, 2013, by the following vote to wit:

AYES:	Lewis, Ambrose, Kendrick, McClellan, Wells	East County Gazette- GIE030790
NOES:	None	01/24/13
ABSENT:	None	



NOTICE IS HEREBY GIVEN THAT, the Treasurer of the City of El Cajon, County of San Diego, State of California, declares that the following monetary sums have been held by the City Treasurer and have remained unclaimed in the fund hereafter indicated for a period of over three (3) years and will become the property of the City of El Cajon on the 26th day of March, 2013, a date not less than forty-five (45) days nor more than sixty (60) days after first publication on this Notice.

Payee	Check Date	Check Number	Check Amount
Brown, Cheryl	07/27/07	521648	\$ 34.13
Hodge Products Inc	08/03/07	821904	\$ 92.61
7-Eleven	08/30/07	522241	\$ 108.00
Moore, Carolyn	09/28/07	522780	\$ 164.43
Dixon, Debra	11/02/07	523470	\$ 60.00
Collins, Janice	12/20/07	524421	\$ 32.24
Crystal Talk Communications	01/28/08	524923	\$ 43.00
Dinner Time Diva	01/28/08	524932	\$ 20.00
Rose Trust	02/28/08	525697	\$ 42.55
Western Exterminator	03/21/08	526128	\$ 16.00
Hall, Sande	04/03/08	526333	\$ 125.00
Erath, Beverly	04/10/08	526382	\$ 100.00
The Golden Pawnshop	04/10/08	526506	\$ 17.10
Howe, Bernadette	05/22/08	527222	\$ 40.00
SD Realty Group Inc., Frank & Tom Account	08/07/08	527682	\$ 75.00
Atterbury, Robert	06/26/08	527911	\$ 46.48
National City Mortgage Loan	07/10/08	528132	\$ 70.85
Regal Cinemas Utility	09/04/08	583189	\$ 1,928.57
Granise, Linda	09/18/08	583377	\$ 100.00
Land America Commonwealth	09/25/08	583517	\$ 44.66
Fidelity National Title	01/02/09	585181	\$ 244.33
Flores, Ivan	01/02/09	585203	\$ 210.21
First American Title Ins	02/12/09	586048	\$ 61.92
Meagher, Paul	03/19/09	586830	\$ 40.00
Scan Health Plan	03/19/09	586852	\$ 125.00
Nationstar Mortgage	04/02/09	587096	\$ 24.65
Morgan, Holly	04/30/09	587654	\$ 40.00
Health & Human Services	06/04/09	588366	\$ 125.00
Rall, Patricia	07/30/09	589526	\$ 20.00
Heritage Escrow	08/12/09	589709	\$ 61.49
Wong, Qian	08/27/09	590069	\$ 20.00
Koski, Kelly	09/17/09	590421	\$ 25.00
Kincheloe, Tim	10/02/09	590785	\$ 175.41
Cowart, Benjamin	12/10/09	592073	\$ 40.00
Pacific Coast	12/17/09	592305	\$ 30.00

Any party of interest may, prior to the date designated herein above, file a claim with the City Treasurer which includes the claimant's name, address, amount of claim, the grounds on which the claim is founded and the date, name, amount, and heading shown in this notice. The party of interest may be required to submit additional documentation with the claim form that further substantiates the claim. The claim form may be obtained from the City of El Cajon Finance or the City's website at www.cityofelcajon.us, click on Departments, Finance. Mail signed claim forms to the City of El Cajon Finance Department, 200 Civic Center Way, El Cajon, CA 92020. The City Treasurer may accept or reject the claim. If rejected by the City Treasurer, the party submitting the claim may, within 30 days of receiving notice of rejection, file and serve on the City Treasurer a verified complaint seeking to recover all, or a designated part, of the unclaimed funds.

East County Gazette- GIE030790
01/24/13, 01/31/13

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033592
FICTITIOUS BUSINESS NAME(S): Under Lock and Key
Located at: 6535 Mission Gorge Rd., San Diego, CA 92120
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Maaad Aalshaeal 1339 Peach Ave., El Cajon, CA 92021
This statement was filed with Recorder/Court Clerk of San Diego County on December 28, 2012.

