



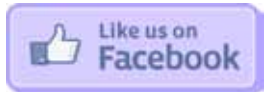
**VOLUME 15  
NUMBER 1**

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Meet Smokey Joe and his friends on page 19

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#### Looking for something to do?



Relays, Local airshow, fund raising events, pageants, Car shows, antique shows, train rides, concerts and more. There's lots of fun happening in East County! See calendar of events on page 17.

#### '100 Hours Honoring 100 Years'



Krystina Perez was honored at a recent City Council meeting as the first recipient of a Centennial program called "100 Hours-Honoring 100 Years." This program is to honor those who volunteer their time in the City of El Cajon for at least 100 hours or more, as an individual, or as a group, during our Centennial year. Since January of this year, Krystina has volunteered over 500 hours of her time helping in the City of El Cajon's Finance and City Clerk's departments. To learn more about this program, visit [www.elcajon100.com](http://www.elcajon100.com) and look under "Participate." Documents can be downloaded from the Centennial website and must be post-marked by December 10, 2013.

## Community celebrates Memorial Day



Diana Saenger, author of the new book *Mission-Honored – A Dream Achieved*. Saenger spent two-years gathering histories about those on the Wall of Honor. This first book features stories of 83 who are on the Wall. Diana Saenger is also the entertainment editor of the East County Gazette.

Right is Jack Dumas, a Navy Chaplain in WWII, Photo credits: Kathy Foster

Left bottom: Buecker Squadron Vintage WWII flyover. Photo Credit: Jay Renard



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# Local News & Events

## Alpine Community says 'Thank You'



Dan Foster with grandson Carson. Photo credit: Kathy Foster



Peggy Benson Credit: Kathy Foster



Soloist Carol Compton. Photo credit: Kathy Foster

and hamburgers. Many of the club's members also arrived early to set up the eating, bar, and seating areas around the park.

Dan Foster, founder of the Alpine Wall of Honor, along with Bob Jackson – who along with his wife Debbie handle the tile functions for the Wall –

were busy days ahead cleaning up the park and getting the appropriate flags around the Wall of Honor.

Rod Galloway started days before the event putting together all of the music throughout the day and did a super job making sure the microphones were set for the speakers and singers. Herb Cawthorne served as the MC of the ceremonies and garnered many comments from those attending about his wonderful voice and charming personality. Earlier in the week – with the help from the Viejas E&P department – Cawthorne recorded every name on the wall to be continuously read during the event.

The Ceremony began with an invocation from Devon Fox of Alpine Boy Scout Troop 105, which also did two songs. Colors were posted by a Color Guard from the Bert Fuller VFW Post 978. Bob Jackson then led everyone in the Pledge of Allegiance followed by the Sonrise Church Prime Time choir led by Ken Elrod singing the first and last verse of the "Star Spangled Banner."

One of the most exciting elements of the day took place around 12:15 when the Buecker Squadron Vintage WWII Planes flew overhead and did their "Missing Man" formation for the event. That was followed by a rousing rendition of "Proud To Be An American" by Peter Hastings.

Special guests included County Supervisor Dianne Jacob, Congressman Duncan Hunter, Senator Joel Anderson and Adrian Brown, Viejas Tribal Council Member, all gave eloquent speeches recalling personal times of anguish and praise and gratitude for



Veterans Wall of Honor. Photo Credit: Rod Hinrichsen



Bill Ridenour being interviewed by Herb Cawthorne. Photo credit: Kathy Foster

the Alpine Wall of Honor and all who are represented there.

Dan Foster recounted the journey of the Wall of Honor acknowledging many who had a hand in making a dream come true. He welcomed all who were in attendance and recognized each service of the military while their particular anthem played as they stood.

The Sonrise choir sang the "Battle Hymn of the Republic" followed by an introduction about the new book *Mission-Honored – A Dream Achieved*. The book was a two-year journey in gathering histories about those on the Wall of Honor. This first book features stories of 83 who are on the Wall.

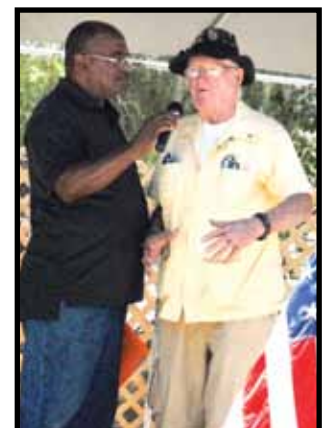
Cawthorne next invited several up to speak about their own or a family member's service from their stories in the book. Included were Jack Dumas, a Navy Chaplain in WWII, Bill Ridenour about WWII, POW Jack Roland of WWII, Charlie Howell of Vietnam and Peggy Benson about her three brothers who served in the military.

Soloist Carol Compton from Sonrise wet a lot of eyes with her beautiful rendition of "America the Beautiful." Ending a magnificent day in both weather and togetherness was Tom Walko playing "Taps" on his bugle.

For more information about the Wall of Honor or how to order the book *Mission-Honored – A Dream Achieved*, visit [www.alpinewallofhonor.org](http://www.alpinewallofhonor.org)



Jack Roland. Photo credit: Kathy Foster

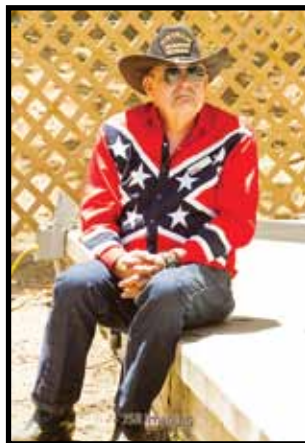


Herb Cawthorne & Charlie Howell. Photo credit: Kathy Foster

**by Diana Saenger**  
The third Alpine Community Celebration of its Wall of Honor took place Monday 11 a.m. – 2 p.m. at the Alpine Park next to the Community Center and Alpine Wall of Honor. A day planned with patriotic music, free food, visits by dignitaries, a gospel choir and the release of a new book about the Wall brought 100s to the festivities.

With a visual appearance of the park transformed by patriotic attire and decoration it was hard to tell which had a bigger presence – flags in the park or people showing their pride and support for veterans.

The Alpine Kiwanis Club out did themselves in bringing in their cook shack, setting up barbecues and feeding the crowd with free hot dogs



Bob Jackson. Photo credit: Jay Renard



Tom Walko and son David. Photo credit: Kathy Foster



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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights

by Monica Zech,  
City of El Cajon Public  
Information Officer

**Your city for special events! — Celebrating 100 Years As A City! Visit [www.elcajon100.com](http://www.elcajon100.com)**

**The El Cajon Farmers' Market Continues Every Thursday at the Prescott Promenade from 3 to 7 p.m. Pick up a variety of fresh fruits, vegetables, flowers and more! Visit the Market's website at [www.ElCajonFarmersMarket.org](http://www.ElCajonFarmersMarket.org) to learn more.**

**Alternative Friday closures, holidays and Council meetings**

June 7 and 21 – Next alternate Friday closures for El Cajon City offices. Please go to [www.cityofelcajon.us](http://www.cityofelcajon.us) for a full calendar of hours for City offices during 2013.

June 11 – Next El Cajon

City Council Meeting at 3 p.m. in the Council Chambers at 200 Civic Center Way. For more information, and to view the full agenda online, please visit [www.cityofelcajon.us](http://www.cityofelcajon.us).

**El Cajon - Your City for Special Events!**

**The El Cajon Police Community Forum set**

The El Cajon Police Department will be holding a Community Forum on Saturday, June 8, at the Ronald Reagan Community Center, from 3:30 to 6 p.m. There will be a K-9 demonstration just after 3:30 p.m., along with a SWAT display. Then have your questions ready for the forum from 4 to 6 p.m. Among the topics to be discussed are pedestrian safety, teen drivers and synthetic drugs. Winners of the "Check Before Your Step" public service announcement video contest will also be announced at this forum. The Ronald Reagan Community Center is located at 195 East Douglas Avenue in Downtown El Cajon.

**Don't Miss Wings Over Gillespie set for June 1 & 2**

Don't miss one of the best airshows of the year right here in El Cajon! Air Group One (AG-1), the San Diego Wing of the Commemorative Air Force, invites the public to attend the 18th Annual "Wings Over Gillespie" Air Show the weekend of June 1 and 2 at Gillespie Field in El Cajon, from 9 a.m. to 4 p.m. With exciting events and displays for the entire family, Wings Over Gillespie will commemorate the City's Centennial Celebration and San Diego's contribution to aviation in WWII. They will feature a collection of San Diego designed and built aircraft along with vintage aircraft aerial and ground displays, military re-enactors, paratroopers, a mock battle with pyro and a special Navy SEALs display to keep excitement high. Visit our Centennial booth!

Highlights of Wings Over Gillespie include: NASA will share the agency's many capabilities with a display showcasing current and future aeronautical technologies: a scale model of the Stratospheric Observatory for Infrared Astronomy, or SOFIA, 747; a video showing NASA Dryden Flight Research Center's current projects; and a photo kiosk providing guests with an instant photo placing them on Mars or the moon. Exciting performances by Silver Wings Wing-walking, known for their breathtaking acrobatic stunts performed on the wings of airborne aircrafts. There will also be a free Kid's zone, amusement rides, educational

displays, a variety of food and beverages. A free youth educational day will take place on Friday, May 31. Veterans will speak with kids about aviation focusing on science, technology, engineering, and math. Wings Over Gillespie is sponsored by Barona Resort & Casino, Millennium Laboratories, Sprouts Farmers Markets, GKN Aerospace, County of San Diego Airports, San Diego Air & Space Museum, and TEAM KIA El Cajon. Parking is free! The entrance to the show will be at the Gillespie Field Administration Building located at 1960 Joe Crosson Drive. For more information, call (619) 259-5541 or visit [www.ag1caf.org/](http://www.ag1caf.org/).

**Relay for Life in El Cajon is June 1 & 2 at El Cajon Valley High School**

Join us for the American Cancer Society Relay for Life of El Cajon and help people stay well and get well, to find cures and to fight back against cancer! The relay is set for the weekend of June 1 and 2 at El Cajon Valley High School at 1035 E. Madison Avenue. Hours are from 9 a.m. Saturday to 9 a.m. Sunday. The Opening Ceremony is 9 a.m. - bringing everyone together for a high-energy event kickoff to celebrate the lives of those who have battled cancer, to inspire hope by sharing recent accomplishments and progress, and to remind everyone that while we are winning this battle, fighting cancer is a year-round priority. The Survivors Lap is at 9:30 a.m. - upbeat music plays as all cancer survivors at the event take the first lap around the track cheered on by the other participants who line the track, celebrating their victory over cancer. Fight Back is set for 4:30 p.m. - The Fight Back Ceremony symbolizes the emotional commitment we each make to the fight against cancer. The action we take represents what we are willing to do for ourselves, for our loved ones, and for our community to fight cancer year-round and to commit to saving lives.

