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**JANUARY 23-29, 2014** 

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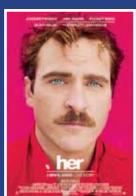
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### What's new in the theaters?

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

Check out the review of 'her' on page 9 by James Colt Harrison

Get the latest scoop on new movies right here in the Gazette!



### Looking for something to do?

Check out the calendar on page 8!
For more events visit:
www.eastcountyconnect.com



## Kiwanis Club annual Youth Olympics

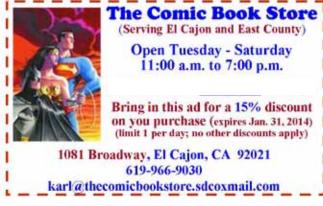


The Alpine Kiwanis Club held its annual Youth Olympics on Saturday, Jan. 18. Kids and parents turned out for an exciting and fun day of competition and achievement. The free event brings together kids who participate in category events, entertainers and local residents who help officiate.

The events included: 20/40/60 Meter races; Basketball Dribble; Basketball Free Throw, Bicycle Gymkhana; Chin Ups; Long Jump; Sit Ups; Soccer Ball Dribble; and Softball Throw. The kids compete by age levels, and awards were given for 1st, 2nd and 3rd in each category.

(Pictued above) Kids from the Alpine Youth Olympics with their metals.

(Pictured right) Boy Scouts serve as timekeepers. Photo Credits: Carol Lewis





## Local News & Events

## **Barons Market comes to East County**

Ipine Creek Town Center, owned and managed by Westcore Properties, is pleased to add Barons Market to the great list of tenants at the center.

Barons Market www.baronsmarket.com, a local all-natural grocery store, announces the opening of its fifth location this spring at 1347 Tavern Road in Alpine. A neighborhood market with healthy and affordable foods, Barons is the perfect addition to an active community that has limited grocery options.

"Alpine was one of our most requested new store locations," says Rachel Shemirani, marketing manager and daughter of Barons Market founder, Joe Shemirani. "This community has a thriving outdoors culture with more hikes and running paths than places to buy healthy, fresh food. We noticed a gap, heard the demand and took advantage of the opportunity to become a part of the community. We are thrilled to be opening our newest location in such a tight-knit neighborhood."

Key features of Barons Market include:

- Terrific selection of organic, natural and specialty foods.
- •Collaboration with local farms to bring customers the best quality and freshest produce.

• Products cost 25 – 30 percent less than traditional supermarkets. No gimmicks, no sales, and no club cards. Just everyday low prices.

- Hot soup bar, fresh salad bar and antipasto bar.
- The selection of over 500 gluten-free items is centralized in one location of the store so gluten sensitive customers can easily find them.
- With over 400 microbrews, it is the go-to craft beer store in San Diego.
- Through store design and product selection, Barons has created a 15-minute shopping selection for busy customers.

Barons Market hired Ar-

chitect Dan Mortorana and Interior Designer Julie Dugas to transform the 15,000 square feet and bring the brand alive in Alpine. The Mortorana and Dugas collaboration is behind the four existing markets in Point Loma, Rancho Bernardo, Temecula and Wildomar.

With the new location, Barons will bring approximately 25 local jobs to the neighborhood, for which it will prioritize hiring locally from Alpine. Interested applicants can expect a job fair announcement six weeks prior to the opening this spring.

For more information on Barons and the new store, visit www.baronsmarket.com or follow the Market on Face-

## Don Diego Scholarship Foundation offers 12 2014 College Scholarships

Beginning in 2014, 12 exceptional high school seniors will embark on college careers supported by sizable scholarships from Don Diego Scholarship Foundation, the nonprofit arm of the San Diego County Fair. In past years, four recipients were selected. Together, this year's dozen will enjoy \$39,000 in funding, an increase of nearly 60 percent compared with \$25,000 in funding in 2013 and nearly 100 percent over 2012 and past years.

The Don Diego college scholarships are offered to outstanding high school seniors throughout San Diego County who have participated in the San Diego County Fair and/or other activities associated with the Del Mar Fairgrounds. The deadline to apply is April 1, 2014. Eligibility requirements and the application form are at <a href="http://dondiegoscholarship.org/scholarships/don-diego-scholarship-application/">http://dondiegoscholarship.org/scholarships/don-diego-scholarship-application/</a>. For questions, contact Executive Director Chana Mannen at <a href="mannen@sdfair.com">cmannen@sdfair.com</a> or (858) 792-4210.

Don Diego Chair Paul Ecke III states, "The Board voted unanimously to approve the increase in recipients and funding. Every year, we receive applications from dozens of deserving students who display exceptional academic and extracurricular accomplishments, community service and commitment to the agricultural heritage of our area. Awarding only four scholarships each year was onerous, especially in light of steadily rising college costs, which place a heavy financial burden upon students and families. Granting scholarships to more students is a huge step for the Foundation and one that we are delighted to take."

In the new paradigm, three scholarships – \$5,000, \$2,500 and \$1,000 – will be awarded in each of four categories: 4-H, FFA, Fair Employee and Fair Exhibitor. One of the four \$5,000 recipients, deemed most outstanding by the judging committee, will also receive the \$5,000 Spanjian Family Scholarship, for a total \$10,000 award. This endowment scholarship, created in 2013, honors Don Diego founder Robert Spanjian, who has served as Secretary-Treasurer since the Foundation's inception in 1986.

2013 Spanjian/Exhibitor scholarship recipient, Tessa Adler, is at Yale majoring in Chemical Engineering with an international focus. She says, "The \$10,000 scholarship is making a monumental difference in my pursuit to use the potential of engineering to promote peace and well-being across the globe."

The Don Diego Scholarship Foundation was named for Don Diego, AKA Tom Hernandez, who served as the Fair's welcoming goodwill ambassador from 1947-1984. The Foundation has awarded more than \$600,000 in college scholarships and grants for agricultural education since 1986.





### Fire Explorer Program

For over 30 years, the La Mesa Fire Department has hosted Fire and Emergency Services Explorer Post 2328. Now, with the formation of the Heartland Fire & Rescue Joint Powers Agreement, The Explorer program is expanding to the Heartland Fire & Rescue city of Lemon Grove, and it is available to the City of El Cajon for future expansion.

Fire Explorers have the opportunity to ride on fire engines and participate in station activities in all three cities as part of the expanded program.

Fire & Emergency Services Exploring is a hands-on program for young adults (ages 14 to 20). The program exposes participants to many career experiences, leadership opportunities, and community service activities. The cities of La Mesa, Lemon Grove and El Cajon look forward to mentoring these young adults as they begin to explore their future careers.



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### EAST COUNTY SPORTS REPORT

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## SHOP EAST COUNTY

## El Cajon highlights

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

### **EVENTS**

### **East County Chamber Installation Dinner**

oin the San Diego East County Chamber's Annual Installation Dinner at Allen Airways Flying Museum at Gillespie Field Airport on Saturday, Jan. 25, with special guest emcee Mark Grant, a former San Diego Padre. Enjoy a live and silent auction, dinner. board installation and much more! Mark your calendars now for an evening filled with fun and entertainment! This is also your opportunity to nominate your favorite business or organization for one of the special recognition awards for Business of the Year and Community Service Awards! Call (619) 440-6161 for more information.

### The East County St. Patrick's Day Half Marathon & 5K Run

Čelebrate St. Patrick's Day and enjoy downtown El Cajon while supporting several East County charities at the RunEC Foundation's Annual Half Marathon and 5K Run/Walk on Sunday, March 16. The race begins and ends at the Downtown El Cajon Arch, on Main Street just west of Magnolia Avenue, where there will be a live band, cheering area, and activities for the children!

You can choose from:

- A Certified Half Marathon - A fun course certified by the US Track & Field Association
- Main Street 5k Flat, fast and fun, it is the best 5k you'll ever walk or run
- The Green Mile Everyone wins at this short and safe course for smaller children and adults with developmental dis-
- Tribes & Clans Crossfit-Style Competition

Registration for the race is open until March 15. Proceeds benefit Partnerships with Industry, St. Madeleine Sophie's Center, Noah Homes, Stoney's Kids, and the San Diego East County Chamber of Commerce. The East County Chamber of Commerce Leadership Program brings RunEC

The race starts at 8 a.m. For more information or to register, visit www.StPatricksDayHalf.

### **Citizen of the Year Luncheon** in February

The East County Chamber of Commerce has selected Shirley Jones as their El Cajon Citizen of the Year! A special luncheon will be held on Feb. 10 to honor Shirley and the other nominees for this prestigious award. The luncheon, hosted by the El Cajon Valley Host Lions Club, El Cajon Rotary and the East County Chamber of Commerce, will be held at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue, from 12 to 2 p.m. Tickets are \$25 per person. For more information or to register, call (619) 440-6161.

### **America on Main Street** coming in June

Don't forget to mark your calendars for an upcoming community event called "America On Main Street", Saturday, June 14, in Downtown El Caion. This patriotic event is planned to coincide with the nationally recognized Flag Day and celebrate the American spirit through appreciation and respect of the many diverse ethnic and historical groups in the community. Highlights include two stages with live entertainment, American and ethnic food booths, a Ferris wheel, rides, arts, crafts, display booths, a petting zoo, a rock wall, and more. This fun event will be located on East Main Street and Rea Avenue, between Magnolia and Claydelle Avenues, from 10 a.m. to 10 p.m. For more information, call (619) 441-1762.

### **El Cajon Library's Annual Multi-Cultural Family Fiesta**

Don't miss this enriching opportunity to celebrate our diverse community! The San Diego County Library - El Cajon Branch, is hosting this Multi-Cultural Fiesta on Saturday, March 29, from 12 - 3 p.m. This event will have refreshments, author visits.

crafts, information fair, and MORE! This fun event will be located at 201 E. Douglas Avenue in El Cajon. If interested in having a community resource table, contact Jenne Bergstrom at: jenne.bergstrom@sdcounty.ca.gov. To volunteer or for more information, please contact Hildie Kraus at (619) 588-3708 or hildie.kraus@sdcounty. ca.gov.

### **Visit the Knox House** Museum

To learn more about the fascinating history of El Cajon, stop by the Knox House Museum! See for yourself what life was like in El Cajon during the years 1895-1912. The Knox House Museum will be open Saturdays in January from 11 a.m. to 2 p.m. with free admission. The Knox House Museum is located at 280 N. Magnolia Avenue in El Cajon. Ask about becoming a member of the El Cajon Historical Society. For more information, including scheduling a private tour for your group or school, please visit www.elcajonhistory.org, or call (619) 444-3800.

### Are you prepared? FREE **Disaster Preparedness** classes for 2014

Will you know what to do in case of a wildfire, home fire or earthquake? Now is the time to prepare! We have just posted our new East County Community Emergency Response Team (CERT) disaster preparedness academy sched-

ule for 2014. Visit the website at www.heartlandfire.org for the full CERT schedule. There are three academies scheduled. the first beginning Jan. 25, the next June 28, and the last academy begins September 20. Each academy consists of six classes. Once the academy begins, classes are every other Saturday morning, from 8:30 a.m. to 12:30 p.m. If you would like to register, call (619) 441-1737, and leave your name and contact phone number.

### Kids Night Out party at **Fletcher Hills Center**

Not only do kids have somewhere fun and safe to go on a Friday night, but parents can get a break too! Kids Night Out includes games, crafts, dinner and FUN! The party will take place on Friday, Feb. 7, from 6 - 8:30 p.m., at Fletcher Hills Center, 2345 Center Place in El Cajon. Kids ages 6 -12 years old are welcome and the fee is \$6 per child. Pre-registration is required. Hurry, space is limited! Register at any City of El Caion Recreation Center or online at www.elcajonrec.org. For more information, please contact Heather Birchard at (619) 441-1672, or visit the Fletcher Hills Center at 2345 Center Place in El Cajon.

### City Recreation Guide online

The winter edition of the City of El Cajon Guide to Recreation is now available! See all the wonderful programs offered by the City of El Cajon Recreation Department at WWW. elcajonrec.org - where you can register online! For more information, call (619) 441-1516.

### City reminders

Jan. 23: The El Cajon Farmers' Market continues every Thursday at the Prescott Promenade, located at 201 E. Main Street. Winter hours are from 2:30 to 6 p.m.

Jan. 28 and Feb. 11 & 25: The El Cajon City Council Meetings are at 3 p.m., and 7 p.m., as needed. Council meetings are held in the Council Chambers at 200 Civic Center Way. For more information, and to view the full agenda online, please visit www.cityofelcajon.us.

Jan. 31 and Feb. 14 & 28: Alternate Friday closures for El Cajon City offices. Please go to www.cityofelcajon.us for a full calendar of hours for City offices during 2014.

Feb. 17: City offices will be closed in observance of the President's Day holiday.

### **Employment with the City Of** El Caion

If you are interested in working for the City of El Cajon, the City posts all of its open, competitive job opportunities on its website. For more information. please visit www.cityofelcajon. us or call (619) 441-1736.





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## Inspiration

## I've never robbed a bank ... yet

by Dr. Rev. James L. Snyder

ome people have what they call their "bucket list." I am not too sure what this is all about but it seems to me it is a list of things people would like to do before they "kick the bucket." Me, I do not plan to kick any bucket as long as I am alive. I have other targets for my kicking.

