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#### What's new in theaters?

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



Check out the reviews on  
'A Good Day to Die Hard'  
by  
Diana Saenger



and  
'Happy People: A Year  
in the Taiga'  
by Jean Lowerison  
on page 10

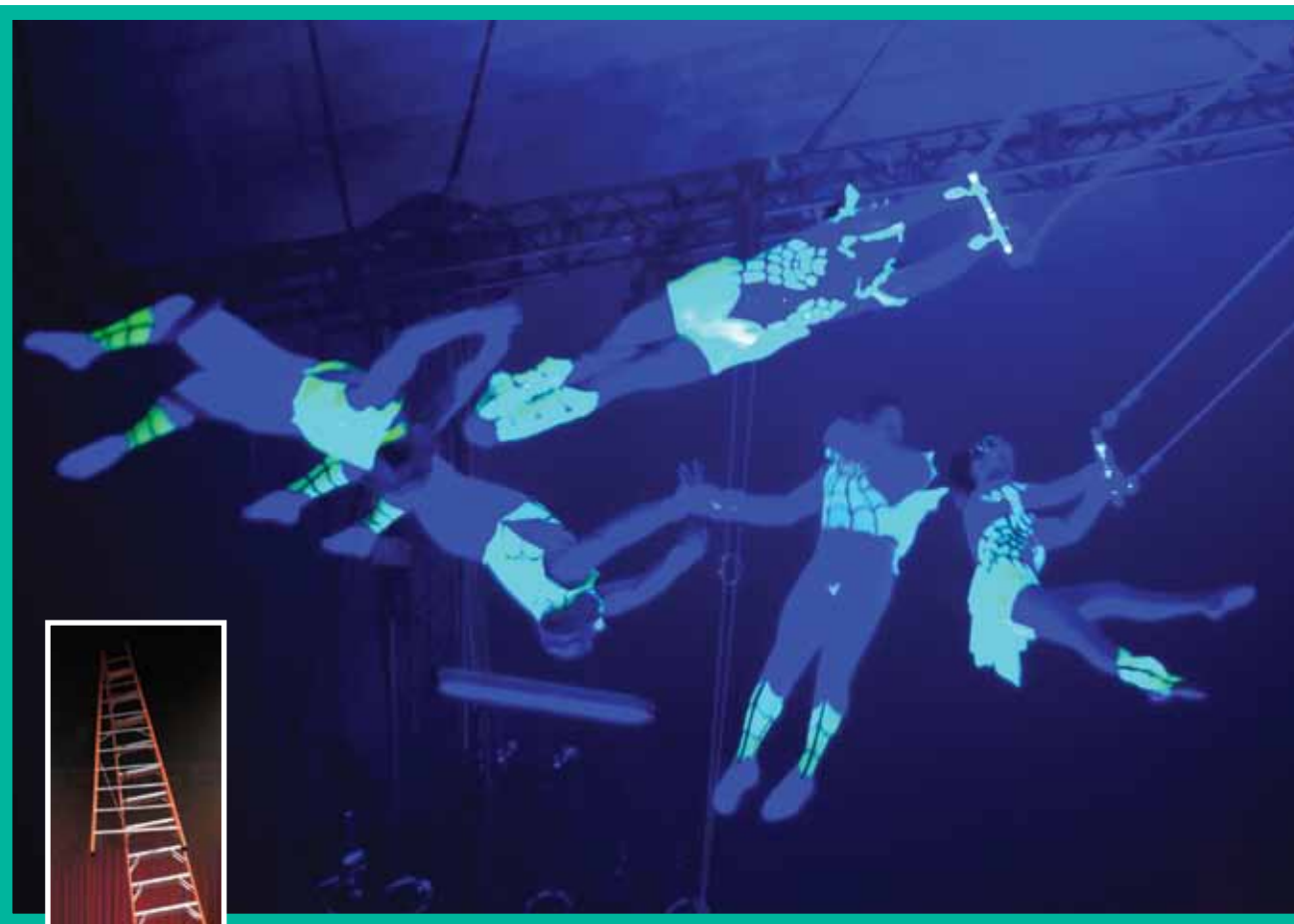
Also see Diana's Oscar Picks on page 11

#### Storm closes local highway



Highway 8 East was closed at Willows Road in Alpine Tuesday evening through Wednesday morning after Tuesday's storm brought snow and ice to the East County Mountains. Shown above is a California Highway Patrol checking out the safety of the freeway before opening it up for drivers. Photo credit: Debbie Norman

## Circus Vargas coming to East County



Circus Vargas conjures up an array of artists in its newest show "Magikaria, A Fantastical Magical Experience!" The production bursts with mystery, magic, music, and more. Witness elaborate illusions and feats of acrobatic and aerial artistry. Circus Vargas will be at Westfield Parkway in El Cajon March 7 - 11. For more information, see page 9 or visit [www.circusvargas.com](http://www.circusvargas.com). Discount tickets are available at the East County Gazette's office, 1130 Broadway, El Cajon. Photos courtesy Circus Vargas

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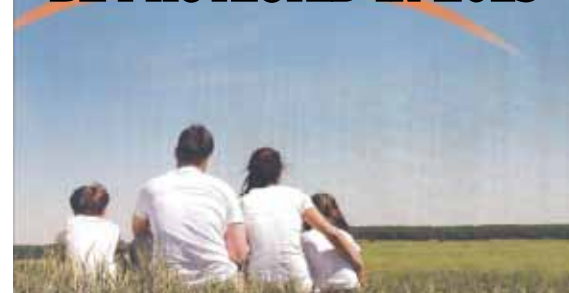
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Brittany at (619) 592-1617 or [brittanylouannwatson@yahoo.com](mailto:brittanylouannwatson@yahoo.com)

Christina Liska 619-442-9891 x 15 or [cliska@cottonwoodgolf.com](mailto:cliska@cottonwoodgolf.com)

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# SHOP EAST COUNTY



# Local News & Events

## El Cajon highlights

by Monica Zech,  
City of El Cajon Public  
Information Officer

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elcajon100.com](http://www.elcajon100.com)**

### Next City Council Meeting

**F**eb. 26 - El Cajon City Council Meeting at 3 p.m. & 7 p.m. in the City Council Chambers at 200 Civic Center Way. For more information, and to view the full agenda online, visit [www.cityofelcajon.us](http://www.cityofelcajon.us).

### El Cajon City Council - Special Presentations

At the Tuesday, Feb. 12 City Council meeting, the Council proclaimed the month of February as "American Heart Month," promoting education and awareness by encouraging residents to learn the warning signs of heart attack and stroke.

Go to [www.heart.org](http://www.heart.org) to learn more. The Council also proclaimed the week of February 25 through March 2 as "San Diego Saves Week" in the City of El Cajon, encouraging residents and employees to take financial action by saving money and reducing debt. Learn more at [www.americansavesweek.org](http://www.americansavesweek.org).

### Our next historical speaker is Thursday, Feb. 21

If you are a fan of, or remember Old Highway 80, then don't miss our next historical speaker on Thursday, Feb. 21! Steve Varner of Old Highway 80, will present his talk titled, "The Road To San Diego - U.S. 80 and the Early Trails." Steve is a founding board member of Historic U.S. Highway 80, and the California Historic U.S. 395 Association. He has explored all of U.S. 80 from San Diego to Savannah, Georgia. He also maintains the [www.americanroads.us](http://www.americanroads.us) website.

A part of our Centennial Celebration, these historical presentations are held the 1st & 3rd Thursdays of the month through April 18 at the Downtown El Cajon Library, at 201 E. Douglas Avenue, from 6:30 to 7:30 p.m. Light refreshments will be served. For a complete list of historical speakers, please visit our Centennial website [www.elcajon100.com](http://www.elcajon100.com), or call (619) 588-3708.

### Register now - St. Patrick's Day Half Marathon & 5K Run/Walk

On Sunday, March 17, the Run East County Foundation is planning a Half Marathon from Hooley's Restaurant in Rancho San Diego to downtown El Cajon, and then back to Hooley's. There is a 5K Run/Walk race as well. Enjoy fun activities, food and beverages after the race. Awards will be given to the first three places in each age division. Funds raised will benefit several East County charities, such as; Partnerships with Industry, St. Madeleine Sophie's Center, Home of Guiding Hands, Stoney's Kids, East County Transitional Living Center and the San Diego East County Chamber of Commerce. Visit [www.runeastcounty.com](http://www.runeastcounty.com) for information or to register, or call (619) 444-5352 or (619) 298-7400.

The Run East County Foundation is a non profit organization formed with the goal to fundraise for social service organizations in East County by hosting running events. Members are graduates of Leadership East County, and hosted by the East County Chamber of Commerce.

### Reserve your seat for the El Cajon Citizen of The Year Luncheon

Don't forget to reserve your seat for the East County Chamber of Commerce Citizen of the Year Luncheon. The Chamber has selected Sunshine Horton as their 2012 El Cajon Citizen of the Year, nominated by the Downtown El Cajon Promenade District. This special luncheon will be held on Tuesday, Feb. 26, to honor Sunshine and the others nominated for this special community award. The luncheon will be held at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue, from 12 to 2:30 p.m. Tickets are \$22 per person. For more information, or to register, call (619) 440-6161.

### Museum Month continues:

#### Visit The Famous Knox House Museum

The Knox House Museum is a must see during Museum Month. Open every Saturday in February, from 11 a.m. to 2 p.m., see how settlers lived in El Cajon during the years 1895-1912. The Knox House Museum, with free admission, is located at 280 N. Magnolia Avenue in El Cajon. For more information, including scheduling a private tour for your group or school, visit [www.elcajonhistory.org](http://www.elcajonhistory.org).

#### Olaf Wieghorst Museum

Don't miss another fun and fascinating museum in El Cajon - the Olaf Wieghorst Museum and Western Heritage Center. The museum honors accomplished artist Olaf Wieghorst, who lived in our community for over 40 years. Olaf is also depicted on one of the City's Centennial banners. Olaf was well-known for his magnificent art portrayals of the nineteenth century American West. You will also find his restored home next to the center. Hours are Tuesday through Saturday, from 10 a.m. to 3 p.m. and the Museum is located at 131 Rea Avenue. For more information visit [www.wieghorstmuseum.org](http://www.wieghorstmuseum.org), or call (619) 590-3431.

#### Historical Society Essay contest

Attention: Third Grade students living in El Cajon are invited to write a 300-word essay about El Cajon history for the 32nd Annual Third Grade Essay Contest sponsored by the El Cajon Historical Society. Essays are due to teachers by April 21 and the awards program is June 3 at the Ronald Reagan Community Center, 195 E. Douglas Avenue in El Cajon. Certificates and prizes are awarded in special categories including Best of School. For more information, visit [www.elcajonhistory.org](http://www.elcajonhistory.org), or call (619) 444-3800.

#### Farmers' Market coming soon

Get ready for the best new farmers' market in San Diego County! The Downtown El Cajon Farmers' Market opens Thursday, March 21, at the beautiful Prescott Promenade, located on East Main Street, between Magnolia and Claydelle Avenues. The Market will take place every Thursday from 3

**See HIGHLIGHTS page 5**

## Bits and Pieces

### BBB invites high school students to warn peers about scams and earn a scholarship

**T**he San Diego Better Business Bureau (BBB) is inviting high school juniors and seniors in San Diego and Imperial counties to participate in its 2013 Student Ambassador program. Sponsored by Union Bank, the BBB's Student Ambassador program is a speakers bureau where high school students deliver speeches to their peers on how to be smarter consumers and protect themselves from scams and fraud.