There will also be a Kids Zone with fun activities. Visit their website at [www.RelayForLife.org/ElCajonCA](http://www.RelayForLife.org/ElCajonCA). For more information, call (619) 444-5626.

**Western Music Jubilee Is Saturday evening June 1**

It's all about great music at the 3rd Annual Wieghorst Western Music Jubilee, Satur-

day, June 1, at the Cuyamaca College Performing Arts Theater at Cuyamaca College, 900 Rancho San Diego Parkway in Rancho San Diego. The show begins at 7 p.m. Entertainers include: Tom Hiatt, Sourdough Slim, Dave Bourne, Mary Kaye, and the Red Hot Rhythm Rustlers. Ticket pricing is as follows: general admission, in advance - \$25, or \$30 at the door; for reserved seats in advance - \$40, or \$45 at the door. To purchase tickets or for more information, please call (619) 590-3431. Concert to benefit Wieghorst Educational programs.

**Celebrate a centennial of stories at the Fletcher Hills Library**

Celebrate 100 years of library service to the County of San Diego at the Fletcher Hills Library, 576 Garfield Avenue, this Friday, May 31 at 6 p.m. This event is being offered to all ages as part of San Diego County Library's 100 Years of Stories anniversary year and is free to the public. The evening will begin with a presentation of the history of El Cajon and the Fletcher Hills area by local historian Eldonna Lay, followed by a presentation about the history of the Fletcher Hills Branch Library and how libraries work. Next, local folk singer Tammy McCabe will lead guests in a special music time called "Songs We Know," featuring classic popular folk songs. There will be fun photo booth with special keepsakes, a Share Your Library Story time, and a booth presented by the Friends of the Fletcher Hills Library and its community. Refreshments, snacks, and dessert will be served! "We are proud to serve the community of Fletcher Hills and the over 50 year history of the Fletcher Hills Library," says branch manager Rebekah Sanders. "We hope many residents of this close-knit neighborhood will join us to celebrate our birthday!" For more information on the Centennial Celebration, please contact library staff at (619) 466-1132, or view our calendar of events at [http://sdcl.org/locations\\_FH.html](http://sdcl.org/locations_FH.html).

**"Dinner & a Concert" Friday Night!**

It's music and dancing in the heart of Downtown El Cajon with "Dinner & a Concert." Join us this Friday, May 31, for the group Night Shift play-

ing Rock music! These concerts take place at the Prescott Promenade from 6 to 8 p.m., and will continue Friday nights through Sept. 27. On June 7, it's The Choice Entertainers with Doo-wop and R & B music; and it's All-American Rock music by the Heroes on June 14. For the full line-up of bands scheduled during the 2013 season, visit [www.downtownelcajon.com](http://www.downtownelcajon.com), or call (619) 334-3000.

Note: Did you know you have a chance to win a Taylor Guitar? Visit [www.downtownelcajon.com](http://www.downtownelcajon.com), go to "Events" and click on "Dinner & a Concert" to learn more.

**Cajon Classic Cruise Car Shows continue Wednesday nights**

Join us for a "Bike Night" at the next Cajon Classic Cruise Car Show on Wednesday, June 5! These car shows are hosted by the Downtown El Cajon Business Partners. The following week features Charger Steve's Starz Car on June 12; and on June 19, it's Extreme Horsepower! Join all the excitement from 5 to 8 p.m. at the Prescott Promenade, 201 East Main Street in El Cajon. This weekly, Wednesday night event continues through September 25. For more information, visit [www.downtownelcajon.com](http://www.downtownelcajon.com), or call (619) 334-3000.

**Summer Blast Tennis Festival hosted by One All Tennis**

"One All Tennis" will host the Summer Blast Tennis Festival at Kennedy Park on Sunday, June 30 from 12 noon until 3 p.m.! One All, in conjunction with the Southern California Tennis Association, is hosting the second in a series of free Tennis Festivals so young players and parents can participate in a fun day of tennis play with good friends, food, community, and prizes! Take advantage of this great opportunity to experience the excitement first-hand! Learn the basics of tennis and enjoy time to play as a family. Watch top local high school tennis players showcase their abilities on the court. Participate in a casual round robin competition with prizes. The first 50 kids to register for the One All Summer Blast Tennis Festival will receive a free t-shirt! Pre-register to attend the One All Summer Blast Tennis Festival today at [www.onealltennis.org](http://www.onealltennis.org). Admission is free for the entire family! For more information, contact Tovi **See HIGHLIGHTS page 6**



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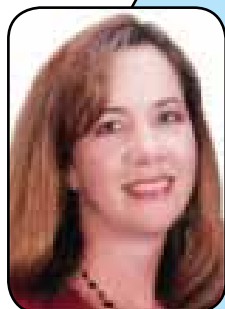
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## — LOCAL NEWS &amp; EVENTS —

# Highlights . . .

Continued from page 4

Mosey at tovi@1alltennis.org.

One All Tennis Association conducts after school programs as a means to promote health, wellness and character development. One All hosts free clinics and tennis festivals to provide children and adults with additional opportunities to learn and play tennis. One All Tennis Association is working in conjunction with the United States Tennis Association and Greater San Diego Tennis Council to paint

court lines on playgrounds to facilitate play during physical education classes and refurbish local tennis courts for the community.

## Great opportunity! Summer Camp volunteers needed

This is your opportunity to fulfill your school required community service hours or gain real life job experience. It also looks great on your resume. The City of El Cajon Recreation Department is looking for young inspiring youth

who would like to volunteer in our summer camp program. Typically volunteers will be asked to work Monday through Friday from 8:30 a.m. to 3:30 p.m. Dates and times may vary based on the camp and needs. The ideal candidate must be between the ages of 14 - 17 years old, is energetic, has an outgoing personality, and is eager to learn. Volunteers will work directly with staff in a variety of themed camps such as: Fun in the Sun, Indoor Soccer, Art, Gymnastics, Dance, Basketball, Dodgeball and much more. Applications are being accepted until June 14, 2013. Please apply in person, Monday through Friday, from 3 to 6 p.m. at Hillside Recreation Center, located at 840 Buena Terrace, near Fletcher Parkway. For more information please call (619) 441-1674.

## Do you volunteer in El Cajon? We'd like to honor you!

As the City of El Cajon continues to celebrate 100 years of incorporation, we would like to honor those who volunteer in our community through the 100 Hours Honoring 100 Years Volunteer Program. As we celebrate our Centennial Year and reflect on our rich City history, it is important to recognize that it is the people who make El Cajon the "Valley of Opportunity," including our volunteers. The 100 Hours Honoring 100 Years Volunteer Program was developed to provide an opportunity for El Cajon residents and others involved in the community to be recognized for their service in honor of El Cajon's Centennial. Local organizations and groups are always looking for dedicated, caring individuals who want to make a difference in the community. Through this volunteer program, the City will recognize the volunteer service performed in the El Cajon community during the Centennial year (November 2012 through November 2013). All are invited to participate, whether as an individual, or in a group on behalf of an organization, community group, or business. Find out more by visiting our Centennial website, [www.elcajon100.com](http://www.elcajon100.com), under

"Participate" and download the forms. Completed forms will be accepted throughout the year; however, all forms must be completed and delivered, or post-marked, by December 10. For more information, call (619) 441-5549.

## FREE Disaster Preparedness classes

Being prepared reduces injury and death during an earthquake or fire, are you and your family prepared? If not, register now for one of our free upcoming Community Emergency Response Team (CERT) Academies! We hold three academies per year. The first is complete, but we still have

space available in our next two CERT Disaster Preparedness Academies, beginning June 15 and September 21. To see the full calendar of CERT classes, please visit [www.heartlandfire.org](http://www.heartlandfire.org). Once an academy begins, classes are held every other Saturday, from 8:30 a.m. to 12:30 p.m. Classes are taught by members of Heartland Fire & Rescue and Santee Fire. If you would like to register, call (619) 441-1737.

\*Note: For information on preparing for a disaster now, visit [www.readysandiego.org](http://www.readysandiego.org).

**Celebrating 100 Years as a city**  
Don't forget, you are wel-

come to share your memories and photos of growing up in El Cajon on our Centennial website at [www.elcajon100.com](http://www.elcajon100.com). Also on the Centennial website you will see photos and a video from the November 12, 2012, event! Join us as we celebrate the people of El Cajon – it is the people that make our City The Valley of Opportunity!

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).

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**El Cajon Centennial Moments**  
*Sharing a piece of history*

## Centennial Moment: 1917 El Cajon is on the upswing

Below is an excerpt from a brochure published in 1961 in honor of the City's 50th anniversary of incorporation: "50 Years of Progress." The brochure chronicles events in the City by each year, from incorporation in 1912, through present day, at that time, in 1961. This Centennial moment focuses specifically on the year 1917. Photo is courtesy of the El Cajon Historical Society.

Population had risen from 550 in 1912 to better than 700 this year [1917]. Two telephone companies were competing for the business of the city. New homes were being built in the City and throughout the valley, and rentals were very much in demand. Bank clearings were better than \$2,000 a day. Along Main Street this year, retail business showed considerable expansion. A survey showed that along the main thoroughfare there were now two hotels, two garages, three general stores, two drug stores, two barber shops, two harness shops, a blacksmith shop, a bank, bakery, meat market and shoe shop.



Telephone office in El Cajon.

"Doc" Barkley's articles and stories in many Southern California newspapers and business magazines concerning the Valley and city and their possibilities continued to bring inquiries from all over the country.

Farmers of the Valley discovered an excellent direct market for their products at Camp Kearny, which had developed into a major Army training camp.

Trustees appointed Stell and Avis to work out plans on

how to encourage the newly proposed state highway to pass through the City.

The Woman's Club sent 50 Christmas boxes to Valley men overseas.

The Trustees set aside \$35 a month for the hire of a City night watchman.

For more information, visit the El Cajon Historical Society's website at [www.elcajonhistory.org](http://www.elcajonhistory.org) or the City's Centennial website at [www.elcajon100.com](http://www.elcajon100.com).

# For Health's Sake

## Change your sleep positions to relieve pain, acid reflux and more

**W**hen you slip into bed at night, you probably go straight to your favorite sleep position—perhaps on your side or on your back. But sleep positions can sometimes be tricky. Certain positions can help—or worsen—common health problems.

The best—and worst—sleep positions for seven common ailments...

### Shoulder pain

Sleeping on your back is often a good option if you have shoulder pain. To avoid compressing shoulder nerves, tendons and/or joints, make sure that your head, neck and shoulders are in a neutral position. Put a small pillow under your head (with a rolled-up towel under your neck, if needed). You may even want to put a small towel roll or pillow under your shoulder to give it more support, if needed.

Should you sleep on your side when your shoulder hurts? And if so, which side? It depends on the cause of your shoulder pain.

