





# Out and about in the County

**Through Oct. 24: "Cruz'n the Lakes"** car show gears up for an exciting new season. Every week all makes models and years of automotive history cruise into Santee Lakes Park Lake #1 for a weekly car show entitled, "Cruz'n the Lakes." The 2014 runs through Friday, Oct. 24. Participants arrive for showtime at 3 p.m. every Friday afternoon and finishing each Friday evening at park closing when the sun goes down. "Cruz'n the Lakes" car show is free to attend, however there is a small car fee to enter the park. Santee Lakes Park is also a private park and therefore adult beverages are allowed.

**Through September 26: "Dinner & a Concert"** at the Prescott Promenade! Every Friday, It's fun music and dancing from 6 to 8 p.m. Arrive early to dine at one of the many great restaurants downtown, or bring your picnic and lawn chairs. These free concerts are located at 201 E. Main Street and are brought to you by the Downtown El Cajon Business Partners. See the full line-up of bands at [www.downtownelcajon.com](http://www.downtownelcajon.com), or call (619) 334-3000.

**Through Dec. 7: Modern Square Dance Class.** Dance with Sundown Dancers! Free introductory classes Sept. 14, 5-7 p.m. Class on Sundays 5-7 p.m. Sept. 21 through Dec. 7, \$75. La Mesa Senior Enrichment Center, 8450 La Mesa Blvd., La Mesa. No special clothing required. [www.SundownSquares.blogspot.com](http://www.SundownSquares.blogspot.com)

**Sept. 12: Shakespeare Open Reading Group** second Fri. 6-8 pm at Ramona Family Naturals, 642 Main St., Ramona. [www.sandiegoshakespearesociety.org](http://www.sandiegoshakespearesociety.org)

**Sept. 13: Quilt Show** Registration Deadline registration forms at Crazy 9 Patch, 2260 Main St., Ramona. Show is Oct. 17-18. Back Country Quilters

**Sept. 13: Movies in the Park "Mr. Peabody and Sherman"** at dusk at Dos Picos County Park, 17953 Dos Picos Park Rd., Ramona. Chairs, blankets, picnics welcome. [www.sdparcs.org](http://www.sdparcs.org)

**Sept. 13: Back Country Land Trust - 3rd Annual "Friend-Raiser"** Event at Wright's Field in Alpine 6-9 p.m. Parking is

available at 2001 Tavern Road in Alpine (Joan MacQueen Middle School). Walk in 5 minute to event, at center of Wright's Field nature preserve. Tickets available online in advance at [www.bclt.org](http://www.bclt.org) Cash and check only day-of event.

**Sept. 13: 33rd Annual Deep Pit BBQ** at the Alpine VFW Bert Fuller Post 9578, 844 Tavern Road, Alpine, Ca. Open to the public. Starts 2 p.m. Beef, Pork, Turkey with all the fixin's. Live Music By Pine Creek Posse, 3 p.m. till 7 p.m. \$15 in Advance \$20 at the Door Tickets Available at the Post (619) 445-6040. Proceeds go to Wounded Warriors.

**Sept. 13: Wild West Pork Fest** benefit for Volcan Mountain Foundation at Cook Pigs Ranch. \$50. 760-765-2300 email [info@volcanmt.org](mailto:info@volcanmt.org)

**Sept. 13: Movie in the Park "Frozen"** will be screened at Jess Martin County Park, 2955 Highway 79. The movie begins at dusk. Chairs, blankets and picnics are welcome. [www.sdparcs.org](http://www.sdparcs.org)

**Sept. 20: Are you and your family prepared for an earthquake, wildfire or house fire?** If not, register now for the next free East County Community Emergency Response Team (CERT) Academy! There are three academies per year and there is still space available in the last CERT Academy of 2014 that begins September 20. Once an academy begins, classes are held every other Saturday from 8:30 a.m. to 12:30 p.m. To see the full schedule of classes, please visit [www.heartlandfire.org](http://www.heartlandfire.org). Classes are taught by members of Heartland Fire & Rescue and Santee Fire Departments. To register, call (619) 441-1737.

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

**Sept. 21: Annual Family Picnic at Santee Lakes: Olympic Picnic** 1 a.m. - 4 p.m.

**Sept. 28: Viejas Days Parade** will begin at Victoria and Alpine Blvd. and end at Tavern Road. There will be a carnival in the parking lot at Alpine Creek Town Center. Parade begins at 2 p.m. for more information, call (619) 631-5237.

## Viejas Casino & Resort attempts to set two Guinness World Records in one day

### Attempts at Longest Chain of Fireworks and Longest Sparkler Relay cap off 23rd anniversary celebration

Viejas Casino & Resort, Southern California's premier Four-Diamond gaming, dining and entertainment destination, will aim to set two new Guinness World Records this month, attempting the Longest Sparkler Relay and the Longest Chain of Fireworks!

The two World Record attempts cap off a big 23rd Anniversary celebration that takes place poolside at the Viejas Hotel at 6 p.m. on Friday, September 12th. If successful, they would mark the 6th Guinness World Record set by Viejas Casino & Resort. The actual Guinness World Record attempts will take place at 8 p.m.

An official adjudicator from the Guinness organization will fly in to witness the two attempts and certify whether they were successful.

Viejas General Manager Chris Kelley said, "Viejas Casino & Resort has always been a leader in gaming and entertainment. Our success is due to the dedication and loyalty of our guests and team members, so we are excited to invite them to join us as we set two new World Records, and cap off 23 years of fun and excitement with a bang!"

Along with witnessing two World Record attempts, guests visiting Viejas during the anniversary weekend can also participate in a hot seat promotion on September 12 with \$24,000 in prizes, a Mercedes C250 Coupe drawing at 9 p.m. on September 13, and a Sunday Funday promotion on September 14 where all V Club Card holders will receive \$10 in gaming credits.

For more information, visit [www.viejas.com](http://www.viejas.com) or call 1-800-847-6537.

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## — LOCAL NEWS &amp; EVENTS —

# El Cajon highlights

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

## Next Dinner and A Concert

This Friday, Sept. 12, enjoy Rock Country music at the next Dinner & a Concert with the group "Eve Selis," from 6 to 8 p.m. at the Prescott Promenade, 201 E. Main Street. These free concerts continue through Sept. 26. Arrive early and dine at one of the many fine restaurants in downtown El Cajon, then bring your receipt to the concert and enter to win a Taylor guitar - must be present to win. Concerts are located at 201 E. Main Street and are brought to you by the Downtown El Cajon Business Partners. See the full line-up of bands at [www.downtownelcajon.com](http://www.downtownelcajon.com), or call (619) 334-3000.

## Cajon Classic Cruise Car Show

At the next Cajon Classic

Cruise car show in Downtown El Cajon, Wednesday, Sept. 17, the theme will be "British Invasion." These classic cars can be found on East Main Street between Magnolia and Claydelle Avenues, from 5 to 8 p.m. The 2014 Season of the Cajon Classic Cruise Car Shows will continue every Wednesday night through October 29 in the area of the Prescott Promenade in Downtown El Cajon, and are hosted by the Downtown El Cajon Business Partners. Consider having dinner at any one of many great restaurants downtown! For more information, please visit [www.downtownelcajon.com](http://www.downtownelcajon.com), or call (619) 334-3000.

## CPUC hosts public participation hearings next week

The California Public Utilities Commission (CPUC) will hold a series of Public Participation Hearings throughout the state to hear directly from the public about cases at the

CPUC related to electricity rates.

Regarding "rate design" - restrictions on residential rate design were lifted after the signing of Assembly Bill 327 in October 2013, and utilities can now propose residential rates that are more reflective of cost. The CPUC is currently evaluating a residential electric rate design change proposal that could include baseline percentage changes and time of use rates. The CPUC is holding a series of Public Participation Hearings in Phase 1 of its proceeding (R.12-06-013) to provide an opportunity for customers of Southern California Edison, Pacific Gas and Electric Company, and San Diego Gas & Electric to communicate directly with the CPUC about how proposed rate design changes, if approved, would impact them. The CPUC's Public Advisor's Office will be available at each Hearing to advise customers on reading their utility bills, to help resolve billing problems, to explain available programs to reduce costs to customers, and to distribute information about the CPUC and on how to participate in CPUC proceedings. Public Participation Hearings will be held in El Cajon on September 18, 2014, at 2 p.m. and 6:30 p.m. in the El Cajon City Council Chambers, 200 Civic Center Way, El Cajon, CA 92020.

Comments from the public can help the CPUC reach an informed decision, and consumers are encouraged to at-

tend Public Participation Hearings. For more information on Public Participation Hearings, please see [www.cpuc.ca.gov/PPH](http://www.cpuc.ca.gov/PPH). While a quorum of Commissioners and/or their staff may attend these Hearings, no official action will be taken. For more information on the CPUC, please visit [www.cpuc.ca.gov](http://www.cpuc.ca.gov).

## Oktoberfest in El Cajon

Don't miss the experience of a real German Oktoberfest in El Cajon! The German American Societies of San Diego, Inc., will host its traditional Oktoberfest on September 26, 27 and 28, and again October 4, 5 and 6! Enjoy authentic German food and BBQ, a variety of German pastries and authentic German music! Visit the vendor and craft booths and bring the kids to the Kids' Zone. There is no entry fee for those under age 21 and for active duty military; for those age 21 and up, the entry fee is \$5. This annual celebration will be located at 1017 S. Molison Avenue in El Cajon. For more information, visit [www.oktoberfestelcajon.com](http://www.oktoberfestelcajon.com), or call (619) 442-6637.

## Don't forget National Prescription Drug Take-Back Day

On Saturday, Sept. 27, from 10 a.m. to 2 p.m. the El Cajon Police Department, working in conjunction with the Drug Enforcement Administration, will be hosting a prescription drug drop off site in the parking lot of their police station, located at 100 Civic Center Way. The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. This effort is designed to prevent pill abuse and theft by getting rid of potentially dangerous, expired, unused or unwanted prescription drugs in a safe manner. Studies show that most teens who have abused prescription

drugs get those drugs from their own homes or from the homes of friends. Bring your outdated, unused or unwanted prescription pills, ointments, or liquids; no questions asked! Go to [www.deadiversion.usdoj.gov](http://www.deadiversion.usdoj.gov) and click "Got Drugs?" for more drop off locations.

## It's the All Fore R.E.C. Golf Tournament October 3

Golf anyone? Register for the 16<sup>th</sup> Annual All Fore R.E.C. Golf Tournament, Dinner & Auction, on Friday, Oct. 3, at Sycuan Golf Resort, 3007 Dehesa Road. The Shotgun Start is at 12 p.m. This event is presented by the City of El Cajon Recreation Department and Crest Kiwanis Club. All proceeds directly support activities that develop youth and provide positive choices through youth activity scholarships, youth sports, recreation classes and after-school programs. To register online for golf and/or dinner, please visit [www.elcajonrec.org](http://www.elcajonrec.org). For more information or sponsorship, please call (619) 441-1673. Register now for this fun event!

## El Cajon's Heartland Fire & Rescue Fire Prevention Week Open House

Heartland Fire & Rescue in the City of El Cajon will be hosting its annual Fire Prevention Week Fire Open House on Saturday, Oct. 11, from 10 a.m. to 2 p.m. at Fire Station 6, located at 100 E. Lexington Avenue. The theme of this year's Fire Prevention Week is "Smoke Alarms Save Lives: Test Yours Every Month." Highlights of the day include a free child safety helmet giveaway (while supplies last), Home Depot Kids' Workshop, numerous health & safety displays - including fire prevention tips and disaster preparedness. See fire and police emergency vehicles, along with fire rescue and K-9 demonstrations! For more information, visit [www.heartlandfire.org](http://www.heartlandfire.org), or call (619) 441-1737.