The BBB said students who deliver the most speeches can earn scholarship money for college. In addition, the BBB said its Student Ambassador program is a personal growth opportunity for students to add public speaking skills to their resume and learn to overcome fears of public speaking. Deadline to apply for this year's Student Ambassador program is Friday, Feb. 15. For more information, visit [www.sandiego.bbb.org/student-ambassador](http://www.sandiego.bbb.org/student-ambassador), or contact Brenna Simon, BBB Student Ambassador coordinator, [bsimon@sandiego.bbb.org](mailto:bsimon@sandiego.bbb.org), (858) 496-2131.

In 2012, La Mesa resident Garrett Barclay, a student at St. Augustine High School, shared a \$1,000 scholarship with two other students after the trio delivered eight speeches to 231 students.

### Assemblyman Jones recognized by TechAmerica

**T**echAmerica, which is a leading national technology trade association, has announced that Assemblyman Brian Jones (R-Santee) has been named as a "California Tech Champion of 2012." Jones has been recognized as an advocate for the technology industry amongst the Legislature and has shown consistent support for this vital economic sector.

"I am honored to have received recognition as a California Tech Champion for 2012 from TechAmerica," Jones said. "The technology industry plays a critical role in California's economy, and I hope to continue to be a strong voice against legislating regulations that stifle private sector job growth. California's economy will not bounce back from the recession if the Legislature continues to cultivate failed policies from the past."

According to TechAmerica's 2011 Cyberstates report, California continued to rank as the nation's leading Cyberstate. California ranks first in both high-tech employment and high-tech wages, employing more than 900,000 workers at an average wage of over \$110,000.

"We are thrilled to recognize Assemblyman Jones as a true technology champion," said Robert Callahan, TechAmerica's Director of State Government Affairs for California. "He recognizes that California's technology industry plays a key role in the state's continuing economic recovery, and helped to provide leadership and support on issues critical to our members in 2012."

"The steadfast support of Assemblyman Jones played a significant role in the success of our efforts to help keep California's technology community vibrant and growing," Mr. Callahan continued. "We look forward to his continued leadership and support as we move forward in the 2013 Legislative session."

TechAmerica began recognizing state legislators for their contributions to the success of high-technology in 1991.

### Santee native and Navy veteran wins \$2,000 Veterans United Foundation Scholarship

Ryan Boyle, who served in the U.S. Navy for four years and attends National University, was awarded a \$2,000 scholarship from [Veterans United Foundation Scholarship Program](http://VeteransUnitedFoundation.org). The program is supported by [Veterans United Foundation](http://VeteransUnitedFoundation.org), and \$50,000 has been awarded from the scholarship program since 2007.

The Veterans United Foundation Scholarship Program's primary goal is to assist military service members and their families by awarding five bi-annual \$2,000 scholarships. Boyle, from Santee Calif., was one of five students nationwide to receive the round of awards.

Veterans United Foundation, the charitable arm of [Veterans United Home Loans](http://VeteransUnitedHomeLoans.org), is driven entirely by the company and its employees. Since starting the foundation Nov. 2011, the company and its employees have donated and pledged \$6.2 million to meet its mission.

Boyle is pursuing his Bachelor of Arts in history. He was in the U.S. Navy from 2006 to 2010, and plans to earn his master's in education and become a school principal.

The spring round of scholarship applications are due by April 30, and [applications will be available online](http://www.veteransunitedfoundation.org) beginning March 15.

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## — LOCAL NEWS &amp; EVENTS —

# Highlights ...

## Continued from page 4

to 7 p.m., year round, rain or shine. The Downtown El Cajon Farmers' Market will offer a wide variety of fresh, locally-grown fruits and vegetables, including certified organic produce, freshly baked breads, and other specialty foods. The Market will also offer hot food prepared by chefs from all over the world. Enjoy live music and performances on the main stage. The Market

accepts EBT, credit cards, and cash. Come and support your local farmers while improving your family's health.

The City of El Cajon, working with the International Rescue Committee (IRC) and others, have established this certified farmers' market. For more information and updates, look for the Downtown El Cajon Farmers' Market on Facebook and visit the Market's

website at [www.ElCajonFarmersMarket.org](http://www.ElCajonFarmersMarket.org).

## Heartland Lions Annual

### Fashion Show

Join the Heartland Lions Club for their 25th Annual Fashion Show Luncheon and Silent Auction, featuring fashions by Draper's & Damon's, Saturday, March 23, from 11 a.m. to 2 p.m. This fun event will be at the Ronald Reagan

Community Center, located at 195 E. Douglas Avenue in El Cajon. Enjoy a delicious lunch, beautiful fashions, a silent auction and an opportunity drawing. The cost is \$25 per person. Funds raised benefit several local charities supported by the Heartland Lions group. For reservations, call (619) 449-7478.

## Mark your calendars for Spring Registration

Mark your calendar to log onto [www.elcajonrec.org](http://www.elcajonrec.org) starting at 8 a.m. on Tuesday, March 12, to register for spring classes with the City of El Cajon Recreation Department. Some classes will sell out on the first day so don't delay! If you are new to our recreation programs – welcome. We encourage you to set up an online account early so that you have your password ready to go for a quick and easy registration process. For more information, contact the Registration Coordinator at (619) 441-1516.

## Have fun and build a dog house or cat condo for ACES

Be a part of "Barkitecture 2013" by designing, building, and donating a "doggy dream house" or "cat condo" to the ACES Foundation, a 501c3 nonprofit whose mission is to assist the El Cajon Animal Shelter. Donated dog houses and cat condos will be displayed for a period during late April at Westfield Parkway Plaza, then auctioned to the highest bidder at an exciting and unique reception on April 28. The ACES Foundation's mission is to support the El Cajon Animal Shelter by raising money to enhance medical care, encourage animal adoptions, and promote public education about the proper care of animals. It is about people helping animals. By designing and building a dog house or cat condo your company will be included in all local promotions of this event, thus recognizing the great talents and commitment of local architects and builders of San Diego County! During the display of the structures, the public will be invited to vote on the best designed house and best overall house. On the afternoon of the auction, the winners will be announced and prizes awarded. Please complete the entry form found on the ACES website, [www.acesfoundation.org](http://www.acesfoundation.org), and return by March 4, 2013, to ensure your company's involvement in "Barkitecture 2013."

## Save the date for the Multicultural Family Fiesta

Festivities, fun, friendship and food are the order of the day as the Downtown El Cajon Library, at 201 E. Douglas Avenue, hosts its fourth annual

Multicultural Family Fiesta. The event is on Saturday, April 13, from 12 to 3 p.m. Bring the family and enjoy musical entertainment, food, community information and free admission! For information, call (619) 588-3718.

Note: If you have an event in the City of El Cajon that you would like to share, please 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](mailto:mzech@cityofelcajon.us).



In the Council Chamber, (L to R) Valeri Paul, Ed.D, Patti Wooten Swanson with America Saves and Mayor Mark Lewis.

## America Saves Week

Research shows that over 75 percent of people, who set a savings goal are more likely to achieve it. Setting a saving goal can be the start to success.

Getting more people to set a savings goal and make a plan for success is the intent of the San Diego Saves campaign. San Diego Saves is part of the national America Saves campaign a national, social marketing campaign started by the Consumer Federation of America and lead by Dr. Patti Wooten Swanson from the University of California Cooperative Extension.

Organizations like local businesses, financial institutions, government and non-profits are partnering to encouraging savings.

To support the upcoming Saves Week February 25 – March 2, 2013 the City of El Cajon Mayor Lewis has agreed to sign a proclamation.

## More local news on page 12

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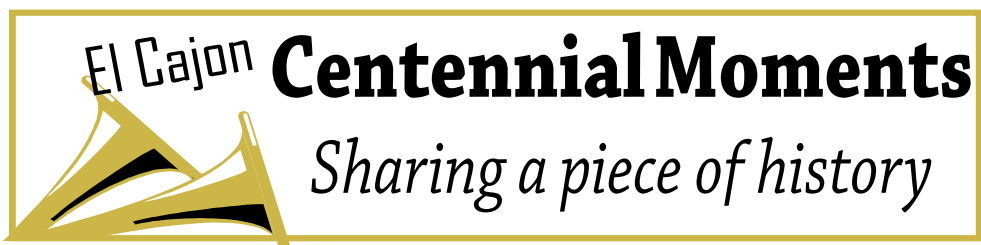
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# Centennial Moment: Profitable Land in the El Cajon Valley



Mother Goose Parade 1947. Photo credit: El Cajon Historical Society

Below is an excerpt from 50 Years of Progress, produced in 1962 by the City of El Cajon, the 50th Anniversary Committee, the El Cajon Chamber of Commerce and Service Organizations.

The impact of the postwar days started to reveal their first full meaning to El Cajon in these past two years. In that time 120 retail businesses have been started. Fifty-one new business buildings have been built and occupied. The retail sales volume soared to \$11.5 million. Business property foot frontage on Main Street had price tags of \$600 per foot quoted. The population of the City and surrounding populated areas showed that an estimated 12,900 persons lived in the area, as compared with 9,000 in the 1945-1946 era.

The El Cajon Junior Chamber of Commerce set as their

project of the year the modernization of the City Fire Department, following two major fires. It was evident that there was much wanting in the department. Their main objective was towards paid full-time firemen on duty 24 hours a day.

The first Mother Goose Parade came off with few hitches before an estimated 20,000 persons who lined the streets. The first parade was small, and had small floats and few bands. But quickly became an annual tradition.

In the first three months of this year, 1947, it was reported to the City Council officially

that \$366,756 in building permits were issued.

Colorado River's water first started to flow through the City's water system.

The El Cajon Theater opened its doors to the new building on West Main Street.

The El Cajon Police Department moved into the same building on South Orange Avenue with the Fire Department.

For more El Cajon history, visit [www.elcajonhistory.org](http://www.elcajonhistory.org).

For Centennial updates and current information, visit [www.elcajon100.com](http://www.elcajon100.com).



# Inspiration

## As brilliant schemes go, mine didn't

by Dr. Rev. James L. Snyder

Throughout the years, I have come up with a few schemes. None of which has ever done me anything good, and yet I still spend the energy to try to come up with one that will.

It all began quite innocently enough as a Christmas present. When it comes to shopping for Christmas presents I just flop triumphantly. I was not made to go shopping. When I get into a mall, I begin to feel the walls closing in on me. I develop a panic, begin sweating profusely and then head for my car without looking back.

About the Christmas present. Aha, that was the solution to my Christmas shopping and a brilliant scheme that would benefit both of us.

This past Christmas I purchased for my lovely wife a round-trip ticket to New York to visit her family for a week. A week of her enjoying her family and they reciprocating the

enjoyment. I did mention it was a "round-trip ticket." I do not mind sending her away as long as it includes a plan to return.

Now, the brilliant side of my scheme.

While she is in New York visiting with her relatives, I would be king of the castle. I have been looking forward to this for a long time. She gets to have fun with her relatives, and I get to have fun with myself.

For the week, I will turn our rather pleasant little domicile into a rip, snorting man cave. Ah, the thought of it was wonderful. The house would be mine for a week, and nobody would be supervising me. Nothing I like more than a week of no supervision. Oh sure, I could get into a lot of trouble, but what's life for if we cannot sample a wee bit of trouble occasionally.

