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VOLUME 9 NUMBER 43

APRIL 2-8, 2009

New Ambassadors for El Cajon



New Ambassadors were announced last weekend for Miss El Cajon. See page 5 for more information.

See Dave Stall's column on the 2009 Toyota Highlander on page 9.



Read about
 'Monsters vs. Aliens'
 by Michael Black



and 'Sin Nombre'
 by Diana Saenger
 in the Class Act
 Entertainment section



A very Special Olympics



Special Olympic medal recipients. Photo by Amber Karazsia

by Chuck Karazsia

West Hills High School in Santee was a place of sweat, high fives, laughter, tears, and more importantly, just down-right fun last Saturday.

Special city-wide contestants participated in a day of track

and field contests at the 26th Annual East County Special Olympics.

This special event was hosted by the Division 31 Kiwanis of East County, part of a global organization of volunteers whose main focus is to change the world one child at a time, one community at a time. Establishing a reputation for ex-

cellence and one of the largest and most active clubs within the Kiwanis International, this was evidenced after they were named "Organization of the Year" at the 2008 Alpine Leadership and Service Award.

Two hundred physically and/or mentally challenged contestants between the ages of 8 to 60 competed in a full

gamut of track events that included the long jump, the standing long jump, meter (up to 100 meter), wheelchair races (5 and 10-yard dashes), and a softball throw.

Utilizing special help and support of over 400 volunteer's, fun was had for all.

See SPECIAL OLYMPICS page 10

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Bits and pieces around East County

'A Season for Non-Violence'

Each year, January 30 through April 4 is designated 'A Season for Non-Violence,' an international 64-day educational, media, and grassroots campaign dedicated to demonstrating that non-violence is a powerful way to heal, transform and empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered non-violent world.

In keeping with this vision, Christ Church Unity held several events that kept observance of the 'Season' in the forefront of the congregation. A spaghetti dinner/fundraiser was held to raise funds to distribute in the community; Dana Brown, a Social Entrepreneur/Youth Activist spoke on the power each person

has in effecting change; Helice Bridges, the founder of the blue ribbon program "Who You Are Makes A Difference," was a guest speaker and the Youth Ministry read selected poems for the Season.

Christ Church Unity of El Cajon will conclude their celebration of 'A Season for Non-Violence' by awarding funds to two community agencies that have proven to be excellent examples in demonstrating the principles of non-violence. A presentation of these awards will take place at the 9:30 a.m. Sunday Service on April 5, 2009. This year's awardees are East County Family Justice Center and Speak for Success Women's Leadership Program. The public is cordially invited to attend the service.

Again, this year, the City of El Cajon's Mayor, Mark Lewis, issued a proclamation proclaiming the city's support for 'A Season for Non-Violence' urging all residents to participate in local, national and

global campaigns to honor those who are using non-violence to build communities that respect the dignity and work of every human being.

Christ Church Unity of El Cajon is located at 311 Highland Avenue, El Cajon, CA 92020. Sunday service is held at 9:30 a.m. and Adult Sunday School at 11:15 a.m. each Sunday. For additional information about upcoming events, contact the church office at (619)579-9586 or visit our website, www.christunity.net.

Free Foreclosure Prevention Workshop

In response to overwhelming demand for foreclosure prevention help, Neighborhood House Association is partnering with The Law Office of Roy L. Landers and Associates to host a free foreclosure prevention workshop for the residents of San Diego County on Saturday, April

11 from 9 a.m. to 12 p.m.

The workshop will provide education and counseling on topics including, but not limited to, government assistance programs, the California foreclosure process, types of mortgage loans, as well as sub-prime and predatory lending.

The workshop will be held at the Neighborhood House Association™ Social Services, 841 South 41st St., San Diego.

FREE Legal Clinic

The Foothills Bar Association and the San Diego Public Law Library will present a free legal clinic on Friday, May 1, from 10 a.m. to 3 p.m. at 250 East Main Street, El Cajon in the East County Regional Center. The clinic's purpose is to provide you with general legal advice and referrals only.

The free legal clinic is a public service event. Volunteer lawyers will not provide on-going representation.

