

# EAST COUNTY GAZETTE

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Adoptable pets . . . page 15

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VOLUME 9 NUMBER 45

APRIL 16 - 22, 2009

## Saddle up for the 45th Annual Lakeside Rodeo



The 45th Annual Lakeside Rodeo will take place on Friday, Saturday and Sunday, April 24, 25 and 26 at the Lakeside Rodeo Grounds, 12584 Mapleview Street in Lakeside. Performances will be Friday at 7:30 p.m., Saturday 2 and 7:30 p.m. and Sunday at 2 p.m. Tickets prices are \$18 for reserved seats, \$14 for adult general admission and \$10 for children 12 and under. Tickets can be purchased at the Lakeside Rodeo Office (619) 561-4331 or at Boot Barn, 853 Arnele Avenue in El Cajon.



Read about  
'Hannah Montana: The Movie'  
by Tamberly Donato  
and 'The Fast & Furious'  
by Michael Black



in the Class Act  
Entertainment  
Section B

# 'Stop the spending'



"Stop the spending," was the chant on Lexington Avenue in El Cajon late Wednesday afternoon (April 15) as hundreds of people starting forming lines in front of the Lexington Post Office, peacefully chanting and holding signs in protest of the massive government spending. "Enough already," was the consensus of this large group. Most of the folks with signs were people who had never demonstrated before. They were moms, dads, grandmothers, grandfathers, young adults, families — all with a common bond, worried about the government spending and the taxes it's creating for the people of this country and for generations to come. Demonstrations like this were happening all across the country on Wednesday, tax day. Photos by Debbie Norman

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## Get ready — 13 percent cut in water and 20 percent rise in rates begins this summer

In response to continuing drought conditions and regulatory restrictions on water supplies from Northern California, water supply deliveries from the Metropolitan Water District of Southern California to the San Diego County Water Authority will be reduced by 13 percent starting July 1.

As a result of actions taken Tuesday by MWD's board of directors, San Diego County residents and businesses will face mandatory water use restrictions designed to ensure

the region does not exceed its water supply allocation from MWD.

"The water supply challenges that have led to this allocation may continue for several years," said Claude A. "Bud" Lewis, chair of the Water Authority's board of directors. "Many of the voluntary water conservation measures we have been advocating for the past several years will now become mandatory. We are asking every resident, every business and every government agency to make a full and sustained commitment to reduce their water use.

"By working together, we can live within our water supply allocation, while also protecting our region's \$171 billion economy and the quality of life of our 3 million residents."

The water supply cut from MWD is the first since the agency last curtailed water deliveries in 1992 — the last year of a six-year drought. The supply allocation will be effective July 1 through June 30, 2010. Last year, supplies from MWD accounted for 71 percent of the region's water supply.

The Water Authority's Board of Directors will consider a number of actions at its April 23 meeting to respond to the supply cut from MWD. Among the actions the board will consider:

- Implementing water supply cutbacks to its 24 member retail water agencies and cities;
- Declaring a Level 2 "Drought Alert" condition, which would enable the Water Authority's 24 member retail water agencies and cities to impose water use restrictions and water rates designed to ensure supply reductions are achieved;
- Using dry-year supplies to offset some of the water supply cutback from MWD.

In a separate action, MWD's Board of Directors approved an average rate increase of 19.7

percent effective September 2009. The Water Authority Board of Directors is expected to consider water rate increases for the September 2009-December 2010 period at its June 25 meeting.

MWD's actions to curtail supplies and raise rates stem from an unprecedented combination of water supply challenges gripping much of California. Regulatory restrictions to protect fish species in the Bay-Delta are dramatically reducing water deliveries from Northern California, and may remain in effect for years. A third consecutive year of drought is also constraining supplies. As a result of these factors, many of the state's major reservoirs have been drawn down to very low levels.

MWD's rates are based, in large part, on the cost of its waters supplies. As supplies from its less-expensive sources are reduced, MWD must rely upon more costly water sources to help meet demands. In addition, reduced water sales from allocations means higher water rates are needed on the remaining supplies to cover MWD's expenses. In turn, the cost of MWD's supplies to the Water Authority has a major impact on driving up water rates in the region.

On April 23, the Water Authority's Board of Directors will consider moving to the next stage of its Drought Management Plan and allocate its reduced supply to its 24 member retail agencies. The percentage of the Water Authority's water shortage will be lower than MWD's allocation percentage, because the Water Authority has developed additional water supplies through transfers and by working with member agencies to develop additional local supplies and storage.

To address the remaining water shortage, the Water Authority will decide April 23 whether to declare a Level 2 "Drought Alert" condition. That would enable local retail water agencies to move to the next level of their drought

response ordinances. Those ordinances authorize mandatory conservation restrictions and rate structures designed to achieve the needed water savings level. A Drought Alert condition is used to achieve any level of mandatory water savings up to 20 percent.

Under a Drought Alert — the second level of the Water Authority's four-level model drought ordinance — voluntary water use restrictions outlined in the model drought ordinance become mandatory. Examples of these restrictions include not washing down sidewalks and driveways, watering residential and commercial landscapes only in early morning or late evening hours, and serving water in restaurants only by request.

In addition, more landscape watering restrictions take effect, including limits on how many days per week and minutes per day lawns and plants can be watered. Leaks must also be repaired more quickly, and decorative fountains and other water features must not be used unless they use recycled water.

Actual restrictions may vary by retail agency. For example, nine agencies have ordinances with provisions at this level that restrict or potentially restrict new water service unless the increased demand is offset. Some retail agencies also plan to use measures such as tiered rates or water allocations based on meter size or individual property characteristics (such as lot size, landscaping, number of residents) to help reduce demand.

"It's critical for residents and businesses to check with their local water provider to make sure they understand the rates and restrictions in their community," Lewis said. "It will help them learn what they need to do to help our region cope with the effects of the water shortage and minimize their risk of penalties or dramatic increases to their water bills."

If the San Diego region does not stay within its MWD supply allocation, MWD will levy significant rate penalties on the Water Authority. These costs would be passed through to Water Authority member agencies that did not stay within their allocation from the Water Authority.



Dr. Luauna Stines

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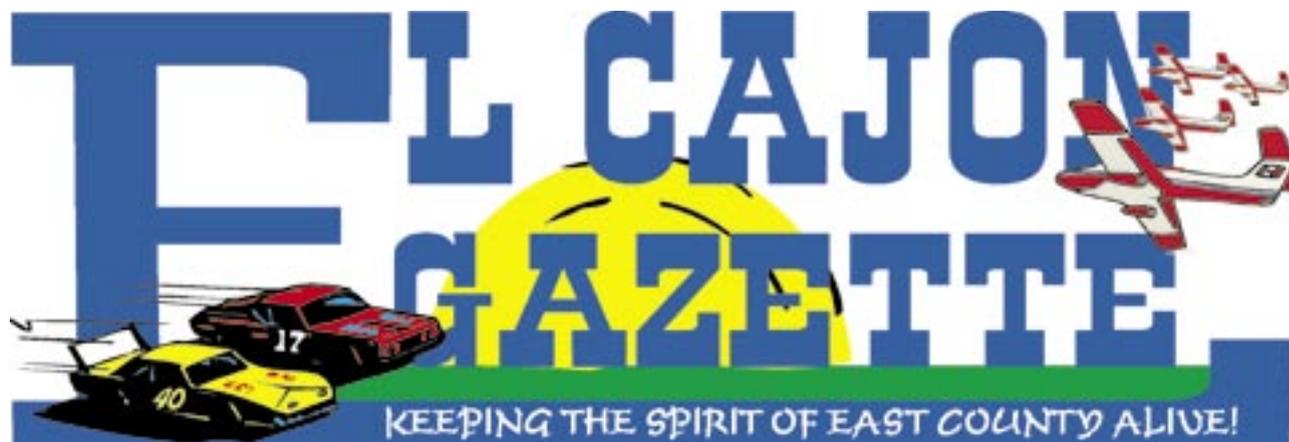
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Members of the El Cajon Police Department's Crime Free Multi-Housing Program were honored at last Tuesday's City Council meeting. Photo by Monica Zech

by Monica Zech  
City of El Cajon Public  
Information Office

**Crime Free Multi-Housing  
participants honored**

At Tuesday's City of El Cajon City Council meeting, members of the El Cajon Police Department's Crime Free Multi-Housing Program were honored. The Crime Free Multi-Housing Program is a state-of-the-art crime prevention program

designed to reduce crime, drugs, and gangs on apartment properties. The El Cajon Police Department adopted the program in 1997. This free program is now in over 2000 cities throughout the United States and in seven different countries. Newly certified participants and existing participants that have passed the yearly renewal Crime Prevention Through Environmental Design (CPTED) inspection for the CFMH program, will now be recognized at future El Cajon City Council meetings.

Delia Pantoja of Cedar Glen Apartments, and Maricela Arbaca with Town Plaza Communities.

The Crime Free Multi-Housing Program consists of three training phases that are completed under the supervision of the El Cajon Police Department. The benefits of this program are reduced calls for service, a more stable tenant base, and it creates a sense of community for tenants living in an apartment environment. Property owners, managers, leasing staff, maintenance personnel, and others in the management team are encouraged to attend this 8-hour training program. For more information or to register please call Samantha Hook at (619) 579-4227.