For one, I would be in charge of the menu for the week. I was really looking forward to this.

Before she left, my wife made me promise that I would eat my fruits and vegetables and I would have a balanced diet every day. With a twinkle in my eye, more twinkly than normal, I agreed to her stipulations. I had my diet already planned in my head.

For a whole week, there would be no such things as salads for every meal. How she can come up with the variety of salads she serves is beyond my aching head. She honestly believes that a salad makes the world go round. Now, no salads in this house, correction, man cave, for a whole week. I love it when a plan comes together.

I shall be faithful to the fruits and vegetable regimen she made me promise. After all, one woman's vegetable is another man's speculation.

My main vegetable of the week would be [drum roll] carrot cake. Don't try to tell me carrot is not a vegetable. I will sick Bugs Bunny on you if

you do. I plan to have a carrot every day of the week.

And for fruit? You guessed it. Apple fritters. You know the old saying, "An Apple fritter a day makes any man happy." I have made every plan to be happy this week. I am not sure if the bakery is going to be able to keep up with my orders this week. A man has to have his fruit.

My basic philosophy during this week is summed up in the old saying, "The world could end at any minute. Eat dessert first!" My dessert of course is fruit by nature. A banana split. Any meal that begins with a banana split is going to be an awesome meal to be sure.

It was only Thursday when I became aware of something. There was this smell in the house. I looked into the kitchen area and dishes were piled upon the counter. The table where I usually sit down to eat was filled with all kinds of stuff. I do not want to know what it was. I looked in the bedroom, the laundry basket was full and overflowing and I could not see the bed.

I thought to myself, why are these things piling up? They would not do that if my wife were here. Are they trying to embarrass me or what?

I stood in the kitchen with my hands on my hips and I was about to give this man cave a good piece of my mind. Then I stopped. At that moment, I realized I had become my wife.

Perhaps, and I am just making a suggestion here, I have gained a new appreciation for my better half. Things just do not happen around the house. Somebody has to make them happen.

By Friday, I had come to my senses and realized the old saying I did not quite appreciate until this week. "Two can live cheaper than one." I am not sure about the cheaper part of it, but I know two can live cleaner than one, especially if that one is Yours Truly.

I thought of a Bible verse throughout the week, "Likewise, ye husbands, dwell with them according to knowledge, giving honor unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered" (1 Peter 3:7).

After all these years, I am just beginning to understand what it means to "dwell" with my wife.

## Dear Dr. Luauna — The power of prayer



Dear Readers,

I've had many people ask me, "Dr. Luauna why are you building Prayer Mountain, does prayer really work?" Prayer is so important — as a man must breathe to live, so must a Christian pray to keep his spiritual life alive. Prayer is your personal communication with God. The more we pray the more we dwell in God's love and grace.

Not only that, through prayer, we receive the fullness of the Holy Spirit. God's will is revealed, and we receive His power. When we pray, we move God's hand to touch our home, our family members. Through prayer we can change our city, our nation, and the world. Many Christians know they need to pray, yet very few practice prayer. Why? Most have never been taught. Some are too lazy. Or many are just too busy with personal desires.

When you are born, a baby learns to speak through their mother and father. The baby learns to develop a relationship by communication speaking to their parent. As their communication gets deeper, so does their relationship. As we come to Jesus we are the same as a child, when we are Born Again- the Holy Spirit helps us to pray. The more we learn about prayer, and pray, the deeper our relationship with God grows. Our faith grows, and our Christian personality grows.

Millions of Christians never build a close relationship with their Heavenly Father; although they love Jesus many have a distance between them and the Heavenly Father. Most Christians pray only ten minutes, and it has been reported the average minister prays only half an hour a day. When I was a baby Christian, I too couldn't pray but only five minutes. It takes discipline to pray for even one hour, let alone 3 – 5 hours. I want to teach you little by little how to pray.

Our faith started at the Cross. Our faith comes through the Cross of Calvary, we must repent of our sins and only then do we receive forgiveness. Our prayers should be based on the Cross of Jesus Christ. If you want to nullify, (cancel out) Satan's power, it must be done through the name of Jesus. Faith and repentance in Jesus brings us into a powerful covenant with God almighty. A covenant is a mutual agreement between two individuals.

Throughout the Word of God we see covenants are made. Genesis 21:27; I Samuel 20:16-17; I Kings 20:34; Exodus 15:26; Deuteronomy 28:1-14, and we can also see the conditions of a broken covenant, Deuteronomy 28:15. Prayer keeps you in right relationship with your Heavenly Father.

Paul warns young Timothy in I Timothy 6:20-21; O Timothy! Guard what was committed to your trust, avoiding the profane and idle babblings and contradictions of what is falsely called knowledge— 21 by professing it some have strayed concerning the faith. Grace be with you. Amen. We can also read in Hebrews 3:5-14: And Moses indeed was faithful in all His house as a servant, for a testimony of those things which would be spoken afterward, 6 but Christ as a Son over His own house, whose house we are if we hold fast the confidence and the rejoicing of the hope firm to the end. Be Faithful.

Why am I building a place for God's people to get away and pray? Because I know through prayer, you can climb every mountain of trials, and you can mount up like an eagle. You can have God's best for your life. Jesus loves you! Do you feel overwhelmed in your life right now? Are you about to give up? You don't know what to do with those teenagers. Come up to the Mountain of the Lord, and PRAY. Micah 4:1-2. Call and reserve a day to pray. [www.atouchfromabove.org](http://www.atouchfromabove.org) 1-760-789-6207

Jesus loves you so much. A Touch From Above – Prayer Mountain, 16145 Hwy 67, Ramona, CA 92065. TURN on your radio Sunday @ 9 a.m. 1210 KPRZ. Visit my website; [www.atouchfromabove.org](http://www.atouchfromabove.org), and friend me Facebook.

In His love & mine, Dr. Luauna Stines

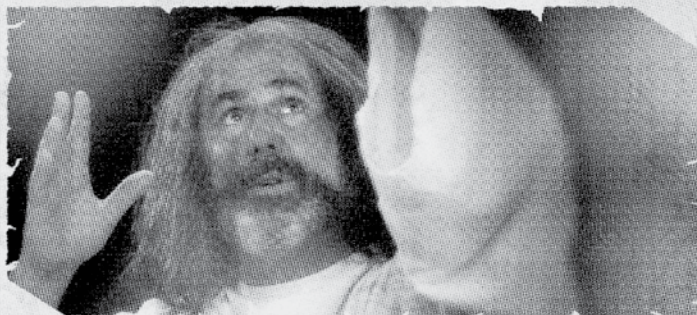
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Paul was born in Tarsus. he was a Jew, and a Pharisee who hated and persecuted the followers of Jesus. On his way to Damascus, he was knocked to the ground and blinded.

As an apostle, he was imprisoned, flogged, and many times near death. Five times he received the forty lashes minus one. Three times he was beaten with rods, once he was stoned, three times he was shipwrecked. He was finally imprisoned in Rome and beheaded.

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# For Health's Sake

## The United States of Depression

**I**t's no wonder nearly one in 10 Americans suffers from depression.

"Top risk factors include being unable to work or unemployed; having no health insurance; suffering from obesity," notes psychologist Gregory L. Jantz, citing a Centers for Disease Control study.

"Unfortunately, those topics have dominated headlines for the past five years. What's worse, by 2020, the World Health Organization estimates depression will be second most debilitating disease worldwide."

The author of "Overcoming Anxiety, Worry and Fear," ([www.aplaceofhope.com](http://www.aplaceofhope.com)) says these negative emotions along with sustained, excessive stress can lead to depression, which now overshadows other problems for which patients seek help at his clinic.

"Depression can be rooted in a number of problems, and

those need to be addressed – simply taking a pill is not usually effective treatment. Anger, fear and guilt can all be underlying causes, even when the person isn't aware he's experiencing those feelings."

A holistic treatment approach, which may or may not include medication, helps people overcome a bout of the debilitating illness, and learn techniques to manage it themselves, he says.

People at risk of depression can work at maintaining their emotional equilibrium by counterbalancing negative feelings with optimism, hope, and joy. This is most effective if they do this holistically, addressing the four main categories of human need.

"By purposefully feeding the intellectual, relational, physical, and spiritual aspects of your life positive emotions, you can achieve balance," Jantz says.

He offers these suggestions:

- **Intellectual:** Be aware of what you're feeding to your mind. Try reading a positive, uplifting book, and setting aside time in your day to fill yourself up intellectually with constructive, encouraging messages. Be aware of what you are reading and listening to, and seek to counter the negative input we all get with positive influences.

- **Relational:** Think of a person you really enjoy talking to, someone who makes you feel good about yourself or someone who's just fun to be around. Plan today to spend time with that person this week, even if it's just for a moment or two. Make the effort to verbalize your appreciation for his or her positive presence in your day.

- **Physical:** Physical activity is a wonderful way of promoting emotional health. Engage in some mild exercise this week. Take a walk around the neighborhood. Stroll through a city park. The goals are to get your body moving and to allow you to focus on something other than yourself and your surroundings. Greet your neighbors, stop at the park and watch someone playing with his dog, or cheer at a Little League game. Intentionally open up your focus to include the broader world around you.

- **Spiritual Support:** Take some time to nourish your spirit. If you are a member of a religious organization, make sure to attend services this week. If you are not, listen to some religious or meditative music. Spend time in quiet reflection, meditation, or prayer. Intentionally engage in an activity that replenishes and reconnects your spirit.

If you are not depressed but feel anxious and stressed, have trouble sleeping or find your not content much of the time, Jantz says it's time to start taking care of yourself.

"Depression is painful and as debilitating as any other disease," he says. "Take steps to de-stress your life and to work on emotional balance before it gets worse."

Gregory L. Jantz has more than 25 years experience in mental health counseling and is the founder of The Center for Counseling and Health Resources, near Seattle, Wash. The Center, "a place for hope," provides comprehensive, coordinated care from a treatment team that addresses medical, physical, psychological, emotional, nutritional, fitness and spiritual factors involved in recovery. He is the best-selling author of more than 20 books, including "When Your Teenager Becomes... The Stranger in the House." If you're concerned you or a loved one may be depressed, visit [www.aplaceofhope.com](http://www.aplaceofhope.com) and click the "Are You?" tab for a self-evaluation.



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### Laughter is the Best Medicine

#### Pregnant at 71

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room. The older doctor marched down the hallway, back to where the young doctor was writing on his clipboard. "What the hell is the matter with you?!" the older doctor demanded. "Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing and without looking up said, "Does she still have the hiccups?"

Submitted by Regan of El Cajon

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

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Grossmont Healthcare District Asks:

### Who Is Your Healthcare Hero?



SUBMIT A NAME

Grossmont Healthcare District (GHD) is seeking nominations to honor volunteers with a 2013 Healthcare Hero award for advancing quality healthcare.

#### NOMINATE A WORTHY VOLUNTEER

- ▶ Frontline caregiver, including community clinic volunteer
- ▶ Junior volunteer
- ▶ Auxiliary member
- ▶ Volunteer healthcare educator, pastoral care provider
- ▶ Volunteer member of service club, community organization
- ▶ Volunteer member of advocacy or policy organization
- ▶ Healthcare professionals who volunteer beyond regular job responsibilities

Nomination forms are available at [www.grossmonthealthcare.org](http://www.grossmonthealthcare.org).  
Deadline for submission of entries is 3 p.m. on Monday, Feb. 25, 2013, at the GHD offices, 9001 Wakarusa St., in La Mesa, CA 91942. For more information, phone GHD offices at (619) 825-5050. Fax: (619) 825-5051.