**Laughter is the  
Best Medicine**

**'OLD' is when**

**Y**our friends compliment you on your new alligator shoes and your barefoot.

Going braless pulls all the wrinkles out of your face.

«Getting lucky» means you find your car in the parking lot.

«Getting a little action» means you don't need to take any fiber today.

An «all nighter» means not getting up to use the bathroom.

and **«OLD» is when**

You are not sure these are jokes.

Submitted by grandma Mary from El Cajon

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

For sprains and rotator-cuff injuries: When opting for side-sleeping, most people with this type of shoulder pain are most comfortable hugging a pillow with the painful shoulder up.

Some people, however, are more comfortable—and hurt less in the morning—if they sleep with the painful side down. The joint will be supported by the mattress, and your weight will keep the affected shoulder from moving. Just be sure to place a pillow in front of your chest and under the painful shoulder for support.

**For arthritis:** The irritation and inflammation can worsen if you sleep on the painful shoulder. Keep pressure off the affected joint by lying on your back or on the other side with the arm supported by hugging a pillow.

### Knee pain

Do not lie on your stomach if you have knee pain—whether it's from arthritis, an injury or a surgical procedure. The pressure on the kneecap can be painful. Also, people who sleep on their stomachs often stretch out the back of the knee joint. This can cause an overextension of the hamstring and the knee joint, leading to pain in the knee or hamstring.

**Better:** Sleep on your side with a pillow between your knees. The pillow should be thick enough so that the top leg remains in alignment with the hip. This prevents the top hip from dropping down, which can stress the leg and the spine. The pillow reduces friction and pressure on the knees and keeps the legs in proper alignment.

Another choice: Sleep on your back. You may want to sometimes use a small pillow or towel roll under your knees. Caution: If you have arthritis or any acute injury and use a pillow in this way often, it can increase swelling in your knees and limit the knees' range of motion. For this reason, you might need to alternate between side-lying and sleeping on your back throughout the night or on different nights.

### Back pain

Back-sleeping is a good position for people with back pain. However, if you're lying flat on your back, you may feel more comfortable with a pillow under your knees. This will keep your back in a more natural position and eliminate an excessive arch between your lower back and the mattress.

**Self-test:** If you can easily slip your hand into an open space between your lower back and the mattress, raise your knees a little more. Your lower back should be flat against your hand.

For back pain, you may also find it comfortable to sleep on your side with a pillow between your legs.

### NECK PAIN

If your neck is tight and/or painful, do not sleep on your stomach. Reason: Unless you sleep with your face pressed into the mattress, you'll need to turn your head to the side. This puts a lot of stress on the neck joints as well as the muscles and soft tissues in the neck and upper back.

**Better:** Sleep on your side with a pillow under your neck. The pillow should fill the dis-

tance between your neck and shoulder. You can use a special pillow for side-sleeping with more support for your neck and a cutout for your head (available online or from home-goods stores). Alternately, you can use a rolled-up towel to give your neck more support. You also can sleep on your back as long as you don't prop up your head too high, which will strain your neck. (Usually one pillow is enough.)

### Foot pain

If you have extreme pain on the sole of your foot, you may have plantar fasciitis. This condition causes painful inflammation of the tissues on the bottom of the foot. If you have plantar fasciitis, it will likely worsen if you sleep on your stomach. Reason: You generally point your feet when you're on your stomach. This shortens the muscles of the calf and soles of the feet and can cause painful cramps.

You will do better if you sleep on your back or side using a pillow between the legs. If you must sleep on your stomach, at least hang your feet over the end of the bed so that your feet and ankles are in a more neutral position.

### Snoring and sleep apnea

Even people who do not usually snore will often do so when they sleep on their backs. Gravity pulls downward on the tongue and other structures in the throat, partially blocking airflow and causing snoring.

Sleeping on your back also can cause obstructive sleep apnea, in which breathing intermittently stops and starts during sleep. If you've been diagnosed with sleep apnea

or if your partner reports that you gasp, snore or snort during sleep, try sleeping on your side or stomach. If you are on your side but tend to flip onto your back during the night, place a pillow or two behind you. This will stop you from rolling onto your back.

### Acid reflux

If you suffer from heartburn, also known as acid reflux, how you sleep can determine whether you're comfortable or suffering from that unpleasant "burning" sensation. Lying flat on your back makes it easier for stomach acid to surge upward into the esophagus—the cause of heartburn.

You'll feel better if you elevate the upper half of your body with a wedge pillow, often made of foam. There are also special pillows that slip between the box spring and mattress (or under the mattress on a platform bed) to elevate the head of the bed. Risers for the head of the bed also can be used.

If you have heartburn: Sleeping on your left side often is advised. In this position, the esophagus is higher than the stomach to help prevent the backwash of stomach acid.

### How to change how you sleep

Suppose that you are a side-sleeper, but you know that you should be sleeping on your back. Before you go to sleep,

think about the position that you want to maintain and start in that position. Remind yourself of this whenever you happen to wake up and return to the desired position.

It may take a few weeks (or even months), but the mental reminders and time in the desired position will eventually change the way that you sleep most of the time.

### Is it time to replace your mattress?

If you can't remember when you bought your mattress, you're probably due for a new one. Mattresses start to sag and lose their support after about eight or 10 years.

Choose a mattress that's on the firm side or firm, but with some cushioning on top, such as a plush-top mattress. About every three months, rotate the mattress. Flip it over if it has two sleep sides.

Also: Invest in more pillows. You can use them in different ways when you need more support or padding—for example, between your legs, for hugging and under your knees. Depending on the size of the pillows, two to four will generally be enough to provide added support for your body.

Source: Mary Ann Wilmarth, PT, DPT, chief of physical therapy at Harvard University in Cambridge, Massachusetts.



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# Inspiration

## The many excuses of a man in a midlife crisis

by Dr. Rev. James L. Snyder

Sometimes it is best to err on the side of caution. This, however, has not always been my modus operandi down through the years. In fact, I am not very good when it comes to practicing anything, just ask the Gracious Mistress of the Parsonage.

As of late, though, I have been practicing caution like I was going to Carnegie Hall. I am not very good at it yet, but my goal is to come to the point of perfection in the area of caution as it touches my person, particularly my health and well-being. This may be because I have reached that age when most men go through a midlife crisis.

You can always tell when a man is going through his midlife crisis. He usually wants to prove he is as good at 60-something as he was when he was 20-something. Carelessly throwing caution to the wind, he attempts to do something beyond the energy of his existing body. One sure way to tell if a man is having a midlife crisis is to notice his recent injuries.

Personally, when I was 20 I was not good at anything, which has enabled me to skip my midlife crisis. I am glad to be 60 (okay, maybe I am a tad over 60) because now when I get tired I can say I am tired and sit down. At 60-something I have absolutely nothing to prove. I am no better or worse than I was when I was 20. It is, as my wife notes, the ageless wonder of incompetency.

The difficulty with growing older is that the old memory juices do not flow as swiftly as they once did. Of course, some of us never had a real gusher in that department anyway. The more memories I have, the less I am able to recall them in the innocence of their reality. Like the fisherman who tells the size of the one that got away. Memory seems to add or subtract according to the benefit of the person conjuring up the memory.

A big problem a man in mid-life crisis has is that he does not remember how good he actually was when he was 20, unless of course, his wife knew him at that time. If he could, he would not have to try to replicate it when he is 60. This is one of the

unique advantages of maturing. Forgetting always leads to exaggerating. Exaggerating at 60-something leads to injuries. The only purpose of this is to impress people who really are not being impressed.

As we grow older things begin to change, and some things change for the better. When I was 20, I could not admit to anybody that I was tired. I would have been the laughing stock in my community if I would admit any such phenomena. You know what they say about the unlimited energy that young people have. Now that I am in my 60s, I can blame my advancing years on just about anything.

"I love to do that, but at my age I don't have the energy." This has covered a multitude of sins, for which I am so grateful. Of course, it does have one drawback, when someone in their 80s invites me to go for a walk, what in the world can you say to that?

This next one has to be one of my favorites. "I would love to do that but I have to get home for my afternoon nap." The person will look at me, no-

tice my maturing features and understand that I desperately do need a nap, or something resembling beauty sleep.

I found one the other week that has proved quite beneficial. I was invited to a function during the evening, which turned out to be a rather boring affair. Once the meal was over people were milling around engaged in small talk. Nothing bores me quicker than small talk. Not knowing what to do, I pondered the situation for sometime. Then, like lightning from the heavens, I was struck with a brilliant idea. I went up to my host and said, "I'm sorry, but it is getting near my bedtime and I have strict orders from my doctor to go to bed early. You'll have to excuse me."

It worked like a charm. Everybody understood that a person of my age needs to go to bed early. I do not know who thought this up, probably Benjamin Franklin, but whoever it was, I owe them a steak dinner at the restaurant of their choice. It has now become part of my get-out-of-boring-situations arsenal.

I was thinking about this the other day another good excuse popped into my head. Somebody invited me to come and play softball. At the time, they caught me off guard and I was trying to wiggle out of such an invitation. Then it dawned on me. "I am sorry, I would like to but my health insurance does not cover that kind of activity."

Whether my health insurance would cover that, I have no idea, but neither does anybody else, only my doctor knows for sure.

While I was pondering this, I was reminded of a word from the Proverbs. "Whoso boasteth himself of a false gift is like clouds and wind without rain" (Proverbs 25:14 KJV).

Whoever boasts to others about their physical prowess is only fooling himself.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail at jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

### Dear Dr. Luauna — 'A Mother's Story'



This is my story, a true story of my life. Are you going through hard times right now? Trying to make ends meet? Looking for answers for your life? Please take time out of your day, and read my book, 'A Mother's Story.' My husband was murdered, betrayal of marriage, and a devastating drug addiction.

Walk through every page with me, "A Mother's Story" is a story of God's grace, healing, and restoration. You will weep, laugh with me, and wonder, how did Dr. Luauna survive? You will be inspired! And for those who think God can't use them. Think Again. I'm walking proof of God's Amazing GRACE.