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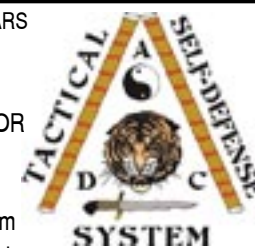
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— LOCAL NEWS & EVENTS —

**April is Child Abuse Prevention Month**

At the recent City Council meeting, held on March 24, Councilmember's proclaimed the month of April as Child Abuse Prevention Month. Accepting the proclamation was Debbie Comstock, Director of the East County Family Justice Center and Tonya Torosian, Executive Director of the San Diego County Commission on Children, Youth and Families. For more information Child Abuse Prevention visit <http://www.childwelfare.gov/preventing>.

**El Cajon City Highlights**

Grand opening celebration for El Cajon Harley Davidson was held last weekend. Photo by Monica Zech

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by Monica Zech
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Neighborhood/Police website

The El Cajon Police Department has a great website with the goal of reaching out to members of the community. The website: <http://www.elcajonneighbors.org> has been designed as an internet resource for crime

prevention. Users will be able to sign up for an "E-Alert" list which will enable them to receive crime prevention information as well as current trends throughout the city. This website is specific to the City of El Cajon and will include a blog where users can discuss community issues and resolutions. Also learn more about establishing a Neighborhood Watch program in your neighborhood. For more information contact Officer Dan Hansen at (619) 441-1597.

promotion and retirement ceremony this Friday, April 3, at 4 p.m. at the Ronald Reagan Community Center. El Cajon Police Chief Pat Sprecco will be promoting Ms. Sarah Yeager to Police Dispatcher and will retire Police Officer Bruce Hebert after a 14-year career with the department. The Reagan Center is located at 195 East Douglas Avenue. For more information call (619) 441-1523.

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 both exciting events you can visit the El Cajon Community Development Corporation website at www.downtownelcajon.com or call (619) 401-8858.

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

At the City Council meeting held on Tuesday, March 24, the El Cajon City Council gave their official approval on the dates set for this years car shows downtown and concerts at the Promenade. The 9th Annual Cajon Classic Cruise begins Wednesday night, May 13 in downtown El Cajon,

April is Disaster Preparedness Month

Are you and your family prepared for an earthquake - April is Earthquake Preparedness month. If you would like information on being prepared for an earthquake visit the El Cajon Fire Department website at www.elcajonfire.com. Information about our free disaster preparedness program called the East County Community Emergency Response Team - CERT can be found on the website. We still have space available for our next academy starting May 30. Call (619) 441-1737 to register.

You are also encouraged to register your cell phone number and email accounts with www.AlertSanDiego as part of the reverse 9-1-1 system. During recent Firestorms we saw a number of residents who had

See EL CAJON BITS page 5

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Lindo Lake celebrates

East County Community Action Coalition based in Lakeside will begin holding monthly meetings starting in April (place and time to be announced.) Weekly meetings are held at Marachiaros, 14120 Olde Hwy 80, each Wednesday from 7 to 9 p.m. for Save El Monte Valley.

There will be a all-hands-on community meeting to be held on Monday, April 6, 6-8 p.m. at the Alpine Community Center. The event will have speakers, and exhibits, and specific calls to action that we can do as a community to stop the Sunrise Powerlink from bringing San Diego "renewable firestorms" We have invited the politicians and the media... and now we need everyone to come out in full and dramatic force to show that East County cares; that we do not want the Sunrise Firelink through our county causing renewable firestorms forevermore.

The 42nd Annual Miss Rodeo Lakeside Pageant

A standing room only crowd greeted the six Miss Rodeo Lakeside Contestants on Saturday, March 28 at the Lakeside Rodeo Grounds hall. The 42nd Annual Miss Rodeo Lakeside Pageant contestants for 2009 were Heather Rhodes of Lakeside, Kimberly Payton of El Cajon, Alycia Taylor of El Cajon, Mackenzie Cayford of Valley Center, Amber Goodwater of Lakeside and Jillian Zavadil of Lakeside.

The judging criteria for Miss Rodeo Lakeside included horsemanship, written test, personal interview and appearance division (consisting of modeling, impromptu question and speech). Horsemanship accounts for 30 percent, the written test for 10 percent, personality for 30 percent and appearance for 30 percent.

While the judges tallied the scores Miss Rodeo Lakeside 2008 Emily Gay gave her farewell speech. "As I look



Lakeside Rodeo 1st Princess Jillian Zavadil and Miss Rodeo Lakeside 2009 Mackenzie Cayford. Photo by Patt Bixby

back on my year it has been very busy. I traveled all over the Golden State promoting the Lakeside Rodeo and the El Capitan Stadium Association. I have attended numerous rodeos, parades, the annual breakfast with Santa at the rodeo grounds. All of my appearances created memories that will last a lifetime."