Grossmont Healthcare District, a public agency formed in 1952 to build Grossmont Hospital, supports various health-related community programs and services in San Diego's East County region.



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## — IN THE COMMUNITY —

# Out and about in the County



**Jon "Iron Chin" Weiss showing off his incredible balancing skills. See Jon at Circus Vargas at Westfield Parkway in El Cajon on March 7-11. See ad on this page for more information.**

**Feb. 25: The Lakeside Historical Society invites the public to their annual Chicken Pot Pie Dinner at 7 p.m. at the Historical Society, 9906 Maine Avenue, Lakeside (Olde Community Church.** Dinner tickets are \$10 and reservations are required. Call the History Center at (619) 561-1886 to reserve your meal. The guest speaker for the evening is Kate Breese from the Helix Water District. She has a power point presentation showing and telling about the history of water and the flume in East County.

**March 2: 1st Saturday Nature Walks, Wright's Field Preserve in Alpine.** The Back Country Land Trust invites you to their free Guided Nature Walks at Wright's Field ~ 1st Saturday of every month ~ 10 a.m. - 12 p.m. Native Plants in the Landscape» with Don Hohimer (Native plant expert and former BCLT Director). \*Group parks and meets at Joan MacQueen Middle School - 2001 Tavern Rd, Alpine. Sponsored by: Back Country Land Trust [www.bclt.org](http://www.bclt.org), (619)504-8181. [Rain cancels event.](#)

**March 8: Taste of the Town** to be held at the Sycuan Golf & Tennis Resort from 6:30 p.m. to 10:30 p.m. Local restaurants, wineries and breweries will provide samples of their cuisines and beverages. In addition, there will be entertainment, silent auctions and raffle prizes. All proceeds will support the Steele Canyon High School athletic, AVID and scholarship programs. Advanced purchase tickets are \$45 for one or \$80 for two and \$50 at the door. For more information on the event and donation forms, visit [www.schstasteofthetown.com](http://www.schstasteofthetown.com) SCHS Athletic Boosters is a 501(c)3 non-profit organization (Fed Tax ID 91-2088608).

**March 9: 2013 Walk for Life** at Chollas Lake Park, 6350 College Grove Drive, San Diego, CA 92115. Funds raised will benefit East County Pregnancy Care Clinic and their mission to protect life and offer women in unplanned pregnancies alternatives to abortion. Visit [www.ecpcc.org](http://www.ecpcc.org) to download additional flyers/pledge forms. For further information or any questions, call Robin Brust at (619)442-4357.

**March 10: 18th Annual Ugly Dog Contest**, 11 a.m. to 3 p.m. at Bates Nut Farm, 15954 Woods Valley Road, Valley Center, CA 92082.

**March 17: Mother Goose Parade St. Patrick's Day Golf Tournament** at Cottonwood Golf Course. Shotgun start at 12 noon. Fees include tournament (18 holes), cart, trophies, lunch (hotdog) and drink, dinner Corned Beef and Cabbage plus fixings and desert, entertainment, silent auction, opportunity drawings and a fun time for this St. Patrick's Day! Family doesn't play golf, invite them to dinner for only \$30. To register or for more information email [mggolffclass@ecgazette.com](mailto:mggolffclass@ecgazette.com) or call (619) 444-5774.

**March 21: The Downtown El Cajon Farmers' Market** opens March 21, 2013. Located on the beautiful Prescott Promenade on East Main Street at Sulzfeld Way, the Market will take place every Thursday from 3 - 7 p.m., year round, rain or shine. The Downtown El Cajon Farmers' Market will offer a wide variety of fresh, locally-grown fruits and vegetables, including certified organic produce, as well as freshly baked breads, and other specialty foods. The Market will also offer hot food prepared by chefs from all over the world — enjoy a slice of exciting, ethnic cuisine while watching live music and performances on the main stage. The Market accepts EBT, credit cards, and cash. The Downtown El Cajon Farmers' Market mission is to enliven and build community in El Cajon. We strive to provide high-quality reasonably-priced produce to customers. Come and support your local farmers while improving your family's health. But most of all, come out and have some fun while getting your groceries done!

**April 13: Mother Goose Parade Association presents The Legends Dinner Show** at the El Cajon Elks Lodge, Washington, El Cajon. Full dinner with salad, choice of pasta dishes, vegetables, garlic break and dessert, tea, coffee and lemon aid, while enjoying the music of The Legends Revue. Dinner begins at 5 p.m. Show begins at 6:30. Event is sponsored by Viejas Band of Kumeyaay Indians and Casino. All proceeds go to the 2013 Mother Goose Parade. Reserve your seat or table today. Tickets \$30 or two for \$50. Call (619) 444-5774.



**Photo credit: Kathy Foster**

## Miss Alpine Scholarship Pageant

The Miss Alpine Scholarship Pageant celebrates 45 years of beauty, and of service to the community of Alpine. The tiaras have changed over the years but the traditions continue...Miss Alpine continues her mission of community service, appearing in parades, taking part in Ribbon Cuttings, and celebrating all that is great about living in this wonderful community.

The pageant is seeking participants for the 2013 pageants. The Princess Pageant Program for girls ages 5-12 will take place Sunday, March 17, 2013 at Alpine Elementary School. The Miss Alpine Scholarship Pageant, for young ladies ages 13-24 will be staged March 23, 2013.

There is no swimwear, or talent requirements...the pageants are produced by the Council for Youth Empowerment (CYE), a 501 c 3 non-profit organization. An informal orientation and workshop will be held Thursday, February 28, 2013 at the Alpine Community Center. For details contact Billie Sangster at 519-390-0061 or email [missalpine@cox.net](mailto:missalpine@cox.net) for an application.

## Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

### Flavor & Texture Star in Yummy Oatmeal Cake

"This is one of my favorite cakes from when I was little...I always asked for it for my birthday!"

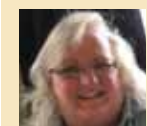


Versatile oats are known as a nourishing breakfast, but they also star in some deliciously decadent baked goods!

Home cook JoLayne Cooper's recipe for Oatmeal Cake came from her mother and is a longtime family favorite. Sweet, nutty and moist, this recipe is chock full of flavor and texture. Delish with or without the coconut topping, the whole family will love this cake!

See step-by-step photos of JoLayne's recipe plus thousands more from home cooks at: [www.justapinch.com/oatmealcake](http://www.justapinch.com/oatmealcake)

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



JoLayne Cooper  
Americus, GA  
(pop. 17,041)

#### Oatmeal Cake

##### What You Need

**Cake**  
1 1/4 c boiling water  
1 c old-fashioned oats  
1/2 c butter  
1 c sugar  
1 c brown sugar, firmly packed  
2 eggs  
1 tsp vanilla  
1 1/2 c all-purpose flour  
1 tsp baking soda  
3/4 tsp cinnamon  
1/2 tsp salt  
1/4 tsp nutmeg

**Topping**  
1/2 c butter  
2 c coconut  
1 c nuts (finely chopped)  
1 1/2 c brown sugar, firmly packed  
8-10 tbsp evaporated milk

##### Directions

- Preheat oven at 350 degrees F. Pour boiling water over oatmeal and set aside for 20 minutes.
- Cream butter and sugars, add eggs. Beat well.
- Add vanilla and oatmeal mixture to butter/sugar mixture. Add flour, baking soda, salt, cinnamon, and nutmeg. Mix well. Put in greased 9x13 inch pan. Bake for 30 minutes.
- For topping: Melt butter and add coconut, nuts, brown sugar, and milk. Mix well. Frost cake when you take it out of the oven, and broil until the topping browns. (Watch carefully so it doesn't burn.)

Submitted by: JoLayne Cooper, Americus, GA (pop. 17,041)  
[www.justapinch.com/oatmealcake](http://www.justapinch.com/oatmealcake)

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## — AT THE MOVIES —

# 'A Good Day to Die Hard' couldn't be any worse

Review by Diana Saenger

**D**ie Hard fans of the series know they are in trouble when 168 of the nation's film critics voted *A Good Day to Die Hard* as — 27 fresh and 141 rotten. This doesn't say much for the fifth installment of the Die Hard film series or screenwriter Skip Woods and director John Moore.

The basic plot is about Detective Lieutenant John McClane (Bruce Willis), who is more or less estranged from his grown son Jack (Jai Courtney). When John learns Jack is being held in Moscow on a murder charge, he believes he alone can get Jack out of this situation and heads to Moscow.

John arrives as Jack and fel-

low Russian political prisoner Yuri Komarov (Sebastian Koch) are about to appear in court for sentencing. But as John arrives scans the courthouse, he realizes it's about to be blown up, and minutes later it is. John gets Jack out but both men are so angry at each other they're hardly civil.

When Jack is captured once again, John goes on a truck steeling, crime spree, shoot-em up to rescue Jack. These scenes are the beginning of so many improbable actions in this film that viewers might want to head to the snack bar more than once.

Eventually John learns that Jack is a covert CIA operative trying to rescue Komarov. Is he proud of Jack or does he show him any affection? No,

only scorn. From here on out there are numerous war field scenes like in a WWII battle, and more explosions than 10 years' worth of Macy's Fourth of July fireworks.

Amazingly John and Jack manage to leap from tall buildings, hang on beneath helicopters in the sky, jump through glass roofs that splinter into thousands of shards of glass — and still walk away.

What's even more annoying than trying to believe that this could really happen is the

silly subplot of father and son dishing each other after every escape. Who would be injured, shot, jumping out of windows and say idiotic things like "You wanna hug?" How about "Are you hurt?"

Everything in this film that's supposed to be action packed or adventurous is a laugh that the filmmakers think we would believe, but this nonsense is an insult to our intelligence that any of this could happen. In my opinion McClane should call it day and open a bed & breakfast in Fiji and rent a room to Woods.



Bruce Willis stars in *A Good Day to Die Hard*. Photo Credit: Frank Masi / Twentieth Century Fox Film Corporation

## Herzog taps into life as a trapper in documentary 'Happy People: A Year in the Taiga'

Review by Jean Lowerison

**D**irector Werner Herzog likes to film people doing extreme things: building an opera house in the middle of the Amazon jungle (Fitzcarraldo), living with grizzly bears in Alaska (Grizzly Man), living at the South Pole (Encounter at the End of the World).

So when he saw four one-hour Russian documentaries about the indigenous people living in the tiny Siberian village of Bakhta, he had to contact Dmitry Vasyukov, the Russian director, for permission to re-edit them into a 90-minute film for American distribution. Vasyukov assented, and the result is *Happy People: A Year in the Taiga*.

The taiga is the world's largest terrestrial biome, and is characterized by coniferous forests. In North America it extends across Canada and the northern reaches of the U.S. The largest areas are in Scandinavia, Russia and Asia.

*Happy People* concentrates on three hunters in Bakhta, a village in the Siberian Taiga with some 400 inhabitants. The film takes us through the seasons with these rugged individualists who live by trapping (rather than hunting in the usual sense) and fishing.

These are men who make nearly everything they use — tools, traps, skis, sleds, even insect repellent — and live a largely solitary life closer to

nature than most of us ever get, even for a visit.