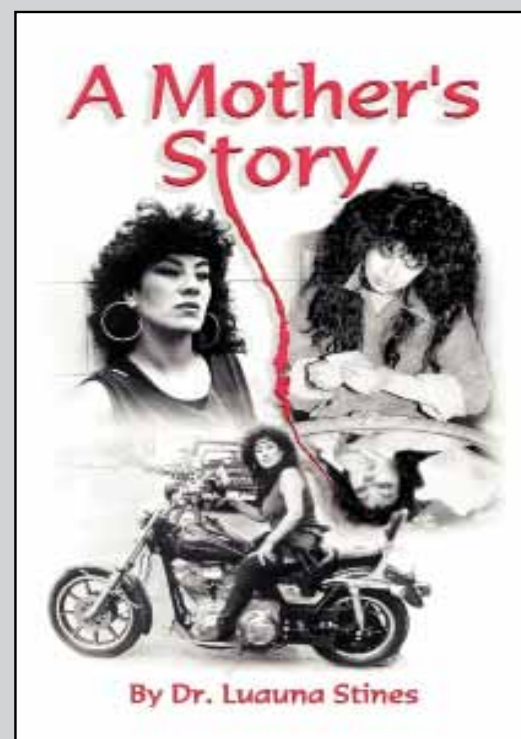
Testimonial: Good Morning, I received your book on Thursday, opened it yesterday after work and couldn't put it down. By 1:00 am this morning I finished, a VERY powerful story! I was blessed by it and knowing you personally I could hear your voice, and had to laugh out loud in some parts. Your message of the Love of Jesus was clear and personal and brings hope. Annamarie (San Diego, CA)

Testimonial: I can't put your book down. What quick and easy reading. My 91 year old mother was standing up in the kitchen on Sunday night reading the book about 90 percent through when I told her to sit down. I'm looking forward to your other book "The Tangled Web" when it comes out. Ramona (Bonita, CA)

Testimonial: Just read your book and loved it. Thank you for sharing your life story and showing us all how to be a great mom, Mother's Day is the perfect day to launch this book. I wish you great success with it. All moms should read this book; I especially loved the miracles you experienced. Beverly (Ramona, CA)

Thank you for reading my weekly column and I want to say a GREAT big thank you to East County Gazette. To order my book, please buy directly from my website for only \$12.95+ shipping and handling. All sales help me reach out to the hurting and broken hearted. [www.atouchfromabove.org](http://www.atouchfromabove.org) You can also call and order by phone, "A Mother's Story" 1-760-315-1967 Thank you, and God bless you.

In His Love & mine, Dr. Luauna Stines



## — In Memoriam —

**David Davies**  
May 1, 1951 - May 25, 2013

David Davies was born in Cleveland, Ohio and moved to San Diego at an early age.

He married Rosemary Watson in 1972 until her death in 2005.

David graduated from Santana High School, class of 1968 and worked at Chromalloy, which was in El Cajon until a recent move to Miramar.

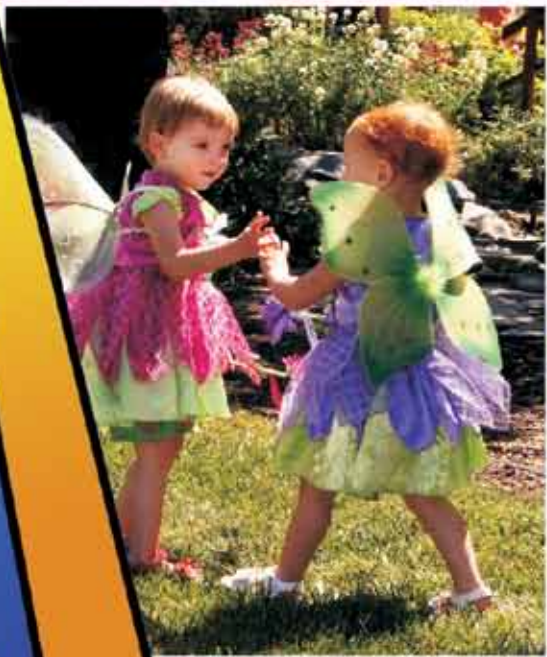
Dave loved to fish, bowl and have BBQs at his home. He always thought 'the more the merrier' and tried to feed the neighborhood. He was a good man that was loved by all.

He is survived by his son David Davies Jr., sisters Kathy Weeden, Helen Batting and Donnie Davies.

Services will at the El Cajon-Lakeside-Santee Mortuary, 684 South Mollison Ave., El Cajon, CA 92020 on Friday, May 31 at 10 a.m.







**Fairy Festival**  
See page 10

# CLASS ACT

DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 15, NO. 1, MAY 30, 2013



# On Stage

## Santee's Off Broadway Live revving up for summer

by Diana Saenger

Steve Rolf and Bob Schulze are not only entertainers but savvy business partners. The two met at Sunrise Church in Santee, became members of the choir and fast friends. A few years ago they started producing and starring in musical shows three times a year at Sunrise. Then last year they booked a show at the Coronado Playhouse.

"We were booked solid for two weeks in June and per-

forming before people we didn't know in their community," Rolf said. "That's when we realized we had something worthwhile."

The guys are both no-holds-barred men who move fast and plan big. So they broke the piggy bank and took over the old Blockbuster Video store in Santee to launch a live intimate theatre - Off Broadway Live.

"It was a lot more work than we realized," Rolf said. "We

started renovations in November and finished on February 22, 2013, an hour before we had to open the show the "Boys of Summer."

Rolf said they have not only an out-pouring of support from those coming to the performances but also the city of Santee. "They've been very pro-active about businesses in Santee."

Their show "Boys of Summer," a romantic, musical comedy about friendship, has an encore performance - one show only, this Saturday, June 1, 2013. Find out what happens when a retired hall of fame pitcher is forced to partner with a hall of fame broadcaster in the play-by-play booth. The challenges

and obstacles of life and love which have plagued this duo lead them to discover lessons in an unlikely friendship.

Starting Sunday June 2, 9, 16, 23 is a new show "Chicken Fried Gospel." Includes a Louisiana-fried chicken lunch with all the fixin's, and includes Bob & Steve's original group Guardian. "We call it a Sunday brunch with a Southern Gospel Kick," Rolf said. "It's funny, has lots of toe-kicking music and is a good time for all. It's a great idea for Father's day on June 16."

Off Broadway Live is located at 9490 Cuyamaca Street in Santee. For ticket info or more information visit <http://www.offbroadwaylive.com/> or call (619) 988-LIVE (5483).

### Fairies descend on Summer Past Farms

Summer Past Farms is gearing up for its annual Fairy Festival on Saturday June 1. The festive day finds hundreds of excited children and adults dressed in a beautiful array of fairy costumes in the Farm's garden.

The Fairy Festival begins at 10 a.m. with the ringing of the bell and a fairy fashion parade

winding through the lovely flower gardens of Summers Past Farms.

The fairy garden contest is always fun to check out as great imaginations create one-of-a-kind miniature gardens. This unique festival is a splendid way to spend an enchanting day with fairies in the garden. Children can dance with the fairies and anyone can bring their own picnic and blanket and enjoy the rest of the afternoon on the lawn area.

Summer Past Farms is located at 15602 Olde Hwy 80 Flinn Springs, CA 92021 (619) 390-1523. For more information visit [www.summerspastfarms.com](http://www.summerspastfarms.com)

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Off Broadway Live

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Come enjoy an afternoon of live music, as musical guests join Bob and Steve in a high energy, toe tappin', hand clappin' Gospel celebration

Image - courtesy

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Come meet us in the garden for the  
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Saturday, June 1, 2013

Create your own fairy garden at home with your whimsical imagination. Gardens are judged by where a fairy most likely would want to live.

Check website for timeline & details



Olde Hwy 80 Flinn Springs 92021  
[www.summerspastfarms.com](http://www.summerspastfarms.com)

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## — ON STAGE —

# Grossmont College to present 'family-friendly' season at Stagehouse Theater



Beth Duggan

Grossmont College will offer a "family-friendly" schedule of theater productions in the 2013-2014 season, starting Oct. 3-12 with *Pygmalion*, the George Bernard Shaw play that was converted into the musical *My Fair Lady*, and ending May 8-17 with "a new spin" on *Alice in Wonderland*, according to Beth Duggan, chair of the Theatre Arts Department.

ferings, students will also act in, design costumes and build sets for such productions as *To Gillian on Her 37<sup>th</sup> Birthday* by Michael Brady (Nov. 14-23); *Follow Me* by artist Dominic Pangborn (Dec. 6-7, followed by a tour of local elementary schools); *Inside the Actors Process* by Grossmont faculty member Jerry Hager (Feb. 7 and 8, followed by a tour of local high schools); and *You're A Good Man, Charlie Brown* (Mach 13-22)

College theatre seasons, plays with "adult language" have been featured, and may again in the future, this season the theater arts department has decided to reach out to families so that they will feel comfortable bringing their children to the campus, commented Steve Baker, the college's dean of arts, language and communication.

Baker said that "family-friendly shows" were "a choice, not a mandate, at this college, where academic freedom is an important value. Because this is a college, the arts cover a full range of subject matters, sometimes including controversial, adult subjects. For this theater season, we have chosen a family-friendly theme."

Duggan said that in selecting the plays to do in the 2013-2014 season, her department also took into consideration such factors as budget, the size of stage needed (The Stagehouse Theater seats 141 guests) and the necessity of exposing students to many different types of plays, ranging from a classic production such as *Pygmalion* to a musical like

*You're A Good Man, Charlie Brown*.

*Pygmalion*, written by Shaw in 1912, is over a century old and therefore may be produced royalty-free, Duggan commented. The money saved in doing such a play can help defray the expenses for a musical which requires the hiring of a choreographer as well as a band, she said.

To put on *Pygmalion*, students will build three sets,

two of which can be rotated on a turntable and the third of which can be moved on a track on and off the stage. The sets will include the outside of an opera house, Henry Higgins' library, and a room in his mother's house. Faculty member Jeannette Thomas will direct the play.

Duggan will direct the next play, *To Gillian on Her 37<sup>th</sup> Birthday*, which tells of a family's efforts to get a young widower to resume his life after

the tragic death of his wife. "This beautiful and poignant play examines the process of grief and the tenuous hope that comes with trying to move forward," Duggan said.

Tickets for all Stagehouse Theater productions as well as a discounted season packages can be obtained online at [www.grossmont.edu/theatrebrochure](http://www.grossmont.edu/theatrebrochure), or the box office's 24-hour message line at (619) 644-7234. All major credit cards are accepted.