The scores were tallied but first individual awards were presented. Spriti Award went to contestant # 5 Amber

Goodwater. Most tickets sold went to #5 Amber Goodwater as well. Miss Congeniality was # 2 Kimberly Payton and Miss Personality went to #6 Jillian Zavadil. Miss Horsemanship was #4 Mackenzie Cayford and Miss Photogenic #6 Jillian Zavadil. Miss Rodeo Lakeside Pageant winner for 2009 is Mackenzie Cayford, a 20 year old from Valley Center.

Congratulations to all from the East County Gazette.

El Cajon bits ...

Continued from page 4

to leave their homes without the time to adequately pack their belongings. Information on what residents need to do before, during and after a disaster is included in the Family Disaster Plan that can be found at www.ReadySanDiego.org.

Congratulations to the new Miss El Cajon & Miss Teen El Cajon

Congratulations to several young ladies who will be representing the City and unincorporated areas of El Cajon. Our new Miss El Cajon is Amanda Olson, Miss Teen El Cajon is Erika Brenner, the new Miss Rancho San Diego is Angela Dalman and Miss Teen Rancho San Diego is Chelsea Cruz. These young women were selected Saturday night at the pageant held, 7 p.m. at the East County Performing Arts Centers.

This Friday is First Friday in Downtown El Cajon

It's a great time to enjoy all that Downtown El Cajon has to offer with First Friday's activity! Starting this Friday, April 3, you can enjoy exciting entertainment, fine dining, and cultural experiences the First Friday of every month in historic Downtown El Cajon.

A new activity has been added - "It's 5 O'clock Somewhere Party" in Downtown El Cajon. Everyone is invited to attend. The El Cajon Community Development Corporation's first annual "It's Five O'clock

Somewhere" party is on Friday, April 3 from 4:47 p.m. to 8 p.m. in Downtown El Cajon. The Downtown empty warehouse at 131 East Main Street will be transformed into a tropical beach resort with great food and beverages and music provided by Shipwrecked - a Jimmy Buffet-style band. The CDC is organizing this event, with title sponsor Viejas Band of Kumeyaay Indians. Admission to the event is a \$20 suggested donation (larger donations are gladly accepted!). Tickets are available at the door! Funds raised will be used to help expand the vital services of the El Cajon CDC. For more information visit their website www.downtownelcajon.com or call (619) 401-8858.

Another fun class at Sophie's Gallery

How about your own designed Painted Can Birdhouse - you'll find this fun class at Sophie's Art Gallery located at 109 Rea Ave in El Cajon. These Open Studio Public Art

Classes will be held on Friday, April 3, from 5 to 9 p.m. and on Saturday, April 4, from 10 a.m. to 3 p.m. Learn to make an extraordinary birdhouse using an ordinary paint can. In this class art instructor Rudy Salgado will show you how to prepare the can for painting and help you create a one-of-a-kind birdhouse using the airbrush and paints. This class is \$25 per person. For more information or to register call (619) 593-2205.

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— LOCAL NEWS & EVENTS —

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Alpine happenings ...



The jovial Easter Bunny will be at the Kiwanis Easter Breakfast to greet the children.

ered schools, self-reliant farmers, wind farms, sacred retreats, and horse ranches celebrates freedom and self-reliance by teaching and celebrating the basics of nature, health and sustainability. Alpine joins cities and towns across the world in celebrating Earth Day on Saturday, April 25 from 10 a.m. to 4 p.m.

The town welcomes visitors and neighbors to share the beauty of its art and music, as well as its secrets-- including successful chicken raising, solar-oven building and baking, alternative transportation, holistic health practices, open land protection, UV effects and defenses, electromagnetic defense strategies, and an environmental/business models that helps save the world.

The town will teem with excitement and brilliant vendors along the main street of Alpine Blvd.

Join in the celebration of trees with Tree Town USA where Alpine honors the importance of trees and our new member status with the Arbor Day.

Prepare the exterior of your home with beautiful native and drought-tolerant plants from the Alpine Woman's Club.

The Alpine Chamber of Commerce beckons-- "Bring your used batteries, broken electronic waste, and clean, used clothes and your recyclable metals, glass and plastic!" to the Albertsons shopping center at east Alpine Blvd.