## Women In Leadership Luncheon In October

The East County Chamber of Commerce Annual Women in Leadership Luncheon will observe its 12<sup>th</sup> anniversary at Mission Valley's Town and Country Resort Hotel on Friday, Oct. 17, from 11:30 a.m. to 2 p.m. The luncheon honors San Diego County women, recognized by their peers as exemplary leaders. Women will be honored in seven fields: Arts/Media/Culture; Business; Education/Academia; Hospitality; Government/Defense; Healthcare, and the Non-profit Sector. Nominees must be San Diego County residents and have demonstrated exemplary character, integrity and outstanding leadership, not only in their field, but in their community. This year, Patti Perez, SPHR, Attorney at Law, and founder and President of Puente Consulting APC, will headline the program. The cost is \$70 per person. The Town & Country Hotel is located at 500 Hotel Circle North. For more information or to purchase tickets, visit [www.eastcountychamber.org](http://www.eastcountychamber.org) or call the East County Chamber at (619) 440-6161.

## HauntFest On Main

The third annual "HauntFest on Main" is set for Friday, Oct. 24, from 5 to 10 p.m. in Downtown El Cajon! This family friendly Halloween themed event features live bands on two downtown stages, a haunted car show, a variety of local vendors, and excellent dining experiences at local restaurants. Visit the haunted "Terror Truck," the "Kidz" Zone, and enjoy carnival rides. Dress in your favorite costume and enter the costume contests for a chance to win fun prizes! This event is presented by St. Madeleine Sophie's Center, the City of El Cajon, and the Downtown El Cajon Business Partners. For more information, please visit [www.HauntfestonMain.com](http://www.HauntfestonMain.com) or call (619) 442-5129, ext. 115.

## FREE Disaster Preparedness Classes - A few spaces still available

Are you and your family prepared for an earthquake or a wildfire? If not, register now for the next free East County Community Emergency Response Team (CERT) Academy! There are three academies per year and there is still space available in the last CERT Academy of 2014 that begins September 20. Once an academy begins, classes are held every other Saturday from 8:30 a.m. to See **PREPAREDNESS** page 14

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# For Health's Sake

## Ebola epidemic shines a light on the healing power of Vitamin C

**Is vitamin C a viable treatment for Ebola? Thomas E. Levy, MD, JD, shares surprising evidence that it could possibly kill the deadly virus—or, at the very least, be a powerful preventive agent.**

For weeks, the world has watched as one of the largest Ebola outbreaks in history continues to sweep across West Africa. So far it shows no signs of slowing, and the number of people who have become infected continues to rise—as does the death toll. All doctors and aid workers can do is treat Ebola's symptoms, which often isn't enough. In the age of modern medicine, it's frightening to consider that there's no known, proven treatment for this horrific and deadly virus.

That's why what Thomas E. Levy, MD, JD, has to say about vitamin C is so surprising—and extremely welcome.

"It's possible that the Ebola virus can be destroyed naturally—despite what most people believe," says Dr. Levy, author of multiple eye-opening books, most recently *Death by Calcium: Proof of the Toxic Effects of Dairy and Calcium Supplements* (MedFox Publishing, 2013, ISBN: 978-0-615-88960-3, \$29.95, [www.deathbycalcium.com](http://www.deathbycalcium.com)). "The key to successfully combating this virus might be something

that's familiar to all of us: vitamin C."

However, Dr. Levy specifies that taking a few over-the-counter vitamin C supplements will not be enough to enable patients to recover from Ebola.

"When I say that vitamin C may help destroy the Ebola virus, I'm talking about regular doses of 50, 100, or even many more grams of various types of vitamin C, administered through a variety of methods (most often, orally and intravenously) by a medical professional," he clarifies. "After the initial dose, clinical evaluation is necessary to determine whether future doses, method of administration, and type of vitamin C should be adjusted."

In his previous books, *Primal Panacea* and *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins*, Dr. Levy, who is one of the world's leading vitamin C experts, explores in-depth the surprising healing powers of vitamin C. In *Death by Calcium*, he shines a light on the reasons why vitamin C, not calcium, may be the key to preventing osteoporosis, and why it can also be instrumental in staving off cancer, heart disease, and other degenerative illnesses. (Yes, really!)

Vaccines themselves have inherent drawbacks. Western medicine's focus on developing vaccines to combat viruses and

infections means that many researchers and physicians don't consider alternative treatment approaches—or the dangers inherent in vaccines themselves. Even Hollywood has done its part to perpetuate the belief that salvation comes in the form of a syringe by producing multiple films in which a "miraculous" vaccine for a deadly disease is developed just in the nick of time to assure a happy ending.

"But the truth is, this 'find a vaccine for everything' approach isn't all it's cracked up to be," Dr. Levy explains. "Vaccines introduce toxins to the body, and many come with a full complement of side effects that can be severe and long-lasting. Plus, even if a vaccine inoculating individuals against Ebola was developed, it likely wouldn't be able to help individuals who are already critically ill with an overwhelming viral count in the body."

Vitamin C has a good track record of killing other viruses. To date, not a single virus has been tested that is not inactivated (killed) by a large enough dose of vitamin C. (That's a track record that vaccines can't come close to matching!) While the jury is still out on whether large doses of vitamin C can cure Ebola, you can review for yourself the incredible clinical results of Frederick Klenner, MD, who is truly the father of the clinical applications of vitamin C. Dr. Levy also points to the H1N1 patient in New Zealand who was going to be taken off of life support when vitamin C finally came to the rescue.

"Many other antioxidants have similar virucidal effects, but vitamin C appears to be of greatest potency and clinical efficacy, as its simple chemical structure allows for it to be disseminated throughout the body

with little restriction," Dr. Levy explains. "It is able to effectively address viral populations present in both intracellular and extracellular spaces, making it quite potent.

"To be balanced, it is important to note that the effects of vitamin C on chronic viral infections like chronic hepatitis, AIDS, or HIV-positive states are less profound, as the virus works its way into physical locations much less accessible by vitamin C than when the viral infections are acute," he adds. "Nevertheless, long-term, highly dosed protocols of vitamin C often completely control and even occasionally cure these diseases."

Here's how the science works. A primary way in which vitamin C destroys viruses (or sets them up for destruction by the immune system) is by activating the "Fenton reaction." The presence of vitamin C, one or more transition metal cations, and the local presence of peroxide stimulates the immediate production of hydroxyl radicals. These radicals are the most reactive oxidizing agents ever identified. As such, they radically upregulate oxidative stress and destroy whatever is in their immediate environment. And since the production of hydroxyl radicals is limited to areas where vitamin C and the virus are found together, this damaging effect occurs only in the areas where it is needed.

"This reaction can proceed inside the virus, inside cells in which viruses are replicating, and on the surfaces of the viruses themselves," Dr. Levy comments.

Even after inflicting viral damage, vitamin C continues to "mop up." Even after destroying viruses, vitamin C continues

**See VITAMIN C on page 14**

### Dear Dr. Luauna — 'Golden Nuggets'



**Dear Friends,**

I will return from my travels to New England at the end of this week. This has been a very fruitful trip; lives have been changed for all eternity. There is nothing more satisfying than watching the power of God transform a heart and bring hope to a broken life. Or to be a part of refreshing faithful pastors who have

been working hard for Jesus in their cities. Your prayers have made a difference and I thank you from the bottom of my heart.

Please look for the most up-to-date photos, videos and reports on my Facebook: DrLuauna Stines & Twitter: @DrLuaunaStines

One of my favorite things is to see the hand of the Lord move in my travels and everyday interactions with people. The Lord will show me value in different people He places in my path; maybe an elderly missionary, who speaks volumes in few words, or the master fisherman on the shores of Alaska. I love the life lessons in His creation, sometimes through observing a special bird, a sheep that is in desperate need of his shepherd or the stubborn goats. That is why I enjoyed telling some of my favorite stories in this week's featured book: "Golden Nuggets"

Following are reviews from others who have purchased, "Golden Nuggets," which is also available on Kindle or you can purchase a hard copy on my website. Proceeds from these books go towards the goals of our foundation: A Touch From Above

Thank you for your prayers and God bless you!

#### Book Reviews for Golden Nuggets

★★★★★ *Nuggets of Inspiration*

*Golden Nuggets is a compact book of 28 short stories, nuggets of real-life experiences to encourage you and to build your faith. Perfect for keeping by your bedside to read a chapter each night before retiring, ending your day uplifted in spirit. A great little book, well written.*

★★★★★ *Great Thoughts!*

*It's one thing to know an author by their book, and another to know an author personally. Dr. Luauna Stines has lived everything she speaks of, and has imparted good things through what she writes. I love Golden Nuggets; you can pick it up, read a little, and have an inspiring thought or two to "chew on" throughout the day. If I hadn't known her in friendship, I'd still feel I knew her through this book. I'm delighted to recommend this to my friends, and will give away more copies to help uplift others.*

Prayer Mountain reservations (760) 315-1967. Join me on Radio, Sundays 8 a.m. 1210 AM KPRZ – San Diego, CA. To write: Dr. Luauna Stines, P.O. Box 2800, Ramona, CA 92065. [www.atouchfromabove.org](http://www.atouchfromabove.org)

### Laughter is the Best Medicine

#### Bedside manners

Susie's husband had been slipping in and out of a coma for several months. Things looked grim, but she was by his bedside every single day. One day as he slipped back into consciousness, he motioned for her to come close to him. She pulled the chair close to the bed and leaned her ear close to be able to hear him.

"You know" he whispered, his eyes filling with tears, "you have been with me through all the bad times. When I got fired, you stuck right beside me. When my business went under, there you were. When we lost the house, you were there. When I got shot, you stuck with me. When my health started failing, you were still by my side. "And you know what?"

"What, dear?" she asked gently, smiling to herself.

"I think you're bad luck."

Have a funny joke you'd like to share with the Gazette readers? Send to: [jokes@ecgazette.com](mailto: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.

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When we bump into new words we...

...try to break the words into parts.

Kids: color stuff in!

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## Magically Unlocking Meanings

Have you ever seen a magic trick performed? Did you figure out how it was done? One key to performing a trick smoothly is to break it into parts, think about each part, and then put the parts back together into one, complete trick.

It's the same with understanding words. Whenever I read a book with hard words, I look at the parts of those words to see if I understand them. Then – Presto! – I “magically” can reveal the meanings of those pretty tricky words!

If looking at parts of words can help **me** unlock their meanings, it can help you too. **It's almost like “magic!”**

**Try my tips:**

- What word would make good sense in this sentence?
- Look at pictures for clues.
- Small groups of letters that are added to the beginning of a root word are called **prefixes**. For example: “un” = not  
**Un** + happy = unhappy so **unhappy** means that someone is *not* happy.
- You can check for small groups of letters added to the end of a root word too. These are called **suffixes**, and they can also help unlock new words.

That cat is so **unhappy**.

- sad (un = not)
- get ready (pre = before)
- in a disguise (under = beneath)
- the inner part (in = in, into)
- your signature (auto = self)
- not made up (non = not)
- underwater boat (sub = under)
- single horned horse (uni = one)
- way to see tiny things (micro = small)
- accident (mis = wrongly)
- great strength (super = above)
- to like very much (en = cause to)
- warm once more (re = again)
- sprouting out of control (over = too much)

What do you mean that I'm too big?