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57. Individual
61. \*Final assessments
64. Santa Anna's siege site
65. Sarcastic
67. User ID + password
69. Letter's end
70. Canal locale
71. About to explode
72. Field worker
73. Caustic chemical
74. Yielded

- DOWN
1. PST plus three
2. All the rage
3. One of Los Lobos
4. Opposite of cation
5. Kitchen whistler
6. Blacken
7. Dog holder
8. Like a snicker
9. Paul of "This Is 40"
10. Dwarf buffalo
11. Inwardly
12. \*Summer learning \_\_\_\_
15. Excavates
20. Derive
22. "\_\_\_\_ the land of the free ..."
24. Helen Keller did this
25. Capital of Belarus
26. "Potato State"
27. Reduce pressure
29. \*Read in English class
31. \*Formal affair
32. Downy duck
33. Be theatrical
34. Wheel stopper
36. Blue-ribbon
38. \*Done to a yearbook
42. Poly- follower
45. \*For underachievers in summer
49. Kith partner
51. Right-leaning character
54. Handrail post
56. Love intensely
57. \*Colorful accessory to cap and gown

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- THEME: SCHOOL'S OUT
- ACROSS
1. Enthusiastic approval
6. Network with an eye
9. Train track
13. Beamed or glowed
14. Atilla, e.g.
15. "Beats me!"
16. Shinbone
17. Tropical American cuckoo
18. America's singing choices
19. \*"School's Out" singer
21. \*Diary of a Wimpy Kid: \_\_\_\_
23. Endorsement
24. Harper and Bruce, e.g.
25. A cool \_\_\_\_, as in money
28. South American Indian people
30. Raja's money, pl.
35. \*Essay's main \_\_\_\_
37. \*Truant officers
39. \*Done at the mirror before prom
40. Organization formed in 1949
41. Bone-chilling
43. Picked up by one of senses
44. Expels from community
46. Actresses Ryan and Tilly
47. Of higher order or level
48. 1/100th of a ruble
50. Like nay-sayers
52. Gas type
53. Sir Francis Drake's "Golden \_\_\_\_"
55. Approximated landing time
57. Individual
61. \*Final assessments
64. Santa Anna's siege site
65. Sarcastic
67. User ID + password
69. Letter's end
70. Canal locale
71. About to explode
72. Field worker
73. Caustic chemical
74. Yielded

OUTZKIRTS By: David & Doreen Dotson

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SO WHAT ARE YOU SAYING? THAT I TAKE THE LITTLEST THINGS AND MAKE THEM INTO BIG THINGS?

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LEGAL NOTICES

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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013013**  
FICTITIOUS BUSINESS NAME(S): All Points Assisted Transportation  
Located at: 1748 Horizon Heights Circle, El Cajon, CA 92019  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: Nova Carriers Corp. 1748 Horizon Heights Circle, El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on May 01, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-011955**  
FICTITIOUS BUSINESS NAME(S): JM Group  
Located at: 2084 Renshaw Court, El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: April 22, 2013  
This business is hereby registered by the following: Ginelie Marie Davido 2084 Renshaw Court, El Cajon, CA 92020  
This statement was filed with Recorder/ County Clerk of San Diego County on April 22, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013190**  
FICTITIOUS BUSINESS NAME(S): Lederman Labor Service  
Located at: 9316 Telkaif St., Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Ryan Lederman 9316 Telkaif St., Lakeside, CA 92040  
This statement was filed with Recorder/ County Clerk of San Diego County on May 02, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013021**  
FICTITIOUS BUSINESS NAME(S): Lights Out Disposal Company  
Located at: 1097 Palm Ave., El Cajon, CA 92020  
This business is conducted by: A Corporation  
The first day of business was: January 17, 2008  
This business is hereby registered by the following: Lights Out Disposal Company 1097 Palm Ave., El Cajon, CA 92020  
This statement was filed with Recorder/ County Clerk of San Diego County on May 01, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-011120**  
FICTITIOUS BUSINESS NAME(S): PAW Service Center  
Located at: 8230 Commercial Street, La Mesa, CA 91942  
This business is conducted by: A Corporation  
The first day of business was: January 6, 2005  
This business is hereby registered by the following: MOJAC, INC 8230 Commercial Street, La Mesa, CA 91942  
This statement was filed with Recorder/ County Clerk of San Diego County on April 13, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013586**  
FICTITIOUS BUSINESS NAME(S): IN EX  
Located at: 2355 India St., San Diego, CA 92101  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Mark Overlund 2355 India St., San Diego, CA 92101  
This statement was filed with Recorder/County Clerk of San Diego County on May 07, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014248**  
FICTITIOUS BUSINESS NAME(S): S D Auto Repair  
Located at: 1318 Broadway, El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: May 14, 2013  
This business is hereby registered by the following: Waseem Marooki 545 N. Mollison #77, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on May 14, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013676**  
FICTITIOUS BUSINESS NAME(S): Pure Perfect Pools  
Located at: 15935 Spring Oaks Rd. #183, 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: Wesley Brent Chrisco 15935 Spring Oaks Rd. #183, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on May 08, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-011174**  
FICTITIOUS BUSINESS NAME(S): Drain Solutions  
Located at: 10003 Nortemesa Dr., Spring Valley, CA 91977  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: Stalmann Enterprises Inc. 10003 Nortemesa Dr., Spring Valley, CA 91977  
This statement was filed with Recorder/ County Clerk of San Diego County on April 15, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013339**  
FICTITIOUS BUSINESS NAME(S): Gulf Gate  
Located at: 150 Chamber Apt. 1, San Diego, CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Salman Sulaiman 150 Chamber Apt. 1, San Diego, CA 92020  
This statement was filed with Recorder/ County Clerk of San Diego County on May 03, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013310**  
FICTITIOUS BUSINESS NAME(S): H&H Products  
Located at: 793 Applewood Dr., El Cajon, CA 92021  
This business is conducted by: A Corporation  
The first day of business was: March 12, 2013  
This business is hereby registered by the following: Habbaba Inc. 793 Applewood Dr., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on May 03, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013967**  
FICTITIOUS BUSINESS NAME(S): Got Keys  
Located at: 10776 Tamar Terrace, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Phillip J. Keehan 10776 Tamar Terrace, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 10, 2013.  
East County Gazette- GIE030790 5/30, 6/6, 6/13, 6/20, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013649**  
FICTITIOUS BUSINESS NAME(S): San Diego Concrete Pumping Inc.  
Located at: 8534 Hubbles Lane, Santee, CA 92071  
This business is conducted by: A Corporation  
The first day of business was: July 13, 1995  
This business is hereby registered by the following: San Diego Concrete Pumping Inc. 8534 Hubbles Lane, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 07, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 201

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014210**  
FICTITIOUS BUSINESS NAME(S): a.) Prime Deli b.) City Deli  
Located at: 1530 Jamacha Rd. Ste. K, El Cajon, CA 92019  
This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: 1. Robert Edward Bahri 11354 Via Rancho San Diego Unit A, El Cajon, CA 92019  
2. Vinson Naiem Gaggio 1530 Jamacha Rd. Ste. P, El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on May 13, 2013.  
East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-011995**  
FICTITIOUS BUSINESS NAME(S): M. Ed-dington Rental Company  
Located at: 2335 Eucalyptus Dr., El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: April 22, 2013  
This business is hereby registered by the following: Michael Eddington 2335 Eucalyptus Dr., El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on April 22, 2013.  
East County Gazette- GIE030790 5/23, 5/30, 6/6, 6/13, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013833**  
FICTITIOUS BUSINESS NAME(S): a.) RA Capital b.) RA Financial Services  
Located at: 2451 Jamacha Rd. Suite 106, El Cajon, CA 92019  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Ricardo Araiza Jr. 3522 Caroway Ct., El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on May 09, 2013.  
East County Gazette- GIE030790 5/23, 5/30, 6/6, 6/13, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-015151**  
FICTITIOUS BUSINESS NAME(S): The Chequered Lily Apothecary  
Located at: 245 Minnesota Ave., El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: January 6, 2013  
This business is hereby registered by the following: Kimberly Bouchu 245 Minnesota Ave., El Cajon, CA 92020  
This statement was filed with Recorder/ County Clerk of San Diego County on May 22, 2013.  
East County Gazette- GIE030790 5/30, 6/6, 6/13, 6/20, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013967**  
FICTITIOUS BUSINESS NAME(S): Got Keys  
Located at: 10776 Tamar Terrace, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Phillip J. Keehan 10776 Tamar Terrace, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 10, 2013.  
East County Gazette- GIE030790 5/30, 6/6, 6/13, 6/20, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-015154**  
FICTITIOUS BUSINESS NAME(S): Sherris Scones  
Located at: 1186 Crystal Lane, El Cajon, CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Sherri P. Diaz 1186 Crystal Lane, El Cajon, CA 92020  
This statement was filed with Recorder/ County Clerk of San Diego County on May 22, 2013.  
East County Gazette- GIE030790 5/30, 6/6, 6/13, 6/20, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014456**  
FICTITIOUS BUSINESS NAME(S): Clan Rince Irish Dance  
Located at: 4226 Adams Ave., San Diego, CA 92116  
This business is conducted by: An Individual  
The first day of business was: January 1, 2012  
This business is hereby registered by the following: Jeannie O'Connor 2575 Fenton Parkway #205, San Diego, CA 92108  
This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.  
East County Gazette- GIE030790 5/30, 6/6, 6/13, 6/20, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014293**  
FICTITIOUS BUSINESS NAME(S): a.) Collector Series Sauces b.) Owen Prints  
Located at: 13838 Campo Rd., Jamul, CA 91935  
This business is conducted by: An Individual  
The first day of business was: July 20, 1990  
This business is hereby registered by the following: Larry K. Owen 13838 Campo Rd., Jamul, CA 91935  
This statement was filed with Recorder/ County Clerk of San Diego County on May 14, 2013.  
East County Gazette- GIE030790 5/23, 5/30, 6/6, 6/13, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014818**  
FICTITIOUS BUSINESS NAME(S): Deli Belly  
Located at: 1530 Jamacha Rd. Ste. K, El Cajon, CA 92019  
This business is conducted by: A General Partnership  
The business has not yet started.  
This business is hereby registered by the following: 1. Robert Edward Bahri 11354 Via Rancho San Diego Unit A, El Cajon, CA 92019  
2. Vinson Naiem Gaggio 1530 Jamacha Rd. Ste. P, El Cajon, CA 92019  
This statement was filed with Recorder/ County Clerk of San Diego County on May 20, 2013.  
East County Gazette- GIE030790 5/23, 5/30, 6/6, 6/13, 2013

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014571**  
FICTITIOUS BUSINESS NAME(S): Lozano's Mobile Welding  
Located at: 12027 Royal Rd. Apt. 2, 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: Miguel Lozano 12027 Royal Rd. Apt. 2, El Cajon, CA 92021  
This statement was filed with Recorder/ County Clerk of San Diego County on May 16, 2013.  
East County Gazette- GIE030790 5/23, 5/30, 6/6, 6/13, 2013

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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-013161**  
FICTITIOUS BUSINESS NAME(S): Sentimental Fashions Resale Boutique  
Located at: 1077 Broadway, El Cajon, CA 92021  
This business is conducted by: A Married Couple  
The first day of business was: July 26, 2006  
This business is hereby registered by the following: 1.Crissy Sorisho 8701 Mesa Rd. #18, Santee, CA 92071  
2. Joe Sorisho 8701 Mesa Rd. #18, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 02, 2013.  
East County Gazette- GIE030790 5/09, 5/16, 5/23, 5/30, 2013

**NOTICE OF PETITION TO ADMINISTER ESTATE OF SANDRA KATHLEEN RASMUSSEN CASE NO. 37-2013-00047863-PR-PL-CTL ROA #: 1 (IMAGED FILE)**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: SANDRA KATHLEEN RASMUSSEN also known as SANDY RASMUSSEN  
A Petition for Probate has been filed by DARLENE L. BARNETT in the Superior Court of California, County of SAN DIEGO.  
The Petition for Probate requests that DARLENE L. BARNETT be appointed as personal representative to administer the estate of the decedent.  
The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A hearing on the petition will be held in this court on JUN 18 2013 at 11:00 A.M. in Dept. PC-1 located at 1409 4th Avenue, San Diego, CA 92101-3105 Central Division/Madge Bradley Building.  
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Larry D. McGill, 9131 Fletcher Parkway, Suite 118, La Mesa, CA 91942, Telephone: 619-589-9819 5/16, 5/23, 5/30/13 CNS-2485072# EAST COUNTY GAZETTE

**NOTICE TO CREDITORS OF BULK SALE (SECS. 6101-6111 U.C.C.)**

Notice is hereby given to the creditors of Thao Trinh ("Seller"), whose business address is 640 Garfield Avenue, El Cajon, California, 92020, that a bulk sale is about to be made to J Bro Industries, Inc., a California corporation whose business address is 12787 Via Donada, Del Mar, CA 92014.