I understand that the general concept is there are things people would like to do before they die and I suppose everyone has their own list. But I have too many things on my "to-do-list" from the Gracious Mistress of the Parsonage. I affectionately refer to this as the "kick my butt list."

As long as I have been married, and it has been longer than I can remember, you would think I would have come to grips with this dynam-

ic in the marriage relationship. To a certain extent, I have. I do certain things without asking any questions or even complaining, at least out loud. What I say under my breath is between me and myself.

Sometimes we, me and myself, get into significant arguments. The problem is, I never know if me is winning or myself? In one case, there was a tie, but I cannot recall what it was about.

Lately, I have come up with a novel tactic in dealing with this scenario. It came to me quite by accident. You know how it is, you think of something to say, but usually the day after you needed to say it. I have great comebacks to everything I hear except the fact that the comebacks are usually a day late and a phrase too short.

I hate it when I am driv-

ing down and think of what I should have said. I have a whole list of what I should have said to certain people but it is too late and there is nothing I can do about it.

Recently I hit the target. (I just hope my identity has not been hacked!)

It was one day last week when my wife looked at me and said in one of "those tones," "Have you taken out the garbage?" She is always surprising me with questions related to things she has asked me to do. My problem is my attention span is about as long as my memory. Personally, I think she takes advantage of me in this area.

I looked at her with one of my infamous dummified faces. She responded, "You did not take out the garbage, did you? You never do what I ask you to do."

Without thinking, and I mean it quite literally, I quipped, "Well, I've never robbed a bank... yet!"

Where that came from, I will never know. To my recollection, I have never even thought about robbing a bank. I do not know where I would start in the first place.

With an astonished look my wife responded, "What bank have you been thinking of robbing?"

It worked beautifully. I did not think it would work as well as it did because I did not put any forethought into this. However, it did get her off the topic at hand. For the next several moments, all she could talk about was me robbing a bank and the horrific trouble we would be in if caught.

Any individual successful in life needs to be able to put forth the proper words. For me, I found the right words.

Coming in the door the other day I was greeted with, "Did you get the quart of milk I asked you to get when you left this morning?"

Without thinking, which is

the beauty of this strategy, I responded by saying, "No, and I haven't robbed a bank yet, either."

Only one problem with this kind of victory. Who can I brag to about it? I cannot tell my wife because then I could not use it anymore. It is awful to have something that you cannot share with your significant other. I am not sure how long I can keep this secret.

The only thing I can do at this point is to smile. And boy, have I been smiling lately.

No matter what she throws my way, I respond by smiling and saying, "And I haven't robbed a bank yet, either."

Is it possible to have too much fun? I mean, as a husband?

All my life I have tried to get the upper hand and all my life I have not succeeded only to shake hands with myself. Until now, that is. How long it will last is anybody's guess. I'm just not guessing at this point.

Sometimes people get depressed about all the things they have done in life. Some are pretty bad things. Occasionally, it is good to think about all the things you have not done. I may not be as good as I should be but then again. I am not as bad as I could be, either. Leastways, I have never robbed a bank. Thinking about this I was reminded of what the apostle Paul said. "Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost" (Titus 3:5).

Thankfully, my salvation is not built upon what I can do, but upon what He has already done for me.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail <a href="mailto:jamessnyder2@att.net">jamessnyder2@att.net</a>. His web site is www.jamessnyderministries.com.

## THOUSANDS OF PEOPLE COULD BE READING YOUR AD RIGHT NOW!

### Dear Dr. Luauna — In your darkest hour



Dear Readers,

Are you in your darkest hour right now? Trying to figure out why, and don't know if to cry or scream? Can't seem to see a way out of your circumstances? I have a saying that has always been my line when I am faced with things that seem impossible. I'm going to let you borrow it today

and every day until you get through this dark moment in your life. "When I'm hardest hit, I will not quit."

In the darkest night even the smallest light seems bright. You can trust God Almighty with your burden, His shoulders are much wider. And His strength is much stronger. You are important to God, He loves you so much. I remember a situation in my life over 38 years ago. I was going through a terrible bout of cancer. A single mother with two small babies, my husband was killed. I had no family that could watch my kids, while I had to go to the hospital. I knew I would be in treatment for at least one year. I needed someone to watch my babies.

I had a friend who was so kind, he said, "My mother and father will watch your kids, they love kids." I hadn't met his parents, but he had such a kindness to him, and I was up against a wall. Flying out to meet his parents all the way into Puerto Rico, I found an amazing sweet couple. I said yes and left my kids with them and flew back to the USA. I wept all the way back from that flight, entering into the hospital, I was so sick. I thought I was going to die. Long story short, a year later I went back to pick my kids up. This family loved my kids and begged me to please stay for a while. Still sick, I agreed.

After another year, I was so grateful for this family's help, but they didn't want me to leave with my kids. They tried over and over to get me to marry one of their sons, I said, "I can't marry someone I don't love." I was feeling trapped, although I was grateful they helped me when I was sick. I was not a Christian, and not knowing what to do, every time I tried to leave they made sure I couldn't. One day so broken inside, I jumped into the car and drove from one end of the island to another. Crying so hard I had to pull over. I cried out holding on to the steering wheel, "God, I have to leave this island!" Catching my breath, I dried my eyes, as I looked up, I noticed a sign, "English Speaking Christian School." I said, "English", I had not been able to speak to anyone about how I felt because everyone spoke Spanish and I only spoke English.

Pulling in, parking and walking to the door a gentleman met me; I broke down, "Do you speak English?" "Yes," he answered. As I opened up, a flood of tears came pouring out. He said, "Just a moment," he returned with his wife. They both listened to my story, and with great compassion said to me. "Let's pray and ask God to open the door for you to leave." They said, "You don't want to marry someone you don't love, that's not God's plan." All this kind of Christian, God talk was just as foreign as Spanish..., (continued Next Week).

Join me Monday – Friday 9 p.m. - 1210 AM KPRZ radio. You can now listen to my podcast on my website. Send me your prayer requests. I will keep your needs in prayer, write me. ATFA- Dear Dr. Luauna Stines P.O. Box 2800, Ramona, CA 92065 And visit my website: www.atouchfromabove.org Call Prayer Mountain for reservations 760-315-1967. And follow me on Twitter, and Facebook.

In His Love & mine, Dr. Luauna

## Prayers for Kylie

Prayers for Kylie Charitable Golf Tournament Cottonwood Golf Club Sunday, Feb. 16, 2014 - Shotgun start 12 noon

Nineteen-month-old Kylie went into the doctors Dec. 26 for a swollen eye. The doctors determined that the mass behind her eye was a tumor. In total, little Kylie has three tumors in her head/face, some on her liver, one by her spleen, and other tumors on her pelvic bone, spine, femur of one leg and calf bone on the other leg. They recently found the cancer in her bone marrow as well.

On Dec. 30, Kylie was diagnosed with Stage 4 High-Risk Neuroblastoma. Her parents, Luke and Bree Rowand, need your help to get Kylie the BEST treatment possible! She has a long journey ahead, but her family is filled with faith, hope and optimism... "With God, all things are possible."

### \*\*All profits go to Kylie and her Family\*\*

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## For Health's Sake

## Effects sugar has on skin

ost people today know antioxidants to be an effective method of fighting age, but few are aware of the biological process underlying for most skin damage – and what directly addresses the problem, says skin-care expert Ron Cummings.

"The word that has been on the minds of dermatologists and other skin-care researchers for many years is glycation, which is what happens on the cellular level to age our skin," says Cummings, founder and CEO of AminoGenesis Skin Care, (www.aminogenesis. com).

Glycation – damage to proteins caused by sugar molecules – has long been a focus of study in people with diabetes, because it results in severe complications, such as blindness and nerve damage. People with uncontrolled diabetes have excess blood sugar, so they experience a

### Laughter is the Best Medicine

### Let sleeping dogs lie

One afternoon, I was in the backyard hanging the laundry when an old, tiredlooking dog wandered into the yard.

I could tell from his collar and well-fed belly that he had a home. But when I walked into the house, he followed me, sauntered down the hall and fell asleep in a corner. An hour later, he went to the door, and I let him out. The next day he was back. He resumed his position in the hallway and slept for an hour.

This continued for several weeks. Curious, I pinned a note to his collar: "Every afternoon your dog comes to my house for a nap."

The next day he arrived with a response pinned to his collar: "We have ten children - he's trying to catch up on his sleep."

Have a funny joke you'd like to share with the Gazette readers? Send to: jokes@ecgazette.com or mail to: East County Gazette c/o Jokes, P.O. Box 697, El Cajon, CA 92021. Remember to add your name and city you live in so we may give credit.

higher rate of systemic glycation, he says.

"Antioxidants fight inflammation caused by free radicals, which are largely created from external, environmental factors such as excessive sunlight or cigarette smoke. Glycation, though, damages from the inside out."

Using antioxidants and topical moisturizers are a good start to keeping the effects of aging at bay, but they only go so far, Cummings says. Even more important is reversing the damage to skin caused by glycation, which became possible only recently.

Cummings shares three points anyone interested in skin care should know about glycation:

- Glycation is the skin's No.1 aging factor. Sugar molecules in our body bombard our cells like a ferocious hail storm. bonding with fats and proteins. The proteins then become misshapen and excrete exotoxins that disrupt cellular metabolism. Collagen, which makes skin look smooth and plump, is a protein that's particularly vulnerable to glycation. The damage manifests as wrinkles, lines, discoloration and edema. Rather than attacking a cell from the outside. like a free radical, glycation occurs from
- Anti-glycation topical solutions have been clinically

shown to be effective. Old lotions, from your favorite moisturizer to Grandma's secret facial solution to the new DIY recipe you found online act as a barrier to moisture evaporation. But their effect is temporary, and they don't prevent or reverse damage. New anti-glycation formulas, however, directly address aging by releasing the sugar molecule's bond with protein, allowing the cell to return to its natural shape and state.

"Just as antioxidants have revolutionized anti-aging efforts around the world, antiglycation will be understood to be exponentially more effective," Cummings says.

About Ron Cummings Ron Cummings is the found-

er and CEO of AminoGenesis Skin Care, which utilizes amino acids as the key ingredients to its age- and damage-reversing products. The formula for the solution features 17 plantpurified amino acids, which are necessary for healthy and radiant skin. The company's formulas include anti-glycation properties, which are very rare in today's skin-care products. Cummings donated one of his products, a protective agent, to support military forces in Afghanistan and received a hearty letter of gratitude from the Marines of Special Operations Company Bravo, which described the product's excellent performance, as well as a flag that was flown "in the face of the enemy, over Forward Operating Base Robinson in Sangin, Afghanistan.'

## TRICARE Service Center closes

Since the first TRICARE Service Center opened in the mid 1990's, we've seen a shift in how you get information. With today's technology, anything you can do at a TRICARE Service Center can be done online or over the phone. Consequently, walkin service ends at TRICARE Service Centers in the U.S. by April 1, 2014.

Because our overseas areas are unique, walk-in service at TRICARE Service Centers in all overseas areas will continue. This change does not affect any TRICARE benefits or health care services.

For more detailed information and updates go to <a href="https://www.tricare.mil/TSC">www.tricare.mil/TSC</a>.

Read the Department of Defense article <a href="www.defense.gov/News/NewsArticle.aspx?ID=121473">www.defense.gov/News/NewsArticle.aspx?ID=121473</a>.

Sign up for TRICARE e-mail updates at <a href="https://www.tricare.mil/subscriptions">www.tricare.mil/subscriptions</a>.

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### Sharp Senior Programs

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

### **CAREGIVING AT HOME: HOW DO I DO THIS?**

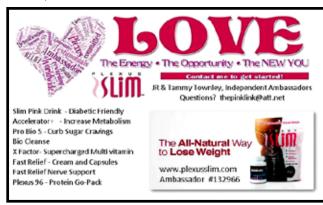
Family caregivers can learn and practice the basics of caring for a loved one at home including transfers, personal care, proper body mechanics & more! Learn from a registered nurse how to physically care for your loved one and how to protect yourself from injury. Saturday, Feb. 1, 9 a.m. to 1 p.m. at the Sharp Grossmont Hospital's Brier Patch Campus, Classroom 13/14, 9000 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277 or register online at <a href="https://www.sharp.com">www.sharp.com</a>.

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No appointment necessary. Open to the public. For information, call (619) 740-4214.

Sharp Grossmont Hospital Senior Resource Center, 9000 Wakarusa, La Mesa, Tuesday, Feb. 4, 9:30 to 11 a.m.

La Mesa Adult Enrichment Center,  $8450\,\mathrm{La}$  Mesa Blvd., Friday, Feb.  $21,\,9:30$  to  $11\,\mathrm{a.m.}$ 





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### THE COMMUNITY

## the Co

Through Feb. 15: Free Classes from Armstrong Garden Centers for the Community Join Armstrong Centers in 2014 for free classes that can help you garden like a pro this New Year. All classes are held at all 31 Armstrong Garden Center locations. No registration needed. Simply show up ready to learn.