Free Stuff

Print out free puzzles: *Magically Unlocking Meanings*, *Running Our Government* word search and *Grandma and Grandpa* @ [www.readingclubfun.com](http://www.readingclubfun.com)

### Who Are We?

We are brothers. We were born at the same time. Boy, was Dad surprised when he saw the **three** of us!

START here. Visit each baby. Then, fill in the blanks to spell out who they are!

We are: **END**

t p t r i s i e

Little groups of letters added to the end of a root word to change its meaning are called **suffixes**.

When the **suffix** “s” or “es” is added to a word, it shows that there are more than one. The word that results is called a **plural**. Can you find and circle the plurals of these words?

Do you believe I'm really a prince?

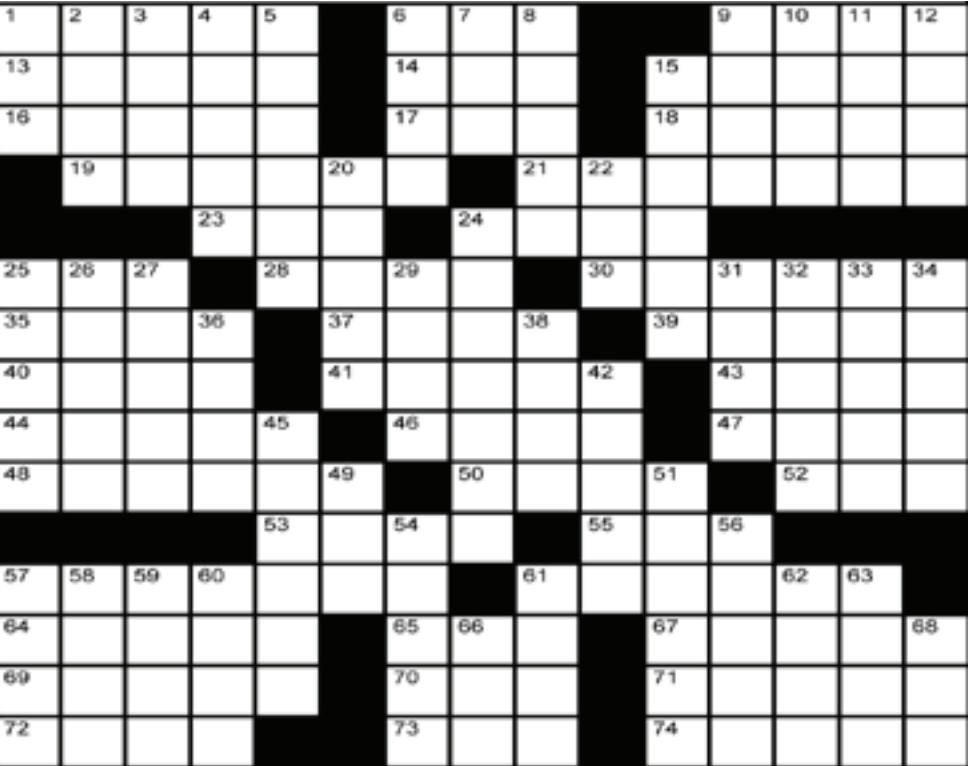
Connect the dots to see me!

brush ranch frog tax box boy girl wish desk church



Puzzles & Fun

CROSSWORD



8. \_\_\_\_ eclipse
9. Waiter's handout
10. Footnote word
11. Musical composition for one, pl.
12. Friends of #29 Down
15. \*Br'er trickster
20. Icy hut
22. Rest in state
24. Paint the town red
25. \*Revolutionary Allen
26. Drunkard's downfall
27. African language
29. \*Blue Ox
31. Clarified butter
32. Steers
33. Hiker's path
34. \*Steel-driving man
36. Hunted ruminant
38. Evening in Italy
42. \*Where "Uncle Remus" tales took place
45. \*Pecos Bill, e.g.
49. Goose egg
51. Plunderer
54. Handrail post
56. "August: \_\_\_\_ County"
57. Healing sign
58. Maui dance
59. Kuwaiti, e.g.
60. Boggy
61. \*Blood's partner in Halloween tales
62. Yanks
63. Dalmatian mark
66. Bonanza find
68. Lt.'s inferior, in the Navy

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

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

THEME: AMERICAN FOLKLORE

ACROSS

1. PayPal money
6. "La" precursor
9. Japanese restaurant staple
13. Spasm of pain
14. Romanian money
15. Where one reaction is oxidation and reverse is reduction
16. Portend a good or bad outcome
17. Ash container
18. Anoint
19. \*Clyde's crime partner
21. Ubiquitous protein
23. \*Do it to create a tunnel like John Henry
24. Discarded cards in cribbage

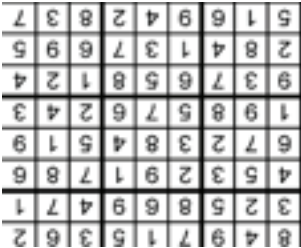
25. Diminish
28. Jessica of "Dark Angel"
30. Last in octad
35. "Frog and \_\_\_\_ Are Friends"
37. Used to row
39. "And Then \_\_\_\_ Were None"
40. \*Paul Bunyan did it to his axe?
41. Double-reed instruments
43. Enthusiasm
44. Montezuma, e.g.
46. Eurozone money
47. Arabic for commander
48. Nervous system component
50. First king of Israelites
52. \*Br'er Rabbit is more this than Br'er Fox
53. Sommelier's domain
55. Additionally
57. Drag one's feet
61. \*Halloween prowlers

64. Collectible in a cabinet
65. Court
67. Brownish gray
69. Resembling wings
70. "To \_\_\_\_ is human ..."
71. Encourage
72. \*Br'er rabbit fought with a sticky one of these
73. Levi's competitor
74. What the defense does?

DOWN

1. Pilot's announcement, acr.
2. Fish of the carp family
3. Mythological ship
4. "The hills are alive with the \_\_\_\_ of music..."
5. Lifting injury
6. Swerve
7. "\_\_\_\_ the land of the free ..."

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Ruby, 4-year-old Pit Bull female. Kennel #18

Single white male looking for love. Hi! My name is RUFUS. I'm a two-year-old Miniature Poodle with a great sense of humor and stunning good looks. I like snuggling, taking walks, and hanging out with friends (adult people and other dogs).



My former owner moved to a new home that doesn't allow pets, but a guy like me shouldn't have much trouble finding that special someone to call my own. My ideal owner will be loving, caring, and kind. The shelter staff thinks that I may have been house trained already, but I might need a quick refresher course at my new home. I'm an intelligent fellow, and I'm ready and willing to learn new things. I hope you'll stop by the El Cajon Animal Shelter very soon so we can spend some time getting to know each other in the nice play yard that they have here. Just ask one of our helpful staff! I think you'll find that my happy-go-lucky, lively nature is just what you've been looking for. All my love, Rufus" Kennel #52



Shotzie, 4-year-old male Pit Bull mix. Kennel #2



Sparky, 1-year-old Spaniel mix male. Kennel #61



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Lucy, 6-year-old American Pitbull female. Kennel #48

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# Sports & Events

## Bolts drop the ball in opening game — 18-17



Hall-of-Famer Charlie Joiner, Wes Chandler with Brie and Katie, the FOX Sports San Diego Girls.

by Chuck Karaszia

The San Diego Chargers (0-1) began their regular season losing by one point in the opener against the Arizona Cardinals 18-17. This was the last game of the week, the second game of a Monday Night Football doubleheader. This was also a game where the Chargers repeatedly shot themselves in the foot by leaving eight dropped balls on the turf.

Chargers Pro-Bowl free safety Eric Weddle dropped a sure fire interception early in the game to lead the parade of maladies. CB Marcus Gilchrist left one on the ground after a fourth quarter interception went through his hands. Sure-handed All-Pro tight end Antonio Gates dropped two as well as receiver Eddie Royal.

On the dropped balls Head Coach Mike McCoy commented, "One is too many to be perfectly honest. We cannot have that happen."

The self-inflicted damage of dropped balls could have been overcome even after the Chargers started to squander a 17-6 lead midway through the third quarter. They seemed to finally get into sync, but momentum shifted away from them to the Cardinals and their quarterback Carson Palmer who repeatedly escaped the Bolts pass rush scampering for first down yardage.

Carson Palmer clearly outplayed his Chargers counterpart throwing for 304-yards with a 108.4 QB rating. He

also ran for 28-yards on four carries. Palmer made the plays when he had to in the clutch.

Trailing by one point late in the fourth quarter, Philip Rivers orchestrating a possible game-winning drive fumbled the shotgun snap falling on it for a 15-yard loss on third down, moving the Chargers out of field goal range.

On the last Chargers drive, Rivers facing a blitzing pass rush had the ball tipped by a Cardinal linebacker at the line of scrimmage. The ball still made it to Keenan Allen who was open in first down territory, but fell harmlessly to the

ground, game over.

The Chargers offensive line did not handle well against the blitzing scheme of the Arizona Cardinals. Nor could they run block, well evidenced by the 2.2-yards per carry as the Bolts ran for only 52-yards.

Malcolm Floyd's long return back to the starting lineup went well. The Chargers wide-out caught four passes including a 6-yard touchdown in the third quarter. He also caught a 32-yard pass that setup a Ryan Mathews 20-yard touchdown. This was a fitting birthday present for the lanky veteran receiver.



Charlie Joiner signing an autograph.

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"It's great to have him back," said McCoy. "He only knows how to do it one way. He shows up every day. He works extremely hard. He's a true pro. All his hard work his entire career has paid off."

In a synopsis on his team's performance, Coach McCoy stated, "We didn't make enough plays in the fourth quarter to win it. Give credit where credit's deserved. They made the plays and we didn't."

Next up: Super Bowl champion Seattle Seahawks invade Qualcomm Stadium Sunday.

Kickoff is 1:05 p.m.

Stay tuned!