**Mark your calendars  
for Bike To Work Day  
in May!**

Get ready, El Cajon's 10<sup>th</sup> Annual "Bike To Work Day is

Friday" is May 15! This special day is designed to educate the public on using alternative modes of transportation to conserve energy, such as bicycling or public transit. It's also a great way to relieve stress and stay healthy. On May 15, stop by the El Cajon Pit Stop on East Main west of Claydelle Avenue (across the street from Prescott Promenade) between 6 a.m. and 9:30 a.m. to take a rest and enjoy some healthy refreshments. To register for Bike To Work Day visit [www.ridelink.org](http://www.ridelink.org) or call 1-800-COMMUTE.

**Neighborhood Clean  
Up**

The public is invited to participate in a monthly Saturday morning neighborhood clean up day scheduled for Saturday, April 25, from 9 to 11 a.m. at Linda Way and Sunshine Avenue, in Downtown El Cajon. The non-profit El Cajon Community Development Corporation (CDC) will provide the cleaning tools and morning refreshments. The El Cajon CDC will collect electronic waste such as computers, laptops, printers, cell phones, TVs, and batteries. San Diego Rescue Mission will collect your working electronics, furniture, household articles, baby items, or clothes (and remember, your donations are tax deductible!).

"Spend a morning meeting  
See EL CAJON BITS page 5

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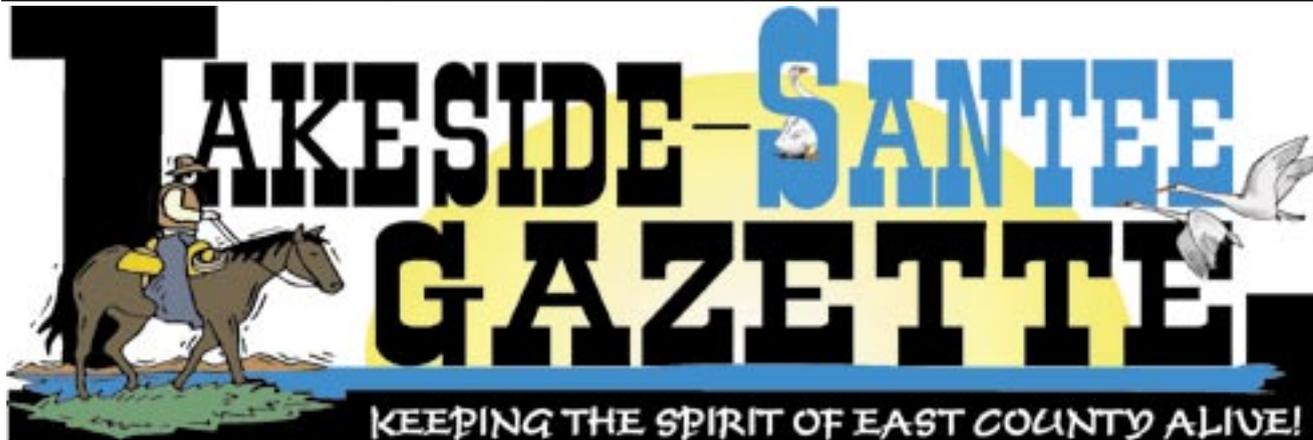
Among those honored Tuesday: Linda Bauer with Village Green Apartments, Rayne Rodriguez with Casas De Madison, Moses Meadmore with Shannon Arms Apartments, Judith Barr with Portofino Apartments, Marie Lopez with Sunshine Manor, Mark Richley & Carrie Fenner with Chateau Du Val Apartments and Ted Kagan with Granite Hills Park Apartments. Lucy Gonzalez with Regency Apartments,

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— LOCAL NEWS & EVENTS —



# Lakeside Round Up of events



**Sunny Days Preschool celebrated their ribbon cutting ceremony with their kids: Carson, Jareth, Caelan, Elias, Brysyn, Jaden, Kyle, Preston, Kyler, Kalya. Adults, owner Normando Campos, Julie (Director), Brittany and Stacey (teachers), Terri Leimbach**

by Patt Bixby

## Time Capsule found

While work was being done to restore the Old Boat House on Lindo Lake, a time capsule was found. The time capsule belonged to the Lakeside Chamber of Commerce.

Watch the Gazette for information on when the capsule will be opened.

## Lakeside Western Days Parade

The Lakeside Chamber of Commerce proudly presents the 44<sup>th</sup> Annual Lakeside West-

ern Days Parade. The theme for this years parade is "Looking to the Future, Remembering the Past."

The parade will feature Silver Riders, clowns, Outlaws, Fine Western Ladies, Queens, Princess' and courts, classic cars, western re-enactments, VIP's and 1<sup>st</sup> Responders. The Grand Marshal is "Ironman" Ivan Stewart, legendary Off Road Racer.

## Town hall meeting

A town hall meeting was held April at the Alpine Community Center with a call to action to stop the Sunrise Powerlink, which SDG&E is planning to put through the East County. The meeting was coordinated by the East County Community Action Coalition which began the evening with a Sunrise Powerlink slide show narrated by Vanessa Rusczyk.

Nearly 300 people filled the community center to hear how it would affect them if the Sunrise Powerlink is built. Keynote speaker Hon. Dianne Jacob, San Diego County Supervisor 2<sup>nd</sup> District told the audience the Power Company is trying to pit community against community. "The Powerlink is not needed. Don't let them divide us," Jacob said. "This is a David and Goliath fight," she continued. Sempra, the parent company of SDG&E is big in and out. Follow the money and influence," Jacob said. Jacob continued to say if homes and businesses all put solar on their roofs, it would put SDG&E out of business. SDG&E would not guarantee 33 percent of renewable energy will come over the line.

Several speakers brought up a variety of issues they felt could affect the public. The 150 mile, 500KV power line could be used for the purpose of connecting their unregulated plants in Mexicali. SDG&E repeatedly exaggerated the financial benefits of Sunrise... first it was 447 million, then

204 million, then down to 129 million, serious math errors? (Ucan Watch Dog).

The UPC and SDG&E went ahead knowing of the danger. There are unmitigated impacts of fire protection Fire Fighters cannot fight a fire under or near the towers. Fire fighting air craft can not fly low over the wires.

The US Forest Service has not yet given approved of the project. Michael Shames (Ucan) said he was not there to ask for the communities' money. There is half million for the fight at the PUC level. Sempra's ultimate plan is to get power to Orange County. Shames urged the community to convince the Bureau of Land Management (BLM), Fish and game and the US Forestry to help stop the Powerlink. He also said they need to raise money, a lot of money, to support the fight.

For further information or to donate, go to [www.eastcounty-action.org](http://www.eastcounty-action.org)

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## El Cajon bits ...

Continued from page 4

your neighbors and making a difference," says Christina Burke, Community Development Coordinator for the El Cajon Community Development Corporation, which organizes the monthly neighborhood clean up. "The El Cajon CDC provides the tools, materials, and refreshments, while our volunteers provide the elbow grease. It is fun and it is worthwhile."

If you are interested in joining this worthwhile effort please RSVP with the El Cajon CDC by calling (619) 401-8858 or email Rebecca Reyes, Community Development Assistant, at [Rebecca@downtownelcajon.com](mailto:Rebecca@downtownelcajon.com). For more information, visit [www.downtownelcajon.com](http://www.downtownelcajon.com). The next Lend A Hand

day is scheduled for May 30 at Millar and Palm Avenue.

## Cajon Classic Cruise & Concerts On The Green start in May!

The 9<sup>th</sup> Annual Cajon Classic Cruise begins Wednesday night, May 13 in downtown El Cajon, continuing every Wednesday night through Sept. 30. Starting May 22, Concerts On The Green are back at the Prescott Promenade from 6 to 8 p.m. Kicking off the season will be The Cat-illacs with Rock & Roll music.

For a look at the full calendar of exciting events you can visit the El Cajon Community Development Corporation website at [www.downtownelcajon.com](http://www.downtownelcajon.com) or call (619) 401-8858.

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[VintageAlpine@AlpineKiwanis.org](mailto:VintageAlpine@AlpineKiwanis.org)  
[www.AlpineKiwanis.org/VintageAlpine](http://www.AlpineKiwanis.org/VintageAlpine)  
 Or Contact:  
 Max Robinson 619-659-0870  
 Art Armagost 619-971-5215  
 Richard Higgins 619-672-3861

A Fund Raising Event to Benefit the Children of San Diego County  
 All proceeds of Vintage Alpine are used to provide services and programs for the children of San Diego. Vintage Alpine is presented by the Kiwanis Club of Alpine Foundation, Inc., 501(c)(3) non-profit California corporation.

# Alpine happenings ...

## Alpine goes greener for Earth Day

This year's Earth Day celebration will be the biggest ever in scenic Alpine. Sponsored by the Alpine Mountain Empire Chamber of Commerce, the day-long event on Saturday, April 25, will have new, free activities as well as the traditional cleanup in this foothills community.

Everyone is welcome to participate between 9 a.m. and 4 p.m. at various locations in Alpine, the gateway to San Diego's beautiful rural East County.