Do It Yourself Soil Testing - Saturday, Jan. 25 at 9 a.m. Easy Rose Pruning Tips - Saturday, Feb. 1 at 9 a.m. Fruit Tree Pruning Basic - Saturday, Feb. 1, at 11 a.m. Starting Summer Veggies from Seed - Saturday, Feb. 15 at 9

Jan. 24: Average White Band, Sycuan Live & Up Close, 8 p.m. Tickets \$30-\$40. www.sycuan.com

**Jan. 25: Backyards Chickens Workshop** Saturday at 2 p.m. at the Lakeside Branch Library on 9839 Vine St, join Paul Barbano to learn the basics of backyard chickens. If they are legal, which breed is best and housing. Barbano will discuss common chicken problems and answer questions. He has a background in agriculture and has backyard chickens at his Vista home.

Feb. 1 - March 22: The Water Conservation Garden invites the public to enjoy its 2014 winter classes and events. Gardening classes taught by experts help residents save water and money by focusing on water-smart landscaping techniques and plants. Pre-registration is required for all classes. To enroll call (619) 660-0614 x 10.

Feb. 1: Toss the Turf, 10 a.m. - 12 noon) Less grass, less water, more FUN! Learn a variety of ways to remove your turf once and for all, and what to do with your yard once it's gone. Explore soil evaluation, irrigation, and the limitless possibilities for creating a water-smart landscape. Members Free, \$10 Non-Members

FREE Home Compost Workshop, 10 a.m. – 12 noon. Learn the basics of composting, how to compost with worms, and how to save in the process with The Solana Center for Environmental Innovation's FREE workshop at The Garden! Compost bins will be on sale with subsidized prices for Unincorporated County residents. Cash or check only. Limited to 20 participants. Register at www.solanacenter.org or call (760) 436-7986, x222.

Feb. 5: CHIRP Garden Club meeting. A plant diva will talk about her favorite native plants at the next meeting of CHIRP Garden Club, set for 6:30 p.m. at Alpine Community Center. Connie Beck, an organic gardening instructor and native plant enthusiast, will share some of her personal favorite native plants in this hands-on presentation. The meeting is free and the public is invited to attend. For additional information, please contact CHIRP at (619) 445-8352.

Feb. 8: Water-wise garden show. 10 a.m. to 4 p.m., Casa del Prado, Room 101, Balboa Park. Learn to have a beautiful Join the regular meetings the second Saturday of each month and Feb. 8 at our free Winter Show and Sale! Admission: Free

### The El Capitan Stadium Association Presents:



The 2nd Annual **Lakeside Rodeo Golf Tournament** In association with the Lakeside Rodeo's 50th Anniversary



When: Thursday— April 5th, 2014 Where: Cottonwood Golf Club 3121 Willow Glen Dr. El Cajon, CA 92109 Tee Time: 1 PM Check-In starting at 11:30 AM Cost: \$ 500 per Team or \$ 125 Individual

Includes: Green Fees, Cart, Gift Bag and Banquet dinner at the Golf Course. Boxed lunches provided by Boll Weevil. Plaques 1st, 2nd, and 3rd Place. Hole in one, Long Drive & Closest to Pin

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### Sign-Up: Single or Foursome

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2	State of the state	Total Control	15/		
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4	AND THE PROPERTY OF THE PROPER	STATE OF THE PERSON NAMED IN	161	Charles or any	

Dinner only \$35 each - number of guest\_ Total \$\_

Make Checks Payable to El Capitan Stadium Assn. Mail to: Curt Smith - 8268 HWY 79, Descanso, CA 91916

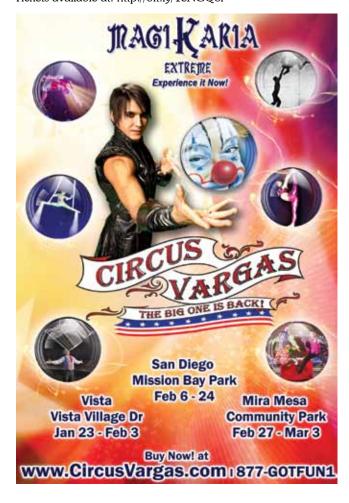
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water-wise garden at the free annual Winter show and sale. Thousands of rare and reasonably-priced cacti, succulents and stoneware from all over Southern California and Arizona. Come early for best selection and visit with vendors for info on their plants. A great selection of books and gardening supplies will be offered for sale. Membership to our growing 450+ member organization and info about activities found online at sdcss.net.

Feb. 9: Dave Ramsey's Financial Peace University (FPU). Updated in summer 2012, the now nine-week course provides families and individuals with practical tools to gain control of their finances and set themselves up for long-term financial success. The course meets once a week where a different lesson is taught by Dave on DVD followed by a small-group discussion. Lessons include budgeting, relationships and money, getting out of debt, saving for emergencies and investing. FPU will be held in El Cajon at: El Cajon Wesleyan Church located at 1500 East Lexington Avenue in El Cajon. The classes will begin at 3 p.m.. Contact Ron Jordan at (619)440-4452 for more information or to register.

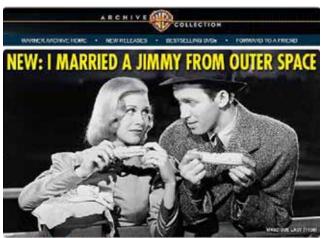
### March 15: West Hills High School Foundation 3rd Annual Gala & Dance, the IDES OF MARCH, 6:30-11 p.m.

Sumptuous hors d'oeuvres with a no-host bar, dancing to the ever-popular RAMSHACKLE, premium auction items, and a new venue at Mission Trails Regional Park Visitors Center. Tickets are by advanced purchase only at \$55/individual, or \$400 for a party of eight (advanced payment required). Theme attire encouraged. 21 and over. Proceeds benefit the replacement and modernization of the West Hills High School Gymnasium sound system. Tickets available at: http://bit.ly/1eNGQ6l



## <u>Entertainment</u>

## Ready for a little James Stewart



RUSSELL, ALAN LADD, OLIVIA DE HAVILLAND & SHIRLEY MACLAINE

all the 100s of movie stars I have interviewed Jimmy Stewart escaped my grasp. It was close, but then he got ill. Stewart is an icon to movie fans old and those young who have seen any of his 98 feature films. While many of his films deserve to be watched again and again. Warner Archive has released a few that might have gone undetected.

OF HUMAN HEARTS (1938) James Stewart had one of his first major starring roles in this Ante-and-Bellum family saga about a prideful son's feud with his preacher father. Scorning at his father's

life of poverty and self-sacri-

fice, Jason Wilkins (Stewart)

pursues success as a surgeon in the North before the Civil War intervenes to teach Jason the true cost of neglect thanks to an executive-in-chief intervention. Walter Huston plays the padre who tries to teach his headstrong scion the importance of sacrifice, while Beulah Bondi plays the mother whose love knows no bounds.

Beulah would go on to play Stewart's mother four more times, including an episode of The Jimmy Stewart Show, now available for streaming on Warner Archive Instant. Co-starring John Carradine, Guy Kibbee, Charles Coburn, Ann Rutherford and legendary TV producer-to-be Gene Reynolds. Newly Remastered

**VIVACIOUS LADY** (1938) Ginger Rogers personally selected as her romantic co-star in this riotous romance, and he proves the perfect man for the job. When a sizzling night club singer (Rogers) romances and weds a buttoned-down botany professor (Stewart) over the course of a single evening, sparks and subterfuge ensues. Stars start crossing against the newlyweds when they travel to Morgan¹s moss-backed college town to break the news to Morgan¹s disapproving family (Beulah Bondi and Charles Coburn) but canat bring themselves to do it forcing the pair to conducted their marriage incognito. Director George Steven<sup>1</sup>s first outing as a producer is a delight. Newly Remastered

**NO TIME FOR COMEDY** (1940) James Stewart's rich gifts for drama, romance and comedy already propelled him on a meteoric rise when he was paired with the very lively and very lovely Rosalind Russell in this screwball classic set amidst the bright lights of Broadway. Russell plays the acting gal who knows it all while Stewart is the hick from the sticks with a flair for the funny. It's love at first line reading for the pair but when a wanna-be muse (Genevieve Tobin) convinces Stewart's comedy king he should try his hand at serious drama. the romance hits the rocks. Charles Ruggles plays the cynical industrialist spouse of the drama wannabe that squares up the triangle. William Keighley directs with a script by master scribes Julius and Philip Epstein.

Then there's Alan Ladd & Olivia de Havilland - Power to the Paramounts!

BRANDED (1950) This big screen adaptation of Max Brand's Montana Rides! finds celluloid cowboy icon Alan Ladd donning the boots of Choya, a gunfighter comprised of complicated ethics. Choya gets roped into a scheme to impersonate a wealthy rancher¹s long lost son - which works - until he starts to fall for his "sister." The shame becomes too much for Choya to bear, so he sets out to make-up for the wrong he has done. With Mona Freeman, Charles Bickford, and Robert Keith, directed by Rudolph Maté.

THE ADVENTURERS (1970) Troubled playboy Dax (Bekim Fehmiu)uses romance as a stepping stone to success... all while scheming to bring vengeance on those who once wronged him and his family. A Monte Cristo for the jet-set, Candice Bergen, Olivia de Havilland, Ernest Borgnine, Rossano Brazzi, Charles Aznavour and more star in this lavish adaptation of the lurid Harold Robbins pot-boiler, under the direction of Lewis Gilbert.

These DVDs can be streamed and are Manufactured on Demand (MOD). To order visit (www.WarnerArchive.com.or. www.wbshop.com) Some are available for streaming on Warner Archive Instant.







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### ENTERTAINMENT

# 'Her' is squeemish, boring and static

Review by James Colt Harrison

ecause we are all in the midst of a digital upheaval that touches our lives in a daily fashion, humans are becoming more and more detached from each other and are becoming more involved -- or "intimate with" -our gadgets, our cell-phones, our computers to the detriment of human contact. And there-in lies the crux of Jonze's futuristic story for his film Her.

Joaquin Phoenix (Theo-

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dore) plays a nerdy but cool letter writer for those who don't have that skill. He's poetic, romantic, and sensitive. All of those personal attributes are bonuses in his job. Unfortunately, his personal life is not so perfect because his wife (Rooney Mara) is divorcing him. His eloquent nature has deserted him when it comes to dealing with his wife. This leaves him rudderless and adrift emotionally, only to complain to his friend (Amy Adams).

He resorts to some funny phone sex episodes to keep busy, and plays virtual video games in his swanky downtown LA high rise. This leads him to experiment using a new electronic Operating System called Samantha. Perhaps this can provide him with a better-thanreal experience. Samantha is voiced by actress Scarlett Johansson, and a fine job she does of being seductive, kittenish, playful, insightful, and sexy.

Studio: Warner Bros Pictures

Who Should Go: Amy Adams fans.

graphic nudity

MPAA: "R" for language, sexual content and

Gazette Grade: C-

Theodore is intrigued, and begins an unusual relationship with his Operating System, even though it is not a flesh and blood relationship with a live girl. To him it seems real, and even better than getting involved with the emotions of a real woman such as his wife.

At times, the relationship gets too intimate and the viewer is left with a squeamish feeling that the "couple" is being eavesdropped. It's a feeling of "oh, no, I'm seeing a bit too much of this," and yet the reality of it is that one person is a human and the other is a machine. Yet the uneasiness is there. Not a comfortable feeling...!

The film is entirely too "talky" with no movement to speak of in the body of the story. With Phoenix talking to his operating system and Johansson a disembodied voice on the other end and never seen, the film simply becomes an exercise in watch-

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Amy Adams and Joaquin Phoenix star in Her. Photo Credit: **Rick Howard CO LLC / Warner Bros Pictures** 

ing somebody talking to himself. The original idea was an intriguing one, but as it works out the movie is ultimately

boring and static. Phoenix is sweet-natured and vulnerable. but that is not enough to make for an engrossing movie.



### Reuben Lovers Rejoice for this Wonderful Dip

"If you love a Reuben. you'll love this too!"



Do you love Reuben sandwiches, but have a hard time finding a place that serves a really good one? Well, then you need to try Goldie Barnhart's Reuben Dip recipe. It has all the tastes of the wonderful sandwich, but in dip form.

This recipe is a cinch to make and the flavors truly mimic that trademark Reuben taste. Inexpensive, easy and SO good!

See step-by-step photos of Goldie's recipe plus thousands more from home cooks nationwide at:

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

### **Reuben Dip**

### What You Need

Goldie Bamhart

16 oz sauerkraut, rinsed and squeezed dry 8 oz corned beef from

deli, shredded 16 oz shredded Swiss cheese

1/2 c Thousand Island dressing 1/2 c mayonnaise

### Directions

 Preheat oven to 350 degrees.

Diion mustard

• In a small bowl, combine mayonnaise and Thousand Island dressing.

Spread the sauerkraut into a 9x13 inch baking dish. Laver corned beef over sauerkraut and spread with dijon mustard

- Janet

- Next put the shredded Swiss cheese over the corned beef and mustard.
- Now add the mayonnaise/ Thousand Island dressing mix on top of the cheese.
- Bake for 20 to 25 minutes.
- Serve with toasted party rye bread or crackers.
- Note: You can chop the sauerkraut finer to make it easier to dip before making this dish.

Submitted by: Goldie Barnhart, Palmyra, NY (Pop. 3,536) www.justapinch.com/reubendip

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Her

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## Sports and Events

## Season ends as comeback falls short

by Chuck Karazsia

an Diego Chargers football went as far as it could, and a lot farther than most expected. However, it was not far enough for Chargers fans after the team was bounced from the second tier of the 2013 playoffs in the AFC Divisional game in Denver, CO.