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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021383**  
FICTITIOUS BUSINESS NAME(S): CrossFit #2  
Located at: 9343 Bond Ave #C, El Cajon, CA, 92021  
This business is conducted by: A Corporation  
The first day of business was: 08/01/2014  
This business is hereby registered by the following: 1.H&H Fitness Inc. 1870 Jasmine St, El Cajon, CA, 92021  
This statement was filed with Recorder/County Clerk of San Diego County on August 08, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021579**  
FICTITIOUS BUSINESS NAME(S): a.)Debtor Track b.)Debtor Trak c.)On-Trak d.)On-Trak Research  
Located at: 7918 El Cajon Blvd N340, La Mesa, CA, 91942  
This business is conducted by: An Individual  
The first day of business was: 01/03/2005  
This business is hereby registered by the following: 1.Linda Chiles 7918 El Cajon Blvd. N340, La Mesa, CA, 91942  
This statement was filed with Recorder/County Clerk of San Diego County on August 11, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021783**  
FICTITIOUS BUSINESS NAME(S): a.) Frontier Car Wash & Lube b.)Canyon Car Wash & Lube  
Located at: 13886 Campo Rd, Unit B, Jamul, CA, 91935  
This business is conducted by: A Limited Liability Company  
The first day of business was: 07/29/2014  
This business is hereby registered by the following: 1.Frontier CW Solutions LLC 13886 Campo Rd, Unit B, Jamul, CA, 91935  
This statement was filed with Recorder/County Clerk of San Diego County on August 13, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022973**  
FICTITIOUS BUSINESS NAME(S): Health Educational Consultants  
Located at: 9255-353 Magnolia Ave, Santee, CA, 92071  
This business is conducted by: A Married Couple  
The first day of business was: 06/01/1995  
This business is hereby registered by the following: 1.Joyce N. Bowden 9255-353 Magnolia Ave, Santee, CA, 92071 2.Charles E. Bowden 9255-353 Magnolia Ave, Santee, CA, 92071  
This statement was filed with Recorder/County Clerk of San Diego County on August 26, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-020965**  
FICTITIOUS BUSINESS NAME(S): Zodiak Hookah Lounge  
Located At: 6455 El Cajon Blvd, San Diego, CA, 92115  
This business is conducted by: A Corporation  
The business has not yet started  
This business is hereby registered by the following: 1.QOPI Inc. 8031 Wintergardens Blvd. #37, El Cajon, CA, 92021  
This statement was filed with Recorder/County Clerk of San Diego County on August 05, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021106**  
FICTITIOUS BUSINESS NAME(S): Phoenix Fitness of Southern California  
Located at: 846 Cherrywood Way, El Cajon, CA, 92021  
This business is conducted by: An Individual  
The first day of business was: 07/24/2014  
This business is hereby registered by the following: 1.Lavonda Vernishamea Aldrich 846 Cherrywood Way, El Cajon, CA, 92021  
This statement was filed with Recorder/County Clerk of San Diego County on August 06, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022695**  
FICTITIOUS BUSINESS NAME(S): Beyond Pilates  
Located at: 501 First Street, San Diego, CA, 92101  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Brad Nayfack 13707 Proctor Valley Rd, Jamul, CA, 91935  
This statement was filed with Recorder/County Clerk of San Diego County on August 22, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021785**  
FICTITIOUS BUSINESS NAME(S): Call Management Center  
Located at: 8551 South Slope Dr., Santee, CA, 92071  
This business is conducted by: An Individual  
The first day of business was: 02/01/2014  
This business is hereby registered by the following: 1.Lori Michelle Bologna 8551 South Slope Dr., Santee, CA, 92071  
This statement was filed with Recorder/County Clerk of San Diego County on August 13, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022699**  
FICTITIOUS BUSINESS NAME(S): a.)Document Reproduction Services b.)DRS- Document Reproduction Services c.)Angelus Oaks Lodge d.)Coast Copy  
Located at: 270 E. Douglas Ave, El Cajon, CA, 92020  
This business is conducted by: An Individual  
The first day of business was: 08/01/1998  
This business is hereby registered by the following: 1.Brad Nayfack 13707 Proctor Valley Rd, Jamul, CA, 91935  
This statement was filed with Recorder/County Clerk of San Diego County on August 22, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022709**  
FICTITIOUS BUSINESS NAME(S): Dog Ops Dog Training and Support Services  
Located at: 1729 Berrydale St., El Cajon, CA, 92021  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Christine Rene Mose 1729 Berrydale St., El Cajon, CA, 92021  
This statement was filed with Recorder/County Clerk of San Diego County on August 22, 2014  
East County Gazette- GIE030790 8/28, 9/4, 9/11, 9/18 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023406**  
FICTITIOUS BUSINESS NAME(S): ABC Liquor  
Located At: 4693 Voltaire Street, San Diego, CA, 92107  
This business is conducted by: An Individual  
The first day of business was: 01/01/1991  
This business is hereby registered by the following: 1.Amira Kiryakoza 1999 Corona Vista, El Cajon, CA, 92019  
This statement was filed with Recorder/County Clerk of San Diego County on August 29, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022577**  
FICTITIOUS BUSINESS NAME(S): American Well and Water Services  
Located At: 9171 Chris Ln., Guatay, CA, 91931  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Christopher James Sabin 9171 Chris Ln, Guatay, CA, 91931  
This statement was filed with Recorder/County Clerk of San Diego County on August 21, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023318**  
FICTITIOUS BUSINESS NAME(S): Bayview Senior Living  
Located At: 11443 Meadow Creek Road, El Cajon, CA, 92020  
This business is conducted by: A Corporation  
The business has not yet started  
This business is hereby registered by the following: 1.Americare Health Enterprises, Inc. 11443 Meadow Creek Road, El Cajon, CA, 92020  
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East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023273**  
FICTITIOUS BUSINESS NAME(S): Clarkenite Productions  
Located At: 447 Harbison Canyon Rd, El Cajon, CA, 92019  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Loran- James Clark 447 Harbison Canyon Rd, El Cajon, CA, 92019  
This statement was filed with Recorder/County Clerk of San Diego County on August 28, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022845**  
FICTITIOUS BUSINESS NAME(S): By Your Side Birth Services  
Located At: 5731 Waring Rd, San Diego, CA, 92120  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Meghan Johnstone 5731 Waring Rd, San Diego, CA, 92120  
This statement was filed with Recorder/County Clerk of San Diego County on August 25, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2012-003883 FILE NO. 2014-021724**

The following person(s) has/have abandoned the use of the fictitious business name: a.)All Hours Bail Bonds b.)Daeson Sanchez-Kuster Bail Bonds  
The Fictitious Business Name Statement was filed on February 09, 2012, in the County of San Diego.  
Located At: 1258 Broadway, El Cajon, CA, 92021  
This business is abandoned by: 1. Daeson Sanchez-Kuster 4551 Calle De Vida, San Diego, CA, 92124  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON August 13, 2014  
East County Gazette GIE 030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021714**  
FICTITIOUS BUSINESS NAME(S): Ramirez Relocations  
Located at: 664 S. Johnson Ave, El Cajon, CA, 92020  
This business is conducted by: An Individual  
The first day of business was: 01/01/2014  
This business is hereby registered by the following: 1.Ignacio Ramirez 664 S. Johnson Ave, El Cajon, CA, 92020  
This statement was filed with Recorder/County Clerk of San Diego County on August 12, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022228**  
FICTITIOUS BUSINESS NAME(S): Magic Touch Car Wash  
Located at: 8038 Broadway, Lemon Grove, CA, 91945  
This business is conducted by: A Corporation  
The business has not yet started  
This business is hereby registered by the following: 1.Lemon Grove Car Wash, Inc. 3520 Turnberry Dr., Jamul, CA, 91935  
This statement was filed with Recorder/County Clerk of San Diego County on August 18, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021936**  
FICTITIOUS BUSINESS NAME(S): Wound Care Billing Associates  
Located at: 9600 Cuyamaca St. Ste 201, Santee, CA, 92071  
This business is conducted by: A Corporation  
The first day of business was: 05/01/2009  
This business is hereby registered by the following: 1.RHG Billing and Management Group 9600 Cuyamaca St. Ste. 201, Santee, CA, 92071-2692  
This statement was filed with Recorder/County Clerk of San Diego County on August 14, 2014  
East County Gazette- GIE030790 8/21, 8/28, 9/4, 9/11 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022888**  
FICTITIOUS BUSINESS NAME(S): a.)El Cajon TV Repair b.)El Cajon CCTV  
Located at: 1244 N. 2<sup>nd</sup> Street, El Cajon, CA, 92021  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1.Julio Arreola Jr. 10807 Explorer Rd., La Mesa, CA, 91941  
This statement was filed with Recorder/County Clerk of San Diego County on August 26, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023280**  
FICTITIOUS BUSINESS NAME(S): WisdomWorks Christian Preschool  
Located At: 450 N. Pierce St. El Cajon, CA, 92020  
This business is conducted by: A Corporation  
The first day of business was: 07/01/2010  
This business is hereby registered by the following: 1.WisdomWorks 450 N. Pierce St, El Cajon, CA, 92020  
This statement was filed with Recorder/County Clerk of San Diego County on August 28, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2013-015307 FILE NO. 2014-022237**  
The following person(s) has/have abandoned the use of the fictitious business name: United Transport & Towing  
The Fictitious Business Name Statement was filed on May 23, 2013, in the County of San Diego.  
Located At: 2145 Comstock St, San Diego, CA, 92111  
This business is abandoned by: 1. Reva Elia 2145 Comstock St, San Diego, CA, 92111  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON August 18, 2014  
East County Gazette GIE 030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022724**  
FICTITIOUS BUSINESS NAME(S): Shorja Spices Famous  
Located At: 466 W. Washington Ave, El Cajon, CA, 92020  
This business is conducted by: An Individual  
The first day of business was: 08/22/2014  
This business is hereby registered by the following: 1.Khalid Philip 466 W. Washington Ave, El Cajon, CA, 92020  
This statement was filed with Recorder/County Clerk of San Diego County on August 22, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023403**  
FICTITIOUS BUSINESS NAME(S): Good 2 U Construction Co.  
Located At: 849 Lemon Ave, El Cajon, CA, 92020  
This business is conducted by: An Individual  
The first day of business was: 08/29/ 2014  
This business is hereby registered by the following: 1.Wing Liang 849 Lemon Ave, El Cajon, CA, 92020  
This statement was filed with Recorder/County Clerk of San Diego County on August 29, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023418**  
FICTITIOUS BUSINESS NAME(S): 1 Call Flood Services  
Located At: 1496 Fayette St, El Cajon, CA, 92020  
This business is conducted by: A General Partnership  
The business has not yet started  
This business is hereby registered by the following: 1. Doran Ford 2225 Boulders Crt, Alpine, CA, 91901 2.Shawn Bush 8404 Protea Dr, Lakeside, CA, 92040  
This statement was filed with Recorder/County Clerk of San Diego County on August 29, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022426**  
FICTITIOUS BUSINESS NAME(S): Father Joe's Villages  
Located At: 3350 E Street, San Diego, CA, 92102  
This business is conducted by: A Corporation  
The first day of business was: 11/01/1999  
This business is hereby registered by the following: 1. S.V.D.P. Management, Inc. 3350 E. Street, San Diego, CA, 92102  
This statement was filed with Recorder/County Clerk of San Diego County on August 20, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021721**  
FICTITIOUS BUSINESS NAME(S): All Hours Bail Bonds  
Located At: 772 Jamacha Rd. Suite 141, El Cajon, CA, 92019  
This business is conducted by: An Individual  
The first day of business was: 08/08/2014  
This business is hereby registered by the following: 1. Bill Papenhausen 772 Jamacha Rd. Suite 141, El Cajon, CA, 92019  
This statement was filed with Recorder/County Clerk of San Diego County on August 13, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023899**  
FICTITIOUS BUSINESS NAME(S): Aqua Pool Professionals  
Located At: 4475 Dale Ave Unit 216, 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. Jeff A. Blancett 4475 Dale Ave Unit 216, La Mesa, CA, 91941 2.Annette T. Aquino-Blancett 4475 Dale Ave unit 216, La Mesa, CA, 91941  
This statement was filed with Recorder/County Clerk of San Diego County on September 05, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022527**  
FICTITIOUS BUSINESS NAME(S): Holy Cannoli's  
Located At: 3438 Valley View Lane, Spring Valley, CA, 91977  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1. Margherita Tarantino 3438 Valley View Lane, Spring Valley, CA, 91977  
This statement was filed with Recorder/County Clerk of San Diego County on August 21, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023427**  
FICTITIOUS BUSINESS NAME(S): Lexington Field  
Located At: 10009 Maple Tree Rd, Santee, CA, 92071  
This business is conducted by: A General Partnership  
The first day of business was: 08/01/2009  
This business is hereby registered by the following: 1. Beau Gray 3718 Columbia St., San Diego, CA, 92103 2.Bryan Hane 1901 Montilla St., Santee, CA, 92071  
This statement was filed with Recorder/County Clerk of San Diego County on August 29, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022502**  
FICTITIOUS BUSINESS NAME(S): SD Motors  
Located At: 4275 Mission Bay Drive Suite B, San Diego, CA, 92109  
This business is conducted by: An Unincorporated Association-Other than a Partnership  
The first day of business was: 01/28/2014  
This business is hereby registered by the following: 1. SDMS Ventures 1804 Garnet Avenue #413, San Diego, CA, 92109 2. Brian Booth 4275 Mission Bay Drive Suite B, San Diego, CA, 92109  
This statement was filed with Recorder/County Clerk of San Diego County on August 21, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-021546**  
FICTITIOUS BUSINESS NAME(S): a.)The Braid Parlor b.)KK Piece Publishing c.)Bright Skin Afro  
Located At: 160 Chambers St #4, El Cajon, CA, 92020  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1. Shellanee Brock 160 Chambers St #4, El Cajon, CA, 92020  
This statement was filed with Recorder/County Clerk of San Diego County on August 11, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-022239**  
FICTITIOUS BUSINESS NAME(S): United Transport & Towing  
Located At: 1445 Broadway #6, El Cajon, CA, 92021  
This business is conducted by: An Individual  
The first day of business was: 08/18/2014  
This business is hereby registered by the following: 1. Husam Yousif 1445 Broadway #6, El Cajon, CA, 92021  
This statement was filed with Recorder/County Clerk of San Diego County on August 18, 2014  
East County Gazette- GIE030790 9/11, 9/18, 9/25, 10/2 2014