The first "Alpine Tree Town USA" celebration and "Going

Green" exhibit, both free, will be held at the historic Town Hall location of the Alpine Woman's Club at 2156 Alpine Blvd.

With the San Diego Gas & Electric Co. and Waste Management as major event sponsors this year, free recycling of numerous items and paper shredding will be available at the Albertsons parking lot at 2955 Alpine Blvd.

The Greater Alpine Fire Safe Council is offering free chipping at Tom Dyke's Field on Tavern Road, and the Alpine Artist Association will host demonstrations in the center of town.

A variety of items will be "recycled" at the rummage sale at the Alpine Community Church at 2225 W. Victoria Drive.

Call the Chamber at (619) 445-2722 and visit [www.alpinechamber.com](http://www.alpinechamber.com) for more information.

## Chamberlin offers free financial information

George Chamberlin, well-known financial reporter, will help people navigate the rough water economy at the next free ACRES Real Estate and Financial Quarterly Public Town Hall Meeting in Alpine.

Chamberlin, executive editor of San Diego's only daily business newspaper, The San Diego Daily Transcript, will be the guest speaker at the no-holds-barred event on Thursday, April 23.

The public meeting is presented by the Alpine Chamber Real Estate Services (ACRES) committee of the Alpine Mountain Empire Chamber of Commerce. ACRES members are financial and real estate professionals who know East San Diego County markets.

"It's free financial and real estate advice to help the local residents and to promote the local professionals," Cory Kill, ACRES chairman, said about



**Michelle Bergquist, author of *How To Build A Million Dollar Database*, was the guest speaker of the Alpine Chamber and Mountain Empire's Hot Topics breakfast on Tuesday, April 13. Bergquist gave valid ideas to business representatives on how to manage their contacts and develop business connections. Photo: Diana Saenger**

the meeting. "The financial and real estate markets continue to be very volatile and current information is your best way to manage your assets."

Questions are encouraged at the free meeting from 5:30-7:30 p.m. at the California Bank & Trust, 2250 Alpine Blvd. California Bank & Trust is the partnering sponsor.

In addition to being The San Diego Daily Transcript's executive editor, Chamberlin is business editor and host of KOGO radio's "Money in the Morning" personal finance and consumer program.

He is also NBC 7/39 TV's weekday Money Advisor, a North County Times newspaper columnist, and publisher/editor of the national "Investing for Rookies" newsletter.

Call (619) 445-2722 or visit [www.alpinechamber.com](http://www.alpinechamber.com) for more information.

## Alpine Kiwanis

Each spring the Alpine Kiwanis sponsor a trilogy of events that raise over \$45,000 for youth projects in the Alpine community and Children's Hospital. The first event was the recent successfully completed, 55th Annual Carmelo Manuele Easter Breakfast.

The next event is the 2009 Alpine Challenge bike ride on Saturday, April 25. The ride includes a 25 mile novice route, and up to a 72 mile event that starts at Viejas Outlet Center, goes to Pine Valley, and returns to Viejas.

A noted international rider, Andy Hampsten, who has been a white jersey winner in the Tour de France and a winner in other international races, will be riding the long distance route again this year. The rides feature several refreshment stops, and at the end of the ride, gift packs, tee shirts, lunch, massages, and a beer garden are available.

The major sponsors and the Alpine Kiwanis provide all of the volunteers so that 100 percent of the proceeds benefit the youth in our county. Over 500 bicyclists are expected to participate in the ride this year. Register and get more information at [www.AlpineChallenge.com](http://www.AlpineChallenge.com).

The third event is the 18th Annual Vintage Alpine wine tasting and food event on Sunday, May 3 at Summers Past Farms at 15602 Olde Highway 80 in East County.

Tickets can be reserved early by going to the Alpine Kiwanis web site and click on Vintage Alpine.



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# MOTOR AND SPORTS

## 2009 Dodge Challenger RT



Plenty of room in the Dodge Challenger RT. Photo by Dave Stall

by Dave Stall

For all Challenger fans the RT has been added to the Challenger line up along with the SE. In 2008 the only Challenger available was the SRT-8 with a healthy 6.1-liter 425 horsepower Hemi V8 backed by a 5-speed

automatic transmission or an optional 6-speed manual.

The RT I was testing had the optional 6-speed manual transmission and under the hood was a 5.7-liter Hemi V8 producing 370 horsepower and 398 pound foot of torque. My tester was Hemi Orange

with black RT stripes down the side, slate colored interior with leather trimmed bucket seats. The Challenger was very comfortable and what really stood out was the way the Hemi sounded at idle and during acceleration, not annoying but just enough rumble to make you say, Yea!

Before I forget the SE was added as well and it comes with a V6 that produces 250 horsepower and 250 pound foot of torque. I haven't driven a V6 but it is on my list.

Standing back one can't help but remember the 70's Challenger, but once inside there is a big car with lots of room, except for the rear passengers, but if you slide the front seat up a little your rear passengers will enjoy the ride.

The Challenger RT rode

very smooth and handled the corners with control and smoothness. Power windows and door locks and a keyless ignition, just hook the key fob to the belt loop and you're good to go with a push of the ignition button.

Even though this was not the SRT 8 there is great performance steering, electronic stability control, all-speed traction control, performance suspension, 4-wheel anti-lock brakes, standard 3.05 rear differential ratio. I must comment on this feature, with this gear ratio and the gear ratio's in the 6-speed manual transmission it will be turning a low 1500 rpm at 70 miles per hour, sound good? For fuel mileage it is great, 16 city and 25 freeway, for high speed passing it is terrible. The RT falls flat on its face and one or two gears need to be dropped to push this 4,140 pound coupe around the car passing. That is the only negative I could find on this RT. I



The Challenger handles the corners with control and smoothness.

would probably buy this over the SRT-8 mainly for the price and fuel mileage.

My tester will cost you a base price of \$29,320 (with a standard automatic transmission) and a loaded price of \$37,320, which included options like a great sound system, satellite radio, steering wheel controls, keyless go as I mentioned before, alarm system, temp and compass, tire pressure monitoring system, optional 3.73 rear gears, anti spin differential, power sunroof, stripes

on the side of the car and a set of 20-inch by 8-inch aluminum chrome wheels, and 245/45VR20 tires.

This was a perfect package for someone that would like to step back in time and drive a legend with today's technology.

Nice job Dodge, the RT is a winner!!!

Got a question for Dave? Go to [www.davestall.com](http://www.davestall.com) or listen to him on KCBQ AM 1170 Saturday 3 to 5 p.m.

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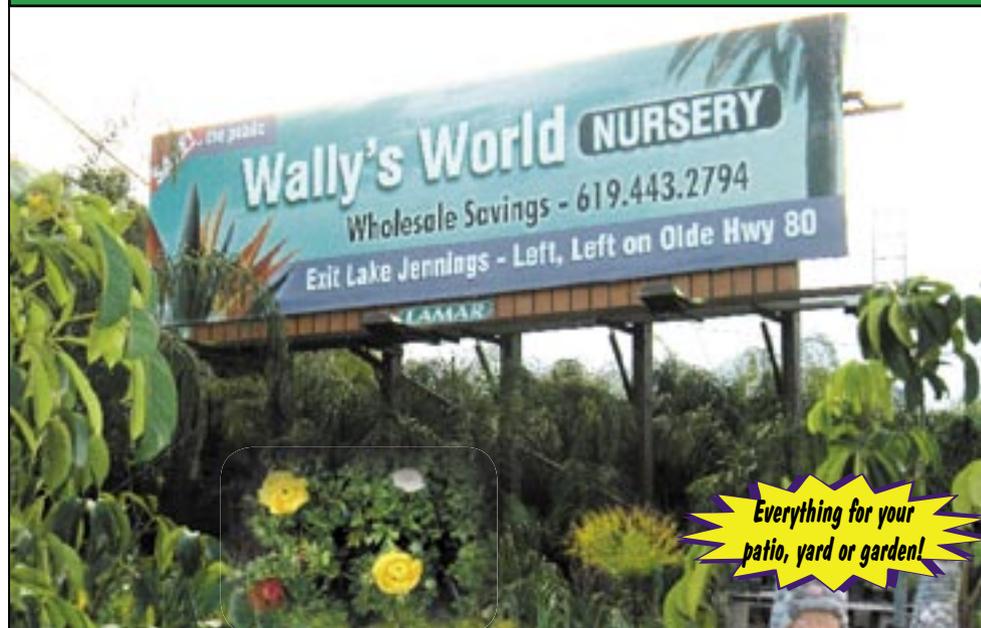
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— MOTORandSPORTS —

# San Diego Padres — exceeding expectations

by Chuck Karazsia

**L**osing 99-games in 2008, expectations are not high for the Padres.

Into the second week of the season the Padres unpredictably find themselves sitting atop the National League West alone in first place, on a winning streak.

Celebrating 40 years of major league baseball in San Diego, the Padres and their fans couldn't have asked for a better home opening series to start the 2009 season.

And what a week it was, a truly memorable experience.

Splitting four games with divisional rival Los Angeles Dodgers, the Padres swept the Giants in three games in the Gaslamp in grand fashion.