Snapping a magical fivegame winning streak the Chargers season came to a screeching halt after the AFC Divisional Playoff game in the windy milehigh city. Top seeded Broncos defeated the Chargers 24-17 in a game San Diego had the opportunity to win.

Trailing 17-0 entering the fourth quarter and generating 79-yards of offense through the first three — due to a compilation of short gains on first and second down — brought unmanageable third down situations, injuries (Mathews, Claru) and an offensive line that allowed pressure on their quarterback.

The fourth quarter reins were cut loose from quarterback Philip Rivers and the gunslinger did his thing in his favorite effective no huddle offense getting most of his passing yards in final quarter.

Promptly finding rookie wide-receiver Keenan Allen for two 16-yard touchdowns, the Chargers cut the Denver lead to seven after a Novack successful on-sides kick and 30-yard field goal.

But the comeback rally fell short as the Bolts defense allowed QB Manning to complete two critical third down conversions (17 and 6-yards) in crunch time effectively running out the clock in the game.

This kept Rivers and the Chargers offense on the sidelines with just under four minutes left in the game. The Broncos did to the Chargers what the Chargers had done to them utilizing a ball control offense.

After the game quarterback Philip Rivers said, "Every team feels like we feel today except the team that wins it all. I think we've got nothing to be ashamed of. The way we fight together and play hard. The way we compete and the character of this team, you can hold your head high because you know you gave it your all. That doesn't mean you're happy, doesn't mean it's okay. But to bounce back from (5-7) and getting in this position. There's nothing to be ashamed of."

Difference in the game was a dropped interception by

Wright on a Peyton Manning overthrown pass after the ball hit him square between the numbers in the first quarter. Manning was given another chance and found Thomas for a 2-yard touchdown giving the Broncos an early 7-0 lead. Also, the inability of the Chargers defense to mount a pass rush on the quarterback allowed Manning time to pick them apart.

Looking at the whole picture, a new G.M., a rookie head coach, new staff, new system, some new players, overwhelming IR list, I had picked the Chargers to go (8-8) this season. Anything else was gravy. Most thought this was a rebuilding year. Let's see what holes GM Telesco can fill in the off-season.

Head Coach Mike McCoy

praised the team saying, "They did a lot of really good things as a football team this year. We got a lot accomplished in a short amount of time on a short clock this year with a new staff. As a head coach I'm very pleased with the way the players played. The way they showed up every day. The way the coaches coached all year long."

"Fight to the bitter end," Mc-Coy added. "That's what we've said all year long. A lot of our games have come down to the very end the whole season. Keep fighting, keep going. See what happens in the end.

Chargers fans aren't happy with the ending, but happy with what the team accomplished.

This season was fun and a good learning experience for next vear.

### **Super Bowl favorites** Take comfort in country-style pork ribs with mojo

Recipe provided by Michelle Bernstein

Yield: 6 servings

Prep time: 20 minutes, plus overnight marinate Cook time: 25 minutes

- 12 cloves garlic, smashed About 2/3 cup canola oil
- oranges
- limes
- tablespoons adobo sauce, from a can of chipotles in adobo
- tablespoons packed brown sugar
- tablespoons olive oil Leaves from 4 sprigs thyme
- teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon ground coriander
- 2 pounds pork country-style ribs

In small saucepan over medium heat, combine garlic and enough canola oil to barely cover it. Bring to a boil, reduce to a simmer, and cook until garlic is tender and lightly golden about 5 minutes. Strain and set the garlic aside.

Zest oranges and set zest aside. Juice oranges and limes. In jar of a blender, combine orange juice, lime juice, garlic, adobo sauce, brown sugar, olive oil, thyme, cumin, pepper and coriander and process to puree. Stir in zest. Transfer to large resealable bag and add pork. Set aside in refrigerator overnight

Prepare grill to medium heat and lightly oil grate. Remove pork from marinade and grill, turning occasionally, until ribs are tender. Remove ribs from grill and let rest 3 minutes.

## **Broncos gallup to Super Bowl XLVIII**

by Chuck Karazsia

or the third time in his NFL career Peyton Manning is heading to the Super Bowl competing for the Vince Lombardi trophy, hoping to win it a second time.

Straddling the saddle of the Denver Broncos offense (best in the league), Manning lead the Broncos to torch the New England Patriots 26-16, winning the Conference title, which will send them to New York to represent the AFC in Super Bowl XLVIII.

Bucking Bill Belichick's defense Peyton Manning completed 32-of-43 passes for 400-yards throwing two touchdowns, in a game that wasn't as close as the final score indicated

Generating 507-yards of total offense, Manning had a field day against the Patriots defensive scheme completing 19-passes for 10-or more yards. He had completions of 21, 23, 26, 27, 29, 30, 37-yards, at one stretch completing 20-of-21.

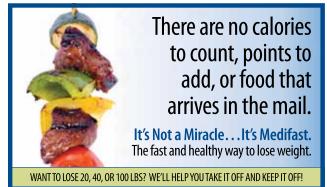
Controlling the clock with time consuming drives the Broncos ran 71 plays to the Patriots 56. Three Denver drives resulting in touchdowns were two of 80-yards and one of 93-yards.

Hit just once in 43 passing attempts, Manning comfortable in the pocket, was able to pick apart a Patriots defensive secondary, similar to what he did against San Diego a week

In the last two games, the Broncos QB has been under a duressed pass rush pressure just twice in 79 passing attempts.

The fact that New England couldn't cover the multitude of weapons in Denver's arsenal that Manning has at his disposal didn't help the opposition either. "We definitely have come a long way in two years. Bouncing back from last year's playoff loss, to put ourselves in this position is very gratifying,' said Manning.

An entertaining Super Bowl awaits the world Feb. 2 in New Jersey. The NFL's most explosive offense the Denver Broncos (Manning) oppose the NFL's best and stinginess (Pete Carroll) Seattle Seahawks defense



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## Chinese New Year Celebration 2014 – The Year of the Horse



In 2014 the Chinese New Year starts on January 31st. During the two weeks of the holiday, families eat together, visit and honor their ancestors. People give wishes for good luck, good health, peace, joy and wealth.

This celebration is also known as "Spring Festival."

vowel?

Fill it in.

The Chinese calendar has 12 animals, each standing for one year. 2014 is the year of the horse. Read about people born in the year of the horse below, then fill in the crossword:

One vowel

is missina

from this

list of the

Zodiac.

J H'M S X R

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LYAEONCVCMDLIG

DVL

MBJLDTLAYHYIICK

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animal symbols

of the Chinese

Look for

year, 2015!

0 L

NSNBYL

me in my

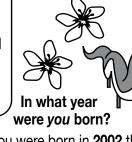
### People born in the year of the horse:

- like to talk in front of groups and are good public \_\_\_\_\_
- 2. like to do work \_\_\_\_\_ and may not do chores at all
- 3. are intelligent or \_
- 4. may be trusted with another's \_\_\_\_\_
- 5. are very active, have lots of
- 6. like to laugh, have a good sense of
- 7. are outgoing and never \_\_\_\_
- 8. may be great with people and have lots of
- 9. like to be the center of \_
- 10. do not like to listen to \_
- from friends and family
- 11. may be as \_\_\_\_\_ as an ox or mule
- 12. may not be good at handling their \_

ABET

VXAINAXEJIW

# Gung Hay Fat Choy!



If you were born in **2002** then you were born in the year of the horse. People born in the year of the horse may have great energy, high self esteem and other characteristics that help them to lead exciting lives.

• Horse (2002, **2014**)

2 G\_at (2003, 2015)

- M\_nkey (2004, 2016)
- R\_\_\_ster (2005, 2017)
- D\_g (2006, 2018)
- Pig (2007, 2019)
- Rat (2008, 2020)
- \_x (2009, 2021)
- Tiger (2010, 2022)
- Rabbit (2011, 2023)
- Drag\_n (2012, 2024)Snake (2013, 2025)

speakers advice 3 7 secrets smart 6 11 10 9 boring friends stubborn humor alone energy attention Free Stuff Come to print out free puzzles: Weather Words word

search puzzle, Oh! Snow!, and our new Chinese Year

(Horse) reading log set @ www.readingclubfun.com

Congratulations!)

The Lantern Festival

Find and circle these words in the other lantern:

This year, the Lantern Festival takes place on February 14th, the last day of the Chinese New Year celebration. Tales about the beginning of this holiday tell about gods who had the power to give good or bad luck and good fortune. The villagers wished to please the gods and they had festivities to entertain the gods as well as to honor them.

One story is about the Jade Emperor, the most powerful god in heaven, who saw his favorite goose killed by people in a town. He was so angered that he decided to destroy the village. The other gods warned the villagers. The villagers hung red lanterns and set off fireworks to make the village seem like it was already burning. The clever people saved themselves and their village.

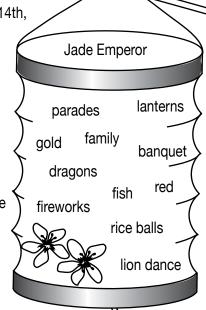
Today, people have fun making red lanterns, then they hang them or carry them into the street where they join in parades or watch "dragons" dancing.

Some of the largest Chinese New Year celebrations in the United States are in:

1. San Francisc\_\_, Calif\_\_rnia

2. New Y\_rk, New Y\_rk

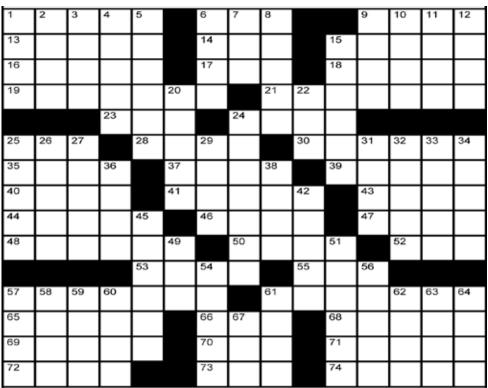
3. H\_ust\_n, Texas



One vowel is missing.
Which one?

## Puzzles & Fun

### **CROSSWORD**



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### THEME: WINTER OLYMPICS

### **ACROSS**

- 1. Abstains from food
- 6. Female sib
- 9. Like Homer Simpson's head
- 13 Freeze
- 14. Notable time
- 15. Andrea Bocelli, e.g.
- 16. Third rock from the sun
- 17. "I thee \_\_\_\_
- 18. Loosen laces, e.g.
- 19. \*Number of participating Olympic sports
- 21. \*Kerrigan's nemesis

- 23. Nest egg
- 24. Poacher's trophy
- 25. A small amount of liquid
- 28. Shining armor
- 30. Ultra bookworm
- 35. Viewer's appreciation
- 37. Riyadh native
- 39. Yokel's holler
- 40. Kournikova or Karenina
- 41. Nostrils
- 43. German mister
- 44. From center to perimeter of circle, pl.
- 46. Ricci of fashion
- 47. Nonclerical
- 48. \*First Winter Olympics host

- - 52. Code word
  - 53. Mosque V.I.P.
  - 55. Party bowlful

50. Solid part of wall

- 57. \*Olympic athlete of yesteryear
- 61. \*It happened on ice, 1980
- 65. Computer woe
- 66. Cowboy's heel prod
- 68. Trial and
- 69. Unable to move
- 70. Funerary vase
- 71. More then one crocus
- 72. \*Gold winning ice dancers,
- 73. Pilot's announcement, acr.
- 74. Exemplary

### DOWN

- 1. Medieval domain
- 2. Popular smoothie berry
- 3. #1 Down laborer
- 4. Little Richard's ' Frutti"
- 5. Orb shape
- 6. Fastened stitches
- 7. Rage
- 8. Ascetic holy Hindu
- 9. Form a curve
- 10. Opposed to
- 11. Tender cut
- 12. Small amount of residue
- 15. \*Eurasian winner of 88 medals but no winter ones
- 20. \*Only Olympian to win Gold in summer and winter
- 22. Nile viper
- 24. Government system in pre-revolutionary Russia
- 25. \*Keeps neck warm in Sochi?
- 26. Of an arm bone
- 27 Chinese hear
- 29. Persia
- 31. "Matilda" author
- 32 Reforehand
- 33. Waterwheel
- 34. \*Relayed flame
- 36. Sacrifice for gain
- 38. Out of shape
- 42. Saudi Arabia native
- 45. Most frozen
- 49. Down Under runner
- 51. Do like Tarantino
- 54. Lock horns
- 56. Avoid an attack
- 57. Zealous
- 58. Collier's office
- 59. A particular region
- 60. \*Speed skaters often touch the ice making one
- 61. Madonna's 2012 release
- 62. Field yield
- 63. Centers of activity
- 64. \*American speed skating great
- 67. You know it when you see it?

### **OUTZKIRTS** By: David & Doreen Dotson



### **SODUKO**

### you could save 28% Call 1-866-929-9071 to see how much you could save on car insurance. who reported savings by switching to en 12/1/11 and 4/30/12. esurance on Allstate company

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© StatePoint Media

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

### CROSSWORD & SODUKO SOLUTIONS

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## LEGAL NOTICES

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

NOTICE OF TRUSTEE'S SALE File No.