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2014-023418**  
FICTITIOUS BUSINESS NAME(S): 1 Call Flood Services  
Located At: 1496 Fayette St, El Cajon, CA, 92020  
This business is conducted by: A General Partnership  
The business has not yet started  
This business is hereby registered by the following: 1. Doran Ford 2225 Boulders Crt, Alpine, CA, 91901 2.Shawn Bush 8404 Protea Dr, Lakeside, CA, 92040  
This statement was filed with Recorder/County Clerk of San Diego County on August 29, 2014  
East County Gazette- GIE030790 9/4, 9/11, 9/18, 9/25 2014

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— LEGAL NOTICES —



CITY OF EL CAJON

**Notice of Intent to Adopt  
MITIGATED NEGATIVE DECLARATION**  
NOTICE: Pursuant to the provisions of the California Environmental Quality Act (CEQA-Public Resources Code, Section 21000 et seq.), the City of El Cajon has determined that the project referenced hereinafter will not have a significant effect on the environment provided that mitigation measures are implemented, an Environmental Impact Report is not required, and a Mitigated Negative Declaration has been prepared.

**PROJECT TITLE:** Magnolia Trails Project

**PROJECT LOCATION:** 103 East Chase Avenue, El Cajon, CA

**PROJECT DESCRIPTION:** The project proposes to develop 44 single-family residential dwelling units on a primarily vacant 5.5-acre site at the southeast corner of Chase and Magnolia Avenues. Additionally, the project proposes common areas consisting of an approximately 3,800-square foot private park with amenities including a picnic area, play area, and bike rack and two stormwater bio-retention basins. Access will be provided by a private street. A total of 168 parking spaces are proposed within the two-car garages, in private driveways, and on the private street.

The project requires the following approvals by the City of El Cajon: a Zoning Reclassification from RS-20, RM-4300, RS-6 to Planned Residential Development (PRD) Low Zone, a Planned Residential Development (PRD Low), and a Vesting Tentative Subdivision Map (VTM) to subdivide the approximately 5.5 acres into 49 residential lots for homes, common areas, and improvements.

Pursuant to Section 15072 of the California Environmental Quality Act, the subject site is not on any list enumerated under Section 65962.5 of the California Government Code as a contaminated site.

**PROJECT PROPONENT:** R a y m o n d Dorame, Vice President of Operations MasterCraft Homes Group, LLC, 20201 SW Birch St., Suite 100 Newport Beach, CA 92660

**LEAD AGENCY:** City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020

**LEAD AGENCY CONTACT PERSON:** Melissa Devine, Senior Planner, Planning Division

**PUBLIC REVIEW PERIOD:**  
Begins: September 15, 2014  
Ends: October 5, 2014

**PUBLIC HEARING: On or after October 21, 2014,** the Planning Commission will hold a public hearing to make a recommendation to the City Council, and the City Council will hold a public hearing on or **after November 18, 2014** to consider the proposed project. A separate notice will be published for the hearings.

The Draft Mitigated Negative Declaration is available for public review at El Cajon City Hall at 200 Civic Center Way El Cajon, CA 92020, on the City's Web Page at <http://www.ci.el-cajon.ca.us/dept/comm/planning.html>, and at the two El Cajon public libraries located at 201 East Douglas Avenue and 576 Garfield Avenue. Pursuant to State CEQA Guidelines Section 15105, anyone interested in the draft Mitigated Negative Declaration or the project itself is invited to comment by written response on or before the close of business on October 5, 2014. Written comments should be addressed to: Melissa Devine, Senior Planner, Planning Division, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020; or by email to [mdevine@cityofelcajon.us](mailto:mdevine@cityofelcajon.us).

East County Gazette- GIE030790  
09/11/14



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:**  
**Pedestrian Safety Improvements at North Johnson Avenue and West Madison Avenue**  
**Bid No. 019-15**  
**Public Works Job No. PW3400**  
**Drawing No. 13660**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on October 16, 2014**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on October 16, 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 Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded, ordered from the City website [www.cityofelcajon.us](http://www.cityofelcajon.us), or obtained at the office of the Purchasing Agent for a fee of \$11.00 (plus \$5.60 postage if mailing is requested). This amount is not refundable.

A MANDATORY pre-bid conference and job-site walk-through will be held on Thursday, September 25, 2014 at 10:00 a.m. at 435 North Johnson Avenue (access is on West Madison Avenue), 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.

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

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

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

The Contractor shall provide the City with 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 Cajon, California 92020. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

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

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

**/s/ Dede Porter**  
**Purchasing Agent**  
**September 11, 2014**

East County Gazette- GIE030790  
09/11/14, 09/18/14



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:**  
**Johnson Avenue Sewer Relief Project- Phase I**  
**Engineering Job No. WW3250-1**  
**Bid No. 021-15**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on October 28, 2014**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on October 28, 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 Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. The plans and specifications can be obtained in digital format (pdf) by ordering from the City website [www.cityofelcajon.us](http://www.cityofelcajon.us) or obtained at the office of the Purchasing Agent for a fee of \$ 25.00 (plus \$1.25 postage if mailing is requested). This amount is not refundable.

There will be no pre-bid conference for this project. Questions may be submitted to the City's Purchasing Agent.

Federal Minimum Wages  
Federal minimum wage rates for this project as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions.

Current determinations are available online at: <http://www.gpo.gov/davisbacon/ca.html>. Where Federal wages differ from California prevailing wages for the same class of labor the contractor shall pay the higher wage determination.

California Prevailing Wages

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

The Contractor will be required to pay the higher wage where Federal Minimum wages or California Prevailing wages differ for any labor classification.

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

surety company authorized to do business in the State of California, and satisfactory to said City.

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

The Contractor shall provide the City with 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 Cajon, California 92020. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

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

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

**/s/ Dede Porter**  
**Purchasing Agent**  
**September 11, 2014**

East County Gazette- GIE030790  
09/11/14, 09/18/14



CITY OF EL CAJON

ORDINANCE NO. 5013

**AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF EL CAJON REPEALING SECTION 9.22.050 OF CHAPTER 9.22 AND ADDING A NEW SECTION 9.22.050 TO CHAPTER 9.22 OF TITLE 9 OF THE EL CAJON MUNICIPAL CODE**

THE CITY COUNCIL OF THE CITY OF EL CAJON DOES ORDAIN AS FOLLOWS:

**SECTION 1.** Section 9.22.050 of Chapter 9.22 of Title 9 of the El Cajon Municipal Code is hereby repealed.

**SECTION 2.** A new Section 9.22.050 of Chapter 9.22 of Title 9 of the El Cajon Municipal Code is hereby added to read as follows:

**9.22.050 Alcoholic beverages— Possession of open containers—Liquor stores and adjacent areas.**

It is unlawful for any person possessing any bottle, can, or other receptacle containing any alcoholic beverage which has been opened, or the contents of which have been partially removed, to enter, be, or remain on the posted premises of, including the posted parking lot, parking lots adjacent to the posted parking lot, or public sidewalks immediately adjacent to, any retail package off-sale alcoholic beverage licensee, pursuant to Division 9 of the California Business and Professions Code.

Those premises which are subject to licensure under any retail package off-sale alcoholic beverage license shall be posted with clear, visible notice indicating to the patrons of the licensee and the immediately adjacent parking lot, and to persons on the immediately adjacent sidewalk, that the provisions of California Penal Code Section 647e (a), as adopted by subsection A above, are applicable. Any licensee who fails to post the licensed premises shall be subject to penalties as provided in subsection E below.

The provisions of this section shall not apply to a private residence parking lot which is

immediately adjacent to those premises to which this section applies.

Parking lot immediately adjacent to any alcoholic beverage licensee means any parking lot, except those described in subsection C of this section, which is contiguous to the licensed premises and any parking lot under the control of, operated in conjunction with, or having shared access to, the licensed premises.

Any person violating this section shall be guilty of an infraction. Violations of this section are subject to the provisions of the general penalty clause as set forth in Section 1.24.010(C) of this code.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency Meeting held this 9<sup>th</sup> day of September 2014, by the following vote to wit:

AYES: Bales, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: Ambrose  
DISQUALIFY:None

BILL WELLS

Mayor of the City of El Cajon

ATTEST:

BELINDA A. HAWLEY, CMC

City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 5013 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Housing Authority/Successor Agency to the Redevelopment Agency on the 9<sup>th</sup> day of September 2014.

**/s/**  
Belinda A. Hawley, CMC, City Clerk

East County Gazette- GIE030790  
09/11/14



CITY OF EL CAJON

Following is a summary of Ordinance No. 5014 adopted at the Joint Meeting of the City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency on September 9, 2014. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. 5014

**AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF EL CAJON REPEALING CHAPTERS 5.16 AND 5.48 AND ADDING NEW CHAPTERS 5.16 AND 5.48 TO TITLE 5 OF THE EL CAJON MUNICIPAL CODE**

This ordinance, along with a proposed ordinance amending El Cajon Municipal Code Title 17 (Zoning), is intended to address the secondary effects from unregulated establishment of such uses by controlling the location and the overall number of pawn shops, alternative lending establishments, secondhand merchandise stores and kiosks through the application of land use regulations including spatial standards, permit and license requirements, and ensure that pawnbrokers and secondhand dealers operate in a manner that reduces the traffic of stolen merchandise.