Herzog tells us that preparation for trapping is a year-round job, and that many of their skills are traditional ones, passed on through generations. We see Gennady showing his son how to hollow out a log to make a dugout canoe, caulking with tree tar, making skis out of sliced logs. They set their homemade spring-loaded traps (for sable and ermine) and fish for food.

In the autumn, they set out on their solitary journey, with their lone companion and indispensable possession — their dog. "You are no hunter without a dog," says one.

This is a life nearly incomprehensible to city dwellers, especially during the season when the snow is deep and, as Herzog puts it, "the enormity of solitude sets in."

The one concession to community seen here is the long trek back to the village for the town's New Year's celebration, when everyone gathers for the party. But a few days later, they kiss goodbye to their families, and men and dogs are on their way back to the forest, to match wits with wild animals.

"Well, we're alone again," says one wife.

"The wild animal," says Gennady, "knows that no good can come from me, a man. The question is who outsmarts whom."



Semblance of life as a trapper in *Happy People: A Year in the Taiga*. Photo credit: life as a trapper



**A Good Day to Die Hard**  
Studio: 20th Century Fox  
Gazette Grade: F  
MPAA: "R" for violence and language  
Who Should Go: No One

**Happy People: A Year in the Taiga**  
Studio: Music Box Films  
Gazette Grade: A  
MPAA Rating: Unrated  
Who Should Go: Herzog fans and those interested in extreme lifestyles

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## — AT THE MOVIES —

# Diana's 2013 Oscar picks for the 85<sup>th</sup> Academy Awards



## Oscars

by Diana Saenger

**N**ominations for the 85th Academy Awards® were announced by the show's host, Seth MacFarlane, and actress Emma Stone on Thursday, January 10. Since then movie fans and the film industry partners have been abuzz about who will take home Oscar. This year has certainly featured some very compelling films and the category selections are all deserving. While we all anxiously await the final picks on Sunday, February 23, here's my predictions as a syndicated film critic on who I think will win and who I would like to see win for some of the major categories.

### BEST PICTURE Nominations:

*Amour*  
*Argo*  
*Beasts of the Southern Wild*  
*Django Unchained*  
*Les Misérables*  
*Life of Pi*  
*Lincoln*  
*Silver Linings Playbook*  
*Zero Dark Thirty*

**WHO WILL WIN** – Ben Affleck's *Argo* has garnered so much buzz since its release. There is no time to go get popcorn once this film begins because thanks to a well-adapted screenplay by Chris Terrio, along with superb direction by Affleck—who also stars in the film—every minute is too intense to leave.

**WHO I WOULD LIKE TO WIN** – *Argo*, but I would also be happy with Spielberg's sensational *Lincoln*. I'm sorry that the enticing and well-made *The Impossible* did not get a Best Picture nomination.

### BEST DIRECTOR

#### Nominations:

*Amour* – Michael Haneke  
*Beasts of the Southern Wild* – Benh Zeitlin  
*Life of Pi* – Ang Lee  
*Lincoln* – Steven Spielberg  
*Silver Linings Playbook* – David O. Russell

**WHO WILL WIN** – I'm betting on Spielberg for *Lincoln*. He took the adaptation by Tony Kushner and created an epic drama that brought a pivotal moment in history to the forefront of our attention. *Lincoln* also reminds of us some exceptional actors filling the shoes of the characters in this film.

**WHO I WOULD LIKE TO WIN** – I'm fine with Spielberg, Lee or Russell – although Ben Affleck should have been on this list.

### BEST ACTOR

#### Nominations:

Bradley Cooper in *Silver Linings Playbook*  
Daniel Day-Lewis in *Lincoln*  
Hugh Jackman in *Les Misérables*  
Joaquin Phoenix in *The Master*  
Denzel Washington in *Flight*

**WHO WILL WIN** – Daniel Day-Lewis in *Lincoln* – hands down. The actor is a tour-de-force in almost every film, and the fact that he's known to stay in character the entire time he's making a film, is partly the reason that one critic's father said when watching the film, "I never knew who *Lincoln* was, now I do."

**WHO I WOULD LIKE TO WIN** – Daniel Day-Lewis,

however Jackman and Cooper were excellent as well.

### BEST SUPPORTING ACTOR

#### Nominations:

Alan Arkin in *Argo*  
Robert De Niro in *Silver Linings Playbook*  
Philip Seymour Hoffman in *The Master*  
Tommy Lee Jones in *Lincoln*  
Christoph Waltz in *Django Unchained*

**WHO WILL WIN** – Tommy Lee Jones in *Lincoln* – just a feeling that's the way the Academy voters will go on this one.

**WHO I WOULD LIKE TO WIN** – De Niro or Waltz – everyone in this category was deserving.

### BEST ACTRESS

#### Nominations:

Jessica Chastain in *Zero Dark Thirty*  
Jennifer Lawrence in *Silver Linings Playbook*  
Emmanuelle Riva in *Amour*  
Quvenzhané Wallis in *Beasts of the Southern Wild*  
Naomi Watts in *The Impossible*

**WHO WILL WIN** – Jennifer Lawrence

**WHO I WOULD LIKE TO**



Naomi Watts in *The Impossible*. Credit: Jose Haro/ Summit Entertainment, LLC.



Daniel Day-Lewis in *Lincoln*. Photo Credit: David James / DreamWorks Pictures/ 20<sup>th</sup> Century Fox

**WIN** – Naomi Watts gave the performance of her lifetime. Every moment she is on screen she epitomizes the angst of a mother who must encourage her son to help others even knowing she is near death, and the agony of not knowing if her other two sons and husband are alive. Her pain is so clear we can feel it.

### BEST SUPPORTING ACTRESS

#### Nominations:

Amy Adams in *The Master*  
Sally Field in *Lincoln*  
Anne Hathaway in *Les Misérables*  
Helen Hunt in *The Sessions*  
Jacki Weaver in *Silver Linings Playbook*

**WHO WILL WIN** – Anne Hathaway in *Les Misérables*

**WHO I WOULD LIKE TO WIN** – I'm okay with Hathaway, but also favored of Hunt who was brave to perform completely nude in many scenes but who also brought humor and compassion to her character which is key in such an unordinary situation.

Read instant winners as well as winner comments by Gazette entertainment editor Diana Saenger's website, [www.reviewexpress.com](http://www.reviewexpress.com)



Scene from *Argo* Credit: Claire Folger / Warner Bros. Pictures

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## — LOCAL NEWS —

# Alpine member of El Cajon Elks Lodge honored



E.R. Ron Harden presents a plaque to Bob Wilson recognizing his 63 years of service to Elks Lodge #1812. Photo Credit: Steve Robert

by Dick Rabell

On February 9, the Exalted Ruler of Elks Lodge #1812 in El Cajon made a presentation to long-time club member and a resident of Alpine, Bob Wilson. Now residing at The

Alpine View Lodge, Wilson, who joined the Lodge in 1950, is a Charter Member of Lodge #1812. His member number is 36. Present membership of the Lodge is 1713.

E.R. Ron Harden – accompanied by Staff Photographer

Steve Roberts – presented Wilson with his plaque inscribed as: Bob Wilson, Charter member # 36. The plaque honors Wilson for his insight, hard work and dedication to El Cajon Lodge #1812.

Harden asserts that if it wasn't

for Wilson and other fellow Charter Members, the El Cajon Lodge # 1812 would not be what it is today and these members are owed a great deal of thanks and gratitude. Many received their plaques and thanks at the club in late January.

After the presentation Harden told the witnesses, "Bob is the last surviving Charter member and is being honored for 63 years of continuous service to the Elk' Lodge."

Wilson and his wife Iris have been residents of Alpine for 63 years.

## DID YOU KNOW?

### Wacky St. Patrick's Day celebrations

For many, St. Patrick's Day, celebrated on March 17, is a day to celebrate the patron saint of Ireland with some corned beef and a pint of Guinness. But some places have their own peculiar celebrations.

Did you know that the Chicago River is dyed green every year on St. Paddy's Day? In Hot Springs, Arkansas, you can find the world's shortest St. Patrick's Day parade -- a whopping 98 feet down Bridge Street. Marchers include Irish Elvis impersonators and a middle-age troupe called Lards of the Dance. Residents of New London, Wisconsin get into the spirit by dressing as leprechauns and changing town signs to say "New Dublin."

Green beer and an Irish Elvis -- now that's a celebration!

# Lakeside Roundup

by Patt Bixby

## Cedar Fire Memorial

Lakeside Fire Chief Andy Parr met with the Cedar Fire Memorial Committee on February 13 at the new fire station at 12216 Lakeside Ave. The purposed location of the memorial would be the lower area of the annex next to the fire station.

Chief Parr said the artist rendering provided by the Fire Department an open pallet. The fire department has \$20,000 dedicated toward the memorial. Chief Parr suggested the possibility of using the funds as book ends at the front end to get the project started and at the back end to finish up. Various ways to raise additional funds were discussed.

A drought resistant water conservation design for landscape was discussed. Chief Parr said this is a fire-prone area and the cedar fire was not the first or the last, and the memorial should also educate those who visit.

## Lakeside Christian Helps

Lakeside Christian Helps Center was started in 1988 and formed with Families of God in a joint effort to help families in need. On February 10 there was a community celebration at the Lakeside Community Presbyterian Church at 9908 Channel Rd. across from the Christian Helps Center, celebrating the Helps Center's 25 year anniversary.

Many individuals help keep the Lakeside Christian Helps Center running smoothly. Lakeside Christian Help Center is located at 9931 Channel Rd. in Lakeside and can be reached at (619) 561-3488.

## Lakeside Union School District

Lakeside Union School District Board members announced Dr. David Lorden as the new Superintendent for the Lakeside Union School District at the February 14 board meeting. Dr. Lorden is expected to begin as the Superintendent by March 1, 2013.

Lorden was area Superintendent in the San Diego Unified School District. During the past three years he supervised and evaluated 25 elementary, middle and high schools principals. For nine years Lorden served as comprehensive high school principal in Ramon Valley Unified School District and Coronado Unified School District.

Dr. Lorden comes highly recommended presenting a complete package of formal education, work experience and leadership attributes.

## Lakeside Design Review Board

Officers for 2013 are Chair Frank Hiliker, Vice Duane Dubbs, and Secretary Janis Shackelford.

Site Plans: STP 13-002 Settler's Point Site Plan for 184 unit residential project, consisting of 52 courtyard units and 132 duplex units. The project is on the north side of Highway 8 Business, West of Los Coches. The project proposes a new public road that will connect Highway 8 Business to the western end of Wellington Hill Dr.

Board member R. Rodvold stated he owns the property next door (alpine Rock and Block) and wanted to know if there would be landscape screening between the properties. J. Shackelford asked about trash enclosures. Shackelford was told by the proponent each unit will be responsible for their trash. Shackelford pointed out garage doors should open out but not in.

Motion to request revised site plans for lighting and landscaping and screening. The board was very pleased with what they have seen of the proposed project.