East County Gazette- GIE030790
1/24, 1/31, 2/7, 2/14, 2013

— LEGAL NOTICES —

T.S. No. 12-2977-11 Loan No. 0678206012 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 7/29/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. See attached Exhibit "A" for Legal Description 12-2977-11 EXHIBIT "A" THE LAND REFERRED TO IN THIS GUARANTEE IS SITUATED IN THE STATE OF CALIFORNIA, CITY OF EL CAJON, COUNTY OF SAN DIEGO AND IS DESCRIBED AS FOLLOWS: A CONDOMINIUM COMPRISED OF: PARCEL 1: THE LIVING UNITS: THE FEE SIMPLE TITLE IN THOSE PORTIONS OF LOT 5 OF JAMACHA GREENS, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO THE OFFICIAL PLAT THEREOF, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, CALIFORNIA ON NOVEMBER 19, 1971, AS MAP NO. 7121, CONSISTING OF THE AIR SPACES WITHIN THE LIVING UNITS DESIGNATED BY UNIT NO. 13 IN LOT 5 (PHASE 3) INCLUSIVE ON THAT CERTAIN CONDOMINIUM PLAN RECORDED AS INSTRUMENT NO. 80368 OF OFFICIAL RECORDS, IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY ON MARCH 31, 1972. PARCEL 2: COMMON AREA "A": AN UNDIVIDED 1/60TH INTEREST IN SAID LOT 5, AS SHOWN ON SAID CONDOMINIUM PLAN AND AS DEFINED IN THAT CERTAIN DECLARATION IF RESTRICTIONS ATTACHED TO AND MADE A PART OF SAID CONDOMINIUM PLAN. EXCEPTING THEREFROM THE LIVING UNITS NOT SPECIFICALLY DESIGNATED IN PARCEL 1 WHICH ARE LOCATED UPON THE AFORESAID LOTS; AND EXCEPTING THEREFROM THE RIGHT AND EASEMENT TO USE THOSE PORTIONS OF SAID LOTS WHICH ARE DESIGNATED AND DEFINED ON SAID CONDOMINIUM PLAN AS RESTRICTED COMMON AREAS WHICH ARE NOT APPURTENANT TO THE RESPECTIVE LIVING UNITS HEREIN DESCRIBED. FURTHER EXCEPTING THEREFROM AN EASEMENT FOR INGRESS AND EGRESS AND FOR PLACING OF ELECTRICAL TRANSMISSION LINES, SEWERS, GAS LINES AND OTHER PUBLIC UTILITIES WHICH SAID EASEMENT SHALL BE APPURTENANT TO ALL AND ANY PORTION OF LOTS 1 THROUGH 6 INCLUSIVE OF SAID JAMACHA GREENS AND WHICH IS DESIGNATED ON SAID CONDOMINIUM PLAN AS A "PRIVATE ACCESS AND UTILITY EASEMENT". PARCEL 3: COMMON AREA "B" AN UNDIVIDED 1/192ND INTEREST IN LOT 2 AS SHOWN ON MAP OF SAID JAMACHA 5 GREENS. PARCEL 4: RESTRICTED COMMON AREA: AN EXCLUSIVE RIGHT AND EASEMENT APPURTENANT TO THE LIVING UNITS HEREIN DESCRIBED, DESIGNATED ON SAID CONDOMINIUM PLAN AS "RESTRICTED COMMON AREA" AND FOR THE PURPOSE AS SET FORTH THEREON. PARCEL 5: PRIVATE ACCESS EASEMENT: A NON-EXCLUSIVE EASEMENT FOR INGRESS AND EGRESS AND FOR THE PLACING OF ELECTRICAL TRANSMISSION LINES, SEWERS, GAS LINE AND OTHER PUBLIC UTILITIES AS DESIGNATED ON SAID CONDOMINIUM PLAN AS A "PRIVATE ACCESS AND UTILITY

EASEMENT" AND ON SUCH ADDITIONAL CONDOMINIUM PLANS AFFECTING SAID JAMACHA GREENS AS MAY NOW OR BE HEREFTER RECORDED WHICH BEAR A SIMILAR DESIGNATION. Trustor: MARCO J. DIGIOVANNI AND MICHELLE J. DIGIOVANNI, HUSBAND AND WIFE Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 08/09/2004 as Instrument No. 2004-0753805 of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 1/31/2013 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 92020 Amount of unpaid balance and other charges: \$267,117.75, estimated Street Address or other common designation of real property: 967 AMISTAD PLACE #A EL CAJON, CA 92019 A.P.N.: 514-370-05-13 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site www.priorityposting.com, using the file number assigned to this case 12-2977-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 1/2/2013 THE WOLF FIRM, A LAW CORPORATION 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (714) 573-1965 www.priorityposting.com Frank Escalera, Team Lead P1012882 1/10, 1/17, 01/24/2013