This proposed ordinance makes amendments to Chapter 5.16 of Title 5 of the El Cajon Municipal Code, which pertains to issuance of a special operation license by (1) modifying the definition of secondhand businesses to include kiosks for purposes of requiring a special operation license; (2) giving the city manager approval authority for the special operation license with availability of appeal to the city council; (3) providing that if an application is denied, the applicant will not be able to reapply for 12 months; and (4) giving the city manager suspension, revocation and enforcement authority regarding special operation licenses. This proposed ordinance also amends Chapter 5.48 of Title 5 of the El Cajon Municipal Code, which pertains

to pawnbrokers and secondhand stores, by adding a statement of purpose for the regulations contained in Chapter 5.48; adding definitions of pawnbrokers, secondhand dealers and tangible personal property; setting requirements for hours of operation; and creating requirements for recordkeeping and compliance with applicable laws.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency Meeting held this 9<sup>th</sup> day of September 2014, by the following vote to wit:

AYES: Bales, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: Ambrose  
DISQUALIFY:None

BILL WELLS

Mayor of the City of El Cajon

ATTEST:

BELINDA A. HAWLEY, CMC

City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 5014 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Housing Authority/Successor Agency to the Redevelopment Agency on the 9<sup>th</sup> day of September 2014.

**/s/**  
Belinda A. Hawley, CMC, City Clerk

East County Gazette- GIE030790  
09/11/14



CITY OF EL CAJON  
PUBLIC NOTICE

NOTICE OF PUBLIC REVIEW AND COMMENT PERIOD

FY 2013-14 CONSOLIDATED ANNUAL PERFORMANCE AND EVALUATION REPORT

NOTICE IS HEREBY GIVEN that the City of El Cajon's Consolidated Annual Performance and Evaluation Report (CAPER) for FY 2013-14 activities related to the FY 2013-14 One Year Action Plan is available for review and comment. The report discusses the availability and utilization of federal CDBG and HOME resources during the reporting period from July 1, 2013 to June 30, 2014.

The public review and comment period of 15 days will begin on September 10, 2014 and will end on September 25, 2014. The draft report will be available at the Housing Division public counter located at 200 Civic Center Way, Third Floor, El Cajon, California between the hours of 7:30 a.m. and 5:30 p.m., Monday through Thursday and from 8:00 a.m. to 5:00 p.m. on alternating Fridays (except for legal holidays). Comments on the CAPER should be delivered or addressed to the City of El Cajon, Housing Division, 200 Civic Center Way, El Cajon, California 92020.

All other comments and/or other inquiries may be directed to the Housing Division, 200 Civic Center Way, El Cajon, CA 92020, (619) 441-1786.

East County Gazette- GIE030790  
09/04/14, 09/11/14

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2014-023293

FICTITIOUS BUSINESS NAME(S): Bertsch HVAC  
Located At: 9395 Harritt Rd, Space #125, Lakeside, CA, 92040  
This business is conducted by: An Individual  
The business has not yet started  
This business is hereby registered by the following: 1. Joseph Bertsch 9395 Harritt Rd, Space #125, Lakeside, CA, 92040  
This statement was filed with Recorder/County Clerk of San Diego County on August 28, 2014  
East County Gazette- GIE030790  
9/11, 9/18, 9/25, 10/2 2014



— LEGAL NOTICES —



CITY OF EL CAJON

Following is a correction to the summary of Ordinance No. 5015 adopted at the Joint Meeting of the City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency on September 9, 2014. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. 5015

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF EL CAJON REPEALING SECTION 17.105.020 AND ADDING A NEW SECTION 17.105.020 TO CHAPTER 17.105; REPEALING SECTION 17.110.020 AND ADDING A NEW SECTION 17.110.020 TO CHAPTER 17.110; REPEALING SECTION 17.145.150 AND ADDING A NEW SECTION 17.145.150 TO CHAPTER 17.145; ADDING A NEW SECTION 17.225.200 TO CHAPTER 17.225; AND ADDING A NEW CHAPTER 17.250; ALL TO TITLE 17 OF THE EL CAJON MUNICIPAL CODE

This ordinance, along with a proposed ordinance amending El Cajon Municipal Code Title 5 (Business and Regulations), is intended to address the secondary effects from the unregulated establishment of pawn shops, alternative lending establishments, secondhand merchandise stores and kiosks through the application of land use regulations including spatial standards, permit and license requirements, and ensure that pawnbrokers and secondhand dealers operate in a manner that reduces the traffic of stolen merchandise.

This proposed ordinance makes amendments to Title 17 of the El Cajon Municipal Code (the Zoning Code) to regulate pawn shops, alternative lending establishments, secondhand merchandise stores and kiosks in El Cajon. The ordinance modifies the definitions of "kiosk" and "stand" to include those located indoors, and adds a new Section 17.105.020 amending and eliminating the definition of "secondhand merchandise," all through the amendment of Section 17.105.020 of Chapter 17.105 of the Zoning Code; it amends Section 17.110.020 of Chapter 17.110 of the Zoning Code, which pertains to use classifications, by adding use classifications for alternative lending, pawn shops, secondhand stores and kiosks, and thrift or resale stores; it amends Section 17.145.150 of Chapter 17.145 of the Zoning Code (the Commercial Land Use Table) by adding alternative lending uses and by characterizing electronics sales as electronic retail sales; it clarifies firearms and ammunition sales to mean new and resale sales of those items; it adds the alternatives of "store" and "kiosk" to the secondhand merchandise use category; it includes buying of gold, precious metals, gemstones, jewelry, or electronics in this use category; it adds the term "resale shop" to the thrift shop use category; it adds a new Section 17.225.200 to Chapter 17.225 of the Zoning Code to regulate the location of businesses engaged in alternative lending in the city of El Cajon; and it adds a new Chapter 17.250 to the Zoning Code to regulate the location and operation of businesses engaging in the purchase of secondhand merchandise or taking in secondhand merchandise for pawn in the city of El Cajon.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Housing Authority/Successor Agency to the El Cajon Redevelopment Agency Meeting held this 9th day of September 2014, by the following vote to wit:

AYES: Bales, Kendrick, McClellan, Wells  
NOES: None  
ABSENT: Ambrose  
DISQUALIFY:None

BILL WELLS  
Mayor of the City of El Cajon

ATTEST:

BELINDA A. HAWLEY,CMC  
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 5015 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Housing Authority/Successor Agency to the Redevelopment Agency on the 9th day of September 2014.

/s/  
Belinda A. Hawley, CMC, City Clerk  
East County Gazette- GIE030790  
09/18/14

NOTICE OF TRUSTEE'S SALE 411 Ivy Street TS No. CA-13-607061-JP Order No.: 1567758 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/14/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE 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): KYRK EDWARDS AND WENDY S EDWARDS HUSBAND AND WIFE Recorded: 9/21/2005 as Instrument No. 2005-0813448 and modified as per Modification Agreement recorded 5/10/2010 as Instrument No. 2010-0233514 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 9/18/2014 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: \$347,691.76 The purported property address is: 931S JOHNSON AVE, EL CAJON, CA 92020 Assessor's Parcel No.: 492-263-03 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-13-607061-JP . Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information

is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. 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 411 Ivy Street 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-13-607061-JP IDSPub #0070195 8/28/2014 9/4/2014 9/11/2014

NOTICE TO CREDITORS OF BULK SALE (Secs. 6104, 6105 U.C.C.)

Notice is hereby given to creditors of the within named seller that a bulk sale is about to be made of the assets described below. The names and business addresses of the seller are: H & D Supply and Service, Inc., d/b/a Southern California Distributors, 426 Vernon Way, El Cajon, California 92020-1933 The location in California of the chief executive office of the seller is: Same as above As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are: None The names and business addresses of the buyer are: Arrow Distributing, Inc., 11819 "I" Street, Omaha, Nebraska 68137 The assets to be sold are described in general as: Business, contracts, inventory furniture, fixtures, equipment, trade names, deposits, permits, telephone numbers, websites, accounts receivable, and manufacturer credits and are located at: 426 Vernon Way, El Cajon, CA 92020 The business name used by the seller at that location is: H & D Supply and Service, Inc.. The anticipated date of the bulk sale is September 27, 2014 at the office of H & D Supply and Service, Inc. This bulk sale is subject to California Uniform Commercial Code Section 6106.2. If so subject, the name and address of the person with whom claims may be filed is Arrow Distributing, Inc., ATTN: Andy Mullin, 11819 "I" Street, Omaha, Nebraska 68137, and the last date for filing claims shall be September 26, 2014, which is the business day before the sale date specified above. Dated: September 5, 2014 (Signature of Buyer) S/ Andrew C. Nelsen, President of Arrow Distributing, Inc. 9/11/14 CNS-2665665# EAST COUNTY GAZETTE

NOTICE OF ENFORCEMENT OF WAREHOUSE LIEN

The mobilehome located at 1120 Pepper Drive, Space #60, El Cajon, CA 92021, within Pepperwood Mobile Home Park ("Community") and more particularly described as Manufacturer/Tradename: FUTURA; Serial Number: 1612XU & 1612X; Decal No.: AAD2064, is subject to a Warehouse Lien pursuant to Civil Code Section 798.56a. This lien is hereby being enforced and the mobilehome may not be removed from the Community until the lien is cured. On April 15, 2014, the Community served a Three (3) Day Notice to Pay Rent or Quit, Three (3) Day Notice to Perform Covenants or Quit and a Sixty (60) Day Notice to Terminate Possession of Premises on the residents of the mobilehome, due to their failure to timely pay the space rent. All occupants vacated the premises, but the mobilehome remains on the premises. The total amount of the lien through August 20, 2014 is \$2,920.22. Said amount increases on a daily basis at the rate of \$28.66 per day plus actual utilities consumed. THE MOBILEHOME WILL BE SOLD BY AUCTION UNDER THE FOLLOWING TERMS: October 2, 2014 at 11:00 A.M., at 1120 Pepper Drive, Space #60, El Cajon, CA 92021. Sale of the mobilehome will go to the highest bidder. Home to be sold "as is, with any and all faults." Any further restrictions and/or conditions shall be provided at the time of the auction prior to the sale of the mobilehome. If you intend to bid at the sale, please contact Attorney Tamara M. Cross at (619) 296-0567, 3170 Fourth Avenue, Suite 200, San Diego, CA 92103 for the minimum bid at least two days prior to sale date. Please note: In order for you to be permitted to bid at the sale, you must be in possession of cash or a cashier's check equal to at least the minimum opening bid. 9/11, 9/18/14 CNS-2664460# EAST COUNTY GAZETTE

NOTICE OF PUBLIC LIEN SALE

Business and Professions Code Sec. 21700-21707 Notice is hereby given by the undersigned that a public lien sale of the following described personal property will be held at the hour of 9:00am, on the 29thday of September 2014. The sale will be conducted at The Spare Room Self Storage, 10786 U.S. Elevator Rd., Spring Valley, CA 91978. County of San Diego, State of California. The property is stored by The Spare Room Self Storage, 10786 U.S. Elevator Rd., Spring Valley, CA 91978. The items to be sold are generally described as follows: furniture, clothing, tools and/or other household items stored by the following persons: Name of Account Space Number Description Archer, Shane B-27 Lots of boxes Dobbs, Jeff P-23 Furniture, boxes, totes Douville, Stephanie P-59 Auto & electrical parts, boxes Pritchard, Gina J-15 Tools, boxes, totes, furniture Tumlinson, Ed H-5 Lots of boxes & camera equip. Bowles, Benjamin L-41 Tool boxes, tools, totes, furniture, elect. Giberson, Sandra C-31 Furniture, totes and boxes Camacho, Michelle G-25 Large BBQ, patio furniture, misc. Willows, Diane G-9x Household & furniture Martin, Scott G-1x Household, misc, boxes Rogers, Eric J-21 Furniture Watson, Ruby A-31 Boxes and bags Date 09/04/14 By: Terri Supinger – General Manager This notice is given in accordance with the provisions of Section 21700 et seq. of the Business & Professions Code of the State of California. Sales subject to prior cancellation in the event of settlement between Owner and obligated party. 9/11, 9/18/14 CNS-2664469# EAST COUNTY GAZETTE