Take a friendly "tidy while strolling" walk through Alpine's picturesque Main Street or the natural beauty of one of the few native grassland preserves, Wright's Field, with "I Love a Clean Alpine". In Alpine, it truly is reduce, reuse and recycle.

Watch or participate in the Viejas Bike Challenge, a multi-mile bike ride up winding mountains and into oak lined

valleys through the beautiful rural mountain-scapes of East County.

Take time out of your day for yourself, to celebrate your life, and your peace. Come to Alpine where the mountains meet the sky.

More info Earth Day East at: www.alpineartistsassociation.com, www.alpinewomansclub.org, www.alpinechamber.com, www.bclt.org, or www.alpinechallenge.com.

Alpine PostalAnnex+ offers Free resume copying and faxing

In our current economy, it's not unusual to come across a certain "every man for himself" attitude. Throughout the nation, people are realizing they need safety nets in place, and that the responsibility ultimately lies with them. This is especially true with small businesses, who these days feel the pinch more than other ventures. That's why a recent program initiated at the PostalAnnex+ in Alpine is such a breath of fresh air.

Gregg & Aloma Richards' store has always been the community's go-to business resource center, and now customers who are struggling with unemployment can take advantage of a generous offer by the Richardses. Self-serve copying and faxing of resumes is available free of charge to unemployed individuals. Five self-serve copies and domestic faxes are offered each week to those who are actively seeking employment.

Anyone searching for a job is invited to take advantage of Richards' offer. Stop in and get a few free copies of your resume, and fax a few out if necessary. Alpine PostalAnnex+ is located at 1347 Tavern Road, Suite 18 in the Alpine Creek Shopping Center. Their hours are 9 a.m. to 7 p.m. Monday - Friday, and 10 a.m. - 4 p.m. on Saturdays.

Easter Breakfast

Make your Easter Sunday an extra special day with friends and family by treating yourselves to the 55th Annual Alpine Kiwanis Pancake Breakfast, served from 7 a.m. to 12 noon at the Alpine Elementary School. Members of the Alpine Kiwanis will prepare and serve you a delicious breakfast including pancakes, sausage, eggs, coffee, juice or milk for a \$5 donation (\$2 for children 12 and under). The best part is that your donation will help support youth programs in Alpine.

The jovial Easter Bunny will be there to greet the children, and the little ones will have an opportunity to enjoy an Easter Egg Hunt as well.

Tickets are on sale with Alpine Kiwanis members and will be available at the door on Easter Sunday as well.

For more information about the activities of the Alpine Kiwanis, please visit www.alpinekiwanis.org.

Alpine Celebrates "Earth Days East"

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Are you the next Miss Alpine or Miss Teen 2009?



Lauren Watson Miss Alpine 2008
Jackie Felix Miss Teen Alpine 2008



Miss and Miss Alpine Teen Pageant
For young ladies ages 13 - 21 years old
First Orientation Date: March 17, 2009
6:30 PM - Alpine Community Center
Pageant Date: Monday, May 4, 2009
Viejas Casino - 6:30 PM

Contact: Mrs. Billie Sangster
619-390-0061
scholarshipsusa@cox.net

The first Miss Alpine crowned was sixteen year old Catherine Higgins and the pageant was held at the Alpine Elementary School April 1968. This year marks the 41st anniversary of the pageant. Through the years the Pageant added additional age groups, Little, Junior and Teen. Over the last forty year hundreds of young girls have participated in the pageants and many have gone on to hold State titles after starting out in Alpine.

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Business/Finance & Real Estate

G.J. Fletcher Construction is ahead of the curve



One of the Gensis model homes. Photo credit: Gensis

by Diana Saenger

Staying in business these days requires more than luck. A good business sense, ability to morph strategies and execution in changing times and the logic to market and reach key

customers are all elements that owners need to maintain a successful business. Since he started working in the home business in 1979, Greg Fletcher, of G. J. Fletcher Construction, has tapped into these successful measures to keep his company vibrant and ongoing.

G. J. Fletcher Construction was started in 1999 and is owned and operated by Greg Fletcher and for 25 years has been an innovative company. G. J. Fletcher Construction has built many homes in Alpine, but also serves other areas. They are currently working with a developer on Catalina Island, building upscale modular homes.

"Customer Service is our number one priority," Fletcher said. "Our policy is to do the job right the first time and listen to our customer's needs."