The property to be transferred is located at 640 Garfield Avenue, El Cajon, California, 92020, City of El Cajon, County of San Diego, State of California. Said property is described as: furniture, fixtures and equipment, inventory, goodwill, covenant not to compete and the trade name of the business known as 76 Smog Test Only Station located at 640 Garfield Avenue, El Cajon, California, 92020.

The bulk sale will be consummated on or after June 14th 2013. The bulk sale is subject to Section 6106.2 of the California Commercial Code. All claims to be sent to 12787 Via Donada, Del Mar, CA, 92014. The last date for filing claims shall be June 14, 2013.

So far as known to Buyer all business names and addresses used by Seller for the three years last past, if different from the above are: none.

Date: May 21 2013  
Buyer J Bro Industries, a California Corporation  
By: /s/John G. Luz, President,

East County Gazette GIE030790 5/23, 5/30, 2013

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

**Notice of sale of Abandoned Property**  
Pursuant to sections 21701-21715 of the business and professions code, section 2328 of the commercial code and section 535 of the penal code  
Ace Your Storage Place  
Located at:  
9672 Winter Gardens Blvd  
Lakeside, CA 92040  
(619) 443-9779

Will sell, by competitive bidding, on June 5 2013 at 8:00 AM or after .The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:

AU021 GABRIELLA MILTON  
B0059 DANIEL OBED  
B0092-BU046-BU072-BU086 FRED TOW  
BU133 MICHELE ENGLEHART  
C0054 JACK TUFTS  
C0070 RALPH RICKLY  
CU005-CU006 RHONDA KERN  
CU021 DOUG DAMS  
CU101 ED HURST  
CU104 TRAVIS LINDSAY  
CU110 DENISE PYLE  
DU079 ADAM BRYANT

William K. Ritch  
West Coast Auctions State license bla 6401382  
760-724-0423  
East County Gazette GIE030790 5/23, 5/30, 2013



# LEGAL NOTICES

## NOTICE OF ENFORCEMENT OF WAREHOUSE LIEN

The mobilehome located at 10767 Jamacha Bl, Sp 11, Spring Valley, CA 91978, within Lamplighter Village ("Community") and more particularly described as a Manufacturer/ Tradename: GUERDON/ GREAT LAKES; Serial Number: S8939XX & S8939XXU; Decal No.: LB16507, is subject to a Warehouse Lien pursuant to Civil Code §798.56a. This lien is hereby being enforced and the mobilehome may not be removed from the Community until the lien is cured. On November 8, 2012 the Community served a combined Three Day Notice to Pay Rent or Quit and Notice of Termination on the resident, Jose Partida and Cristina Partida, due to failure to timely pay the space rent. An Unlawful Detainer action was filed and a Judgment for possession of the premises was issued to the Community on April 23, 2013. A sheriff lockout occurred on May 7, 2013 and all occupants vacated the Premises, but the mobilehome remains on the space and unpaid storage rent is accruing. Storage fees owed on the space through May 8, 2013 are \$517.50 and lien fees of \$1,000.00. Storage fees will increase at a rate of \$34.50 per day from May 9, 2013 plus actual utilities consumed. THE MOBILE-HOME WILL BE SOLD BY AUCTION UNDER THE FOLLOWING TERMS: June 21, 2013 at 11:00 A.M., at 10767 Jamacha Bl, Sp 11, Spring Valley, CA 91978. Sale of the mobilehome will go to the highest bidder. Home to be sold "as is, with any and all faults." Any further restrictions and/or conditions shall be provided at the time of the auction prior to the sale of the home. If you intend to bid at the sale, please contact Attorney Tamara M. Cross at (619) 296-0567, 3170 Fourth Avenue, Suite 200, San Diego, CA 92103 for the minimum bid at least two days prior to sale date. Please note: In order for you to be permitted to bid at the sale, you must be in possession of cash or a cashier's check equal to at least the minimum opening bid.

5/23, 5/30/13  
CNS-2487506#  
EAST COUNTY GAZETTE

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014382

FICTITIOUS BUSINESS NAME(S): a.) Ace Self Storage b.) Ace Your Storage Place Located at: 573 Raleigh Ave., El Cajon, CA 92020  
This business is conducted by: A Limited Partnership  
The first day of business was: September 02, 2008  
This business is hereby registered by the following: Bailey RSD Self Storage, LP 10035 Prospect Ave. Ste. 101, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014386

FICTITIOUS BUSINESS NAME(S): a.) Ace Self Storage b.) Ace Your Storage Place Located at: 11852 Campo Rd., El Cajon, CA 92019  
This business is conducted by: A Limited Partnership  
The first day of business was: September 13, 2011  
This business is hereby registered by the following: Bailey RSD Self Storage, LP 10035 Prospect Ave. Ste. 101, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014376

FICTITIOUS BUSINESS NAME(S): BSB Co. Located at: 10035 Prospect Ave. Ste. 101, Santee, CA 92071  
This business is conducted by: A Corporation  
The first day of business was: September 26, 1990  
This business is hereby registered by the following: Brad S. Bailey Co, GS 10035 Prospect Ave. Ste. 101, Santee, CA 92071  
This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## NOTICE OF PUBLIC LIEN SALE

Mobilehome lien sale on June 13, 2013, at 11:00 AM. 25275 Potrero Valley Road #230, Potrero, CA 91963. Lien sale on account for ESTELI GRIJALVA; RONALD JAMES HOFFMAN; REBECCA ANNE HOFFMAN; LOURDES VALDEZ. 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.  
5/23, 5/30/13  
CNS-2483954#  
EAST COUNTY GAZETTE

## 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 (June 12th 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) Michael Watson, Ben Harris Marshall III, Jim Robertson, Brian Aufmann, Edward Thorson  
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.

5/23, 5/30/13  
CNS-2485923#  
EAST

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014380

FICTITIOUS BUSINESS NAME(S): a.) Ace Self Storage b.) Ace Your Storage Place Located at: 9672 Wintergardens Blvd., Lakeside, CA 92040  
This business is conducted by: A General Partnership  
The first day of business was: September 13, 2011

This business is hereby registered by the following: 1. Bron Development Company 10035 Prospect Ave. Ste. 101, Santee, CA 92071

2. Brad S. Bailey 10035 Prospect Ave. Ste. 101, Santee, CA 92071

This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-012724

FICTITIOUS BUSINESS NAME(S): A&A Motors  
Located at: 7968 Arvons Dr. Ste. D2, San Diego, CA 92126  
This business is conducted by: A General Partnership  
The first day of business was: April 29, 2013  
This business is hereby registered by the following: 1. Wuainer Alfredo Franco 452 Island Breeze Ln., San Diego, CA 92154  
2. Andy Fuentes 2937 Hill St., Huntington Park, CA 90255  
This statement was filed with Recorder/ County Clerk of San Diego County on April 29, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014377

FICTITIOUS BUSINESS NAME(S): Prospect Commercial Center  
Located at: 10035 Prospect Ave. Ste. 101, Santee, CA 92071

This business is conducted by: A General Partnership  
The first day of business was: September 26, 1990

This business is hereby registered by the following: 1. Bron Development Company 10035 Prospect Ave. Ste. 101, Santee, CA 92071

2. Brad S. Bailey 10035 Prospect Ave. Ste. 101, Santee, CA 92071

This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013

## STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME

FICTITIOUS BUSINESS NAME OF PARTNERSHIP: KMS International LLC  
Located at: 140 W. Park Suite 100, El Cajon, CA 92021  
ORIGINAL FILE NO. 2011-028653  
FILE NO. 2013-014854

The Fictitious Business Name Statement was filed on October 12, 2011, in the County of San Diego.

The following general partner has withdrawn:

1. KHALID DAWOOD 1185 Persimmon Ave. #9, El Cajon, CA 92021 KMS International LLC

THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON MAY 20, 2013

East County Gazette GIE 030790  
5/23, 5/30, 6/6, 6/13, 2013

APN: 488-152-32-00 TS No: CA05000377-13-1 To No: 1382513 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED December 1, 2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On June 24, 2013 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on December 8, 2003 as Instrument No. 2003-1453360 of official records in the Office of the Recorder of San Diego County, California, executed by ROBERT M. SADLER, AN UNMARRIED MAN, as Trustor(s), in favor of COUNTRYWIDE HOME LOANS, INC. as Lender and MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee for Lender, its successors and/ or assigns, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 126 WEST DOUGLAS AVENUE, EL CAJON, CA 92020 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$271,435.71 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be

the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Priority Posting and Publishing at 714-573-1965 for information regarding the Trustee's Sale or visit the Internet Web site address on the previous page for information regarding the sale of this property, using the file number assigned to this case, CA05000377-13-1. 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: May 21, 2013 TRUSTEE CORPS TS No. CA05000377-13-1 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Stephanie Hoy, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 TRUSTEE CORPS MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1041379 5/30, 6/6, 06/13/2013

## ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2013-00049928-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF HUDA TOMA KASHAT FOR CHANGE OF NAME PETITIONER: HUDA TOMA KASHAT HAS FILED FOR AN ORDER TO CHANGE NAME

FROM: HUDA TOMA KASHAT  
TO: HUDA JAMIL

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 JULY 05, 2013 at 8:30 a.m. IN DEPT. 46) 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 MAY 23, 2013.

East County Gazette – GIE030790  
5/30, 6/06, 6/13, 6/20, 2013



## CITY OF EL CAJON NOTICE OF PUBLIC HEARING SALE OF PROPERTY BY THE CITY OF EL CAJON AS SUCCESSOR AGENCY TO THE FORMER EL CAJON REDEVELOPMENT AGENCY AND TO POR FAVOR INC.