T.S. No.: 12-01186 Loan No.: Otay Village Three T.O. 7742-468619 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/8/2010. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining

principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: OTAY VILLAGE THREE INVESTMENTS, LP, A DELAWARE LIMITED PARTNERSHIP Duly Appointed Trustee: Stewart Default Services Recorded 5/17/2010 as Instrument No. 2010-0245835 of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 1/31/2013 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 Estimated amount of unpaid balance and other charges: \$3,848,243.09 Street Address or other common designation of real property: Vacant Land on Proctor Valley Road, Jamul, CA 91935: Directions to said land may be obtained by submitting a written request within ten (10) days form the first publication of this notice to: Stewart Default Services 7676 Hazard Center Drive, Suite 820, San Diego, California 92108 Legal Description: THE NORTHEAST QUARTER OF THE SOUTHEAST QUARTER AND THE SOUTH HALF OF THE SOUTHEAST QUARTER OF SECTION 17, TOWNSHIP 17 SOUTH, RANGE 1 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO THE OFFICIAL PLAT THEREOF, ALSO KNOWN AS PARCEL "B" OF A CERTIFICATE OF COMPLIANCE RECORDED IN THE OFFICIAL RECORDS OF SAN DIEGO COUNTY, CALIFORNIA ON MAY 5, 2010 AS DOCUMENT NO. 2010-0226435. A.P.N.: 597-140-08-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 888-210-6524 or visit this Internet Web site www.priorityposting.com using the file number 12-001186 assigned to this case. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 1/4/2013 Stewart Default Services 7676 Hazard Center Drive, Suite 820 San Diego, California 92108 (888) 210-6524 Sale Line: 714-573-1965 Website: www.priorityposting.com Olesya Williams, Trustee Sale Officer 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. P1013153 1/10, 1/17, 01/24/2013

Trustee Sale No. 253116CA Loan No. 3011738550 Title Order No. 918996 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11-07-2006. 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 02-22-2013 at 9:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 11-16-2006, Book N/A, Page N/A, Instrument 2006-0814344, of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: DAVID H. WALLACE AND, VICTORIA WALLACE, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, WASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive, San Diego, CA 92101 Legal Description: PARCEL 1: THE NORTHWEST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 3, IN TOWNSHIP 18 SOUTH, RANGE 2 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA. PARCEL 2: ALL THAT PORTION OF THE SECTION 3, TOWNSHIP 18 SOUTH, RANGE 2 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, DESCRIBED AS FOLLOWS: BEGINNING AT THE NORTHEAST CORNER OF SAID NORTHEAST QUARTER OF THE SOUTHWEST QUARTER DESCRIBED AS FOLLOWS: SOUTH 01°04'30" WEST ALONG THE EASTERLY LINE OF THE NORTHEAST QUARTER OF SAID SOUTHWEST QUARTER, A DISTANCE OF 914.60 FEET TO THE SOUTHEAST CORNER OF A TRACT OF LAND CONVEYED TO J.E. GIOVOTTI AND WIFE BY DEED DATED MAY 8, 1936 AND RECORDED IN BOOK 511, PAGE 306 OF OFFICIAL RECORDS, THE TRUE POINT OF BEGINNING; THENCE SOUTH 89° 20' WEST ALONG THE SOUTHERLY LINE OF SAID LAND, A DISTANCE OF 50 FEET; THENCE SOUTHERLY IN A STRAIGHT LINE TO ITS INTERSECTION WITH THE SOUTHERLY LINE OF SAID NORTHEAST QUARTER AND DISTANT WESTERLY 34 FEET FROM THE SOUTHEAST CORNER OF SAID NORTHEAST QUARTER; THENCE EASTERLY ALONG SAID SOUTHERLY LINE 34 FEET TO THE SOUTHEAST CORNER THEREOF; THENCE NORTHERLY ALONG THE EASTERLY LINE OF SAID NORTHEAST QUARTER TO THE TRUE POINT OF BEGINNING. PARCEL 3: AN EASEMENT AND RIGHT OF WAY FOR ROAD AND PUBLIC UTILITIES OVER, UNDER, ALONG AND ACROSS A STRIP OF LAND 10 FEET WIDE IN THE NORTHEAST QUARTER OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 3, TOWNSHIP 18 SOUTH, RANGE 2 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO UNITED STATES GOVERNMENT SURVEY, APPROVED MAY 20, 1881, THE NORTHERLY LINE OF SAID 10 FOOT WIDE STRIP BEING DESCRIBED AS FOLLOWS: BEGINNING AT A POINT ON THE EAST LINE OF SAID SOUTHWEST QUARTER, DISTANT THEREON SOUTH 01°04'30" WEST, 914.60 FEET FROM THE