Such excitement and fun hadn't been seen at the Padres games since winning back-to-back divisional titles.

Major discounts for the fans on concessions, more attractions (Friday fireworks) and giveaways (Adrian Gonzales long sleeved t-shirts) were designed to ease the crunch of recession. Notwithstanding, it was the fundamentals of baseball being played and the effort given by the players on the field that attracted the attention of fans to see the Padres at Petco Park.

The team now has since traveled to New York to play the Mets in three games this week for the grand opening up their new Citi Park.

Spoiling the Mets home opener was Padres center-fielder Jody Gerut who made history by etching his name in the record books. Batting leadoff, on the third pitch of the game he homered, becoming the first leadoff hitter to hit the first home run of any new major league ballpark facility.

The Padres won the game in a heart stopper 6-5.

The Padres are playing good

baseball. Good pitching, solid defense, and clutch hitting especially with two outs, have keyed this team to winning.

There are a lot of new faces on the club belonging to young players with little or no major league experience,

Most outside 'experts' picked this Padres team to finish last in the division this season and not be competitive. Most do not really know what to expect.

Scouring the waiver wire daily, Padres General Manager Kevin Towers keeps plucking up no-name players who have been released by other teams, allowing his coaching staff to polish these diamonds in the rough.

Besides the familiar names of Peavy, Young, Giles, Gonzales, all proven veterans who are counted on for leadership, the names Hairston, Gerut, Headley, Hundley, Kouzmanoff, and Bell are coming through in the clutch. All these players mentioned are giving 1000 percent every play, every day.

What about the diamonds recently acquired?

These names are going to take getting used to, but we will as long as they perform the way they have in their current winning streak...32-year old rookie pitcher Walter Silva from Mexico, Shaun Hill, Luke Gregerson. These diamonds don't appear to need too much polishing.

One industrial-grade diamond Kevin Towers acquired is a familiar name that just might be the turning point on the team. He is small in stature, but large in heart.

His name is David Eckstein. Asked to play second base, Epstein, a two-time World Series winner (Angels, Cardinals) is a pest to opposing pitchers, hitters, and runners. He can play small or large and knows how to handle the bat and glove in all situations. His mix with the other veterans on the team is contagious to the younger players, and is definitely an asset to the club.

See PADRES page 13

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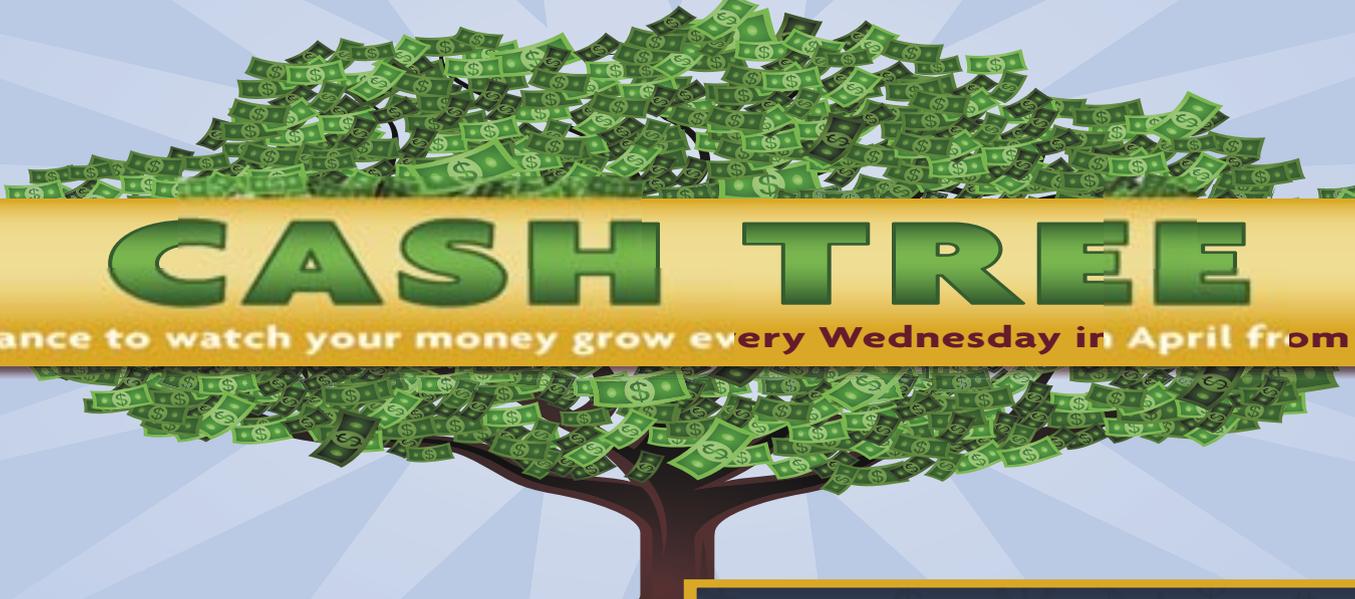
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# For Health's Sake

## Peruvian Shamans come to Viejas for Spiritual Healing event

by Diana Saenger

The cool breeze swirling from under the dark clouds nestled atop the mountains circling the 1,600-acre Viejas Indian Reservation last week seemed ordered from a catalog. The shifting winds set the atmosphere for healers from the sacred Andes Mountains who came for spiritual healings. Don Martin Pinedo Acuna and Marco Nunez, well-known Peruvian Shaman healers, spent three days with those who attended the event that included workshops on Andean Shamanism, meditations for cleansings and healings, despacho ceremonies as well as group and individual healings.

Former Viejas Tribal Chairman Anthony Pico, who had gone to Peru and participated in spiritual healings, welcomed those in attendance on the first evening.

"A few years ago I was stunned when I attended a healing in Arizona and heard the similarities of what I heard as a child growing up," Pico told the crowd. "To broaden my perspective of this subject, I started studying with these people for the last three years. I witnessed healings that I have no explanation for, including a healing of myself. These men live by a simple rule, 'All we have to do is love every individual human being we meet and the rest is gravy. And we're

going to witness their pure indigenous medicine."

Tribal member Vera Tucker, the master of ceremonies, had also been to Peru and studied with the Shamans. "These healers came to remind us what we use to do as native people," Tucker said. "We used to heal and we used to suck out the negative energy and give it to the stones. We need to wake up and remember this stuff."

The wind blew cooler as Shaman Don Martin Pinedo Acuna and his interpreter and shaman-in-training, Marco Nunez, were summoned onto the stage. Enthralled by the mysterious men dressed in colored traditional Peruvian ponchos, and their heads covered with a *chullo*, a woolen cap fitted with earflaps decorated with multi-colored motifs, the spectators cuddled into their chairs – waiting. No one seemed to notice the weather. And no one left.

"We are very honored to be here with Don Martin, he is one of the single Shamans in Peru who has dedicated his life to teaching others and works every day with Shamanism," Nunez said as he and Martin chewed constantly on coca leaves – a powerful symbol throughout South America of indigenous cultural and religious identity.

Interpreting for Martin,

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**Diana Pico, Don Martin, Marco Nunez, and Anthony Pico set for healing event. Photo credit: Diana Saenger Photo credits: Kathy Foster**

Nunez said, "He's very glad that he got a vision of the eagle, and he's here with an open heart to give us words about this land where our brother, who comes as the condor, came together to be with you, the Northern American Eagles."

Martin commented about how the four spirits of Earth – the wind, water, fire and Earth were present on the reservation and responsible for bringing them and local people together.

Alpine's Vickie Steffens, who had studied about the Peruvian Shaman healers, was excited when she heard about the event. "I'm very intrigued by the ideas of spiritual healing," she said. "We all need that lately."

Nunez reported Martin then spoke about taking better care of the Earth, not to worry about material things and to focus on the spiritual life, and repeated what Martin said, "We have to be happy, to enjoy our lives and build our spiritual lives. When our life starts, it ends, and we should not waste time anymore. And to open your heart – the medicine comes from the heart. And let the light come in to lead a better life."

Those were the words that Oley Jones from North County came to hear. "I want to hear healing words for my spirit," he said.

Julie Hagen, who just moved

back to the area, was looking for the same curing. After listening to the shaman's knowledge, their metaphysical visions, Don Martin's spiritual songs on his man-made flute and invitations to feel their healing energy, there was a prayer for Mother Earth. Then everyone was invited to gather around the stage to sample the coca leaves, and place their hands on the rocks in Don Martin's medicine bundle.

Pico summed up what attendees should experience at the three day event including: workshops cleansings, healings, traditions such as the luminous body, or "light body;" which surrounds and runs through the human body and interconnects with the energy of the universe; despacho ceremonies as well as group and individual healings. The shamans would also be talking about their prophecy and the coming of year 2012.

"They have taught me how to live in "Ayni" which means a good relationship with oneself, with our neighbors and our environment," Pico said. "They bring unity, togetherness, and hope that when they leave here, we of different color, different nationality, different political perspectives and different national origins, will be one. That's a beautiful concept to be one with others."

For more information on Don Martin Pinedo Acuna visit <http://www.theshamanspath.com/donmartin.php>



While blitzing to the office yesterday, KOGO's Chip Franklin commented on medical costs. "You know, they always go up every year, it is a given." Is it?