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63						64	65			66			67	68
69						70				71				
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52. Grazing land  
53. \*Vanity Fair holds a big one on Oscar night  
55. \_\_\_\_ sheet  
57. \*Western director nominee  
61. \*\*Cloud \_\_\_\_, snubbed by the Academy  
63. Justin Timberlake's "\_\_\_\_ the End of Time"  
64. Under the weather  
66. 1.75 pints  
69. "Time is money," e.g.  
70. Adam and Eve used its leaves for covering  
71. Silly and insignificant  
72. Comedy Central's "\_\_\_\_.O"  
73. Drug approver  
74. Throat infection

- DOWN  
1. Often used with "bum"  
2. \*Got an Oscar  
3. Shamu, e.g.  
4. King's domain  
5. \*President portrayer  
6. \*Ang and Spike, e.g.  
7. Get it wrong  
8. Bald symbol  
9. Dietary mineral  
10. Division word  
11. Nervous biter's victim  
12. Hidden valley  
15. Hogwash  
20. Flooded  
22. Any doctrine  
24. Ascetic Muslim monk  
25. \*Love  
26. Going to  
27. \*Cooper and Lawrence \_\_\_\_ "Silver Linings Playbook"  
29. Wedding cover  
31. Daytime TV offering  
32. Relating to tone  
33. Bert's roommate  
34. High-pitched  
36. Japanese string instrument  
38. Three of these in a yard  
42. Horse or pig sound  
45. Difficult to detect by the mind  
49. \_\_\_\_ chi  
51. \*Youngest ever nominee  
54. Sense an odor  
56. Colorful spread  
57. African tea  
58. Backward arrow command  
59. Greek H's  
60. Not far distant in time, space or degree  
61. Aquatic plant  
62. \*Like most in attendance at the Oscars  
65. Manhole cover  
67. WSW opposite  
68. One in a set

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

1. \*The knight on the Oscar statuette holds one  
6. \*Possible best director  
9. Sound of passing bullet?  
13. Taekwondo country  
14. \_\_\_\_ of Good Feelings  
15. Twofold  
16. Relating to Quechuan people  
17. Energy unit  
18. To set someone free  
19. Bruce Wayne's Batman, e.g.  
21. \*Historical drama and Oscar nominee  
23. Feline cry  
24. Secretary, e.g.  
25. a.k.a. American Gas Association  
28. Cleanse  
30. Gather, as in courage, e.g.  
35. Make fun of  
37. Lord's worker  
39. \*Controversial speech-making director (2003)  
40. Aware of  
41. They itch  
43. \*Singing nominee  
44. Apartments, e.g.  
46. Bank claim  
47. "\_\_\_\_ in full"  
48. Petered out  
50. Put in the hold

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Located at: 1459 East H St., Chula Vista, CA 91910  
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The first day of business was: September 1, 2012  
This business is hereby registered by the following: Raid N. Khoshi 1468 Ashford Castle, Chula Vista, CA 91915  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001560**  
FICTITIOUS BUSINESS NAME(S): Cleaning Hospitality Services  
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The business has not yet started.  
This business is hereby registered by the following: Maria Huez0 2635 Wind River Rd., San Diego, CA 92019  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-002997**  
FICTITIOUS BUSINESS NAME(S): Manta Ray Aquatics Inc.  
Located at: 1719 E. Madison Ave., El Cajon, CA 92019  
This business is conducted by: A Corporation  
The first day of business was: January 1, 2013  
This business is hereby registered by the following: Manta Ray Aquatics Inc. 1719 E. Madison Ave., El Cajon, CA 92019  
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2/14, 2/21, 2/28, 3/7, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001152**  
FICTITIOUS BUSINESS NAME(S): Five-Star AudioVisual  
Located at: 30801 South Coast Highway, Laguna Beach, CA 92651  
This business is conducted by: A Corporation  
The first day of business was: April 17, 2006  
This business is hereby registered by the following: Presentation Solutions Incorporated 550 North Commons Drive, Ste. 101, Aurora, IL 60504  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003939**  
FICTITIOUS BUSINESS NAME(S): a.) Just for Kids Supervised Visitation b.) Angela's Enchanting Mobile Tea Parties  
Located at: 10217 Pinewood View, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Angela L. Taylor 10217 Pinewood View, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on February 07, 2013.  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-002126**  
FICTITIOUS BUSINESS NAME(S): SD Coastal & Inland Properties  
Located at: 2508 La Costa Ave., Carlsbad, CA 92009  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004274**  
FICTITIOUS BUSINESS NAME(S): Carmon International  
Located at: 6744 Winding Creek Drive, San Diego, CA 92119  
This business is conducted by: An Individual  
The first day of business was: March 25, 1992  
This business is hereby registered by the following: Mark Carass 6744 Winding Creek Drive, San Diego, CA 92119  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001552**  
FICTITIOUS BUSINESS NAME(S): Express Ice  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003045**  
FICTITIOUS BUSINESS NAME(S): Massage Eden  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-002857**  
FICTITIOUS BUSINESS NAME(S): Southern California Car Club Council  
Located at: 9937 Maine Ave., Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: January 30, 2013  
This business is hereby registered by the following: Geoff Ferber 8532 Happy Way North, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on January 30, 2013.  
East County Gazette- GIE030790  
2/7, 2/14, 2/21, 2/28, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003502**  
FICTITIOUS BUSINESS NAME(S): San Diego Engines  
Located at: 215 Denney Way #C, El Cajon, CA 92020  
This business is conducted by: A Married Couple  
The business has not yet started.  
This business is hereby registered by the following: David J. Arce 8726 Granite House Lane, Santee, CA 92071  
2. Sandra Y. Arce 8726 Granite House Lane, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on February 05, 2013.  
East County Gazette- GIE030790  
2/14, 2/21, 2/28, 3/7, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004526**  
FICTITIOUS BUSINESS NAME(S): E&M Auto Parts  
Located at: 1647 E. Main St., El Cajon, CA 92021  
This business is conducted by: A Trust  
The first day of business was: January 1, 1959  
This business is hereby registered by the following: Joan G. Manuele, Trustee Manuele Family Marital Trust 14980 Oak Creek Rd., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on February 13, 2013.  
East County Gazette- GIE030790  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003088**  
FICTITIOUS BUSINESS NAME(S): KLNSTEC Innovations  
Located at: 709 La Presa Ave., Spring Valley, CA 91977  
This business is conducted by: A Married Couple  
The first day of business was: January 31, 2013  
This business is hereby registered by the following: 1. David Alonso 709 La Presa Ave., Spring Valley, CA 91977  
2. Noemi Alonso 709 La Presa Ave., Spring Valley, CA 91977  
This statement was filed with Recorder/ County Clerk of San Diego County on January 31, 2013.  
East County Gazette- GIE030790  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003341**  
FICTITIOUS BUSINESS NAME(S): The Lunch Bucket Deli, Inc.  
Located at: 13313 Hwy 8 Business, El Cajon, CA 92021  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: The Lunch Bucket Deli, Inc. 13313 Hwy 8 Business, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on February 04, 2013.  
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2/21, 2/28, 3/7, 3/14, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-002389**  
FICTITIOUS BUSINESS NAME(S): Premier Dental Hygiene Practice of Linda Goble, RDHAP  
Located at: 1280 Tres Lomas Drive, El Cajon, CA 92021  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Linda Shay Goble 1280 Tres Lomas Drive, El Cajon, CA 92021  
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1/31, 2/7, 2/14, 2/21, 2013

**NOTICE OF PUBLIC LIEN SALE**  
Mobilehome lien sale on March 4, 2013, at 11:00 AM. 13594 Highway 8 Business #75, Lakeside, CA 92040. Lien sale on account for DAVID B. FURBISH; ESTATE OF DAVID B. FURBISH; LEA R. FURBISH; ESTATE OF LEA R. FURBISH; JEFF FURBISH; SAN DIEGO COUNTY PUBLIC ADMINISTRATOR. 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.  
2/14, 2/21/13  
CNS-2439696#  
EAST COUNTY GAZETTE

**NOTICE OF PUBLIC LIEN SALE**  
Mobilehome lien sale on March 4, 2013, at 11:15 AM. 13594 Highway 8 Business #32, Lakeside, CA 92040. Lien sale on account for GARRY KNUDSEN; PACIFIC MANUFACTURED HOMES. 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  
2/14, 2/21/13  
CNS-2439695#  
EAST COUNTY GAZETTE


**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004660**  
FICTITIOUS BUSINESS NAME(S): Private Eyes Cleaning Services  
Located at: 2297 Palomira Crt., Chula Vista, CA 91915  
This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: 1. Bernice I. Valenzuela 6209 Madeline St., San Diego, CA 92115  
2. Charles E. Reid 2297 Palomira Crt., Chula Vista, CA 91915  
This statement was filed with Recorder/ County Clerk of San Diego County on February 14, 2013.  
East County Gazette- GIE030790  
2/21, 2/28, 3/7, 3/14, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004485**  
FICTITIOUS BUSINESS NAME(S): Jibe Studios  
Located at: 2315 Fletcher Parkway Suite B, El Cajon, CA 92020  
This business is conducted by: A General Partnership  
The first day of business was: December 1, 2006  
This business is hereby registered by the following: 1. Jennifer Hill 820 N. 4<sup>th</sup> St., El Cajon, CA 92019; 2. Abby Neves 2287 Levante St. #A, Carlsbad, CA 92009  
This statement was filed with Recorder/ County Clerk of San Diego County on February 13, 2013.  
East County Gazette- GIE030790  
2/21, 2/28, 3/7, 3/14, 2013

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2012-022803 FILE NO. 2013-002999**  
  
The following person(s) has/have abandoned the use of the fictitious business name: Manta Ray Aquatics  
The Fictitious Business Name Statement was filed on August 27, 2012, in the County of San Diego.  
1719 E. Madison Ave., El Cajon, CA 92019  
This business is abandoned by:  
1. Cynthia L. Hoffman 14154 Hillside Drive, Jamul, CA 91935  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON January 31, 2013  
East County Gazette GIE 030790  
2/14, 2/21, 2/28, 3/7, 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 (March 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.  
( List Tenant names here) Robin Hann , Linda Saffer , Vincent Blank , April Dunlap , Anthony Conti  
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.  
2/21, 2/28/13  
CNS-2447604#  
EAST COUNTY GAZETTE

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



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:**  
**Bus Stop Improvements 2012**  
**Engineering Job No. PW3446**  
**Bid No. 018-13**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on March 14, 2013**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on March 14, 2013**

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.cityofelcajon.us or obtained at the office of the Purchasing Agent for a fee of \$7.00 (plus \$5.60 postage if mailing is requested). This amount is not refundable.