NOTICE OF PETITION TO ADMINISTER ESTATE OF DAVID ARTHUR ERICKSON CASE NO. 37-2014-00029636-PR-LA-CTL ROA #: 1 (IMAGED FILE)

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: DAVID ARTHUR ERICKSON A Petition for Probate has been filed by LISA ERICKSON in the Superior Court of California, County of SAN DIEGO. The Petition for Probate requests that LISA ERICKSON be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on October 9, 2014 at 1:30 p.m. in Dept. PC-2 located at 1409 4th Avenue, San Diego, CA 92101-3105 Central Division/Madge Bradley Building. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Elise Streicher, Attorney at Law, 501 West Broadway, Suite 700, San Diego, CA 92101, Telephone: (619) 702-4580 9/11, 9/18, 9/25/14 CNS-2664528# EAST COUNTY GAZETTE

**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 SEPTEMBER 29,2014 @ 10:30AM or after .The following properties: Miscellaneous personal items, household miscellaneous, miscellaneous construction materials, tools, motorcycle and miscellaneous vehicle parts: A2013- LUZ ELISA GARCIA C2083-AURIE OR NICK ANCHO B1077-DIANA RAE FOX A1017- KAMLESH PATEL A2092-ERIC LAFFERTY B1009-JERRY HUDGINS C2089- DARREN CONTREAS East County Gazette-GIE030790 September 11, 18, 2014

NOTICE OF PETITION TO ADMINISTER ESTATE OF BEVERLY LYNN CURREN CASE NO. 37-2014-00028612-PR-PL-CTL ROA #: 1 (IMAGED FILE)

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: BEVERLY LYNN CURREN A Petition for Probate has been filed by JACK THOMAS CURREN in the Superior Court of California, County of SAN DIEGO. The Petition for Probate requests that JACK THOMAS CURREN be appointed as personal representative to administer the estate of the decedent. The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on October 2, 2014 at 1:30 p.m. in Dept. PC-2 located at 1409 4th Avenue, San Diego, CA 92101-3105 Central Division/Madge Bradley Building. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Mary J. Peshel, Atty for Jack Thomas Curren, 501 West Broadway, Suite 700, San Diego, CA 92101, Telephone: (619) 239-7777 9/4, 9/11, 9/18/14 CNS-2661819# EAST COUNTY GAZETTE

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on (September 23, 2014) at (9:30am) at the Benedict Ave Storage facility: Site Name: Benedict Ave Storage Site Address: 847 Benedict Ave, El Cajon, CA, 92020 Site Phone # 619 440-2375 Auction Notice: Tenant: Unit: Size: Marilyn Athey 1036 10x20 Andrew Butler 1026 10x10 Michael Young 6013 5x6.5 Nereyda Monzon 3067 5x10 Ricardo Martinez Jr. 3001 6x10 Nick Busarellos 3024 5x8.5 Elia Wiley 6024 5x6.5 David Reynolds 3022 5x10 Gabriela Becerra 2015 10x30 James Yarbrough 6057 5x8.5 Debra Wingerden 6033 5.8.5 Steve Geifrom 1015 10x20 East County Gazette -GIE030790 September 11, 18, 2014

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



## — LEGAL NOTICES —

**NOTICE OF TRUSTEE'S SALE** 411 Ivy Street TS No. **CA-12-501667-LL** Order No.: **120089798-CA-API YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/26/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by 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): **JOSE ANTONIO LUNA DE ALVA, ALSO KNOWN AS JOSE ANTONIO LUNA-SADOC AND PATRICIA L. LUNA DE ALVA** Recorded: **7/25/2003** as Instrument No. **2003-0890264** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **9/26/2014 at 9:00 AM** Place of Sale: **At the Entrance of the East County Regional Center, 250 E. Main Street, El Cajon, CA 92020** Amount of unpaid balance and other charges: **\$305,588.66** The purported property address is: **1721 LISBON LANE, EL CAJON, CA 92019** Legal Description: **Please be advised that the legal description set forth on the Deed of Trust is in error. The legal description of the property secured by the Deed of Trust is more properly set forth and made part of Exhibit "A" as attached hereto.** Assessor's Parcel No.: **514-212-38-00** That portion of lots 8, 9 and 11 of vista del valle, in the county of san diego, state of california, according to map thereof No. 2124, filed in the office of the county recorder of san diego county recorder of said county august 3, 1928, together with that certain property lying and situated between the center line of the san diego flume company's flume line, and the boundary line of vista del valle subdivision, according to said map thereof No. 2124 filed in the office of the county recorder of san diego county, whenever the said flume line is contiguous to lots 8, 9 and 11 of said vista valle subdivision, described as follows: Beginning at the northeast corner of lot 10 of said map No. 2124; thence 31 degrees 33' 48" east along the northerly prolongation of the easterly line of said lot 10, 196.60' to the northerly line of said lot 11; thence south 70 degrees 28' 21" east along said northerly line, a distance of 151.28' to the northeast corner thereof, also being a point on the westerly line of said san diego flume company's flume line; thence north 89 degrees 39' 54" east, a distance of 8.00 feet; thence south 0 degrees 20' 06" east, a distance of 1.41 feet to a point on the centerline of said flume line; thence south 19 degrees 36' 37" west along said center line, a distance of 217.87 feet to the point of curvature of a tangent curve; concave to the east, having a radius of 122.33 feet and central angle of 28 degrees 4' 46"; thence southerly along said curve, a distance of 60 degrees 31"; thence south 8 degrees 38'09" east, a distance of 99.35 feet to the point of curvature of a tangent curve concave to the east, having a radius of 151.95 feet and a central angle of 25 degrees 00' 48"; thence southerly along said curve, a distance of 66.34 feet; thence leaving said center line north 68 degrees 15' 53" west, a distance of 154.08 feet; thence north 51 degrees 59' 01" west, a distance of 192.74 feet to a point on the westerly line of said lot 9 of said map 2124, said point being distant thereon north 31 degrees 35' 48" east along said westerly line, 200.58 feet from the southwest corner of said lot 9; thence north 31 degrees 33' 48" east along said westerly line, a distance of 155.59 feet to the point of beginning. **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 **800-280-2832** 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-12-501667-LL**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. **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 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: **CA-12-501667-LL** IDSPub #0070023 8/28/2014 9/4/2014 9/11/2014

APN: 515-150-15-11 TS No: CA08003102-14-1 To No: 1632305 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED May 26, 2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** On September 22, 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 June 2, 2004, as Instrument No. 2004-0514547, of official records in the Office of the Recorder of San Diego County, California, executed by MELVIN J FAY, AND TERRELL A FAY, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee for COUNTRYWIDE BANK, A DIVISION OF TREASURY BANK, N.A. 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: 3177 DEHESA ROAD #11, EL CAJON, CA 92019 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$317,311.59 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Priority Posting and Publishing at 714-573-1965 for information regarding the Trustee's Sale or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA08003102-14-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: August 20, 2014 MTC Financial Inc. dba Trustee Corps TS No. CA08003102-14-1 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Amy Lemus, Authorized Signatory **SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL:** Priority Posting and Publishing AT 714-573-1965 MTC Financial Inc. dba Trustee Corps MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1109310 8/28, 9/4, 09/11/2014

Trustee Sale No. 14-001433 PHH Title Order No. 1622131 APN 514-160-21-23 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/23/10. 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 09/17/14 at 10:00 am, Aztec Foreclosure Corporation as the duly appointed Trustee under and pursuant to the power of sale contained in that certain Deed of Trust executed by James Lee Scott and Sandra K. Scott, Husband and Wife, as Trustor(s), in favor of Mortgage Electronic Registration Systems, Inc., solely as Nominee for USAA Federal Savings Bank, federally chartered savings bank, as Beneficiary, Recorded on 03/05/12 in Instrument No. 2012-0127554 of official records in the Office of the county recorder of SAN DIEGO County, California; PHH Mortgage Corporation, as the current Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state), 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 described as: 1031 LONG SHADOW COURT, EL CAJON, CA 92019 The property heretofore described is being sold "as is". 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: \$289,207.63 (Estimated good through 8/13/14) Accrued interest and additional advances, if any, will increase this figure prior to sale. 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. DATE: August 21, 2014 Robbie Weaver Assistant Secretary & Assistant Vice President Aztec Foreclosure Corporation 20 Pacifica, Suite 1460 Irvine, CA 92618 Phone: (877) 257-0717 or (602) 638-5700 Fax: (602) 638-5748 www.aztectrustee.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 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-13-599925-JP**. 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

telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Call 714-573-1965 **http://www.Priorityposting.com** Or Aztec Foreclosure Corporation (877) 257-0717 **www.aztectrustee.com** P1109739 8/28, 9/4, 09/11/2014

**NOTICE OF TRUSTEE'S SALE** 411 Ivy Street TS No. CA-13-599925-JP Order No.: 130218569-CA-MAI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/14/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by 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): **JOHN MAURICE HANSEN AND MONICA MARGARITA HANSEN HUSBAND AND WIFE** Recorded: 12/20/2006 as Instrument No. 2006-0902389 of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: 9/18/2014 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: \$334,538.76 The purported property address is: 1580 JADE AVENUE, EL CAJON, CA 92019 Assessor's Parcel No.: 511-071-02-00 **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-13-599925-JP**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first

publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. **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 411 Ivy Street 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-13-599925-JP IDSPub #0070076 8/28/2014 9/4/2014 9/11/2014

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:  
(IMAGED FILE)  
EDWARD GLENN TURNER  
CASE NO. 37-2014-00027698-PR-LA-CTL  
ROA-#01**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of EDWARD GLENN TURNER. A PETITION FOR PROBATE has been filed by LUCY TURNER in the Superior Court of California, County of SAN DIEGO. THE PETITION FOR PROBATE requests that LUCY TURNER be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act . (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 09/30/14 at 11:00AM in Dept. PC-1 located at 1409 4TH AVENUE, SAN DIEGO, CA 92101

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner  
C. PATRICK CALLAHAN  
CALLAHAN LITTLE & SULLIVAN  
110 JUNIPER STREET  
SAN DIEGO CA 92101  
TELEPHONE: (619) 232-6846  
8/28, 9/4, 9/11/14  
CNS-2658859#  
EAST COUNTY GAZETTE



— LEGAL NOTICES —

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2014-00027199-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF JUSTIN PAUL CLEMONS FOR CHANGE OF NAME  
PETITIONER: JUSTIN PAUL CLEMONS FOR CHANGE OF NAME  
FROM: JUSTIN PAUL CLEMONS  
TO: JUDAH PEDIAH HOSANNA  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CENTRAL COURT, 220 W. BROADWAY, SAN DIEGO, CA, 92101 on September 26, 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 AUGUST 21, 2014.  
East County Gazette – GIE030790  
8/21, 8/28, 9/4, 9/11 2014

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2014-00020465-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF LEONIDAS TIBERIUS FISHER FOR CHANGE OF NAME  
PETITIONER: LISA L. FISHER ON BEHLAF OF MINOR LEONIDAS TIBERIUS FISHER FOR CHANGE OF NAME  
FROM: LEONIDAS TIBERIUS FISHER  
TO: TY WILLIAM FISHER  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CIVIL DIVISION, 220 W. BROADWAY, SAN DIEGO, CA, 92101 on October 10, 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 SEPTEMBER 05, 2014.  
East County Gazette – GIE030790  
9/11, 9/18, 9/25, 10/2 2014