By the time I hit the parking lot, I was a bit worked up. My medical student viewed the cloud over my head and as the surgeon he will be after an up and coming five year residency, he simply cut the problem out by asking, "What got you worked up?". You know them surgeons, always subtle. Well, we grappled with staff and a few patients and came up with the following.

We all noted that reimbursement for providing basic care to the majority of health care providers is going down, not up. Medicare and California's Medical are the best examples. Hospice payments are being pulled, mid care, as cases are reviewed. That would be the path of least resistance! Hospital contracting is becoming more and more obtuse and harder to achieve a package that covers hospital overhead. Nursing homes are also under attack in the reimbursement world forcing unsafe nursing ratios. Our lunch hostess of the day is a very watchful young lady. She commented on how more and more offices she visits are struggling to meet standards of care with less reimbursement. And yet, costs are going up so premiums are going up and where is that money going?

Further food for thought. Medicare insists on paying for lab tests that give the lab corporations over 50 percent profit. Pharmaceutical profits are above that figure. Insurance company management/board salaries are obscene, and they provide no actual patient care. Labor unions continue to force nursing participation and become a bigger nightmare than insurance contracting to hospital administrations. Is there a common theme here?

Again, the medical student deftly wielded his future scalpel. "It would seem that the government allows, no, fosters it all." He will get an A this rotation! Yes, lab and pharmaceutical companies have very powerful lobbyists. Yes, labor unions are a tad notorious when it comes to manipulating politicians. So, if you want more of the same or maybe just the final demise of creative and individualized medical care, keep the government in the mix.

Stay tuned.

### Laughter is the Best Medicine

#### Stay! Stay!

I pulled into the crowded parking lot at a Wal-Mart and rolled down the car windows to make sure my Labrador Retriever Pup had fresh air.

She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car saying emphatically, 'Now you stay. Do you hear me?'

'Stay! Stay!'

The driver of a nearby car, a pretty blonde young lady, gave me a strange look and said, 'Why don't you just put it in park?'

Submitted by Keith Babcock

Have a funny and clean joke you'd like to share with East County? Send it to: [editor@ecgazette.com](mailto:editor@ecgazette.com), or mail to East County Gazette, P.O. Box 697, El Cajon, CA 92022.

# LEGAL NOTICES

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

**NOTICE OF PETITION TO ADMINISTER ESTATE OF SIDNEY BRUCE CHAPMAN.** CASE NUMBER: 37-2009-00151239-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 SIDNEY BRUCE CHAPMAN. A PETITION FOR PROBATE has been filed by RICHARD D. CHAPMAN in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that RICHARD D. CHAPMAN be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to 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: MAY 07, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3RD FLOOR, SAN DIEGO, CA 92101 Probate Division. 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. Attorney for Petitioner BLAINE R. PHIPPS 7777 ALVARADO RD., SUITE 266, LA MESA, CA 91941 (619) 741-5460

EAST COUNTY GAZETTE -GIE030790  
April 16, 23, 30 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010172**

FICTITIOUS BUSINESS NAME(S): a.) DasaRacing.com b.) Dasa Racing Located at: 9625 Mission Gorge Rd., Suite B2 #365, Santee, CA 92071

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Steve Engle 8558 Paseo De Los Castillos, Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 06, 2009.

East County Gazette- GIE030790  
4/16, 4/23, 4/30, 5/07, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010468**

FICTITIOUS BUSINESS NAME(S): Global Floor Covering Located at: 1835 E. Main St. #9, El Cajon, CA 92021

This business is conducted by: An Individual The first day of business was: June 19, 2000

This business is hereby registered by the following: 1. Kenneth Ray Mecseji 1835 E. Main St., #9, El Cajon, CA 92021

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 07, 2009.

East County Gazette- GIE030790  
4/16, 4/23, 4/30, 5/07, 2009

**SUMMONS - UNIFORM PARENTAGE-PETITION FOR CUSTODY AND SUPPORT**

**NOTICE TO RESPONDENT (Name):  
Aviso a Demandado (Nombre):**

**Oliver Bonilla Sotelo  
YOU ARE BEING SUED.**

**Lo estan demandando.**

**PETITIONER'S NAME IS:**

**EL NOMBRE DEL DEMANDANTE ES:  
Alexis Martin**

**CASE NUMBER (Número del Caso):  
DS37661**

You have **30 CALENDAR DAYS** after this Summons and Petition are served on you to file a *Response to Petition to establish Parental Custody and Support of Minor Children* (form FL-220) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately.

Usted tiene **30 DÍAS CALENDARIOS** después de recibir oficialmente esta citación judicial y petición, para completar y presentar su formulario de Respuesta (Response form FL-220) ante la corte. Una carta o una llamada telefónica no le ofrecerá protección.

Si usted no presenta su Respuesta a tiempo, la corte puede expedir órdenes que afecten su matrimonio, su propiedad y que ordenen que usted pague manutención, honorarios de abogado y las costas. Si no puede pagar las costas por la presentación de la demanda, pida al actuario de la corte que le dé un formulario de exoneración de las mismas (Waiver of Court Fees and Costs).

Si desea obtener consejo legal, comuníquese de inmediato con un abogado. NOTICE The restraining orders on the back are effective against both mother and father until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las prohibiciones judiciales que aparecen al reverso de esta citación son efectivas para ambos conyuges, madre el esposo como la esposa, hasta que le petición sea rechazada, se dicte una decisión final o la corte expida instrucciones adicionales. Dichas prohibiciones pueden hacerse cumpliren cualquier parte de California por cualquier agente del orden público que las haya recibido o que haya visto una copia de ellas. The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, 500 Third Avenue Chula Vista, CA 91910

South Bay  
The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):

Brian Cochran, CFLS  
8550 La Mesa Boulevard  
La Mesa, CA 91941

DATE: AUG 21, 2008  
619-461-5000  
Clerk, by (Actuario)  
N. DORIA  
Deputy (Delegado)

EAST COUNTY GAZETTE -GIE030790  
April 16, 23, 30, May 7 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010548**

FICTITIOUS BUSINESS NAME(S): Major's Camp Fleur De Lis Located at: 15638 Broad Oaks Rd., 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. Sandra Major 15638 Broad Oaks Rd., El Cajon, CA 92021

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 08, 2009.

East County Gazette- GIE030790  
4/16, 4/23, 4/30, 5/07, 2009

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

**CASE NO.37-2009-00000064816-CU-PT-EC** IN THE MATTER OF THE APPLICATION OF: JOEL AUGUST HOCTOR FOR CHANGE OF NAME PETITIONER: JOEL AUGUST HOCTOR HAS FILED FOR AN ORDER TO CHANGE NAME FROM: JOEL AUGUST HOCTOR TO: JOEL AUGUST HOWARD

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on May 13, 2009 at 8:30 a.m.) 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 March 13, 2009.

East County Gazette - GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008198**

FICTITIOUS BUSINESS NAME(S): Prop Z Rental Properties Located at: 2389 5th Ave., 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: Zoraida Contreras 3321 Felton St., San Diego, CA 92104

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 18, 2009.

East County Gazette- GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010683**

FICTITIOUS BUSINESS NAME(S): a.) Coral Sea Charters b.) Charterboat Coral Sea Located at: 2838 Garrison St., San Diego, CA 92106

This business is conducted by: Husband & Wife

The business has not yet started. This business is hereby registered by the following: 1. Michael J. Pritchard 10445 Mast Blvd. #33, Santee, CA 92071; 2. Melody L. Pritchard 10445 Mast Blvd., #33, Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 09, 2009.

East County Gazette- GIE030790  
4/16, 4/23, 4/30, 5/07, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-006820**

FICTITIOUS BUSINESS NAME(S): C and L Curriculum Located at: 1155 Bostonia St., El Cajon, CA 92021

This business is conducted by: A General Partnership

The first day of business was: January 1, 2009

This business is hereby registered by the following: 1. Laura Wortman 1155 Bostonia St., El Cajon, CA 92021; 2. Cynthia Mapes 1227 Green garden Dr. #2, El Cajon, CA 92021

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 05, 2009.

East County Gazette- GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007089**

FICTITIOUS BUSINESS NAME(S): Mountain View Vending Located at: 8756 Rumson Drive, Santee, CA 92071

This business is conducted by: Husband and Wife

The business has not yet started. This business is hereby registered by the following: 1. Brett Daugherty 8756 Rumson Drive, Santee, CA 92071; 2. Tammy Daugherty 8756 Rumson Drive, Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 09, 2009.

East County Gazette- GIE030790  
4/09, 4/16, 4/23, 4/30, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009090**

FICTITIOUS BUSINESS NAME(S): a.) Budget Tire Co. of El Cajon b.) Budget Tire Shop

Located at: 1184 Greenfield Dr., El Cajon, CA 92021

This business is conducted by: Husband and Wife

The first day of business was: May 1, 2004

This business is hereby registered by the following: 1. Guillermo Cuevas 11365 Florindo Rd., San Diego, CA 92127; 2. Lisa Cuevas 11365 Florindo Rd., San Diego, CA 92127

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 26, 2009.