NORTHEAST CORNER OF SAID SOUTHWEST QUARTER, SAID POINT BEING THE SOUTHEAST CORNER OF THE LAND CONVEYED TO PAUL D. JACKSON, ET UX, BY DEED RECORDED SEPTEMBER 27, 1967 AS FILE/PAGE NO. 148007 OF OFFICIAL RECORDS: THENCE ALONG THE SOUTHERLY LINE OF SAID LAND SOUTH 89°20' WEST, 110.50 FEET, SOUTH 85°30' WEST, 81.56 FEET AND SOUTH 80°45" WEST, 32.54 FEET TO THE SOUTHWEST CORNER HEREOF, BEING THE SOUTHEAST CORNER OF THE LAND CONVEYED TO GEORGE A. LANG, BY DEED RECORDED MARCH 24, 1967 AS FILE/PAGE NO. 40181 OF OFFICIAL RECORDS; THENCE ALONG THE SOUTHERLY LINE OF SAID LAND SOUTH 80°45' WEST, 25.05 FEET, NORTH 73° 13' WEST 66.8 FEET, NORTH 56°43' WEST, 32.83 FEET AND NORTH 38° WEST, 39.49 FEET TO THE SOUTHWEST CORNER THEREOF, BEING THE SOUTHEAST CORNER OF THE LAND CONVEYED TO BILL D. GREGORY, ET UX, BY DEED RECORDED DECEMBER 12, 1950 IN BOOK 3894, PAGE 290 OF OFFICIAL RECORDS; THENCE ALONG THE SOUTHERLY LINE OF SAID LAND NORTH 72°11' WEST 21.32 FEET, SOUTH 84°06' WEST 81.87 FEET AND SOUTH 67°57' WEST TO THE EASTERLY LINE OF CALIFORNIA STATE HIGHWAY XI-SD-200-C. SAID 10 FOOT WIDE STRIP TO TERMINATE IN THE SAID EAST LINE OF THE SOUTHWEST QUARTER OF SECTION 3 IN THE SAID EASTERLY LINE OF CALIFORNIA STATE HIGHWAY XI-SD-200C. EXCEPTING THEREFROM THAT PORTION LYING WITHIN PARCEL 2 ABOVE. PARCEL 4: AN EASEMENT AND RIGHT OF WAY FOR ROAD PURPOSES OVER A STRIP OF LAND 40 FEET WIDE IN THE EAST HALF OF THE SOUTHEAST QUARTER OF SECTION 3, TOWNSHIP 18 SOUTH, RANGE 2 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO UNITED STATES GOVERNMENT SURVEY, THE CENTER LINE OF SAID 40 FOOT WIDE STRIP BEING DESCRIBED AS FOLLOWS: BEGINNING AT A POINT ON THE WEST LINE OF THE NORTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SAID SECTION DISTANT THEREON 109.5 FEET NORTHERLY ALONG SAID WEST LINE FROM THE SOUTHWEST CORNER OF SAID NORTHEAST QUARTER OF THE SOUTHEAST QUARTER; THENCE SOUTH 27°05'45" EAST 8 FEET; THENCE SOUTH 44° 27'07" EAST 188.81 FEET; THENCE SOUTH 18°51'41" EAST 216.12 FEET; THENCE SOUTH 36°49'59" EAST 250.26 FEET TO AN INTERSECTION WITH THE CENTER LINE OF COUNTY ROAD SURVEY NO. 141 LINE, "C" 40 FEET WIDE, AS CONVEYED TO THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, BY DEED RECORDED FEBRUARY 1, 1895 IN BOOK 257, PAGE 418 OF DEEDS. Amount of unpaid balance and other charges: \$1,042,588.96 (estimated) Street address and other common designation of the real property: 17822 HIGHWAY 94 DULZURA, CA 91917 APN Number: 649-070-08-00 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: 01-18-2013 CALIFORNIA RECONVEYANCE COMPANY, as Trustee BRENDA BATTEN, ASSISTANT SECRETARY California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902 CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Sales Information: www.lpsasap.com or 1-714-730-2727 www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-280-2832

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, this information can be obtained from one of the following three companies: LPS Agency Sales & Posting at (714) 730-2727, or visit the Internet Web site www.lpsasap.com (Registration required to search for sale information) or Priority Posting & Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com, using the Trustee Sale No. shown above. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. P1013713 1/24, 1/31, 02/07/2013

Notice of sale of Abandoned Property Pursuant to sections 21701-21715 of the business and professions code, section 2328 of the commercial code and section 535 of the penal code Located at:
Ace Your Storage Place
573 Raleigh Avenue
El Cajon, CA 92020
(619) 440-7867

By competitive bidding will sell, on February 6th 2013 at 9:30 AM or after. The following properties: miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:

H069 Socrates Torres
D078/D079 Avenamar Escobar
D053 Trish Nichols
G023 Jason Woods
A007 Michelle Meling
H063 Rafael Cartegena
H017 Julie Arguelles
East County Gazette GIE 030790
Jan. 24, 31, 2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2012-033031
FICTITIOUS BUSINESS NAME(S): Specialty Office Services
Located at: 1535 Sundale Rd., El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: May 3, 2007
This business is hereby registered by the following: Patrick Shaw 1535 Sundale Rd., El Cajon, CA 92019
This statement was filed with Recorder/County Clerk of San Diego County on December 20, 2012.
East County Gazette- GIE030790
1/03, 1/10, 1/17, 1/24, 2013