7037.104182 Title Order No. NXCA-0116003 MIN No. 1000325-0003040031-0 APN 584-

573-08-00 YOU ARE IN DEFAULT LINDER

A DEED OF TRUST, DATED 04/15/03. UN-

LESS 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 as-

sociation, or savings bank specified in §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 satisfy the obligation secured by said Deed of Trust. The under-

signed Trustee disclaims any liability for any

incorrectness of the property address or other

common designation, if any, shown herein. Trustor(s): KENNETH S. DEWAR AND

ERICA DEWAR, HUSBAND AND WIFE AS

JOINT TENANTS Recorded: 05/01/03, as Instrument No. 2003-0512215, of Official

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-000849

FICTITIOUS BUSINESS NAME(S): Joshua Helland Studio

Located at: 9951 Knollview Dr., Spring Valley, CA 91977

This business is conducted by: An Individual The first day of business was: June 1, 2013
This business is hereby registered by the following: 1. Joshua Charles Helland 9951 Knollview Dr., Spring Valley, CA 91977

This statement was filed with Recorder County Clerk of San Diego County on January 10, 2014.

East County Gazette- GIE030790 1/16, 1/23, 1/30, 2/06, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-000448

FICTITIOUS BUSINESS NAME(S): Salvage

Located at: 1957 Friendship Dr. Ste. C, El Cajon, CA 92020
This business is conducted by: An Individual

The first day of business was: January 4,

This business is hereby registered by the following: 1. Joel Daniel Tyack 15725 Daley Truck Trail, Jamul, C 91935

This statement was filed with Recorder/ County Clerk of San Diego County on January 07, 2014

East County Gazette- GIE030790 1/16, 1/23, 1/30, 2/06, 2014

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-035451

FICTITIOUS BUSINESS NAME(S): American Cremation Service

Located at: 365 Broadway, Ste. 103, El Ca-

jon, CA 92021
This business is conducted by: A Corporation The business has not yet started.

This business is hereby registered by the following: 1. Bayview Service Group, Inc. 2859 Adams ave., San Diego, CA 92116 California

This statement was filed with Recorder/County Clerk of San Diego County on December 24, 2013.

East County Gazette- GIE030790 1/02, 1/09, 1/16, 1/23, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO 2013-035256

FICTITIOUS BUSINESS NAME(S): American Cremation Service

Located at: 7510 Clairmont Mesa Blvd. Ste.

109, San Diego, CA 92111

This business is conducted by: A Corporation The business has not yet started.

This business is hereby registered by the following: 1. Bavview Service Group, Inc. 2859

ns Ave., San Diego, CA 92116 California This statement was filed with Recorder/ County Clerk of San Diego County on De-

cember 20, 2013. East County Gazette- GIE030790

1/02. 1/09. 1/16, 1/23, 2014

### FICTITIOUS BUSINESS NAME STATEMENTNO. 2013-035671

FICTITIOUS BUSINESS NAME(S): Downey

Located at: 10059 Day Creek trail, Santee, CA 92071

This business is conducted by: An Individual

The business has not vet started. This business is hereby registered by the following: 1. Janet Downey 10059 Day Creek trail, Santee, CA 92071

This statement was filed with Recorder/County Clerk of San Diego County on December 27, 2013.

East County Gazette- GIE030790 1/02, 1/09, 1/16, 1/23, 2014

### FICTITIOUS BUSINESS NAME

STATEMENT NO. 2013-036027 FICTITIOUS BUSINESS NAME(S): The Perfect Day Job

Located at: 2128 Sea Village Circle, Cardiff,

This business is conducted by: An Individual The first day of business was: October 11, 2013

This business is hereby registered by the following: 1. Jamie Henkin 2128 Sea Village

Circle, Cardiff, CA 92007
This statement was filed with Recorder/ County Clerk of San Diego County on December 31, 2013.

> East County Gazette- GIE030790 1/09. 1/16. 1/23. 1/30. 2014

#### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2014-00083739-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF NAJIM NOAH HANNA and AVI FEN KKAH on behalf of minor DEANDRE NOAH HANNA FOR CHANGES OF NAME

PETITIONER: NAJM NOAH and AVLEEN KKAH on behalf of minor DEANDRE NOAH HANNA FOR AN ORDER TO CHANGE NAME

FROM: DEANDRE NOAH HANNA TO: DEANDRE NAJM NOAH

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 W. BROADWAY, SAN DIEGO, CA 92101, on FEBRUARY 28, 2014 at 9:30 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 JANUARY 23. 2014.

> East County Gazette - GIE030790 1/23, 1/30, 2/06, 2/13, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-035246

FICTITIOUS BUSINESS NAME(S): Poncho's Taco Shop

Located at: 1279 E. Main St., El Cajon, CA 92021

This business is conducted by: A Married Couple

The first day of business was: February 1, 1999 This business is hereby registered by the fol-

lowing: 1. Alfonso Gutierrez 2410 La Costa Ave Chula Vista CA 91915

Noemi Gutierrez 2410 La Costa Ave., Chula Vista, CA 91915

This statement was filed with Records County Clerk of San Diego County on December 20, 2013.

East County Gazette- GIE030790 1/16, 1/23, 1/30, 2/06, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-001244

FICTITIOUS BUSINESS NAME(S): East County Motors Located at: 13606 Hwy 8 Business,

Lakeside, CA 92040 This business is conducted by: A

Corporation The first day of business was: January 14,

This business is hereby registered by the

following: 1. East County Motors INC 13606 Hwv 8 Business, Lakeside, CA 92040 This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2014.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-000752

FICTITIOUS BUSINESS NAME(S): San Diego Ultimate RV Located at: 13606 Hwy 8 Business,

Lakeside, CA 92040 This business is conducted by: A Limited

Liability The first day of business was: December 30, 2008

This business is hereby registered by the following: 1. San Diego Ultimate RV Rental LLC 2516 Pine Glen Ln., El Cajon, CA

This statement was filed with Recorder/ County Clerk of San Diego County on January 09, 2014.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

STATE OF SOUTH CAROLINA IN THE FAMILY COURT OF THE THIRTEENTH JUDICIAL CIRCUIT COUNTY OF GREENVILLE DOCKET NO: 2013-DR-23-5524 NOTICE OF ADOPTION PROCEEDINGS TO THE DEFENDANT: "JOHN DOE," BIRTH

FATHER YOU ARE HEREBY GIVEN THE FOLLOWING NOTICE:

1. That an adoption proceeding was filed in the Family Court of Greenville County on December 19, 2013, and in this Complaint you are alleged to be the father of a Caucas female child born in LaMesa, California, on

December 3, 2013.

2. That the Plaintiffs in the above captioned Notice are not named for the purpose of confidentiality; however, the Court knows the true identity of the Plaintiffs and in responding to this notice, you are required to use the caption and the number 2013-DR-23-5524.

That if Notice to Contest Intervene or otherwise Respond is filed by you with the Court within thirty (30) days of the receipt of this Notice of Adoption Proceedings, you will be given an opportunity to appear and be heard on the merits of the adoption. To file notice to Contest. Intervene or otherwise Respond in this action, you must notify the above named Court at Greenville County Courthouse, Clerk of Court at 301 University Ridge, Greenville, South Carolina, 29601, in writing of your intention to Contest, Intervene or otherwise Respond. The above named Court must be informed of your current address and any changes of your address during the adoption proceedings. 4. That your failure to respond within thirty (30) days of receipt of this Notice of Adoption Proceedings constitutes your consent to the adoption and forfeiture of all of your rights and obligations to the above identified child. It is further alleged that your consent to this adoption is not required under S.C. Code Ann. Section 63-9-310 and that your parental rights should be terminated pursuant to S.C. Code Ann. Section 63-7-2570 (7). This notice is given pursuant to S.C. Code Ann. Section 63-9-730 (E) Raymond W. Godwin, Esq. (SC Bar #2162)

Julie M. Rau (SC Bar #69650) 1527 Wade Hampton Blvd. Greenville, SC 29609 PH (864) 241-2883 FAX: (864) 255-4342 ATTORNEYS FOR PLAINTIFFS Date: January 2, 2014

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2014-00083767-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF ATHEER AESA and ANGHAM KUMI on behalf of minor FABREGAS ATHEER ADIL FOR CHANGES OF NAME

PETITIONER: ATHEER AESA and ANGHAM KUMI on behalf of minor FABREGAS ATHEER ADIL FOR AN ORDER TO CHANGE NAME

FROM: FABREGAS ATHEER ADIL TO: FABREGAS ATHEER AESA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 W. BROADWAY, SAN DIEGO, CA 92101, on FEBRUARY 28, 2014 at 8:30 a.m. IN DEPT. C-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 JANUARY 23, 2014. East County Gazette - GIE030790 1/23, 1/30, 2/06, 2/13, 2014

Records of SAN DIEGO County, California. Date of Sale: 01/29/14 at 10:00 AM Place of Sale: On the grounds of the Scottish Rite Event Center, located at 1895 Camino Del Rio South., San Diego, CA The purported property address is: 209 VIA TAPIA, SPRING VALLEY, CA 91977 Assessors Parcel No. 584-573-08-00 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$197.255.24. If the sale is set aside for any reason, the purchaser at the sale shal be entitled only to a return of the deposit paid, The purchaser shall have no further recourse against the beneficiary the Trustor or the trustee. NOTICE TO PO-TENTIAL BIDDERS: If you are considering bidding on this property lien, you should un derstand 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 no 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 bidde 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 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 877-484-9942 or 800-280-2832 or visit this Internet Web site www.USA-Foreclosure.com or www. Auction.com using the file number assigned to this case 7037.104182. 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 Date: December 23, 2013 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Bonita Salazar. Authorized Signatory 1241 E. Dyer Road, Suite 250, Santa Ana, CA 92705 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction.com Automated Sales Line: 877-484-9942 or 800-280-2832 Reinstatement and Pay-Off

Requests: 866-387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE ORDER # 7037.104182: 01/09/2014.01/1 6/2014,01/23/2014



### CITY OF EL CAJON

#### NOTICE INVITING SEALED BIDS

PUBLIC PROJECT: Hillside Recreation Center Engineering Job No. IFM3440 Bid No. 017-14

BIDS MUST BE RECEIVED BEFORE: 2:00 p.m. on February 19, 2014

BIDS TO BE OPENED AT: 2:00 p.m. on February 19, 2014

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may ordered from the City website <a href="https://www.cityofelcajon.us">www.cityofelcajon.us</a> or obtained at the office of the Purchasing Agent for a fee of \$12.45 (plus \$5.60 postage mailing is requested). This amount is not

A mandatory pre-bid conference and job-site walk-through will be held on January 29, 2014 at 10:30 a.m. at Hillside Recreation Center, 840 Buena Terrace, El Cajon, CA 92020. Particulars relative to work requirements will be discussed. City of El Cajon Personnel involved in this project will be present to answer pertinent inquiries. The pre-bid conference is mandatory for all general contractors and optional for subcontractors.

This project is being paid for by the City of El Cajon entirely from local funds. No federal or state monies will contribute to the payment of consideration; therefore this project is a matter of local concern and in accordance with section 400 of the El Cajon City Charter the successful bidder will not be required to pay the prevailing rate of per diem wages on

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

All bids submitted shall be accompanied by a

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

The Contractor shall provide the City with a signed and notarized non-collusion affidavit.

Bids shall be delivered to the Purchasing

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

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

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

/s/ Dede Porter Purchasing Agent 01/16/14

EAST COUNTY GAZETTE GIE030790 01/16/14. 01/23/14

#### NOTICE OF INTENT TO **DISMISS WORKERS'** COMPENSATION CASE:

NANCY JIMENEZ v. EL DORADO CARE CENTER; FARMERS INSUR-ANCE (ADJ8280794)

IT APPEARING THAT: Applicant failed to appear at the trial on 01/06/2014

and on the motion of Defendant. NOTICE IS HEREBY GIVEN that an

Dismissing the above captioned case, without prejudice, shall issue

04/28/2014 if Applicant fails to appear for trial and absent good cause in writing for said failure to appear. Trial will be held on 4/28/2014 at 8:30 am at the Santa Ana Workers Compensation Appeals Board at 28

Center Plaza Suite 451 Santa Ana CA 92701 before Judge Pamella Stone.

Attorney fore Defendant: Law Offices of Andrew Macrae, 2677 North Main Street, Suite 200, Santa Ana, CA 92705 (714) 541-4454.

East County Gazette GIE030790 Jan. 23, 30., Feb. 6, 13 2014

### NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is herby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on (February 12th 2014) at (3:00pm) at the Extra Space Storage facility at:

Extra Space Storage 10115 Mission Gorge Rd Santee, CA 92071 (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) Alberto Padilla, Nancy Patterson, Jesse Torres, REDFERN RICHARD, Temperature Control, Christy Fox, William Leigh, Ashlee Grimes

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.