On June 11, 2013, at 3:00 p.m., or soon thereafter as the matter may be heard, in the City Council Chambers, El Cajon City Hall, located at 200 Civic Center Way, El Cajon, California, the Board of the City of El Cajon, as successor agency to the former El Cajon Redevelopment Agency ("Successor Agency") will hold a public hearing to consider the approval of a purchase and sale agreement between the Successor Agency and Por Favor Inc., for the transfer of Successor Agency-owned property located at 156 E. Main Street and the adjacent lot, El Cajon, California, APNs 488-083-15 and 488-083-16. The Successor Agency acquired title to the subject property from the former El Cajon Redevelopment Agency, which acquired the property for redevelopment purposes. The property is presently leased to the proposed purchaser for the purpose of providing outdoor dining to the Por Favor Restaurant to assist in economic development activities. The proposed transaction is authorized under the Lease Option Agreement dated May 28, 1998, and is subject to Oversight Board approval and California Department of Finance approval of the Long Range Property Management Plan. The proposed Purchase and Sale Agreement and a Summary Report pursuant to California Health and Safety Code Section 33433 are available for public inspection at the City Clerk's Office, at the above address, during office hours (7:30 a.m. to 5:30 p.m., Monday through Thursday, and alternate Fridays).

Further information concerning this matter may also be obtained by contacting Jenny Ficacci, Housing Manager, at (619) 441-1710. If you challenge the transaction in court, you may be limited to raising only those issues which you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Authority prior to the public hearing.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you require assistance or auxiliary aids in order to participate at this public hearing, please contact the City Clerk at (619) 441-1763 in advance of the meeting.

East County Gazette- GIE030790  
05/23/13, 05/30/2013

## FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-014472

FICTITIOUS BUSINESS NAME(S): Lung Sleep & Medicine Institute  
Located at: 1201 Broadway, El Cajon, CA 92021

This business is conducted by: A Corporation  
The first day of business was: February 16, 2013

This business is hereby registered by the following: Lung Sleep & Medicine Institute, A Professional Medical Corporation 1201 Broadway, El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on May 15, 2013.

East County Gazette- GIE030790  
5/23, 5/30, 6/6, 6/13, 2013



## NOTICE OF PUBLIC HEARING

AN ORDINANCE AMENDING CHAPTER 13.44 OF TITLE 13 OF THE EL CAJON MUNICIPAL CODE TO AUTHORIZE THE PLACEMENT OF SEWER SERVICE CHARGES ON THE COUNTY PROPERTY TAX BILL FOR COLLECTION AS A FIXED CHARGE SPECIAL ASSESSMENT AND TO ADD EXCEPTIONS TO THE SEWER SERVICE CHARGES APPLICABLE UNDER CERTAIN CIRCUMSTANCES.

NOTICE IS HEREBY GIVEN that at 3:00 p.m. on June 11, 2013, the El Cajon City Council will hold a public hearing in the City Council Chambers located at 200 Civic Center Way, El Cajon, CA to consider the adoption of an ordinance to amend Chapter 13.44 of the El Cajon Municipal Code to allow the City to place sewer service charges on the County property tax roll and to add exceptions to the City's sewer service charges applicable under certain circumstances. If approved, this ordinance would, among other things, allow the City of El Cajon to place its sewer service charges on the property tax bill of each affected parcel to be collected in the same manner as the property tax so long as the City complies with certain notice requirements required pursuant to California Health and Safety Code Section 5470 et seq. This ordinance is being recommended by staff in order to make necessary updates to Chapter 13.44 of the El Cajon Municipal Code and to give the City the flexibility to bill its sewer service charges in the most viable and cost effective manner.

The public is invited to attend and participate in this public hearing. Please call the City Clerk's Office (619) 441-1763, if you have any questions regarding this notice of hearing. If you challenge the matter in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice or in written correspondence delivered to the City Clerk at, or prior to, the public hearing.

Should you have any questions about the above-noted project, please contact Blake Behringer in the Public Works Department at (619) 441-1653.

The City of El Cajon encourages the participation of disabled individuals in the services, activities, and programs provided by the City. Individuals with disabilities who require reasonable accommodation in order to participate in the City Council meetings should contact the City Clerk's Office at (619) 441-1763.

KATHIE J. RUTLEDGE, CMC, CITY CLERK OF THE CITY OF EL CAJON  
(619) 441-1763 / (619) 441-1542 (TDD – Hearing Impaired)

East County Gazette- GIE030790  
05/30/13, 06/06/13

# Need to run a Fictitious Business Name Statement?

## Name Change? Summons?

# We have the best prices in town!

## Call us today! (619) 444-5774

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



# — LEGAL NOTICES —

**NOTICE OF TRUSTEE'S SALE** TS No. **CA-12-503372-VF** Order No.: **120100340-CA-BFI** **YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/26/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **LINDA A. PONIKTERA, AN UNMARRIED WOMAN** Recorded: **11/3/2005** as Instrument No. **2005-0956934** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **6/13/2013 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: **\$569,192.49** The purported property address is: **2070 GRANITE HILLS DR, EL CAJON, CA 92019** Assessor's Parcel No. **508-120-56-00** **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **714-573-1965** 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-12-503372-VF**. 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.** 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. 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. **THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.** Date: **Quality Loan Service Corporation 2141 6th Avenue San Diego, CA 92101 619-645-7711** For **NON SALE information only Sale Line: 714-573-1965** O r Login to: <http://www.qualityloan.com> **Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: **CA-12-503372-VF** IDSPub #0050421 5/23/2013 5/30/2013 6/6/2013

APN: 511-463-08-00 TS No: CA08001076-12-1 TO No: 7368533 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED November 22, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** On June 10, 2013 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on December 8, 2006 as Instrument No. 2006-0870464 of official records in the Office of the Recorder of San Diego County, California, executed by WALTER A. WOOD, A SINGLE MAN, as Trustor(s), in favor of FIRST FEDERAL BANK OF CALIFORNIA as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: SEE EXHIBIT "A" ATTACHED HERETO AND MADE A PART HEREOF The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 502 DICHTER STREET, EL CAJON, CA 92019 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the

unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$271,631.23 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Priority Posting and Publishing at 714-573-1965 for information regarding the Trustee's Sale or visit the Internet Web site address on the previous page for information regarding the sale of this property, using the file number assigned to this case, CA08001076-12-1. 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: May 7, 2013 TRUSTEE CORPS TS No. CA08001076-12-1 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Miguel Ochoa, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT [www.priority-posting.com](http://www.priority-posting.com) FOR AUTOMATED SALES INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 TRUSTEE CORPS MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1038245 5/16, 5/23, 05/30/2013

Trustee Sale No. 25247CA Title Order No. 1283245 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11-14-2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU,**

**YOU SHOULD CONTACT A LAWYER.** On 06-10-2013 at 10:00 A.M., MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 11-21-2005, Book , Page , Instrument 2005-1008408 of official records in the Office of the Recorder of SAN DIEGO County, California, executed by: CATRINA JAJOU, AN UNMARRIED WOMAN as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR EQUITY 1 LENDERS GROUP, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the notes (s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: **AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY STATUE, 250 E. MAIN STREET, EL CAJON, CA** Legal Description: **SEE EXHIBIT "A" ATTACHED HERETO AND MADE A PART HEREOF** The street address and other common designation of the real property purported as: 3147 GREYSTONE DRIVE , JAMUL, CA 91935 APN Number: 519-292-43-00 Amount of unpaid balance and other charges:\$883,856.47 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not the property itself. Placing the highest bid at trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site [www.Priorityposting.com](http://www.Priorityposting.com), using the file number assigned to this case 25247CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. In addition, the borrower on the loan shall be sent a written notice if the sale has been postponed for at least ten (10) business days. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". DATE: 05-07-2013 MERIDIAN FORECLOSURE SERVICE f/k/a MTDS, INC., A CALIFORNIA CORPORATION DBA MERIDIAN TRUST DEED SERVICE 3 SAN JOAQUIN PLAZA, SUITE 215, NEWPORT BEACH, CA 92660 Sales Line: (714) 573-1965 OR (702) 586-4500 STEPHANIE GARCIA, FORECLOSURE OFFICER MERIDIAN FORECLOSURE SERVICE IS ASSISTING THE BENEFICIARY TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P1038147 5/16, 5/23, 05/30/2013

**NOTICE OF PETITION TO ADMINISTER ESTATE OF MICHAEL J. DEMIDOVICH, JR AKA MIKE DEMIDOVICH JR., AKA MICHAEL DEMIDOVICH CASE NO. 37-2013-00049999-PR-PW-CTL ROA #: 1 (IMAGED FILE)**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Michael J. Demidovich Jr., Mike Demidovich Jr., Michael Demidovich A Petition for Probate has been filed by William G. Neuenfeld in the Superior Court of California, County of SAN DIEGO. The Petition for Probate requests that William G. Neuenfeld be appointed as personal representative to administer the estate of the decedent. The Petition requests the decedent's LOST will and codicils, if any, be admitted to probate. The LOST will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on JUN 27, 2013 at 1:30PM in Dept. PC-2 located at 1409 4th Avenue, San Diego, CA 92101-3105 Central Division/Madge Bradley Building.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Jerilyn S. Jones, Esq., Brierton, Jones and Jones, LLP 1550 Hotel Circle North, Suite 300, San Diego, CA 92108, Telephone: 619.696.7066 5/30, 6/6, 6/13/13 CNS-2491155# EAST COUNTY GAZETTE

**NOTICE TO CREDITORS OF BULK SALE (SECS. 6101-6111 U.C.C.) Escrow No. 107-032594**

Notice is hereby given to the creditors of La Mesa Eats, LLC, a California limited liability company ("Seller"), whose business address is 8384 La Mesa Blvd., CA 91941, that a bulk sale is about to be made to DMD3 La Mesa, Inc., a California corporation ("Buyer"), whose business address is 2790 Truxtun Road, Suite 120, San Diego, CA 92106. The property to be transferred is located at 8384 La Mesa Blvd., CA 91941, City of La Mesa, County of San Diego, State of California. Said property is described as: leasehold interest, leasehold improvements, furniture, fixtures and equipment utilized in connection with the Management OF THE BUSINESS FORMERLY KNOWN AS Gingham and located at 8384 La Mesa Blvd., La Mesa, CA 91941. The bulk sale will be consummated on or after June 11, 2013, at The Heritage Escrow Company, 2550 Fifth Avenue, Ste. 136, San Diego, CA 92103, pursuant to Division 6 of the California Code.