East County Gazette- GIE030790  
4/02, 4/09, 4/16, 4/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009523**

FICTITIOUS BUSINESS NAME(S): AV King Located at: 2708 Lake Pointe Dr. #110, Spring Valley, CA 91977

This business is conducted by: Husband and Wife

The business has not yet started. This business is hereby registered by the following: 1. Fady S. Hermez 2708 Lake Ponte Dr. #110, Spring Valley, CA 91977; 2. Annette M. Hermez 2708 Lake Pointe Dr. #110, Spring Valley, CA 91977

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 30, 2009.

East County Gazette- GIE030790  
4/09, 4/16, 4/23, 4/30, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009602**

FICTITIOUS BUSINESS NAME(S): a.) The Dyno Shop b.) TDS Auto Sales c.) Santee Car Care d.) Santee Auto Care

Located at: 10042 Prospect Ave., Santee, CA 92071

This business is conducted by: A Corporation

The business has not yet started. This business is hereby registered by the following: The Dyno Shop Inc. 10042 Prospect ave., Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 01, 2009.

East County Gazette- GIE030790  
4/09, 4/16, 4/23, 4/30, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010009**

FICTITIOUS BUSINESS NAME(S): John's Painting Located at: 9269 Village Glen Drive, #125, San Diego, CA 92123

This business is conducted by: Husband & Wife

The first day of business was: April 3, 2009

This business is hereby registered by the following: 1. John S. Park 9269 Village Glen Drive, #125, San Diego, CA 92123; 2. Susan R. Park 9269 Village Glen Drive, #125, San Diego, CA 92123

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 03, 2009.

East County Gazette- GIE030790  
4/16, 4/23, 4/30, 5/07, 2009

## Dear Dr. Luauna Stines



I am so excited about this new column in the East County Gazette, please write to me, I welcome your questions and will do my best to prayerfully answer each one. My goal is to help you find answers for problems facing you in life, you are special and God has a wonderful plan for you and your family! Nothing is too hard for the Lord. Following is a question, I received, I look forward to hearing from you.

**Dear Dr. Luauna,**

*I am a Christian and married 36 years, my husband surprised me this year, just before our 37th anniversary with divorce papers. I am shocked and angry. How will I get through this? Signed, Broken Hearted in San Diego, California*

**Dear Broken Hearted,**

I am so sorry for your shock and broken heart! I would be surprised if you were not angry. This is not an easy trial, and some days will be harder than others. YES, you will get through this, time has a way to heal the heart, and like a scar, you can see it but in time the pain will be gone. Pray everyday, some days you may need to pray many times throughout the day, leaving this problem at the altar of God. Allow the Holy Spirit to heal your heart, and one day you will look back and you will be surprised, the pain will be gone. It is OK to be angry, the problem is when you stay angry and then it turns into bitterness. The devil is real, His plan is only to kill, steal and destroy your life. Jesus came to give you freedom, even when the storms of life beat vehemently against your house, you will find in God and His Word you will still be standing. You are special, and God loves you! Freedom comes in the morning! Read these verses; (Psalm 91:1) (Psalm 16:1) (Psalm 91-2)

Submit questions to: [questions@drluauna.com](mailto:questions@drluauna.com) or [www.drluauna.com](http://www.drluauna.com)

Watch Dr. Luauna Stines Television Program in San Diego County

Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23

Dr. Luauna is an Apostle and Evangelist, anointed by God to preach the gospel of repentance and salvation, first to the United States, then the world. She has preached the gospel on every continent of the world except for South America and Antarctica, including Seoul, Korea for Dr. David Yonggi Cho's satellite churches of the Yoido Full Gospel Church. She is the President and Founder of A Touch From Above, LSM Inc. whose vision is to reach the world for Jesus. Following is a list of ministry activities:

- Television: A weekly public access program airing from San Diego across to the east in Atlanta, GA.

- Radio: A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)

- Mission America: Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.

- Mission Africa: We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.

- Christian University & Seminary: In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.

- Prayer Mountain & Local Church Services: Similar to the Prayer Mountain in Seoul, Korea a place for Christians to get away and pray; dedicated Healing and Worship Services along with regularly scheduled prayer meetings. While this is our worldwide headquarters, Dr. Luauna has also pioneered a local church to reach our local community. Prayer Mountain is our venue for special events; seminars and conferences.

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COUNTY AND SEND  
YOU A COPY!**

**ONCE YOU STOP  
BY OUR OFFICE,  
YOU'RE DONE!**

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010562**  
FICTITIOUS BUSINESS NAME(S): Maqna Printing  
Located at: 1283 E. Main St., #102, El Cajon, CA 92021  
This business is conducted by: Husband & Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Haydar Karim 1415 E. Lexington Ave. #160, El Cajon, CA 92019; 2. Muna Thamer 1415 E. Lexington Ave. #160, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 08, 2009.  
East County Gazette- GIE030790 4/16, 4/23, 4/30, 5/07, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008315**  
FICTITIOUS BUSINESS NAME(S): Rob's Tree Service  
Located at: 1771 Lake Morena Dr., Campo, CA 91906  
This business is conducted by: An Individual  
The first day of business was: March 17, 2009  
This business is hereby registered by the following: 1. Robert R. Romero 1771 Lake Morena Dr., Campo, CA 91906  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 19, 2009.  
East County Gazette- GIE030790 3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007916**  
FICTITIOUS BUSINESS NAME(S): Consulting Solutions  
Located at: 9501 Abbeyfield Road, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Michael Colombo 9501 Abbeyfield Road, Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 16, 2009.  
East County Gazette- GIE030790 3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008527**  
FICTITIOUS BUSINESS NAME(S): RMF Painting & Maintenance Services  
Located at: 8301 Rockview Dr., El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: January 29, 2009  
This business is hereby registered by the following: 1. Robert Fonseca 8301 Rockview Dr., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 20, 2009.  
East County Gazette- GIE030790 4/02, 4/09, 4/16, 4/23, 2009

**NOTICE OF PETITION TO ADMINISTER ESTATE OF MARION C. O'BRIEN. CASE NUMBER: 37-2009-00151168-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 MARION C. O'BRIEN. A PETITION FOR PROBATE has been filed by MARY A. THOMPSON in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that MARY A. THOMPSON be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to 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: APRIL 23, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3<sup>RD</sup> FLOOR, SAN DIEGO, CA 92101 Probate Division. 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. Attorney for Petitioner Rhonda Crandall 750 B Street, Suite 2100, San Diego, CA 92101, (619) 685-3091  
EAST COUNTY GAZETTE -GIE030790 March 26, April 2, 9, 16, 2009

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**CITY OF EL CAJON**  
**PUBLIC NOTICE**  
**FIVE-YEAR CONSOLIDATED PLAN FOR FISCAL YEARS 2009-2010 THROUGH 2013-2014**  
**AND**  
**ONE-YEAR ACTION PLAN FOR FISCAL YEAR 2009-10**

NOTICE IS HEREBY GIVEN that the El Cajon City Council held two public hearings to accept and consider public testimony regarding the allocation of funds from the Community Development Block Grant (CDBG) program and the HOME Investment Partnership funds on **Tuesday, February 24, 2009, at 7:00 p.m.**, and on **Tuesday, April 14, 2009, at 3:00 p.m.**, in the El Cajon Council Chambers at 200 Civic Center Way, El Cajon, CA 92020. CDBG and HOME grants are funded by the U.S. Department of Housing and Urban Development (HUD).

HUD requires that any jurisdiction receiving CDBG and HOME funds to complete a five-year document outlining the needs of the community and establishing goals to meet those needs. The Five-Year Consolidated Plan satisfies the statutory requirements for these programs. The City is required to update this plan for Fiscal Years 2009 - 2014. Additionally, the City is required to prepare a one-year action plan describing the activities that will be completed during Fiscal Year 2009-10 to meet a portion of the goals established in the five-year plan.

The primary purpose of the Consolidated Plan is to develop a plan for addressing the needs for lower income groups who are the intended beneficiaries of the HUD formula programs. The CDBG funds must be utilized to meet one of three national objectives to qualify for funding: 1) benefit 70% low and moderate income persons in the community; 2) aid in the elimination of slum and blight; or 3) meet other community development needs having a particular urgency because existing conditions pose a serious threat. HOME funds may be used "to provide incentives to develop and support affordable rental housing and homeownership affordability through the acquisition, new construction, reconstruction, or rehabilitation with suitable amenities, including real property acquisition, site improvement, conversion, demolition and other expenses." It may also be used to provide for the payment of reasonable administrative and planning costs, and to provide for the payment of operating expenses of community housing development organizations (CHDO's) - 24 CFR 92.205(a)." Each participating jurisdiction must set aside 15% of their HOME entitlement for CHDO's. The El Cajon City Council took these tentative actions at the February 24, 2009, public hearing: allocated \$1,234,525 of anticipated CDBG funds, and \$759,051 of anticipated HOME funds. In addition the City Council also allocated \$902,547 of unallocated prior year CDBG and \$477,271 of HOME funds. Preliminary allocations were made and are subject to public review. The projects and programs below reflect those allocations made at the April 14, 2009, public hearing.