East County Gazette GIE030790

Jan. 23, 30, 2014

### - LEGAL NOTICES -

#### 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 Self Storage Located at: 11852 Campo Road Spring Valley, CA 91978 (619) 670-1100

Will sell, by competitive bidding, on February 5, 2014 at 11:30 AM or after .The following properties: Miscellaneous personal items household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts:

A2031 CHELSEA KLUSMAN OR LANCE HERBERT A2070 CHERYL STOLAREK B2032 CATHERINE BALL William k Ritch

> West coast auctions State license bla 6401382 760-724-0423 East County Gazette GIE030790

Jan. 23, 30, 2014

### Notice of sale of Abandoned

business and professions code, section 2328 of the commercial code and section 535 of the penal code Located at:

> Ace Your Storage Place 573 Raleigh Avenue El Caion, CA 92020 (619) 440-7867

properties: miscellaneous personal items household miscellaneous, miscellaneous construction materials, tools, motorcycle and

miscellaneous vehicle parts: H072 Lisa Haves A014/D026 Stephan Johnson E008 Doug Cash G003 Marco Flores H050 Laura Contreras

#### Notice of sale of Abandoned Property

business and professions code, section 2328 of the commercial code and section 535 of the penal code Ace Your Storage Place

Located at: Lakeside, CA 92040 (619) 443-9779

AU049 Tina Welton AU064 Tina Welton B0022 Denise Sumner C0023 Shane Cotton or Kristy Mayfield C0056 Angelina Rouston C0076 Laura Fugate CU066 Fred Burrow or Katherine Miranda CU133 Fred Burrow or Katherine Miranda DU027 Christina and Bryan Porteous DU040 Tony and Norma Magdaleno

William k Ritch 6401382

East County Gazette GIE030790

state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. . The sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the NOTICE OF TRUSTEE'S SALE TS No. CA remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late arges thereon, as provided in the note(s) advances, under the terms of the Deed of Trust interest thereon, fees, charges, and expenses of the Trustee for the total amount (at the time

of the initial publication of the Notice of Sale) reasonably estimated to be set forth below The amount may be greater on the day of sale. Trustor: ROBERT THOMAS VILDIBILL AND SHIRLEY L. VILDIBILL, TRUSTEES OF THE VILDIBILL FAMILY REVOCABLE TRUST, UDT MAY 2, 1986, AS AMENDED AND RESTATED JUNE 12, 2006 WHO ACQUIRED TITLE AS BORERT THOMAS VALDIBILL AND SHIRLEY L. VALDIBILL, TRUSTEES OF THE VILDIBILL FAMILY

REVOCABLE TRUST UDT MAY 2, 1986 Duly Appointed Trustee: S.B.S. TRUST DEED NETWORK A CALIFORNIA CORPORATION Deed of Trust recorded 6/4/2008, as Instrument No. 2008-0300363, in book XX, page, XX of Official Records in the office of the Recorder of SAN DIEGO County, California, Date of Sale:

Address or other common designation o

real property: 1935 FRIENDSHIP DRIVE

#E, EL CAJON, CA 92020. A.P.N.: 760-232-33-05. THE BENEFICIARY MAY ELECT,

IN ITS DISCRETION, TO EXERCISE ITS

RIGHTS AND REMEDIES IN ANY MANNER

PERMITTED LINDER SECTION 9604 OF

THE CALIFORNIA COMMERCIAL CODE, OR ANY OTHER APPLICABLE SECTION,

AS TO ALL OR SOME OF THE PERSONAL PROPERTY, FIXTURES AND OTHER

GENERAL TANGIBLES AND INTANGIBLES

THE DEED OF TRUST, GUARANTEES,

UCC'S, SECURITY AGREEMENTS. The

undersigned Trustee disclaims any liability

for any incorrectness of the street address or other common designation, if any, shown

above. If no street address or other common

designation is shown, directions to the location

of the property may be obtained by sending a

written request to the beneficiary within 10 days of the date of first publication of this Notice of

Sale NOTICE TO POTENTIAL BIDDERS: If

you are considering bidding on this property

lien, you should understand that there are risks

involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself.

Placing the highest bid at a trustee auction does

not automatically entitle you to free and clean

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

PARTICULARY DESCRIBED

2/6/2014 Time: 10:30 AM Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY Property
Pursuant to sections 21701-21715 of the REGIONAL CENTER BY THE STATUE, 250 E. MAIN STREET, EL CAJON, CA. Amount of unpaid balance and other charges: \$198.005.19 Property being sold "as is - Where is". Street

By competitive bidding will sell, on February 5th 2014 at 9:00 AM or after. The following

East County Gazette GIE030790 Jan. 23, 30, 2014

Pursuant to sections 21701-21715 of the

9672 Winter Gardens Blvd

Will sell, by competitive bidding, on February 5 2014 at 8:30 AM or after .The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts: AU042 Tina Welton

West coast auctions State license bla 760-724-0423

Jan. 23, 30, 2014

of this property, you may call FOR SALES INFORMATION, PLEASE CALL (855)986-T.S. No.: 2013-2317 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/12/2008. UNLESS 9342, or LOG ONTO or visit this Internet Web site www.superiordefault.com using the YOU TAKE ACTION TO PROTECT YOUR file number assigned to this case 2013-2317 PROPERTY, IT MAY BE SOLD AT A PUBLIC Information about postponements that are SALE. IF YOU NEED AN EXPLANATION very short in duration or that occur close in OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT time to the scheduled sale may not immediately be reflected in the telephone information or A LAWYER A public auction sale to the on the Internet Web site. The best way to highest bidder for cash, cashier's check drawn verify postponement information is to a on a state of national bank, check drawn by the scheduled sale. Date: 1/8/2014. S.B.S. a state or federal credit union, or a check drawn by a state or federal savings and loan TRUST DEED NETWORK, A CALIFORNIA CORPORATION. 31194 La Baya Drive, association, or savings association, or savings bank specified in Section 5102 of the Financial Suite 106, Westlake Village, California, 91362 (818)991-4600. By: Francis Franco, Trustee Code and authorized to do business in this

Sale Officer. WE ARE ATTEMPTING TO COLLECT A DEBT. AND ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. (01/16/14, 01/23/14, 01/30/14,

12-509542-VF Order No.: 120153716-CA-BFI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/10/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUB-LIC 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): SCOTT P SHIELDS, AND LAR-RAINE M SHIELDS, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 10/17/2006 as Instrument No. 2006-0735534 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 2/6/2014 at 10:00:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main Street, El Caion. CA 92020 Amount of unpaid balance and other charges: \$1,206,152,86 The purported property address is: 15524 CREEK HILLS ROAD, EL CAJON, CA 92021 Assessor's Parcel No.: 393-030-24-00 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-12-509542-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 titled 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 QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE, Date: Quality Loan Service Corporation 2141 5th Av enue San Diego, CA 92101 619-645-7711 Fo NON SALE information only Sale Line: 714-573-1965 Or Login to: http://www.gualityloan com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-12-509542-VF IDSPub #0060913 1/16/2014 1/23/2014 1/30/2014

NOTICE OF TRUSTEE'S SALE TS No. CA

13-593081-AB Order No.: 8351045 YOU ARE

IN DEFAULT UNDER A DEED OF TRUST DATED 2/23/2007, UNI ESS YOU TAKE AC TION 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 nationa bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings as sociation, or savings bank specified in Section 5102 to the Financial Code and authorized to do husiness 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 TO-TAL AMOUNT DUE. Trustor(s): KAREN HANDLEY, AND LAWRENCE HANDLEY, WIFE AND HUSBAND AND WILLIAM O HANDLEY, A MARRIED MAN ALL AS JOINT TENANTS Recorded: 3/5/2007 as Instrument No. 2007-0148434 of Official Records in the office of the Recorder of SAN DIEGO County California; Date of Sale: 1/30/2014 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: \$253,879.88 purported property address is: 1045 LEMON AVE, EL CAJON, CA 92020 Assessor's Parce No.: 492-242-05-00 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 of 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 2924d 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 he 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-13-593081-AB 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 atte the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common design nation, 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.

QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A
DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA 13-593081-AB IDSPub #0060589 1/9/2014 1/16/2014 1/23/2014

NOTICE OF TRUSTEE'S SALE TS No. CA-08-186191-ED Order No.: E839599 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED APUBLIC SALE. IF YOU NEED AN
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): RAYMOND H. KEPPLE, AN UNMARRIED MAN Recorded: 4/30/2007 as Instrument No. 2007-0293508 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 1/30/2014 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 bal and other charges: \$1,918,308.16 The purported property address is: 15596 SLEEPY CREEK RD, EL CAJON, CA 92021 Asses

Parcel No: 396-220-32 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **714-573-1965** for information regarding the trustee's sale or visit this Internet Web site http://www. **qualityloan.com** , using the file number assigned to this foreclosure by the Trustee: CA-08-186191-ED Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to return of the deposit paid. 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. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: **Quality Loan Service Corporation** 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-773-1965 Or Login to: http://www. qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-08-186191-ED IDSPub #0060485 1/9/2014 1/16/2014 1/23/2014

### — LEGAL NOTICES -

FILE/PAGE NO. 1991-0642677.

OFFICIAL RECORDS. TAX PARCEL NO:

488-242-43-00 From information which the

Trustee deems reliable, but for which Trustee

makes no representation or warranty, the

street address or other common designation

of the above described property is purported

to be 405 East Lexington Avenue, El Cajon,

CA 92020. Directions to the property may be

obtained pursuant to a written request

NOTICE OF TRUSTEE'S SALE TS No. CA-13-595295-BF Order No.: 130203897-CA-API YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/7/2005. 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): CHRISTOPHER B SAWAYA AND CECILIA L SAWAYA, HUSBAND AND WIFE Recorded 12/9/2005 as Instrument No. 2005-1061893 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 2/13/2014 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: \$458,660.61 The purported property address is: 1982 WEDGEMERE ROAD, EL CAJON, CA 92020 Assessor's Parcel No.: 486-250-01-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, vou 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-13-595295-BF . 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 othe 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. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 Or Login to: http://www.qualityloan com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-13-595295-BF IDSPub #0060651 1/23/2014 1/30/2014 2/6/2014

NOTICE OF TRUSTEE'S SALE TS No

CA-13-595326-AB Order No.: 8359084

YOU ARE IN DEFAULT UNDER A DEED

OF TRUST DATED 5/22/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE, IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater the day of sale. BENEFICIARY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): RAYMOND PEREZ AND VIVIAN E. PEREZ, HUSBAND AND WIFE AS JOINT TENANTS Recorded 5/30/2007 as Instrument No. 2007-0362194 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 2/13/2014 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: \$365,958.94 The purported property address is: EAST CHASE AVENUE, EL CAJON, CA 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

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 nation 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-13-595326-AB . 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 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. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION ORTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 Or Login to: http://www.qualityloan. com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-13-595326-AB IDSPub #0061343 1/23/2014 1/30/2014 2/6/2014

courtesy to those not present at the sale

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/12/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A SALE. IF YOU NEED EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE TRUSTEE'S SALE Trustee's Sale No. 2013-100350 On 2/13/2014 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 East Main Street, El Cajon, California 92020, Beacon Default Management, Inc., a California corporation. as duly appointed Trustee under that certain DEED OF TRUST, ASSIGNMENT OF RENTS, SECURITY AGREEMENT AND FIXTURE FILING executed by LEXINGTON AVENUE ASSOCIATES. LTD. L.P. California limited partnership, as Trustor(s) recorded on 4/19/2007, as Instrument No 2007-0265428, in the office of the Recorder of San Diego County, State of California, under the power of sale therein contained WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, for cash, or cashier's check made payable to Beacon Default Management, Inc. (payable at the time of sale in lawful money of the United States) without warranty express or implied as to title use, possession or encumbrances, all right, title and interest conveyed to and now held by it as such Trustee, in and to the following described property situated in the aforesaid County and State, to-wit: LEGAL DESCRIPTION: Please see Exhibit "A" attached hereto EXHIBIT A LEGAL DESCRIPTION THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: PARCEL (S) 1 OF PARCEL MAP 16704, IN THE CITY OF EL COUNTY OF SAN DIEGO. STATE OF CALIFORNIA, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY ON DECEMBER 11, 1991 AS

submitted within ten (10) days from the first publication of this notice to the beneficiary, in care of the Trustee at the address listed below. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is \$661,734.95. The present Beneficiary under the Deed of Trust has elected to conduct a unified foreclosure sale pursuant to the provisions of California Commercial Code Section 9604(a)(1)(B) and to include in the non-judicial foreclosure of the estate described in this Notice of Trustee's Sale all of the personal property and fixtures described in Exhibit "B" attached hereto. EXHIBIT B PERSONAL PROPERTY DESCRIPTION 1. "Fixtures" means property owned by Trustor which is so attached to the Land or the Improvements as to constitute a fixture under applicable law. including: machinery, equipment, engines, boilers. incinerators, installed building materials; systems and equipment for the purpose of supplying or distributing heating cooling, electricity, gas, water, air, or ligh antennas, cable, waiving and conduits used in connection with radio. television, security fire prevention, or fire detection or otherwise used to carry electronic signals; telephone systems and equipment; elevators and related machinery and equipment; fire detection, prevention and extinguishing systems and apparatus; security and access control systems and apparatus; plumbing systems: water heaters, ranges, stoves, microwave ovens, refrigerators, dishwashers, garbage disposers, washers, dryers and appliances; light fixtures, awnings storm windows and storm doors: pictures screens, blinds, shades, curtains and curtain rods; mirrors; cabinets, paneling, rugs and floor and wall coverings; fences, trees and plants; swimming pools; and exercise equipment. 2. "Personal Property" means all (i) accounts (including deposit accounts); (ii) equipment and inventory owned by Trustor, which are used now or in the future in connection with the ownership, management or operation of the Land or Improvements of are located on the Land or Improvements including furniture, furnishings, machinery building materials, goods, supplies, tools books, records (whether in written or electronic form), computer equipment (hardware and software); (iii) other tangible personal property including ranges, stoves microwave ovens, refrigerators, dishwashers garbage disposers, washers, dryers and other appliances (other than Fixtures); any operating agreements relating to the Land or the Improvements; (v) any surveys, plans and specifications and contracts for architectural, engineering and construction services relating to the Land or the Improvements; (vi) all other intangible property, general intangibles and rights relating to the operation of, or used in connection with, the Land or the Improvements, including all governmental permits relating to any activities on the Land and including subsidy or similar payments received from any sources, including a governmental authority; and (vii) any rights of Trustor in or under letters of credit. As used in this Exhibit B, the term "Improvements" means the buildings, structures improvements, and alterations now constructed or at any time in the future constructed or placed upon the Land) including any future replacements and additions, and the term "Land" means the real property described on Exhibit A. The present Beneficiary reserves the right to revoke its election as to some or all of said personal property and/or fixtures, or to add additional personal property and/or fixtures to the election herein expressed, at the present Beneficiary's sole election, from time to time and at any time until the consummation of the trustee's sale to be conducted pursuant to the Deed of Trust and Notice of Trustee's Sale The name, street address and telephone number of the Trustee are: Beacon Default