— LEGAL NOTICES —

APN: 388-271-16-00 TS No: CA05002974-11-3 TO No: 5909724 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 1, 2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 22, 2013 at 09:00 AM, Auction.com Room at Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive, San Diego, CA 92101, 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 August 6, 2007 as Instrument No. 2007-0524825 of official records in the Office of the Recorder of San Diego County, California, executed by JAMES R WARREN II, A SINGLE MAN, as Trustor(s), in favor of AMERICAN MORTGAGE NETWORK, INC., A DELAWARE CORPORATION as Lender and MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee for Lender, its successors and/or assigns, 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: 1214 MANOR DR, EL CAJON, CA 92021 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 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 this Notice of Trustee's Sale is estimated to be \$399,863.29 (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. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g

of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Auction.com at 800.280.2832 for information regarding the Trustee's Sale or visit the Internet Web site address on the previous page for information regarding the sale of this property, using the file number assigned to this case, CA05002974-11-3. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: January 8, 2013 TRUSTEE CORPS TS No. CA05002974-11-3 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Tina Godoy, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Auction.com FOR AUTOMATED SALES INFORMATION PLEASE CALL AUCTION.COM AT 800.280.2832 TRUSTEE CORPS MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1013732 1/17, 1/24, 01/31/2013

T.S. NO.: PJL-122282-CA Loan Number: 1051022630 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT THAT CERTAIN DEED OF TRUST DATED AS OF 11/20/2006, WHICH WAS RECORDED ON 11/21/2006 AS INSTRUMENT NUMBER 2006-0831332, IN THE OFFICIAL RECORDS OF SAN DIEGO COUNTY, CALIFORNIA (THE "DEED OF TRUST"). 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 February 6, 2013, at 10:00am, located at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, California, Fidelity National Title Company dba Fidelity National Default Services ("Trustee"), as duly appointed trustee under and pursuant to the Deed of Trust, which was executed by Twin Development, LLC, a California limited liability company ("Trustor"), as Trustor, in favor of La Jolla Bank, FSB, as Beneficiary, under the power of sale therein contained, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by Cash, a Cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state), without warranty express or implied as to title, use, possession or encumbrances. All estate, right, title and interest conveyed to and now held by it under the Deed of Trust in the property situated in San Diego County, California, which is described on Exhibit A attached hereto and incorporated herein by this reference, which has been assigned the A.P.N Numbers described on Exhibit B attached hereto and incorporated herein by this reference: (the "Real Property"). EXHIBIT A LEGAL DESCRIPTION THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: PARCEL A1: LOTS 147, 148, 149 AND 153 OF COUNTY OF SAN DIEGO TRACT NO. 3832-6, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10881, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 22, 1984. PARCEL A2: PARCELS B, C AND D OF CERTIFICATE OF COMPLIANCE RECORDED AUGUST 11, 2000 AS FILE NO. 2000-0426669, OFFICIAL RECORDS. PARCEL B: LOTS 154 THROUGH 176, INCLUSIVE, OF COUNTY OF SAN DIEGO TRACT NO. 3832-7, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10882, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 22, 1984. EXCEPT THEREFROM THAT PORTION OF LOT 175 LYING WITHIN COUNTY OF SAN DIEGO TRACT NO. 4553, ACCORDING TO MAP THEREOF NO. 12588, FILED IN THE OF-