**Need to run  
a Fictitious  
Business Name  
Statement?  
Name Change?  
Summons?  
We have the  
best prices  
in town!  
Call us today!  
(619) 444-5774**

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2014-00026842-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF SHAMES MOHANAD JABRALLAH & SHAHAD MOHANAD JABRALLAH FOR CHANGE OF NAME  
PETITIONER: MOHANAD BEDAWEEED & VIAN BEDAWEEED ON BEHALF OF MINORS FOR CHANGES OF NAME  
FROM: SHAMES MOHANAD JABRALLAH  
TO: SHAMS BEDAWEEED  
FROM: SHAHAD MOHANAD JABRALLAH  
TO: SHAHAD BEDAWEEED  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CENTRAL COURT, 220 W. BROADWAY, SAN DIEGO, CA, 92101 on September 26, 2014 at 8:30 a.m. IN DEPT. 46) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON AUGUST 12, 2014.  
East County Gazette – GIE030790  
8/21, 8/28, 9/4, 9/11 2014

NOTICE OF PETITION TO ADMINISTER ESTATE OF GEORGE O. STARKE  
CASE NUMBER: 37-2014-00028140-PR-PW-CTL.  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of GEORGE O. STARKE; BUD STARKE. A PETITION FOR PROBATE has been filed by GEORGE A. STARKE in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that GEORGE A. STARKE be appointed as personal representative to administer the estate of the decedent. The PETITION requests the decedent’s will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The PETITION requests authority to administer the estate under the Independent Administration of Estates Act.(This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: October 07, 2014 IN DEPT. PC-1 AT 11:00 AM LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner: George A. Starke  
8743 Vivero Street  
Rancho Cucamonga, CA, 91730  
(323) 997-0532  
EAST COUNTY GAZETTE –GIE030790  
September 11, 18, 25, 2014

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2014-00028181-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF MARK ALLEN PEREZ JR. FOR CHANGE OF NAME  
PETITIONER: MARK ALLEN PEREZ JR. FOR CHANGE OF NAME  
FROM: MARK ALLEN PEREZ JR.  
TO: MARK BANE AUGUST  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CIVIL DIVISION, 220 W. BROADWAY, SAN DIEGO, CA, 92101 on October 03, 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 AUGUST 21, 2014.  
East County Gazette – GIE030790  
8/28, 9/4, 9/11, 9/18 2014

Preparedness...

**Continued from page 4**  
12:30 p.m. To see the full schedule of classes, please visit [www.heartlandfire.org](http://www.heartlandfire.org). Classes are taught by members of Heartland Fire & Rescue and Santee Fire Departments. To register, call (619) 441-1737.  
\*Note: For general information on preparing for a disaster, visit [www.readysandiego.org](http://www.readysandiego.org).

**New City FALL Newsletter & Recreation Guide is here**  
The new 2014 Fall City Newsletter and Recreation Guide is now available online and will be mailed to homes in El Cajon soon! See the latest news of what’s happening in the City and all the great programs offered by the City of El Cajon Recreation Department. This fall, look for fun, free and new activities at all recreation centers, such as “Wacky Science Wednesdays” at the Fletcher Hills Center. Renette Center will be offering a healthy cooking class for youth; Bostonia and Kennedy Centers will offer a Youth Flag Football League; and Kennedy Center has many holiday themed kid friendly events, such as Little Elves Arts & Crafts. The El Cajon Recreation Department continues to offer widely praised dance, gymnastics, cheer and other classes all taught by highly qualified staff. Early bird registration is now open. Walk-in registration starts Monday, Sept. 8. First day of fall classes start Monday, Sept. 29. Check out the full line up of affordable classes at [www.elcajonrec.org](http://www.elcajonrec.org). For more information or to register, call (619) 441-1754.

Vitamin C ...

**Continued from page 5**  
to work for the patient’s good through its potent and multifaceted support of the immune system. There is no other substance that singularly does as much to promote increased and strong immune function.

“Among many other effects, vitamin C directly stimulates interferon and antibody production, while effectively supercharging the functions of the white blood cells by becoming very concentrated inside them,” Dr. Levy explains.

Vitamin C is a powerful preventative. It’s not a coincidence that Ebola tends to spread among populations with a substantially poorer nutritional status than is seen in the United States and other well-fed populations around the world. Good nutrition—which vitamin C is an important part—is a very important consideration in determining the likelihood of the infection proceeding to severe illness or even death. (Of course, as the well-publicized cases of infected Americans show, exposure to a high enough titer of the virus can allow an infection to “take hold,” even in a well-nourished individual.)

“This underscores the importance of regularly supplementing with vitamin C,” Dr. Levy points out. “While popping a daily vitamin C pill of any size will help just about anyone, I encourage you to go a step further and work with a medical professional to reach a state of optimized health. Optimal administration of vitamin C will help stave off not only viruses, but many other degenerative diseases and health problems, too.”

“As Westerners, we’re very fortunate because we have the tools to prevent a virus like Ebola from ever setting up shop in our bodies,” Dr. Levy concludes. “But if you did contract this virus, resolution and cure could potentially be a simple process with the proper administration of vitamin C. It is my hope that this amazing substance gains more recognition from the medical community in the near future so that it can be used to treat and even cure a wide variety of medical conditions.”

In addition to its ability to effectively combat deadly viral infections (in the future, possibly even Ebola), vitamin C has many other surprising health benefits. Here, Dr. Thomas E. Levy shares seven ways in which vitamin C helps improve overall health. (Remember, like any other supplementation, long-term dosing is best

determined with the help and follow-up of your healthcare practitioner.)

Vitamin C defends against oxidative stress and degenerative diseases. First, a little background: When a toxin enters the body, it starts a molecular “fire” that grows and spreads like a blaze through a forest. Scientists call these “fires” oxidative stress. Oxidative stress is combated by antioxidants: molecules that extinguish oxidative stress and neutralize the original toxins without becoming toxic themselves.

Here’s the vitamin C connection: As an antioxidant, it is a frontline defender against oxidative stress. In other words, vitamin C supplementation can help prevent and address all degenerative diseases, including cancer, osteoporosis, and heart disease, since oxidative stress is a well-known causal factor.

It increases bone density. Research demonstrates the strong relationship between vitamin C supplementation and bone density. In one study, postmenopausal women with a high dietary intake of vitamin C had greater bone mineral density, but only in the lumbar region of the spine. However, individuals who supplemented with vitamin C saw significantly higher bone mineral density at all sites tested. The increased density was particularly evident at the femoral neck, which is the typical site for most hip fractures.

Vitamin C supplementation lowers fracture risk. Not coincidentally, elderly patients who have suffered an osteoporotic fracture have been found to have significantly lower blood levels of vitamin C as compared to their fracture-free peers. Multiple studies mirror these results and support the conclusion that supplemental vitamin C lowers the risk of osteoporotic fractures. It’s worth noting that the relatively small amounts of vitamin C that are typically ingested via any dietary regimen are not sufficient to impact fracture risk.

It accelerates and improves the quality of bone healing. In addition to accelerating the bone healing process per se, vitamin C is also important to the 1) formation of non-collagen bone matrix proteins, 2) differentiation of mesenchymal stem cells into bone cells, and 3) the regulation of cartilage-forming cells in the bone. Collectively, this means that vitamin C contributes substantially to both the speed and the quality of healing in fractured bones. (And, in fact, a sufficient deficit of it can result in the failure of a fracture to heal.)

Supplementation protects against dangerous calcifications. When we ingest too much calcium (which is extremely common in Western society, as explained in Dr. Levy’s book Death by Calcium), calcium collects in non-bone tissues. These abnormal calcifications contribute to heart disease, stroke, cancer, and more. Not only does vitamin C help to reincorporate calcium back into the bones, it also prevents calcification and calcium depositions elsewhere in the body by keeping calcium in a dissolved state.

Vitamin C protects against calcium-laden kidney stones. One particular (and particularly painful) manifestation of abnormal calcification in the body is seen in the formation of kidney stones. While the popular press and uninformed physicians have accused vitamin C of initiating kidney stones, nothing could be farther from the truth. When adequately dosed, vitamin C can be expected to inhibit or even prevent the oxidative stress that causes kidney stones. Anecdotal evidence (which is consistent with the calcium-dissolving properties of vitamin C) even indicates that vitamin C can dissolve and/or resolve preexisting stones in humans and animals!

In fact, vitamin C supplementation lowers all-cause mortality. Studies examining the relationship between vitamin C and death from all causes—especially from heart disease or cancer—are very compelling. Research indicates that even small increases in dietary intake of vitamin C result in a substantial lessening of all-cause mortality. So here’s the bottom line: The more vitamin C you can get into your body (preferably through supplementation), the healthier you’ll be—and the less your chances of death from our society’s most deadly diseases.

Thomas E. Levy, MD, JD, is the author of Death by Calcium: Proof of the Toxic Effects of Dairy and Calcium Supplements. He is a board-certified cardiologist and is also the author of Primal Panacea and Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins; plus three other groundbreaking medical books. He is one of the world’s leading vitamin C experts and frequently lectures to medical professionals all over the globe about the proper role of vitamin C and antioxidants in the treatment of a host of medical conditions and diseases.

For more information, visit [www.deathbycalcium.com](http://www.deathbycalcium.com).







# Viejas Casino & Resort 23rd Anniversary

# 23<sup>rd</sup> 1 9 9 1 - 2 0 1 4 Anniversary

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World Record Attempt  
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SUBREGIONAL PLANNING GROUP**  
P. O. Box 21489, El Cajon, CA 92021-1489  
[www.crestplanning.org](http://www.crestplanning.org)

**PRELIMINARY AGENDA/PUBLIC NOTICE**

DATE: September 8, 2014,  
TIME: 7 p.m.

PLACE: HARBISON CANYON, OLD IRONSIDE PARK  
326 Harbison Canyon Road, El Cajon, CA 92019

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. APPROVAL OF MINUTES for the meeting of August 11, 2014
- E. PUBLIC COMMUNICATION: An opportunity for members of the public and Planning Group to speak on items within the jurisdiction of the Planning Group and not on the Agenda. Time limit 3 minutes; no discussion, no vote.
- F. ACTION ITEMS
  - 1. Request for input in reference to San Diego National Wildlife Refuge Trail.(Walls)
- G. GROUP BUSINESS
  - 1. Announcements and correspondence received.
    - a. Presentation by Padre Dam Water District .
    - b. Consideration of applicants for vacant seats.
  - 2. Expense reimbursement.
  - 3. Subcommittee reports.
    - a. PLDO list (Bowen).
  - 4. Next meeting date: October 20, 2014 (October 13, 2014 is a Holiday)  
OLD IRONSIDE PARK, 326 HARBISON CANYON ROAD, EL CAJON

**Planning Group Members**

Crest:	1. Judy Bowen	2. Pat Ulm	3. Ralph Slagill	4. Karla Caroll
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Cyn.	9. Mary Manning	10. Vacant	11. Jason Harris	12. Vacant
Granite Hills	13. Phil Hertel	14. Bryan Underwood	15. Vacant	

Final agenda will be posted at Dehesa School, 72 hours prior to meeting.

Chairman	Vice-chairman
Wally Riggs	Jason Harris
(619) 442-4612	(619) 659-9675
<a href="mailto:wrplanning@aol.com">wrplanning@aol.com</a>	<a href="mailto:harris@nautilus.com">harris@nautilus.com</a>