This bulk sale is subject to Section 6106.2 of the California Commercial Code. All claims to be sent c/o The Heritage Escrow Company, 107-032594, 2550 Fifth Avenue, Ste. 136, San Diego, CA 92103. The last date for filing claims shall be June 10, 2013. So far as known to Buyer, all business names and addresses used by Seller for the three years last past, if different from the above, are: None Date: May 10, 2013 Buyer: DMD3 La Mesa, Inc., a California Corporation By: /s/ David Cohn, President 5/23/13 CNS-2488909# EAST COUNTY GAZETTE

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-011312**

FICTITIOUS BUSINESS NAME(S): Artistic Pool Services Located at: 783 Laurelwood Way, El Cajon, CA 92021 This business is conducted by: An Individual The first day of business was: April 16, 2013 This business is hereby registered by the following: Miriam Vasquez 783 Laurelwood Way, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on April 16, 2013. East County Gazette- GIE030790 5/16, 5/23, 5/30, 6/6, 2013

**NOTICE OF PETITION TO ADMINISTER ESTATE OF JANE ISMENIGER DEACY, AKA JANE I. DEACY, AKA JANE DEACY CASE NO. 37-2013-00047559-PR-LA-CTL ROA #: 1 (IMAGED FILE)**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Jane Ismeniger Deacy, aka Jane I. Deacy, aka Jane Deacy. A Petition for Probate has been filed by William H. Deacy in the Superior Court of California, County of SAN DIEGO. The Petition for Probate requests that William H. Deacy be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on June 20, 2013 at 1:30 PM in Dept. PC-2 located at 1409 4th Avenue, San Diego, CA 92101-3105 Central Division/Madge Bradley Building. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner/Attorney for Petitioner: Nancy Kaupp Ewin, 8166 La Mesa Boulevard, La Mesa, CA 91942, Telephone: 619.698.1788 5/30, 6/6, 6/13/13



## — IN THE COMMUNITY —

# Out and about in the County

**May 30: The Alpine Fire Protection District** will be hosting a community event titled 'Destructive Decisions.' This will be a frank discussion aimed at teenagers and their parents about the decisions that teenagers make concerning underage drinking, drugs, texting while driving and the value of family. The speaker is a paramedic that works out of the Alpine Fire Station on AMR ambulance Medic 17. Ennis Jackson is a nationally award winning speaker who recently was awarded the National Star of Life for this speech. The event will include graphic photos and frank language, it is recommended for teenagers 8th grade and above and their parents. The discussion will take place in the auditorium at Alpine Elementary School (1850 Alpine Blvd) from 6 until 8:30 p.m.. The first 20 minutes of the presentation will be a demonstration on hands only CPR. No reservation required and the event is free.

**Through May 30: Hot Rods and Hot Foods** at Pericano's Family Restaurant, 1588 East Main Street in El Cajon, every Thursday night from 4 - 8 p.m. Special deals for the classics with wheels. Trophy Prizes and 50/50 every night. Great cars, music and great food inside or outside. For more information call (619) 857-7272 or (619) 444-4546.

**Through Sept. 27: "Dinner & a Concert"** is a weekly concert series hosted by Downtown El Cajon Business Partners and performed on the Prescott Promenade, which is surrounded by a variety of restaurants. Every Friday night from May 3-September 27, a different local band performs from 6-8 p.m., offering music from every genre. Concert-goers can also enter to win a Taylor guitar by simply picking up an entry form at any of the participating restaurants or at the concert. Guests who return forms at any of the concerts in May will be entered as a semi-finalist and the winner will be chosen at the May 31st concert. May's line-up is as follows:  
5/24: Street Heart (classic rock)  
5/31: Night Shirt (rock)  
For the full line up of bands, visit <http://downtownec.com/Events/DinnerandaConcert.aspx#.UXg7vSvaA5s>.

**Through Sept. 25: Cajon Classic Cruise** every Wednesday, more than 200 specialty, classic and unique cars will gather at Main and Magnolia in Downtown El Cajon for the Cajon Classic Cruise series. The Cajon Classic Cruise will be held from 5-8 p.m. and will feature a weekly theme. Visitors can view the best theme cars, enjoy dinner and drink specials from local restaurants, play in bounce houses for the kids, and enjoy street vendors peddling delights including kettle corn and hot dogs. For more information, visit <http://downtownec.com/> or call (619) 334-3000.

**May 30: Are you an artist?** Would you like to display your work in a world-class museum in Balboa Park? Learn how at the Alpine Library. The Director of Education for the San Diego Art Institute: Museum of the Living Artist will share info on this unique gallery of displays by local artists. Fifth in a Series on Balboa Park Museums: San Diego Art Institute will be held on Thursday, May 30 at 6 p.m. The Alpine Library is located at 2130 Arnold Way; 619-445-4221

**May 31: The El Cajon Valley Host Lions Club will hold their major fund raiser raffle** at the El Cajon Community Center at 6 p.m. All proceeds from this raffle goes towards free eye testing of east county youth and if they need glasses they are provided free by the Lions Club. The cost of a ticket is \$100 just what it costs to put glasses on two needy children. The drawing is for a \$4200 travel voucher supplied by AAA who will have a representative at the drawing to select the winning ticket and explain how it can be used. You may use it to travel by plane, train, river boat, cruise ship, bus or mule train. If you should happen to chose a cruise you'll get an additional \$100 on board ship credit in addition to the \$4200. There will also be a 50/50 drawing held that night with complimentary drinks and heavy hor d'oeuvres. If you would like to buy tickets contact Chairman Kiley Grunstad at 1-909-223-6003.

**May 31: Celebrate 100 years of library service to the County of San Diego at the Fletcher Hills Library**, 576 Garfield Avenue at 6 p.m. This event is being offered to all ages as part of San Diego County Library's 100 Years of Stories anniversary year and is free to the public. The evening will begin with a presentation of the history of El Cajon and the Fletcher Hills

area by local historian Eldonna Lay, followed by a presentation about the history of the Fletcher Hills Branch Library and how libraries work. Next, local folk singer Tammy McCabe will lead guests in a special music time called "Songs We Know", featuring classic popular folk songs. We will also have a fun photobooth with special keepsakes, a "Share Your Library Story" time, and a booth presented by the Friends of the Fletcher Hills Library, showcasing their many services to the Fletcher Hills Library and its community. Refreshments, snacks, and dessert will be served! For more information on the Centennial Celebration, contact library staff at (619) 466-1132 or view our calendar of events at [http://sdcl.org/locations\\_FH.html](http://sdcl.org/locations_FH.html).

**June 1: The Victorian Roses Ladies Riding Society presents their Wild West Casino Night 2** at the Lakeside Rodeo Grounds, Lakeside from 6-10 p.m. It benefits the charity we sponsor, Saving Horses Inc., a San Diego horse rescue charity. Ticket price is \$20/person & includes \$200 in play chips. Beer or wine glasses are \$20 each and come with five free drink tickets. Raffles, silent auction, door prizes, roulette, black jack, craps & poker tables. Live music by the Honky Tonk Kings, food available for purchase by Descanso Junction Restaurant & Catering. For more information, photos & tickets, visit <http://www.victorianroses.org/casinonight.html> or call (619) 322-0009 or (619) 754-5555. Tickets can also be bought at Double S Feed in El Cajon or JC Feed in Lakeside!

**June 1 - 2: 18th annual "Wings Over Gillespie" Air Show at Gillespie Field in El Cajon from 9 a.m. to 4 p.m.** With exciting events and displays for the entire family, Wings Over Gillespie will commemorate San Diego's contribution to aviation in WWII and will feature a collection of San Diego designed and built aircraft along with vintage aircraft aerial and ground displays, military re-enactors, paratroopers, a mock battle with "pyro" and a special Navy SEALs display to keep excitement high. Online tickets are now available. Parking is free. The entrance to the show will be at the Gillespie Field Administration Building located at 1960 Joe Crosson Drive. The gates will be open daily from 9 a.m. until 4 p.m. For more information, call (619) 259-5541 or visit [www.ag1caf.org/](http://www.ag1caf.org/).

**June 2: La Mesa Firefighters to Hold Pancake Breakfast** La Mesa Firefighter's will present a Pancake Breakfast Fundraiser.

The breakfast will be held at La Mesa Fire Station 11, located at 8034 Allison Avenue from 8 a.m. to 12 p.m. and is suitable for all ages. Tickets are \$5 (pancakes, eggs, sausage, coffee, and orange juice). Funds from the event will be donated to benefit the Boys & Girls Clubs of East County. Tickets can be purchased at the door the day of the breakfast or Fire Station 11 before the event.

**June 18: The Alpine Woman's Club is holding their last monthly luncheon** for the 2012-2013 season on Tuesday at 12 noon. At this meeting, we will have the installation of officers and a chance to meet the Alpine high school graduates receiving college scholarships. The luncheon is open to all East County women as well as past and future members. The Club's 100th anniversary is in 2014 and our goal is to have 100 members! Please come and enjoy good food, learn about the Club, and make new acquaintances. The Club is located at 2156 Alpine Blvd., Alpine, CA 91901. For more information, contact Judy Grant at (619) 445-1987 or email [alpinejude@yahoo.com](mailto:alpinejude@yahoo.com)

**21: SHE & HIM, Volume 3 at the Open Air Theatre at San Diego State University.** Tickets on sale now. Since the release of the band's album Volume Two in 2010, much has happened to both She and to Him. Deschanel, whose television show *New Girl* has cemented her status as a sitcom star, continued to hone her songwriting skills, writing the theme song for her new show, in addition to being nominated for a Grammy for Best Original Song for the movie *Winnie the Pooh*. Together and separately, the duo has sold over a million albums domestically.

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Pizza**

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LUNCH BUFFET**  
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\$7.95 per person

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OR  
\$2<sup>00</sup> OFF  
SMALL PIZZA**  
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**LUNCH SPECIALS**  
(Includes Salad and Garlic Bread)

Spaghetti .....	\$7.95	Lasagna.....	\$8.95
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**Dinner Specials**  
(Includes Salad and dinner roll)

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

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# 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.



Honey, 5-year-old Pit Bull Terrier Mix female. ID#14943



Geoffrey, 2-1/2-year-old Terrier mix male.



Betty, 1-year-old female Shepherd/Terrier mix ID#15201



Rottweiler/German Shepherd mix  
Pet ID: 15477  
Large, Adult, Male



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



Eric, 3-year-old Poodle mix ID#15165



Clara Belle, 8-year-old Brussels Griffon mix female. ID #15165



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



Minnie, young Boxer/Mastiff mix female. ID#15460



Larry, 3-year-old male poodle/terrier mix ID#15091



Bolt, 10-month-old Pit Bull mix. ID#1519



Sparkle, 9-month-old Chihuahua mix female. ID# 13097

### Pet of the Week



Hey, y'all, "Smokey Joe" here and I am a smokin' good looking fellow, if I do say so myself! I was brought to this shelter because my former owner could no longer care for me. It's tough times nowadays and I understand, so I'm movin' on and looking forward to a new loving home. I'm a sweetie, the Volunteers all say. I'm friendly and loving and a real cuddler! And I have a really beautiful soft long coat! So, come on in and ask to visit with me. I'm in cage #109, waiting for ya! P • Spayed/Neutered • Up-to-date with routine shots • House trained.

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### "Chicken Class"

Sunday, June 30th at 9:00 am at the store

**No sign-up necessary — just show up!**

6 month old Laying Hens will also be available for purchase after the class. Hens are Rhode Island Reds and Black Australorp.

First come, first served. Sorry, no reservations for the hens.

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