The Five-Year Consolidated Plan outlines programs anticipated for 2009-14 and the One-Year Action Plan 2009-10 is the document that provides details of the projects and programs funded through CDBG and HOME funds for Fiscal Year 2009-10. Both plans were available for public review beginning March 12, 2009, for an extended time period through April 14, 2009. This notice only contains new funding and new projects. Projects that □

Projects for the 2009-10 fiscal year are presented in the following format:

Proj. No.	Agency Name Agency Address Agency City/State/Zip Code (only if NOT in El Cajon) Project Site Address Brief description of project.	Type of project and project eligibility according to 24 CFR section as shown.  National priority met, per 24 CFR section as shown and type of allocation (loan/grant/CHDO set-aside funds).	Amount allocated. Project Title
The following projects were tentatively approved at the February 24, 2009, public hearing and confirmed at the April 14, 2009, public hearing, subject to receipt of confirmation of the grant amounts from HUD:			
<b>Proposed Projects for FY 2009-10 CDBG PROJECTS</b>			
C0701	City of El Cajon site N/A Loan repayment for construction loan for new fire station.	19F - Repayments of Section 108 Loan 570.201(a)&(c) - Capital expenditure loan repayment L/M Area 24 CFR 570.208(a)(2)(A)	\$197,089 Fire Station 8 Replacement
C0702	City of El Cajon site N/A Loan repayment for new ladder truck for Fire Department.	19F - Repayments of Section 108 Loan 570.201(a)&(c) - Capital expenditure loan repayment L/M Area 24 CFR 570.208(a)(2)(A)	\$87,846 Ladder Truck Replacement

City of El Cajon Public Notice Five-Year Consolidated Plan for Fiscal Year 2009-2010 Continued on page 13

**STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2009-008474 ORIGINAL FILE NO. 2006-026596**  
The following person(s) has/have withdrawn as general partner(s) from the partnership under the fictitious business name: Darby's Mobile Auto-Boat And RV Service The Fictitious Business Name Statement for the Partnership was filed on July 21, 2006, in the County of San Diego. Debra N Darby 320 Travelodge Dr., El Cajon, CA 92020  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON March 20, 2009  
East County Gazette GIE030790 March 26, April 2, 9, 16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-004878**  
FICTITIOUS BUSINESS NAME(S): a.) Heartland Community Development Corporation b.) Heartland Foundation c.) Barrio Logan Community Development Corporation  
Located at: 1235 Shafter St., San Diego, CA 92106  
This business is conducted by: A Corporation  
The first day of business was: October 18, 1998  
This business is hereby registered by the following: Heartland Coalition 1235 Shafter St., San Diego, CA 92106  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 17, 2009.  
East County Gazette- GIE030790 3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008443**  
FICTITIOUS BUSINESS NAME(S): a.) Notary Signing Agents of San Diego b.) NSA of San Diego  
Located at: 2652 Brown Dr., El Cajon, CA 92020  
This business is conducted by: Husband & Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Patricia McCormick 2652 Brown Dr., El Cajon, CA 92020; 2. Kevin T. McCormick 2652 Brown Dr., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 19, 2009.  
East County Gazette- GIE030790 4/16, 4/23, 4/30, 5/07, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010881**  
FICTITIOUS BUSINESS NAME(S): Signature Real Estate and Loans  
Located at: 124 West Main Street, Suite 200, El Cajon, CA 92020  
This business is conducted by: A Corporation  
The first day of business was: April 1, 2009  
This business is hereby registered by the following: 1. Southern California AMHB, Inc. 124 W. Main St. Suite 200, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 10, 2009  
East County Gazette- GIE030790 4/16, 4/23, 4/30, 5/07, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008005**  
FICTITIOUS BUSINESS NAME(S): Christian Starlight Press  
Located at: 1002 Pansy way, 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. David Sanderlin 1002 Pansy Way, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 17, 2009.  
East County Gazette- GIE030790 3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010701**  
FICTITIOUS BUSINESS NAME(S): a.) Spirit of Christmas b.) Vox Nobili  
Located at: 5643 Limerick Ave., San Diego, CA 92117  
This business is conducted by: An Individual  
The first day of business was: January 31, 2007  
This business is hereby registered by the following: 1. Susan Carol Abernethy 5643 Limerick Ave., San Diego, CA 92117  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 09, 2009  
East County Gazette- GIE030790 4/16, 4/23, 4/30, 5/07, 2009



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City of El Cajon Public Notice Five-Year Consolidated Plan for Fiscal Year 2009-2010 Continued

C0704	City of El Cajon 200 Civic Center Way, 410 S First St, 1430 E Lexington Ave., 1285 E Washington Ave., 716 S Second St., 1313 E Main St., 212 S Second St., 1174 E Main St., 1345 E Madison and 1440 S Orange Ave. Housing rehabilitation loans for mobile homes in eligible parks.	14A – Rehabilitation: Single Unit Residential and 14H – Rehabilitation Administration 570.202(a)(5) Capital expenditure loans LM Clientele 24 CFR 570.208(a)(2)(B)	\$250,000 Mobile Home Rehabilitation
C0901	Chase Ave. Clinic 1111 W. Chase Ave. Installation of playground equipment for children of clients waiting for appointment at their medical clinic.	03P – Parks/Recreational Facilities 570.201© – Capital expenditure grant LM Clientele 24 CFR 570.208(a)(2)(A)	\$70,000 Chase Ave. Clinic Improvements
C0902	City of El Cajon 200 Civic Center Way 935 S Emerald Replace exterior wood and paint, clean and seal brick exterior, and refurbish center and gym interior.	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant LM Area 24 CFR 570.208(a)(2)(A)	\$250,000 Renette Center Improvements
C0903	City of El Cajon 200 Civic Center Way Phase II of City's ADA Plan, Identify and Prioritize ADA requirements, installation of ADA curb ramps throughout city.	03 – Public Facilities 570.201(c) – Capital expenditure grant LM Area 24 CFR 570.207(a)(1)	\$390,053 ADA Transitional
C0904	City of El Cajon 200 Civic Center Way 935 S Emerald Replace leaking, built-up roof-remove and install new standing metal seam roof.	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant LM Area 24 CFR 570.208(a)(2)(A)	\$250,000 Renette Center Roof & Tile Replacement
C0911	City of El Cajon 200 Civic Center Way 1153 E. Madison Community policing activities.	05I – Crime Awareness 570.201(e) – Public Services grant LM Area 24 CFR 570.208(a)(1)(i)	\$88,179 Community Policing
CADMIN	City of El Cajon 200 Civic Center Way Administration of the CDBG program.	21A – General Program Administration 24 CFR 570.206 grant	\$212,386 CDBG Administration
C0715	Center for Social Advocacy 1068 Broadway and various locations citywide Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 grant	\$34,519 Fair Housing Activities
C0905	City of El Cajon 200 Civic Center Way City Hall and Council Chambers ADA Improvements	03 – Public Facilities 570.201(c) – Capital expenditure grant LM Area 24 CFR 570.207(a)(1)	\$120,000 City Hall & Council Chambers ADA Improvements
C0906	City of El Cajon 200 Civic Center Way 935 S. Emerald Remove and replace uneven and defective concrete in courtyard at Renette Park	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant LM Area 24 CFR 570.208(a)(2)(A)	\$90,000 Renette Park Courtyard Refurbishment
C0907	Crisis House 1034 North magnolia Avenue Homeless Services Homeless assistance and vouchers	03T – Homeless 570.201 (e) – Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$40,000 Crisis House Homeless Prevention
C0908	Meals-On-Wheels 1488 Pioneer Way #4 Provide meals to elderly and disabled.	05A – Senior services 570.201 (e) Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$7,000 Meals-on-Wheels-El Cajon
C0909	Set Free Baptist Fellowship of San Diego 1527 E. Main Street Homeless Services Homeless assistance and vouchers	03T – Homeless 570.201 (e) – Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$50,000 Emergency Voucher Program

Proposed HOME Projects for FY 2009-10

H0715	Center for Social Advocacy 1068 Broadway and various locations citywide Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 grant	\$11,508 Fair Housing Activities
HADMIN	City of El Cajon 200 Civic Center Way Administration of the HOME program.	21A – General Program Administration 24 CFR 92.207 grant	\$64,399 HOME Administration
H0912	El Cajon Community Development Corporation 168 E Main St Funds to be used to acquire, rehabilitate, and sell to low-income first-time homebuyers.	13 – Direct Homeownership Assistance 92.205 – Required CHDO Set-Aside - grant to agency, then loaned to eligible homebuyers	\$113,858 CHDO Set-Aside
H0717	El Cajon Community Development Corporation 168 E Main St Operating support for the housing component of this organization (CHDO).	21I – Funding of CHDO Operating Costs 24 CFR 92.206 – grant	\$37,952 ECCDC Operational Support
H0719	City of El Cajon 200 Civic Center Way Various locations First Time Homebuyer Program.	05R – Downpayment Assistance 24 CFR 92.254 – loans	\$265,667 1st Time Homebuyer Program
H0910	City of El Cajon 200 Civic Center Way Provide First Time Homebuyer Program assistance for newly built units at Ballantyne St.	05R – Downpayment Assistance 24 CFR 92.254 – loans	\$477,271 1st Time Homebuyer Program for Weiland Project-Ballantyne St.
H0720	City of El Cajon 200 Civic Center Way Various locations throughout the City Loan for rehabilitation of single family and mobile homes.	14A – Rehabilitation: Single Unit Residential 24 CFR 92.205(d) loans	\$265,669 Rehab Loan Programs

Comments and requests for additional information may be directed to Xavier Velasco, Redevelopment and Housing Department, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020, (619) 441-1710.