Management Inc. 15206 Ventura Boulevard Suite 216, Sherman Oaks, California 91403, Telephone Number: (818) 501-9800. The sale contemplated by this Notice of Trustee's Sale will be conducted by an agent of the Trustee. To check status of a foreclosure, please visit their website www.beacondefault. com. 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 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 (818) 501-9800. Information about postponements that are very short in duration or that occur close in to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale. Dated: 1/7/14 Beacon Default Management, Inc., a California corporation, Trustee By Erica Itskovich, Trustee Sale Officer P1077730 1/23, 1/30, 02/06/2014

T.S. No.: 13-50151 TSG Order No.: 02-13015427 A.P.N.: 488-340-07 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY PURSUANT CA CIVIL CODE 2923.3 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注:本文件包含 - 「信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다 NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP L<sub>T</sub>U Ý: KÈM THEO ĐÂY LÀ B $_{\rm f}$ N TRÌNH BÀY TÓM L $_{\rm FI}$ C V $_{\rm f}$  THÔNG TIN TRONG TÀI LI $_{\rm f}$ U NÀY NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/2/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 2/13/2014 at 10:00 AM, Old Republic Default Management Services, a Division of Old Republic National Title Insurance Company as duly appointed Trustee pursuant to the Deed of Trust, Recorded 2/13/2006 as Instrument No. 2006-0102108 in book of Official Records in the office page of the Recorder of San Diego County California, executed by: ROBERT CORRIE JR & SANDRA ELISABETH CORRIE HUSBAND AND WIFE, as Trustor, DOWNEY SAVINGS AND LOAN ASSOCIATION, F.A. as Beneficiary. WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At the entrance to the east county regional center by statue, 250 E. Main Street, El Caion, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the

referenced Deed of Trust. The street address and other common designation, if any, of the real property described above purported to be: 635 CLAYDELLE AVE 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 in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, 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, to-wit: \$440,403.01 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 573-1965 or visit this Internet Web site www.priorityposting.com, using file number assigned to this case 13-50151. 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 Declaration pursuant to California Civil Code, Section 2923.5(a) was fulfilled when the Notice of Default was recorded on 8/7/2013 Date: 1/14/2014 Old Republic Default Management Services A Division of Old Republic National Title Insurance Company, as Trustee 500 City Parkway West, Suite 200, Orange, CA 92868-2913 (866) 263-5802 For Sale Information Priority Posting & Publishing (714) 573-1965 Heather Marsh, Assistant Secretary "We are attempting to collect a debt, and any information we obtain will be used for that purpose." P1078740 1/23, 1/30, 02/06/2014

property situated in said County and state

and as more fully described in the above

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-0035825

FICTITIOUS BUSINESS NAME(S): LTD,

Located at: 443 Tecate Rd., Tecate, CA 91980
This business is conducted by: A Corpora-

tion
The first day of business was: November 8,

2013
This business is hereby registered by the following: 1. LT Distribution 443 Tecate Rd., Tecate CA 91980

This statement was filed with Recorder/ County Clerk of San Diego County on December 30, 2013.

East County Gazette- GIE030790 1/09, 1/16, 1/23, 1/30, 2014

### — LEGAL NOTICES —

Trustee Sale No. 13421 Loan No. COKER RUSSELL Title Order No. 95506731 APN 402-140-33 TRA No 59462 NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注:本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있 습니다 NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN ESTE DOCUMENTO TALA: MAYROONG BUOD IMPORMASYON DOKUMENTONG ITO NAKALAKIP LIU Ý: KÈM THEO ĐÂY LÀ BIN TRÌNH BÀY TÓM LIIC VI THÔNG TIN TRONG TÀI LIIU NÀY THONG TIN TRONG TAI LIIU NAY \*PURSUANT TO CIVIL CODE § 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO ABOVE IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/18/2005. 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 02/06/2014 at 10:00AM, ACTION FORECLOSURE SERVICES, INC., A CALIFORNIA CORPORATION as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on October 28, 2005 as Document No. 2005-0936772 of official records in the Office of the Recorder of San Diego County, California, executed by: THOMAS E. COKER A MARRIED MAN AND MARK W. RUSSELL A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY UNDIVIDED 1/2 INTEREST, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashiers check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY STATUE, 250 E. MAIN STREET, EL CAJON, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: SEE ATTACHED EXHIBIT A: EXHIBIT A LEGAL DESCRIPTION THE LAND REFERRED TO HEREIN BELOW IS STIUATED IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: PARCEL 1: THE NORTH HALF OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 18, TOWNSHIP 15 SOUTH, RANGE 2 EAST, SAN BERNARDINO BASE AND MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO THE UNITED STATES GOVERNMENT SURVEY APPROVED SEPTEMBER 11, 1879. PARCEL 2: AN FASEMENT FOR AND PUBLIC UTILITY PURPOSES 20.00 FEET IN WIDTH OVER THAT PORTION OF THE SOUTH HALF OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 18, TOWNSHIP 15 SOUTH, RANGE 2 EAST, SAN BERNARDINO AND BASE MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO CALIFORNIA, ACCORDING
THE UNITED STA GOVERNMENT SURVEY APPROVED SEPTEMBER 11, 1879, LYING EASTERLY OF AND ADJACENT TO THE FOLLOWING DESCRIBED LINE: COMMENCING THE NORTHWEST CORNER

OF SAID SOUTH HALF OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER; THENCE ALONG **EASTERLY** EASTERLY ALONG THE NORTHERLY LINE THEREOF APPROXIMATELY 456.71 FEET TO THE NORTHEAST CORNER OF LAND DESCRIBED IN DEED HELEN H. WELLS RECORDED JUNE 13, 1958 AS DOCUMENT NO 94160 OF OFFICIAL RECORDS, AND THE TRUE POINT OF AND THE BEGINNING; THENCE SOUTHERLY ALONG THE EASTERLY LINE THEREOF TO THE NORTHEAST CORNER OF LAND DESCRIBED IN DEED TO ANDREW ROVIK ET UX, RECORDED MAY 25, 1956 AS DOCUMENT NO. 72829 (
OFFICIAL RECORDS, BEING OF POINT ON THE ARC OF A 650.00 FOOT RADIUS CURVE, CONCAVE WESTERLY, A RADIAL LINE OF SAID CURVE BEARS NORTH 84 DEG. 28' 24" EAST TO SAID POINT THENCE ALONG THE EASTERLY BOUNDARY THEREOF AS FOLLOWS: SOUTHERLY ALONG THE ARC OF SAID CURVE 122.81 FEET THROUGH A CENTRAL ANGIE OF 10 DEG. 49' 30"; TANGENT TO SAID CURVE, SOUTH 5 DEG. 17' 54 WEST 205.08 FEET TO THE BEGINNING OF A TANGENT 400.00 FOOT RADIUS CURVE, CONCAVE EASTERLY; AND SOUTHERLY ALONG THE ARC OF SAID CURVE 226.69 FEET THROUGH A CENTRAL ANGLE OF 32 DEG. 28' 14" TO THE INTERSECTION WITH THE SOUTHERLY LINE OF SAID SECTION 18. THE EASTERLY LINE OF SAID EASEMENT TO EXTEND FROM THE SOUTHERLY LINE OF THE HEREINABOVE DESCRIBED PARCEL 1 TO THE SOUTHERLY LINE OF SAID SECTION 18. THE ABOVE DESCRIBED EASEMENT IS FOR THE BENEFIT OF AND APPURTENANT TO DESCRIBED PROPERTY PARCEL 1 ABOVE AND SHALL INSURE TO THE BENEFIT OF AND MAY BE USED BY ALL PERSON WHO MAY HEREAFTER BECOME THF OWNERS OF SAID APPURTENANT PROPERTY.
PARCEL 3: AN EASEMENT FOR ROAD PURPOSES OVER THOSE PORTIONS OF THE NORTH HALF THE NORTHEAST QUARTER OF SECTION 19, TOWNSHIP 15 SOUTH, RANGE 2 EAST, SAN BERNARDINO BASE AND MERIDIAN, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO UNITED STATES GOVERNMENT SURVEY, LYING WITHIN A STRIP OF LAND 40.00 FEET IN WIDTH THE CENTER LINE OF SAID STRIP BEING DESCRIBED AS FOLLOWS: BEGINNING ΑT INTERSECTION OF THE NORTHERLY LINE OF THE SOUTHERLY 20.00 FEET OF THE NORTHWEST OUTSTEED OF THE NORTHWEST QUARTER OF THE NORTHEAST QUARTER OF SAID SECTION 19; WITH THE NORTHEASTERLY LINE OF THE 100.00 FOOT STATE HIGHWAY AS SHOWN ON RECORD OF SURVEY MAP NO. 1354, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, OCTOBER 11, 1946; NORTHERLY 1 INF SOUTH NORTHERLY LINE SOUTH 87°47'11" EAST TO THE BEGINNING OF A TANGENT 135.00 FOOT RADIUS CURVE, CONCAVE NORTHWESTERLY, AS SHOWN ON RECORD OF SURVEY NO. 1354: THENCE NORTHEASTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 40°42'29" A DISTANCE OF 95.92 FEET: THENCE TANGENT TO SAID CURVE NORTH 51°30'20" EAST, 129.29 FEET TO THE BEGINNING OF A TANGENT 225.00 FOOT RADIUS CURVE, CONCAVE SOUTHEASTERLY; THENCE NORTHEASTERLY ALONG THE

ARC OF SAID CURVE THROUGH A

CENTRAL ANGLE OF 36°59'30" A DISTANCE OF 145.27 FEET TO THE TRUE POINT OF BEGINNING, THENCE TANGENT TO SAID CURVE NORTH 88°29'50" EAST, 211.81 FEET TO THE BEGINNING A TANGENT 400.00 FOOT RADIUS CURVE, CONCAVE NORTHWESTERLY; THENCE NORTHEASTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 16°32'30" A
DISTANCE OF 115.48 FEET;
THENCE TANGENT TO SAID
CURVE NORTH 71°57'20" EAST
109.84 FEET TO THE BEGINNING OF A TANGENT 300.00 FOOT RADIUS CURVE, CONCAVE NORTHWESTERLY; THENCE NORTHEASTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 26°39'30' A DISTANCE OF 139.58 FEET; THENCE TANGENT TO SAID CURVE NORTH 45°17'50 EAST, 72.84 FEET TO THE BEGINNING OF A TANGENT 500.00 FOOT RADIUS CURVE, CONCAVE NORTHWESTERLY; THENCE NORTHEASTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 14°17'00" A DISTANCE OF 124.65 FEET; THENCE TANGENT TO SAID CURVE NORTH 31°00'50" EAST, 340.58 FEET TO THE BEGINNING A TANGENT 262.32 FOOT RADIUS CURVE, CONCAVE WESTERLY; THENCE NORTHERLY ALONG THE ARC OF SAID CURVE THROUGH A
CENTRAL ANGLE OF 45°43'30" A DISTANCE OF 209.34 FEET TO THE BEGINNING OF A COMPOUND CURVE HAVING A RADIUS OF 300.00 FEET; THENCE NORTHWESTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 21°24'00" A DISTANCE OF 112.05 FEET; THENCE TANGENT TO SAID CURVE NORTH 36°06'40" WEST 100.00 FEET: THENCE NORTHWESTERLY IN A STRAIGHT LINE TO A POINT ON THE SOUTHERLY LINE OF SAID DISTANCE SECTION 18. THEREON SOUTH 86°49'43" EAST 463.37 FEET FROM THE SOUTHWEST CORNER OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SAID EXCEPTING SECTION 18. THEREFROM THAT PORTION LYING WITHIN CHOCOLATE SUMMIT DRIVE. Assessor's Parcel Number: 402-140-33-00 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: 9883 CHOCOLATE SUMMIT DRIVE, EL CAJON, CA The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, 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, to-wit: \$957,490.06 to-wit: (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The Beneficiary may elect to bid less than the full credit bid. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed

since such recordation. 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 con sult 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 postpone ments 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 (619) 704-1090 or visit this Internet Web site www.priorityposting.com, using the file number assigned to this case 13421. Information about postponements that are very short in du ration or that occur close in time to the scheduled sale may not immedi ately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend scheduled sale. 1/10/14 ACTION FORECLOSURE SERVICES, INC. 7839 UNIVERSITY AVENUE SUITE 211 LA MESA, CA 91942 (619) 704 1090 Sale Information Line: (714) 573-1965 www.priorityposting.com JAMES M. ALLEN, JR., CHIEF FINANCIAL OFFICER P1078460 1/16. 1/23. 01/30/2014

APN: 509-121-06-00 TS No: CA05002924-13-1 TO No: 00192167 NOTICE OF TRUSTEE'S YOU ARE IN DEFAULT UNDEF A DEED OF TRUST DATED August 18 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 February 24, 2014 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 August 22, 2003 as Instrument No. 2003-1025094 of official records in the Office of the Recorder of San Diego County, California, executed by HILDEGARDE F. JACOBS, TRUSTEE OF THE JACOBS REVOCABLE LIVING TRUST DATED MAY 25, 1999, as Trustor(s) in favor of FINANCIAL FREEDOM SENIOR FUNDING CORPORATION, A SUBSIDIARY OF LEHMAN BROTHERS BANK, FSB as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 102 PARK BOULEVARD, EL CAJON, CA 92021 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession or encumbrances, to pay the remaining principal sum of the Note(s) secured by

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 \$272,953.09 (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 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 succe 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 listed below for information regarding the sale of this property, using the file number assigned to this case, CA05002924-13-1. 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 The best way to verify postponement information is to attend the scheduled sale Date: JANUARY 23, 2014 MTC Financial Inc dba Trustee Corps TS No. CA05002924-13-I 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Lupe Tabita, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.prioritypoesting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 MTC Financial Inc. dba Trustee Corps MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY

as provided in said Note(s), advances if

NOTICE OF TRUSTEE'S SALE TS No. 12-0083102 Title Order No. 12-0147992 APN No. 502-040-53-11 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/01/2009. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE

INFORMATION ORTAINED MAY BE USED.