FICE OF THE COUNTY REORDER OF SAN DIEGO COUNTY, MARCH 28, 1990. PARCEL C: LOTS 177 THROUGH 216, INCLUSIVE, OF COUNTY OF SAN DIEGO TRACT NO. 3832-8, IN COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10883, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 22, 1984. PARCEL D: LOTS 217 THROUGH 246, INCLUSIVE, OF COUNTY OF SAN DIEGO TRACT NO. 3832-9, IN COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10884, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 22, 1984. PARCEL E: LOTS 247 THROUGH 270, INCLUSIVE, OF COUNTY OF SAN DIEGO TRACT NO. 3832-0, IN COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10885, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 22, 1984. PARCEL F: LOTS 1 THROUGH 48, INCLUSIVE, OF COUNTY OF SAN DIEGO TRACT NO. 4553, IN COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 10885, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, MARCH 28, 1990. EXHIBIT B APN NUMBERS 520-273-06-00 520-273-05-00 520-273-04-00 520-273-03-00 520-273-02-00 520-273-01-00 520-252-07-00 520-252-06-00 520-252-05-00 520-252-04-00 520-252-03-00 520-252-02-00 520-252-01-00 520-252-37-00 520-252-36-00 520-252-35-00 520-252-34-00 520-252-33-00 520-252-32-00 520-252-31-00 520-252-30-00 520-252-29-00 520-252-28-00 520-252-27-00 520-252-26-00 520-252-25-00 520-252-24-00 520-252-23-00 520-252-22-00 520-252-21-00 520-262-42-00 520-262-41-00 520-262-40-00 520-262-39-00 520-262-38-00 520-262-37-00 520-262-36-00 520-262-35-00 520-262-34-00 520-262-33-00 520-262-32-00 520-262-31-00 520-262-30-00 520-262-29-00 520-262-20-00 520-262-19-00 520-262-18-00 520-262-17-00 520-262-16-00 520-262-15-00 520-262-14-00 520-262-13-00 520-262-12-00 520-262-11-00 520-262-10-00 520-262-09-00 520-262-08-00 520-262-07-00 520-262-06-00 520-262-05-00 520-262-04-00 520-252-10-00 520-252-09-00 520-252-08-00 520-262-28-00 520-262-27-00 520-262-26-00 520-262-25-00 520-261-16-00 520-261-17-00 520-261-15-00 520-261-14-00 520-261-13-00 520-261-12-00 520-261-11-00 520-261-10-00 520-261-09-00 520-261-08-00 520-261-07-00 520-261-06-00 520-261-05-00 520-261-04-00 520-262-01-00 520-261-22-00 520-261-21-00 520-261-20-00 520-261-19-00 520-261-18-00 520-262-24-00 520-262-23-00 520-262-22-00 520-262-21-00 520-262-02-00 520-262-03-00 520-252-11-00 520-252-12-00 520-252-13-00 520-252-14-00 520-252-15-00 520-252-16-00 520-251-01-00 520-251-02-00 520-252-17-00 520-252-18-00 520-252-19-00 520-252-20-00 520-251-03-00 520-251-04-00 520-251-05-00 520-251-06-00 520-261-01-00 520-261-02-00 520-261-03-00 520-251-07-00 520-311-01-00 520-311-02-00 520-311-03-00 520-311-04-00 520-311-05-00 520-311-06-00 520-311-07-00 520-311-08-00 520-313-01-00 520-313-02-00 520-313-03-00 520-313-04-00 520-312-01-00 520-312-02-00 520-312-03-00 520-312-04-00 520-312-05-00 520-312-06-00 520-312-07-00 520-312-08-00 520-312-09-00 520-313-05-00 520-313-06-00 520-313-07-00 520-313-08-00 520-313-09-00 520-313-10-00 520-313-11-00 520-313-12-00 520-313-13-00 520-313-14-00 520-313-15-00 520-313-16-00 520-313-17-00 520-313-18-00 520-313-19-00 520-313-20-00 520-313-21-00 520-313-22-00 520-313-25 520-312-11 520-312-12 520-311-08 520-311-09 520-311-10 520-311-11 520-311-12 ADC Venture 2011-2, LLC, a Delaware limited liability company ("Beneficiary") is the current beneficiary under the Deed of Trust. The Real Property is being sold "as is". From information which the Trustee deems reliable, but for which the Trustee makes no representation or warranty, the street address and other common designation, if any, of the Real Property is purported to be: VACANT LAND: Directions to said land may be obtained by submitting a written request within ten(10) days from the first publication of this notice to: Fidelity National Default Services 4350 La Jolla Village Drive, Suite 370, San Diego, California 92122 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 warrant, expressed or implied, regarding title, possession or encumbrances, to pay the remaining principal sum of the note secured by the Deed of Trust, with interest

thereon, as provided in said note, advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trust created by the Deed of Trust, to-wit: \$22,903,577.92 (estimated). Accrued interest and additional advances, if any, will increase the figure prior to sale. The sale contemplated by this Notice of Trustee's Sale will be conducted by Priority Posting, which is an agent of the Trustee. For further information regarding the sale contemplated by this Notice of Trustee's Sale, log on to www.priorityposting.com or call (877) 393-6812. Beneficiary has heretofore executed and delivered to the undersigned, a written Declaration of Default and Demand for Sale (the "Declaration"). Pursuant to the Declaration, the undersigned prepared a Notice of Default and Election to Sell (the "NOD"). The Beneficiary approved the NOD and the undersigned subsequently caused the NOD to be recorded in the County where the Real Property is located. More than three months have elapsed since the NOD recorded. Dated: January 10, 2013 Fidelity National Title Company dba Fidelity National Default Services 4350 La Jolla Village Drive, Suite 370 San Diego, California 92122 (877) 393-6812 www.priorityposting.com Susan Bales, Vice President P1015095 1/17, 1/24, 01/31/2013