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

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

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

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

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

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

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

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

/s/ Dede Porter  
Purchasing Agent  
February 14, 2013  
East County Gazette- GIE030790  
02/14/13, 02/21/13

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 March 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:  
F005 Alvina Davis  
E011 Solona Worsham  
H065 Kenneth Lewis  
D026 Stephan Johnson  
C069 George Scott  
D040 Wesley Coulthard  
Tammy Henke  
Ace Your Storage Place  
573 Raleigh Avenue El Cajon Ca 92020  
Ph:(619)440-7867  
Fax: (619)440-6265  
East County Gazette 2/21, 2/28, 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 March 6 2013 8:30 AM or after .The follow-ing properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:

A0012	MARK NEELY
AU021	GABRIELLA MILTON
AU048	MONICA LARIOS
B0039	PAUL N DAVIS
B0071	KEVIN HERDER
B0092	FRED TOW
BU046	FRED TOW
BU061	LOURDES COVARRUBIAS
BU072	FRED TOW
BU086	FRED TOW
BU100	TRINA D BARNETT
C0054	JACK TUFTS
CU038	DOUGLAS BRUMMETT
CU146	MIRANDA J OCONNOR
DO015	KATHLEEN TABERT
DU009	KEVIN HERDER
DU011	KEVIN HERDER
DU027	CHRISTINA PORTEOUS
DU051	DEANNA CHRISTINE THATCHER
DU053	ALPHONSO LANFAIR
DU072	ALPHONSO LANFAIR
DU076	IRVING MCFARLIN

William k Ritch  
West coast auctions State license bla 6401382  
760-724-0423  
East County Gazette 2/21, 2/28, 2013



— LEGAL NOTICES —

Trustee Sale No. 239735CA Loan No. 0083103895 Title Order No. 282803 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/24/2004. 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 3/14/2013 at 10:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 03/03/2004, Book N/A, Page N/A, Instrument 2004-0174396, of official records in the Office of the Recorder of San Diego County, California, executed by: PABLO PEREZ AND IRMA PEREZ, HUSBAND AND WIFE AS JOINT TENANTS, as Trusor, WASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA Legal Description: PARCEL 1: THAT PORTION OF THE SOUTHERLY 30.00 FEET OF THE NORTHERLY 385.00 FEET OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 19, TOWNSHIP 16 SOUTH, RANGE 1 EAST, SAN BERNARDINO MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO THE OFFICIAL PLAT THEREOF, LYING EASTERLY OF THE EASTERLY BOUNDARY OF JAMACHA TERRACE, ACCORDING TO MAP THEREOF NO. 4651, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY. EXCEPTING THEREFROM THE EASTERLY 390.00 FEET THEREOF. PARCEL 2: ALL THAT PORTION OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 19, TOWNSHIP 16 SOUTH, RANGE 1 EAST; SAN BERNARDINO BASE AND MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO OFFICIAL PLAT THEREOF, LYING EASTERLY OF THE EASTERLY BOUNDARY OF JAMACHA TERRACE, ACCORDING TO MAP THEREOF NO. 4651 AND WESTERLY OF THE WESTERLY LINE OF THE EASTERLY 205.00 FEET OF SAID SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER. EXCEPTING THEREFROM THE NORTHERLY 385.00 FEET. ALSO EXCEPTING THEREFROM THAT PORTION LYING SOUTHERLY OF THE FOLLOWING DESCRIBED LINE: BEGINNING AT THE SOUTHWESTERLY CORNER OF THE NORTHERLY 385.00 FEET OF THE EASTERLY 205.00 FEET OF SAID SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER; THENCE SOUTHERLY ALONG THE WESTERLY LINE OF THE EASTERLY 205.00 FEET OF SAID SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER; A DISTANCE OF 102.00 FEET TO THE TRUE POINT OF BEGINNING; THENCE SOUTH 89°52'00" WEST TO THE EASTERLY BOUNDARY OF SAID JAMACHA TERRACE. PARCEL 3: AN EASEMENT AND RIGHT OF WAY FOR ROAD PURPOSES OVER THE WESTERLY 15.00 FEET OF THE EASTERLY 205.00 FEET OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION

19, TOWNSHIP 16 SOUTH, RANGE 1 EAST, SAN BERNARDINO BASE AND MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO OFFICIAL PLAT THEREOF. PARCEL 4: AN EASEMENT AND RIGHT OF WAY FOR ROAD AND PUBLIC UTILITY PURPOSES OVER THEEASTERLY 15.00 FEET OF THE WESTERLY 185.00 FEET OF THE EASTERLY 390.00 FEET OF THE NORTHERLY 385.00 FEET OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 19, TOWNSHIP 16 SOUTH, RANGE 1 EAST, SAN BERNARDINO BASE AND MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO OFFICIAL PLAT THEREOF. Amount of unpaid balance and other charges: \$481,418.56 (estimated) Street address and other common designation of the real property: 1740 HILLSDALE LANE EL CAJON, CA 92019 APN Number: 517-132-43 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: 2/13/2013 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. P1020840 2/21, 2/28, 03/07/2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004693**  
FICTITIOUS BUSINESS NAME(S): Big Liquor  
Located at: 617 N. Redondo dr., Oceanside, CA 92057  
This business is conducted by: A Corporation  
The first day of business was: May 29, 2002  
This business is hereby registered by the following: 1. Big Liquor Inc. 617 N. Redondo dr., Oceanside, CA 92057  
This statement was filed with Recorder/ County Clerk of San Diego County on February 14, 2013.  
East County Gazette- GIE030790 2/21, 2/28, 3/7, 3/14, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004632**  
FICTITIOUS BUSINESS NAME(S): In Order Cleaning Services  
Located at: 10880 Highway 67 #40, Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: January 1, 2012  
This business is hereby registered by the following: Tiffanie Arthur 10880 Hwy 67 #40, Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on February 14, 2013.  
East County Gazette- GIE030790 2/21, 2/28, 3/7, 3/14, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000221**  
FICTITIOUS BUSINESS NAME(S): In House Solutions  
Located at: 9222 Holmby Way, Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: February 1, 2011  
This business is hereby registered by the following: Jason Smith 9222 Holmby Way, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on January 03, 2013.  
East County Gazette- GIE030790 2/7, 2/14, 2/21, 2/28, 2013

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2012-00087401-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF ALEXANDRIA ELIZABETH ROWDEN FOR CHANGE OF NAME  
PETITIONER: ALEXANDRIA ELIZABETH ROWDEN HAVE FILED FOR AN ORDER TO CHANGE NAME  
FROM: ALEXANDRIA ELIZABETH ROWDEN  
TO: ALEXANDRIA ELIZABETH HALL  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101 on MARCH 15, 2013 at 8:30 a.m. IN DEPT. C46) 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 FEBRUARY 20, 2013.  
East County Gazette – GIE030790 2/21, 2/28, 3/7, 3/14, 2013

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**(619) 444-5774**

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-002520**  
FICTITIOUS BUSINESS NAME(S): a.) RT Service and Repair b.) Who the Heck is Rich? Art by Richard T. Thomas  
Located at: 10001 Burrock Dr., Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: January 10, 2012  
This business is hereby registered by the following: Richard T. Thomas 10001 Burrock Dr., Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on Jan. 28, 2013.  
East County Gazette- GIE030790 2/7, 2/14, 2/21, 2/28, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001950**  
FICTITIOUS BUSINESS NAME(S): Blue Citrus Events  
Located at: 14533 Olde Hwy 80, 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: Bree Gibson 14533 Olde Hwy 80, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on January 22, 2013.  
East County Gazette- GIE030790 2/7, 2/14, 2/21, 2/28, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001395**  
FICTITIOUS BUSINESS NAME(S): Keri's Pool Service  
Located at: 16398 El Monte Rd., Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: January 1, 2013  
This business is hereby registered by the following: Keri Anderson 16398 El Monte Rd., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2013.  
East County Gazette- GIE030790 2/7, 2/14, 2/21, 2/28, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-001797**  
FICTITIOUS BUSINESS NAME(S): a.) Two Rivers Strategies b.) Two Rivers Communications  
Located at: 9820 Alto Dr., La Mesa, CA 91941  
This business is conducted by: An Individual  
The first day of business was: January 1, 2013  
This business is hereby registered by the following: Reema Makani Boccia 9820 Alto Dr., La Mesa, CA 91941  
This statement was filed with Recorder/ County Clerk of San Diego County on January 18, 2013.  
East County Gazette- GIE030790 1/31, 2/7, 2/14, 2/21, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-003946**  
FICTITIOUS BUSINESS NAME(S): Chick-fil-A at Santee Fsv  
Located at: 9418 Mission Gorge Rd., Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Nathaniel Knecht 9418 Mission Gorge Rd., Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on February 07, 2013.  
East County Gazette- GIE030790 2/14, 2/21, 2/28, 3/7, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-004398**  
FICTITIOUS BUSINESS NAME(S): Metro Stripping Solutions  
Located at: 9851 Mission Viejo Ct., Unit 21, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Angelo A. Samuels 9851 Mission Viejo Ct., Unit 21, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on February 12, 2013.  
East County Gazette- GIE030790 2/14, 2/21, 2/28, 3/7, 2013

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2013-00033018-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF IRWIN FIEDLER FOR CHANGE OF NAME  
PETITIONER: IRWIN FIEDLER HAVE FILED FOR AN ORDER TO CHANGE NAME FROM: IRWIN FIEDLER TO: IRWIN-GABRIEL FIEDLER  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101 on MARCH 22, 2013 at 8:30 a.m. IN DEPT. 52) 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 FEBRUARY 01, 2013.  
East County Gazette – GIE030790 2/7, 2/14, 2/21, 2/28, 2013

**Kitchen Helpers**



# — LEGAL NOTICES —

NOTICE OF TRUSTEE'S SALE TSG No.: 120300210 TS No.: 2068.00665 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED August 23, 2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On March 07, 2013, Sage Point Leader Services, LLC, as duly appointed Trustee WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT drawn on a state or national bank, 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, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States). The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust with interest and late charges thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN BELOW MENTIONED DEED OF TRUST Executed by: JOHN TIPTON AND GAIL TIPTON, HUSBAND AND WIFE AS COMMUNITY PROPERTY WITH RIGHT OF SURVIVORSHIP Recorded on September 02, 2005, as Instrument No. 2005-0762976, of Official Records, in the office of the County Recorder of San Diego County, California Date of Sale: March 07, 2013 at 10:30 AM Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 17753 Sierra Cielo, Jamul, CA 91935 APN# 600-040-46-00 The total amount of the unpaid balance of the obligation 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 Sale is \$683,277.75. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to the return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property Hen, 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 (866) 684-2727 or visit this Internet Web site [www.lpsasap.com](http://www.lpsasap.com), using the file number assigned to this case 2068.00665. 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 26, 2013 Sage Point Lender Services, LLC 34 Executive Park, Suite 100 Irvine, CA 92614 949-265-9940 Lorena De La Torre FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (714) 730-2727 or visit [www.lpsasap.com](http://www.lpsasap.com) SAGE POINT LENDER SERVICES, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. A-4355993 02/07/2013, 02/14/2013, 02/21/2013

NOTICE OF TRUSTEE'S SALE Loan Number: C0359415206 Trustee Sale Number: CA1200059125 APN: 503-273-31-00 Title Order No. 7051201 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/01/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee. The sale will be made; but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: CONRADO PADILLA MARTINEZ AND MARIA ELENA RAMIREZ, HUSBAND AND WIFE AS JOINT TENANTS Recorded 06/07/2006 as Instrument No 2006-0400189 in Book XX, page XX, re-recording 10/08/2007 as Instrument No. 2007-0649487, in Deed Book xx, Page xx of Official Records in the office of the Recorder of San Diego County, California Date of Sale: 03/11/2013 at 10:30 A.M. Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 Property Address is purported to be: 3020 BANCROFT DRIVE SPRING VALLEY, CA 91977 APN#: 503-273-31-00 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$397,511.91 If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. 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 714-730-2727 or visit this [www.lpsasap.com](http://www.lpsasap.com) Internet Web site address for information regarding the sale of this property, using the file number assigned to this case file number. 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: 02/07/2013 Executive Trustee Services, LLC dba ETS Services, LLC 2255 North Ontario Street, Suite 400 Burbank, CA 91504-3120 Sale Line: 714-730-2727 Reinstatement and Payoff Requests: 800.665.3932 Ileana Petersen, Authorized Signatory Sale Info Website: [www.lpsasap.com](http://www.lpsasap.com) Automated Sales Line: 714-730-2727 Reinstatement and Payoff Requests: (800)-665-3932 THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. A-4358232 02/14/2013, 02/21/2013, 02/28/2013