FOR THAT PURPOSE. P1078963 1/23, 1/30,

02/06/2014

NATURE OF THE PROCEEDING AGAINST YOU. YOU SHOULD CONTACT A LAWYER Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by DAVID B FASTLICK AN UNMARRIED MAN dated 05/01/2009 and recorded 5/6/2009, as Instrument No. 2009-0239448, in Book N/A. Page 12020, of Official Records in the office of the County Recorder of San Diego County, State of California, will sell on 02/28/2014 at 9:00AM, SHERATON San Diego HOTEL & MARINA 1380 Harbor Island Drive, San Diego, CA 92101 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 11442 VIA RANCHO SAN DIEGO#155, 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. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publica-tion of the Notice of Sale is \$255,366.23. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks 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 Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition. but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. 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 a 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 lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROP-ERTY 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 1-800-281-8219 or visit this Internet Web site www.recontrustco. com, using the file number assigned to this case 12-0083102. 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. DATED: 01/05/2013 RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone/Sale Information: (800) 281-8219 By: Trustee's Sale Officer RECONTRUST COM-PANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. FEI # 1006.174533

1/23 1/30 2/06/2014

## Classified Ads

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1985 Ford Tempo. Runs great, 4 cyls,

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6 Cyl, 209, Auto, AC, Power windows/

locks, In process of restoring. New

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Monte Carlo, Velour 55/45 seat with

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by previous owner (Retired Chev Me-

chanic) Body solid. Some rust at back

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CONDOS

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COUNTY GAZETT

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Columnists: Dr. Donald Adema, Monica Zech (City of El Cajon), Dr. Luauna Stines Cartoonists: David & Doreen Dotson

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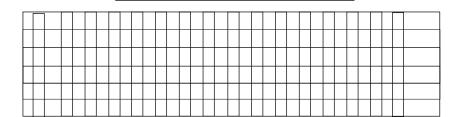
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Fill out this form and send it with your check/money order to: The Gazette, P.O. Box 697., El Cajon, CA 92022 (Remember photos are only \$5 extra!)

Call for (619) 444-5774

### **LEGAL NOTICES**

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-036023

FICTITIOUS BUSINESS NAME(S): Downtown Smog Test Only Located at: 1110 F St, San Diego, CA, 92101

This business is conducted by: An Individual The First Day of Business Was: 02/07/2007 This business is hereby registered by the

Kristina Bagdasar 1509 Willow Bend Dr. El Cajon, CA, 92019

This statement was filed with Recorder/ County Clerk of San Diego County on December 31, 2013.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-000268

FICTITIOUS BUSINESS NAME(S): TNT Mobile Mechanic Service

Located at: 14615 Otay Lake Rd., Jamul, CA 91935 This business is conducted by: An Individual

The business has not yet started. This business is hereby registered by the fol-

lowing: 1. Michael John Hiebing 14615 Otay Lake Rd. #B6. Jamul. CA 91935 This statement was filed with Recorder

County Clerk of San Diego County on January 06, 2014. Fast County Gazette- GIF030790

1/09, 1/16, 1/23, 1/30, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-034712

FICTITIOUS BUSINESS NAME(S): Calvin Clean Enterprises Located at: 9066 Campina Dr. Unit D, La

Mesa, CA 91942 This business is conducted by: A Married

Couple The business has not yet started.

This business is hereby registered by the following: 1. Kelvin Chibalamuna Kasumba 9066 Campina Dr. Unit D, La Mesa, CA 91942

Theresa Kasumba 9066 Campina Dr. Unit D. La Mesa, CA 91942

This statement was filed with Recorder County Clerk of San Diego County on De-

East County Gazette- GIE030790 1/09, 1/16, 1/23, 1/30, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-035770

FICTITIOUS BUSINESS NAME(S): San Diego Snapcast Located at: 6933 Hyde Park Dr., San Diego,

This business is conducted by: An Individual

The business has not yet started. This business is hereby registered by the fol-

lowing: 1. Daniel Ira Potter 6933 Hyde Park Dr., San Diego, CA 92119 This statement was filed with Recorder/Coun-

ty Clerk of San Diego County on December 30 2013

East County Gazette- GIE030790 1/09, 1/16, 1/23, 1/30, 2014

### FICTITIOUS BUSINESS NAME

### STATEMENT NO. 2014-001247 FICTITIOUS BUSINESS NAME(S): a.

Military Group Supply b. Toppers Located at: 8464 Mesa Terrace Rd., Santee. This business is conducted by: An Individual

The first day of business was: May 25, 2012 This business is hereby registered by the following: 1. Elizabeth Meli 8464 Mesa Terrace Rd., Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2014.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-033664

FICTITIOUS BUSINESS NAME(S): Lyons Valley Worm Castings

Located at: 19145 Lyons Valley Rd., Jamul, CA 91935 This business is conducted by: An Individual

The first day of business was: May 1, 2013 This business is hereby registered by the following: 1. John E. Klacka 19145 Lyons Valley Rd. Jamul CA 91935

This statement was filed with Recorder/County Clerk of San Diego County on December 03, 2013.

Fast County Gazette- GIF030790 1/02, 1/09, 1/16, 1/23, 2014

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-001474

FICTITIOUS BUSINESS NAME(S): All Inclusive RCFE Consulting 2 Located at: 1368 Wenatchee Ave., El Cajon.

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Diane E. Hefner 1368 Wenatchee Ave., El Cajon, CA 92021 This statement was filed with Recorder/
County Clerk of San Diego County on JANUARY 23, 2014.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

### FICTITIOUS BUSINESS NAME

FICTITIOUS BUSINESS NAME(S): Got

Located at: 9274 Lakeview Terrace. Lakeside, CA 92040
This business is conducted by: An Individual

The first day of business was: January 23,

This business is hereby registered by the following: 1. Kimberly Pitner 9274 Lakeview Terrace, Lakeside, CA 92040 This statement was filed with Recorder/ County Clerk of San Diego County on December 13, 2013.

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2013-035718

FICTITIOUS BUSINESS NAME(S): Shugaloo Located at: 4270 Alta Mira Dr. La Mesa, CA, 91941 This business is conducted by: A Married Couple

The business has not yet started

This business is hereby registered by the following: 1. Greg Archer 4270 Alta Mira Dr, La Mesa, CA, 91941 2. Daphne Archer 4270 Alta Mira Dr, La Mesa, CA, 91941

ment was filed with Recorder/County Clerk of San Diego County on December 27,

East County Gazette- GIE030790 1/23, 1/30, 2/06, 2/13, 2014

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### Pet of the Week



"Hello, all of you nice people. My name is SCARLETT, and I'm looking for a new, loving home. One look at my sweet face, and you can tell that I have a heart of gold. I came to the shelter with my sister when we got lost, and she already got adopted. I sure miss her, but I know there's a person out there who can see that I'm a wonderful dog who will be a loyal companion and devoted friend. I'm a cattle dog/ pit bull blend, and I'm just a year old. I know how to sit on command, and I'm a smart girl who can learn all sorts of new things.

I love to go for walks, and I walk quite nicely on a leash. I can be a bit shy, so I'd do best in an adult home. I get along well with other dogs, if they are on the larger side. I'd want to have a good-sized yard in my new home, and I'd do best with daily exercise. I'm a sociable dog who'd want to spend as much time with my person as possible, so I'd love to have a soft, comfy dog bed in the house. The shelter staff isn't sure yet if I've been house trained, but I'm a smart, young dog who's ready and willing to learn new things. Please come on over to the El Cajon Animal Shelter so we can get better acquainted in the great play yard that they have here. Maybe you could scratch me behind my cute ears, or maybe throw a ball around for me. Wouldn't that be nice? Love, Scarlett" Kennel #24

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



Rambo and Peggy, 6-yearold Chihuahua mix male and female.. Kennel #10.



Jasper, 2-year-old Labrador Retriever Mix, Male. Kennel #23



Luke, 1-year-old Pit Bull Boxer mix, Male Kennel #62

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.



Bo, 6-year-old Akita mix male. Pet ID:16068



ANNIE 1-year-old Pit Bull Terrier mix female. Kennel #46



Ebony, 4-year-old Chihuahua mix female. Kennel #29



Brandy, 8-years-old domestic gray-haired Tabby. Cage #101

## Leader of the pack — part 2

## Teach your dog to ask politely

by Elsa Larsen

oes your dog love to go out into the back yard? You can use that drive to your advantage. Ask your pup or dog to sit at the door. When she sits, slowly begin to open the door. If she moves-close the door gently (don't slam the door on your dog, the idea here isn't to hurt her). Repeat this until your dog is remaining in a sit with the door fully open. This might take some time-be patient. Once the door is open, tell her "okay" or "free" (use whatever word you like to signal that your dog can now go outside) and allow your dog to move. You can also use this for exiting the car...going through the dog park gate...or letting your dog exit the kennel. Sitting still until you release your dog is a nice way to say "may I, please?"

### How does your dog behave around the food dish?

Does your dog rush you when you get out his food dish? If so, teach him to control himself whenever food is present. If your dog is super rambunctious, you may need to tether him for this exercise. Have him on a leash and tie the leash to a doorknob or a heavy piece of furniture. Pour the food into your dog's dish. Ask your dog to sit and when he sits, gradually begin to lower the food dish to the ground. If he gets

up, pull the food dish away and stand upright. Once again, ask your dog to sit. When he does, begin to lower the food dish. As long as he is able to maintain a sit, the food dish gets closer. If he gets up, the food dish goes away. Do this until you are able to place the dish on the ground without the dog moving. Use your "go ahead and move signal" (I prefer "okay") and let him have his meal.

### **Crazy around toys?**

Does your dog almost knock you down in his enthusiasm to get to his ball or toy? Teach him to reign it in by sitting nicely until you grant him permission to have the toy. With the ball in your hand, ask your dog to sit. If he insists on jumping on you, you can simply turn away from him or if he is too enthusiastic, have him tethered with a 6 foot leash. Resist the impulse to repeat sit over and over again. Ask once and then wait. It may take time but your dog will sit. The instant he does, reward him by immediately giving him the ball or toy.

### Unruly when you bring out the leash??

You can work the same magic when you bring out your dog's leash. Most dogs have learned that the leash predicts walks and most dogs love going for walks. The sight of a leash tends to elicit all kinds of crazy behavior when it appears. Ask your dog to sit and then pick up the leash. If your dog starts to go crazy, put the

leash away. When your dog calms down, ask for a sit and pick up the leash once more. Repeat this until you are able to pick up the leash and have your dog remain in a sit.

Whether you choose to call yourself an alpha or not, instead of trying to control your dog through intimidation, why not, instead, try to maintain harmony by controlling access to all resources like a true pack leader?

TripsWithPets.com is the #1 online resource for pet travel. It was named BEST pet travel site by Consumer Reports! TripsWithPets.com offers resources to ensure pets are welcome, happy, and safe when traveling. The website features a directory of pet friendly hotels & accommodations across the U.S. and Canada, airline & car rental pet policies, dog friendly beaches, search by route, pet travel tips, pet travel supplies, along with other pet travel resources.

### **About the Author:**

Elsa Larsen is the Dog Training & Behavior Contributor for TripsWithPets.com. Elsa brings with her over 15 years experience working with dogs for a vast array of issues - from basic obedience skills to aggression and behavioral issues. As the owner of My Wonderful Dog, Elsa brings her expertise and knowledge to bear in her quest to create harmony between pet dogs and their owners.





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