Trustee Sale No. 12-00552-2 Loan No: 0262207054-18 APN 488-221-33-00, 488-221-31-00 & 488-221-32-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED October 9, 2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 14, 2013, at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, FIDELITY NATIONAL TITLE COMPANY, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on October 22, 2004, as Instrument No. 2004-1003481 of Official Records in the office of the Recorder of San Diego County, CA, executed by: MIKE A. TAJRAN AND DEENA S. TAJRAN, as Trustor, in favor of WACHOVIA SBA LENDING, 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 EXHIBIT "A" ATTACHED HERETO EXHIBIT "A" PARCEL 1: THAT PORTION OF LOT 2 IN BLOCK 8 OF EL CAJON CITY, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 597, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, APRIL 28, 1886, DESCRIBED AS FOLLOWS: COMMENCING AT THE NORTHEASTERLY CORNER OF SAID LOT 2; THENCE ALONG THE NORTHERLY LINE OF SAID LOT 2, SOUTH 89° 58' 00" WEST, 9.98 FEET TO THE POINT OF CUSP WITH A TANGENT 10.00 FOOT RADIUS CURVE, CONCAVE SOUTHWESTERLY, SAID CURVE BEING ALSO TANGENT TO THE EASTERLY LINE OF SAID LOT 2, AND SAID POINT OF CUSP BEING THE TRUE POINT OF BEGINNING; THENCE SOUTHEASTERLY AND SOUTHERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 89° 52' 30" A DISTANCE OF 15.69 FEET TO THE POINT OF TANGENCY IN THE EASTERLY LINE OF SAID LOT 2; THENCE ALONG SAID EASTERLY LINE, SOUTH 00° 09' 30" EAST, 130.02 FEET TO THE NORTHEAST CORNER OF THE SOUTHERLY 70.00 FEET OF SAID LOT 2; THENCE ALONG THE NORTHERLY LINE OF THE SOUTHERLY 70.00 FEET OF SAID LOT 2, SOUTH 89° 58' 00" WEST, 108.69 FEET; THENCE NORTH 00° 02' 00" EAST, 140.00 FEET TO THE NORTHERLY LINE OF SAID LOT 2; THENCE ALONG SAID NORTHERLY LINE NORTH 89° 58' 00" EAST, 98.25 FEET TO THE TRUE POINT OF BEGINNING. APN: 488-221-32-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a

THOSE PORTIONS OF LOT 1 AND 2 IN BLOCK 8 OF EL CAJON CITY, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 597, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, APRIL 28, 1886, DESCRIBED AS FOLLOWS: COMMENCING AT THE NORTHEASTERLY CORNER OF SAID LOT 2; THENCE ALONG THE EASTERLY LINE OF SAID LOT 2, SOUTH 00° 09' 30" EAST, 140.00 FEET TO THE NORTHEAST CORNER OF THE SOUTHERLY 70.00 FEET OF SAID LOT 2; THENCE ALONG THE NORTHERLY LINE OF THE SOUTHERLY 70.00 FEET OF SAID LOTS 2 AND 1, SOUTH 89° 58' 00" WEST, 58.98 FEET TO THE WESTERLY LINE OF THE EASTERLY 2 9.00 FEET OF SAID LOT 1; THENCE ALONG SAID WESTERLY LINE NORTH 00° 04' 45" WEST, 140.00 FEET TO THE NORTHERLY LINE OF SAID LOT 1; THENCE ALONG THE NORTHERLY LINE OF SAID LOTS 1 AND 2, NORTH 89° 58' 00" EAST, 59.15 FEET TO A LINE WHICH BEARS NORTH 00° 02' 00" EAST FROM THE TRUE POINT OF BEGINNING; THENCE SOUTH 00° 02' 00" WEST, 140.00 FEET TO THE TRUE POINT OF BEGINNING. EXCEPTING THEREFROM THAT PORTION OF THE EAST 29.00 FEET OF SAID LOT 1, LYING SOUTHERLY OF THE SOUTH 82.00 FEET (MEASURED ALONG THE EAST LINE OF SAID LOT 1). APN: 488-221-31-00 PARCEL 3: THE WESTERLY 48.00 FEET OF THAT PORTION OF LOT 2 IN BLOCK 8 OF EL CAJON CITY, IN THE CITY OF EL CAJON, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 597, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, APRIL 28, 1886, DESCRIBED AS FOLLOWS: COMMENCING AT THE NORTHEASTERLY CORNER OF SAID LOT 2; THENCE ALONG THE NORTHERLY LINE OF SAID LOT 2, SOUTH 89° 58' 00" WEST, 9.98 FEET TO THE POINT OF CUSP WITH A TANGENT 10.00 FOOT RADIUS CURVE, CONCAVE SOUTHWESTERLY, SAID CURVE BEING ALSO TANGENT TO THE EASTERLY LINE OF SAID LOT 2, AND SAID POINT OF CUSP BEING THE TRUE POINT OF BEGINNING; THENCE SOUTHEASTERLY AND SOUTHERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 89° 52' 30" A DISTANCE OF 15.69 FEET TO THE POINT OF TANGENCY IN THE EASTERLY LINE OF SAID LOT 2; THENCE ALONG SAID EASTERLY LINE, SOUTH 00° 09' 30" EAST, 130.02 FEET TO THE NORTHEAST CORNER OF THE SOUTHERLY 70.00 FEET OF SAID LOT 2; THENCE ALONG THE NORTHERLY LINE OF THE SOUTHERLY 70.00 FEET OF SAID LOT 2, SOUTH 89° 58' 00" WEST, 108.69 FEET; THENCE NORTH 00° 02' 00" EAST, 140.00 FEET TO THE NORTHERLY LINE OF SAID LOT 2; THENCE ALONG SAID NORTHERLY LINE NORTH 89° 58' 00" EAST, 98.25 FEET TO THE TRUE POINT OF BEGINNING. APN: 488-221-32-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a