Trustee Sale No.: 20090187420201 Title Order No.: 293871 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 3/19/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NDEX WEST, LLC, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 03/26/2007 as Instrument No. 2007-0201421 of official records in the office of the County Recorder of San Diego County, State of CALIFORNIA. EXECUTED BY: RUBEN MANZO, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 3/8/2013 TIME OF SALE: 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 STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 1811 GREENFIELD DR., EL CAJON, CA 92021 APN#: 507-370-33 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed 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, under the terms of said Deed of Trust, 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 obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$431,077.10. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. 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 for information regarding the trustee's sale or visit this Internet Web site [www.priorityposting.com](http://www.priorityposting.com) for information regarding the sale of this property, using the file number assigned to this case 20090187420201. 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. FOR TRUSTEE SALE INFORMATION PLEASE CALL: PRIORITY POSTING & PUBLISHING, INC. 17501 IRVINE BLVD., SUITE ONE TUSTIN, CA 92780 714-573-1965 [www.priorityposting.com](http://www.priorityposting.com) NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, L.L.C. as Trustee Dated: 2/7/2013 P1019762 2/14, 2/21, 02/28/2013

T.S. No. 12-2578-11 Loan No. 8900008031 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/12/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by 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: SAMANTHA SISK, A SINGLE WOMAN AND TIMOTHY BALES, A SINGLE MAN AS JOINT TENANTS WITH RIGHT OF SURVIVORSHIP Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 05/14/2008 as Instrument No. 2008-0259543 of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 3/7/2013 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: \$178,045.89, estimated Street Address or other common designation of real property: 1045 PEACH AVENUE #20, EL CAJON, CA 92021 Loan Modification Recorded 08/05/09 as Instrument Number 2009-0436990 Loan Modification Recorded 06/07/2010 as Instrument Number 2010-0282997 Loan Modification Recorded 06/07/2010 as Instrument Number 2010-0282998 A.P.N.: 484-300-64-20 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](http://www.priorityposting.com), using the file number assigned to this case 12-2578-11. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 FOR NON SALE information only Sale Line: 714-573-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-08-186191-ED IDSPub #0044950 2/7/2013 2/14/2013 2/21/2013

NOTICE OF TRUSTEE'S SALE TS No. CA-08-186191-ED Order No.: E395599 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/25/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): RAYMOND H. KEPPLER, AN UNMARRIED MAN Recorded: 4/30/2007 as Instrument No. 2007-0293508 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 2/28/2013 at 10:00:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main Street, El Cajon, CA 92020 Amount of unpaid balance and other charges: \$1,854,590.17 The purported property address is: 15596 SLEEPY CREEK RD, EL CAJON, CA 92021 Assessor's Parcel No.: 396-220-32 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 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-08-186191-ED. 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 property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 FOR NON SALE information only Sale Line: 714-573-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-08-186191-ED IDSPub #0044950 2/7/2013 2/14/2013 2/21/2013

FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-000222 FICTITIOUS BUSINESS NAME(S): Robert Andersen Doing Business With Down Under Services Located at: 1249 E. Madison Ave. #27, El Cajon, CA 92021 This business is conducted by: An Individual The first day of business was: October 1, 2012 This business is hereby registered by the following: Robert Andersen 1249 E. Madison Ave. #27, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on January 03, 2013. East County Gazette- GIE030790 2/7, 2/14, 2/21, 2/28, 2013



AGENDA

Alpine Community Planning Group

P.O. Box 1419, Alpine, CA 91903-0819

NOTICE OF REGULAR MEETING

Thursday, February 28, 2013 / 6:00 P.M.

Alpine Community Center, 1830 Alpine Boulevard, Alpine, CA 91901

- I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Jim Archer

George Barnett

Aaron Dabbs

Jim Easterling

Roger Garay

Travis Lyon

Nicole McDonagh

Mike Milligan

Tom Myers

Leslie Perricone

Lou Russo

Richard Saldano

Sharmin Self

Kippy Thomas

John Whalen

IV. Approval of Minutes / Correspondence / Announcements

1. January 24, 2012 Minutes

2. BOS letter on Alpine Heights Rd.

2. APG Statement:

The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.

V. Open Discussion

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue(s) so presented until such time as proper public notice is given prior to such discussion and vote.

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Subcommittee membership, subcommittee chairs will offer for approval, proposed members of their committees

2. Review Standing Rules for comments and approval of 2013 Standing Rules

3 - Parks & Recreation Subcommittee Chairman Jim Archer will report to the ACPG on the 2/12/13 subcommittee meeting where 2 motions were passed:

1<sup>st</sup> motion identified a partnership with “PLAY” to operate and maintain the potential future acquisition of APN 403-190-85-00 on Arnold Way.

2<sup>nd</sup> motion recommended the Planning Group request the Board of Supervisor’s to name the potential future park Vinnie Higgins Park. This is a 16 year old boy that played football and brought the community together with his passing on December 2, 2012.

Notice of Completion (NOC) of a Tribal EIR for a Proposed Parking Structure (Adjacent to Viejas Hotel & Casino)

The Draft Tribal Environmental Impact Report (TEIR) is expected to be published on or before Thursday, February 14, 2013. The draft document can be reviewed on the World Wide Web at [http://www.sdcounty.ca.gov/pds/ceqa\\_public\\_review.html](http://www.sdcounty.ca.gov/pds/ceqa_public_review.html), at the County of San Diego Department of Planning and Development Services (PDS), 5510 Overland Avenue, San Diego, CA 92123, or at the Alpine Public Library. Comments on the Draft TEIR will be accepted from February 14, 2013 through March 30, 2013. Please send any comments on the TEIR to the attention of Robert Scannell, Viejas Enterprises, 5000 Willows Road, Alpine CA 91901.

VIII. Organized / Special Presentations:

1. Housing Element Update. County staff Dixie Switzer will discuss the Housing Element Update released for a 30-day public review on January 29th . Since the Update is not proposing any changes to the General Plan land use map or goals & policies, its primary component is a Sites Inventory. The Sites Inventory identifies properties in Alpine that have a density of at least 10.9 dwelling units per acre. The presentation is intended to provide the planning group with an opportunity to provide comments prior to the Planning Commission hearing scheduled for March 1, 2013 [15 minutes]

2. Forest Conservation Initiative Lands GPA. County staff Bob Citrano will discuss the Forest Conservation Initiative Lands GPA. A Draft Supplemental EIR (SEIR) was released for a 45-day public review on February 1, 2013. The environmental analysis for this SEIR is based on the land use map endorsed by the Alpine CPG on April 26 and September 27, 2012. Staff will:

a. Identify proposed changes this project would make to Alpine Community Plan

b. Identify the roads that will result in significant impacts with build-out of the proposed project as determined by the traffic study prepared for the Supplemental EIR

c. Provide an update on the project status and next steps [15 minutes]

3. A representative from Sprint will be coming to discuss a modification to the cell site near 6163 Alpine Blvd, Alpine, Ca 91901, Minor Use Permit # ZAP96-013W1; APN: 406-140-24,25. Presentation, Discussion and Action.

4. A representative for Sprint will be coming to discuss a modification to the cell site near 844

Tavern Road, Alpine Ca 91901, Permit # ZAP12-002W1; APN 403-380-80-00. Presentation, Discussion and Action.

5. Sharmin Self will discuss the comments and concerns submitted by the public during the Public Facilities Subcommittee of February 20, 2013, regarding The County of San Diego’s Draft Supplemental EIR (SEIR), which was released for a 45-day public review on February 1, 2013. The environmental analysis for the SEIR is based on the land use map endorsed by the Alpine CPG on April 26 and September 27, 2012. The Alpine ACP will submit these to the county before their March 18, 2013 deadline. Discussion only.

6. Jim Archer will discuss the Parks and Recreation Subcommittee recommendations to have the County of San Diego purchase parcel 403-190-85-00 at 1311 Arnold Way, Alpine. The County of San Diego will need a letter to the Director of Parks and Recreation, copying Supervisor Jacob, requesting the County to move forward with the acquisition negotiations to acquire the property. Discussion and Action.

7. “The County of San Diego has released their “Tiered Equine Ordinance Draft EIR” for 45 day Public Review. The Public Facilities subcommittee will forward comments and concerns accepted at their February 20, 2013 meeting. The ACPG will accept any comments and concerns from the public that have not already been submitted, in order to forward them to the county. All comments must be submitted to the County no later than March 20, 2013 .Discussion and Recommendation.”

IX. Consent Calendar

A. Circulation

1) Discussion and Vote: None

B. Design & Review

1) Discussion and Vote: None

C. Communications

1) Discussion and Vote: None

D. Private Actions

1) Discussion and Vote: None

2) Discussion and Vote: None

3) Discussion and Vote: None

E. Public Facilities, Services & Major Public Policy

1) Discussion and Recommendations (Vote): None

F. Trails & Conservation

1) Discussion and Vote: None

G. Parks & Recreation

1) Discussion & Vote: None

X. Subcommittee Reports (Including Alpine Design Review Board)

H. Private Actions

I. Trails & Conservation

J. Parks & Recreation

K. Public Facilities, Services &

L. Major Public Policy

M. Circulation

N. Communication

O. Alpine Design Review Board

XI. Officers Reports

P. Chairman

Q. Vice Chairman

R. Secretary

s. Immediate Past Chair

XII. Open Discussion 2 (Only if Necessary)

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue(s) so presented until such time as proper public notice is given prior to such discussion and vote.

XIII. Request for Agenda Items for Upcoming Agendas

a. All requested Agenda Items must be to the Planning Group Chair by the 2nd Thursday of each month.

XIV. Approval of Expenses / Expenditures

a. Post Office Fee \$106.00 reimbursement to Jim Easterling, receipt attached

XV. Announcement of SubCommittee Meetings

XVII. Announcement of Next Meeting

a. March 28, 2013

XVII. Adjournment of Meeting







# 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.



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



**Felix, young Domestic Short Hair male. ID#14538**



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



**Trinity, 4-year-old Pit Bull Terrier female. ID#14247**



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



**Katness, 1-1/2-year-old Domestic Short Hair-Black & White female. ID: 14263**



**Brittany, 8-year-old Domestic Short Hair female. ID#14277**



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



**Tulip, one-year-old Terrier mix female. ID#14646**



**Alexa, Brown Tabby. ID#14271**



**Snow White, 2-year-old Domestic Short Hair - white female. ID#14482**



**Topaz, one-year-old Pit Bull Terrier/Labrador Retriever Mix female. ID: 14491**



**Sugar, one-year-old Terrier mix female. ID#14550**

### Pet of the Week



Howdy! My name is ZEUS, and I'm a handsome and loving American Bulldog/ Pit Bull Terrier mix who is about one year old. Everyone at the shelter agrees that I'm a super-sweet and happy boy! I'm fun-loving and energetic, and I love to be near people. I love a good game of fetch, and I sure appreciate a good back rub. I enjoy taking walks and exploring the world, and I'd need a yard so that I could run around and have fun. I'm young, smart, and eager to learn. I already know how to sit, and I'm almost house trained; I just need a little encouragement. I will make a nice pet in an adult home (because of my size and energy level), and I would need to be the only dog in my new home. Please visit me in kennel #4 at the El Cajon Animal Shelter, then ask the helpful staff if you and I can get better acquainted in our play yard. I've got so much love to give!! Love, Zeus" ID: 13238

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