— LEGAL NOTICES —

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008788

FICTITIOUS BUSINESS NAME(S): Dollar Dog Store  
Located at: 1826 Swallow Dr., 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. Danelle D. Ohsiek 1826 Swallow Dr., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 24, 2009.  
East County Gazette- GIE030790 4/02, 4/09, 4/16, 4/23, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009485

FICTITIOUS BUSINESS NAME(S): Sunshine Landscape  
Located at: 10036 Maine Ave., Lakeside, CA 92040  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: 1. DJB Properties, Inc 10036 Maine Ave., Lakeside, CA 92040 Nevada  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 30, 2009.  
East County Gazette- GIE030790 4/09, 4/16, 4/23, 4/30, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007519

FICTITIOUS BUSINESS NAME(S): a.) East County Community Action Coalition b.) Save El Monte Valley  
Located at: 15422 El Monte Rd., Lakeside, CA 92040  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: 1. East County Community Action Coalition, Inc. 15422 El Monte Road, Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 12, 2009.  
East County Gazette- GIE030790 4/02, 4/09, 4/16, 4/23, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008138

FICTITIOUS BUSINESS NAME(S): Integridoc  
Located at: 2406 B Street Unit 1A, San Diego, CA, 92130  
This business is conducted by: An Individual  
The first day of business was: March 12, 2009.  
This business is hereby registered by the following: 1. Danielle Solberg, 2406 B Street, Unit 1A, San Diego, CA 92130  
This statement was filed with the Recorder/County Clerk of San Diego County on March 17, 2009.  
East County Gazette- GIE030790 4/09, 4/16, 4/23, 4/30, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008521

FICTITIOUS BUSINESS NAME(S): a.) East County Gazette b.) Alpine Gazette c.) El Cajon Gazette d.) Alpine Gazette e.) La Mesa Gazette  
Located at: 201 S. Sunshine Ave., El Cajon, CA 92020  
This business is conducted by: Husband and Wife  
The first day of business was: July 1, 2000  
This business is hereby registered by the following: 1. Deborah Norman, El Cajon, CA 92021; 2. David Norman, El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 20, 2009.  
East County Gazette- GIE030790 4/16, 4/23, 4/30, 5/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009135

FICTITIOUS BUSINESS NAME(S): San Diego Ultimate RV Rental  
Located at: 2516 Pine Glen Lane, El Cajon, CA 92019  
This business is conducted by: A Limited Liability Company  
The first day of business was: January 1, 2009  
This business is hereby registered by the following: 1. San Diego Ultimate RV Rental, LLC 2516 Pine Glen Lane, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 26, 2009.  
East County Gazette- GIE030790 4/02, 4/09, 4/16, 4/23, 2009

**Padres ...**

**Continued from page 9**

“Look at the games we won. It’s been a combination of a lot of guys” said skipper Bud Black commenting in his clubs 6-game winning streak last Tuesday.

“A lot of guys are contributing. We’ve seen that in the entire roster. Everybody has chipped in. That’s how we got to play. We talked about it in the spring. We got to play fundamentally sound baseball. We got to pitch well, as we have. We’ve gotten timely hitting. We’ve gotten big

hits with two outs, big hits with guys on base. We popped a few home runs.”

Bud said, “We got to continue because it’s not going to get easier on this trip. We got the Mets and the Phillies, then back to San Francisco. We got our work cut out for us.”

If the Padres continue working like the blue-collared workers who come to see them at the Park in the stands, then this will continue to be a fun and exciting season.



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# Our Best Friends

## Puppy aggressive toward child... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPA CTP

**Dear Trainer,**  
We have a 7-month-old pure bred Cocker Spaniel puppy who is not spayed yet (the vet said to wait until she is a year old) that has been somewhat of a challenge since we got her at 8 weeks old. She has gone to puppy classes with my daughter and myself, but still seems really distracted in the environment. The big problem, however, is that she will growl and snap at my daughter when she tries to take things from her, such as a toy. She used to do this to everyone when she was tired or hungry, but we figured that out. Now it's only with my daughter who is 10 years old. We have realized that this usually happens when we have been playing with our dog so that might have something to do with it.

My daughter's safety is number one, and I will send my dog back to the breeder if we can't figure this out, but I would like to try and work with her to solve this problem. In most every other way, she has become a great companion. We would appreciate any suggestions or ideas to help us understand what might be going on and how to help our dog and my daughter become better friends.

Signed,  
Torn between dog and child

**Dear Torn,**

What a tough place to be in with a dog and a child not getting along. You didn't mention a few details, such as how the dog and your daughter do together when not playing, so I'll assume they do okay.

I would guess that there are a few things going on here. First, there are most likely hormones happening. Your dog is very close to the age where they begin their first estrus cycle and that can influence behavior changes. I understand that your vet wants you to wait to spay her, (many vets want dogs to reach a more mature growth stage before spaying or neutering), but this may be adding to the problem. Talk to your vet about spaying your dog now, but realize that it can still take a month or so for the hormones to completely leave the system.

**What are you teaching your dog?**

Next, your dog is no longer

a puppy, and in fact is a young adolescent dog. Like human teenagers this is a time of discovery. Unfortunately, the way people respond in relation to the dog's behavior can send a very strong message to dogs trying to find their place among the humans they live with and the overall environment.

When people begin a journey with a dog, one of the most important things they need to realize is that dogs walk along a different "path." The way dogs do things does not always conform to the way we humans prefer in terms of our own comfort and pleasure. Dogs are best at being dogs—they are not born understanding human "rules."

Dogs are good "accountants." They use a cost-benefit analysis approach to just about anything. When asked to do something, the dog asks himself "What's in it for me?" This is the process dogs go through as they consider how to respond to the requests of humans.

With that in mind, each time you respond to your dog's behavior, it provides her with instant feedback about whether she should choose that behavior again or not—what is the cost and what is the benefit? If you provide a benefit, it is more likely your dog will do the behavior again. If not, she won't. Your dog has

quickly learned that growling and snapping at your daughter results in her being able to keep her toy. That doesn't mean you should have done anything different with safety in mind, but now your dog will need some behavior modification that shows her she doesn't have to respond that way.

**Play arousal**

When dogs are playing they have a rush of chemicals that help the mind and body keep up with the level of play. Unfortunately, those same chemicals also lower thresholds. In other words, your dog will be less tolerant of things that might not otherwise bother her, but when aroused, she doesn't cope well. This sounds like that might be the case, and when your daughter tries to take things from her in this heightened state of arousal, she is unable to respond with calm reason. Your dog simply reacts by growling and snapping at her as if to say, "Don't take my very important toy."

While we never want dogs using this type of communication toward humans, do understand that it is just that—communication and information for you to find the resources to help your dog learn to be more tolerant when excited.

**What to do**

Prevention, management and training are the key factors to helping your dog have bet-

ter tolerance thresholds when she is excited or aroused.

In order to modify a current unwanted behavior, you must first prevent it from happening. Luckily for you, you know what triggers your dog. You should not allow your daughter to try and take things from your dog when she is playing. You can, however, have your daughter in the area when you play and have your dog take breaks from play to do some training which helps your dog calm down between sessions. Your daughter can hand your dog really high-value treats to help your dog associate good things with her and to identify

her as a very good resource to have around during training sessions.

Many dogs that have low thresholds are thought to need "more exercise" to help them calm. The fact is, they need more calm and quiet, mixed with moderate exercise and play to keep them from going over the top and displaying the types of behavior your dog is showing. This is where management comes in. Limit your dog to very short play sessions (2-5 minutes) and teach her calm down between.

Finally, work with a positive reinforcement trainer that has

a strong background in behavior modification to instruct you on how to desensitize your dog and build her thresholds so she doesn't go so far that she only knows how to react. Here are a few websites can help you find an appropriate trainer: <http://www.karenpryoracademy.com/find-a-trainer>

[www.iaabc.org](http://www.iaabc.org)

[www.sandiegodogtrainers.com](http://www.sandiegodogtrainers.com)

Good luck,  
Nan Arthur,  
CDBC, CPDT, KPA CTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)



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### ADOPT-A-PET



Goliath is an affectionate 2-year old Labrador/Pit Bull mix. This big boy weighs 71 pounds, loves to play, and walks well on leash. Goliath is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org).) He knows "sit" and is ready for a patient adopter who will continue his training. Information: (619) 788-7880.

Jenny is a beautiful 2-yr old Siberian Husky. She weighs 60 pounds, has bright blue eyes, and is full of surprises and playful antics. Friendly Jenny loves toys, is smart, and her happiness is contagious. She is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org).) Jenny knows "sit" and seems to enjoy the company of other dogs. Call (619) 788-7880 for more information.



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