court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-573-1965 or visit this Internet Web site www.priorityposting.com, using the file number assigned to this case 12-00552-2. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. 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: 269 EAST LEXINGTON AVENUE, EL CAJON, CA - AS TO PARCEL 488-221-31-00 277 EAST LEXINGTON AVENUE, EL CAJON, CA - AS TO PARCEL 488-221-32-00 291 EAST LEXINGTON AVENUE, EL CAJON, CA - AS TO PARCEL 488-221-33-00 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 \$897,013.47 (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: January 17, 2013 FIDELITY NATIONAL TITLE COMPANY, TRUSTEE 12-00552-2 11000 Olson Drive Ste 101 Rancho Cordova, CA 95670 916-636-0114 Rachel Cissney, Authorized Signature SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com AUTOMATED SALES INFORMATION PLEASE CALL 714-573-1965 P1016094 1/24, 1/31, 02/07/2013

Notice of sale of Abandoned Property Pursuant to sections 21701-21715 of the business and professions code, section 2328 of the commercial code and section 535 of the penal code Located at: Ace Your Storage Place 9672 Winter Gardens Blvd Lakeside, CA 92040 (619) 443-9779 Will sell, by competitive bidding, on February 6 2013 8:00 AM or after. The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts: DU089 AMY ROSARIO C0056 JEANNIE BYERLEY CU037 STEVEN KOECHIG William k Ritch West coast auctions State license bla 6401382 760-724-0423

Our Best Friends

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

The El Cajon Animal Shelter is located at 1275 N. Marshall, El Cajon, (619) 441-1580.

Hours are Tuesday through Saturday 10 a.m. to 5 p.m.



Daisy, 9-month-old Pit Bull mix female. ID#1412



Bogey, 3-1/2-year-old Chihuahua/Jack Russell Terrier mix male. ID#13083



Peter, 6-month-old Bull Terrier male. ID: 14278



Patty, 8-month-old domestic short hair female. ID: 14262



Cooper, 1-year-old Chihuahua mix male ID#13475



Buddy, 4-1/2-year-old Miniature Pincher male. ID#5532



Butch, 1-year-old Terrier Chihuahua mix male. ID# 1418



Whiskers, 8-year-old domestic long hair male. ID: 14008



Alexa, Domestic Short Hair female. ID#14271



Zeus, 1-year-old Pit Bull Terrier male. ID#13238,

Pet of the Week



Look at that happy face! This precious nine-month-old Chihuahua mix pup is as cute as can be, and her name is SPARKLE. Her name is very fitting, since she lights up a room with her energy. This playful and fun-loving little gal loves to run around the play yard and chase toys, and she also loves to stop for kisses and tummy rubs. You can bet that she loves to snuggle, too. Sparkle is a great size to be a house dog (or apartment dog), and she'd need a small yard or a daily walk (or maybe a trip to the dog park?) to get her daily exercise. Sparkle gets along well with other dogs, and she'd probably love to have another dog in her new home that also loves to play. She would do best in a home with older children. Sparkle is just a pup, so she is eager to learn new things with your loving, patient guidance. Please come visit her at the El Cajon Animal Shelter in kennel #32, then ask the staff if you can get better acquainted in the play yard. Both you and Sparkle will have lots of fun together! Pet ID: 13097

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

619.562.2208
10845 Woodside Ave. • Santee, CA 92071

MAKE 2013 YOUR YEAR TO SHINE!

Call us and see how easy and affordable advertising can be!

(619) 444-5774

Advertise in the paper everyone's reading!



VIEJAS OUTLETS

Destination Shopping

Shop to
WIN One of 52
\$500
SHOPPING SPREES

Qualify weekly through Dec. 31, 2013.
For every \$100 spent at Viejas Outlets
Stores, receive one entry for a chance
to win one of 52 \$500 shopping sprees.

Weekly drawings every Wednesday.

"Shop to Win" Official rules / regulations available at
Viejas Outlets Shopper Services. Must be 18 or older to enter.

COACH · NIKE · EDDIE BAUER · GAP
TOMMY HILFIGER · SKECHERS
OSH KOSH B'GOSH · VANS · GUESS
BROOKS BROTHERS · REEBOK
...AND COMING IN
EARLY SPRING 2013:
CHARLOTTE RUSSE!

Center Hours
Mon - Sat 10am - 8pm
Sun 11am - 7pm

Please visit us at ViejasOutletCenter.com
for regular updates on sales and events
619-659-2070