Fletcher began working in the home industry in the mid 1970s for his father's company. His

mother owned a carpet store, so he had a natural resource for home services outreach. He worked in the manufacturing side of modular offices, became a manager in the customer service department for a large mobile office company, and worked in the aerospace industry for five years. For nearly 20 years he has been in the "green mode."

"I was ahead of the trend in the grassroots movement of eco-environmental products," Fletcher said. "I got involved in redoing old homes, Proposition 65, the Safe Drinking Water and Toxic Enforcement Act of 1986, and making safe paints."

In 1995 he saw the future of home building in manufactured homes. "It's the most economical and practical way to build a house," Fletcher said. "Especially now that times are tough. We can offer a great product, built in a closed environment at a cost that gives owners instant equity in their home and are as pleasing and attractive as a custom built home."

Fletcher is particularly proud he was chosen to build the



G. J. Fletcher Construction built home in Catalina. Photo credit: G. J. Fletcher Construction

homes on Catalina Island. "The developer will build 300, affordable homes there complete with landscaping and custom everything," he said. "He likes that the homes can be built in 45 to 90 days, with reduced waste on the site. I'm thrilled to be a part of this project and that it will keep my crew working."

Fletcher is equally proud of that crew. "We employ highly skilled full-time tradesmen and work with some of San Diego
See CONSTRUCTION page 13

Benefits of a modular home

Builders have used modular construction to improve the construction process for years by incorporating factory-assembled components such as pre-hung doors, windows, cabinet modules and roof trusses. Large modules are pre-built in manufacturing facilities and are pre-wired with everything from electrical and rough plumbing to finished carpentry work. Modules are normally delivered with up to 80 percent of the home complete.

Benefits Include:

- Built and inspected off-site reduces reliance on subcontractors and results in lower supervisory costs, fewer project delays and tighter project control.
- Reduces losses due to theft and vandalism and waste removal costs.
- Lower architectural and engineering fees.
- Faster building time – better homes in 1/3 less time.
- Exceptional Quality – meet and exceed local building codes and use the same quality materials as traditional construction.
- Subject to stringent and comprehensive design review and inspections by state-approved authorities.
- Modular is Greener – structures have less air infiltration, are more energy-efficient homes with a dramatic reduction in waste.

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12522 Maplevue, Lakeside Open 8:30-5:00
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MOTOR AND SPORTS

2009 Toyota Highlander — a pleasant ride

by Dave Stall

Toyota decided the Highlander would be a four door car-like vehicle with lots of room and ground clearance that would still drive like a car. I feel they have accomplished what they set out to do. My tester came from Toyota Inc. so I could do what I wanted with it as long as I didn't go to Mexico. But what I did was drive the wheels off it and found the Highlander to be a very pleasant ride, plenty of room until you need to slip a full size dog crate in the rear cargo area and find the rear hatch will not close with out flipping down the second row captain chairs so the rear door

will close. But hey how many of us haul 100 pound Rottweilers around?

The interior was cream in color and the exterior was a cool dark red. This year Toyota introduced a new 2.7-liter 187 horsepower four cylinder engine, which will be the base model Highlander. Backed by a six speed electronically controlled automatic transmission that is only available in the base 2.7-liter Highlander, the other Highlander comes with a 3.5-liter V6 that produces 270 horsepower and 248 foot pounds of torque. The fuel mileage in the 2.7-liter four cylinder rates at 20 miles per gallon in the city and 27 miles



Lots of cargo space in the 2009 Highlander. Photo by Dave Stall

per gallon on the open road compared to the V6 that comes in at 18 city and 24 freeway. Not that far off from the four

cylinder mileage and it runs right up with the V6 when your looking for power.

See HIGHLANDER page 10



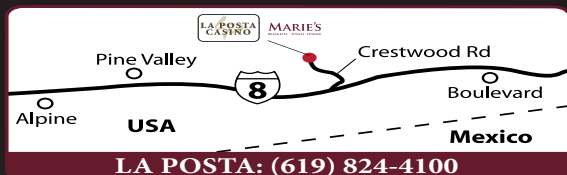
Inside the 2009 Toyota Highlander. Photo by Dave Stall


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Special Olympics...

Continued from page 1

Everyone (athletes and helpers) who participated received a tee-shirt, and a hot dog and hamburger lunch. Pepsi Cola provided the soda, Sycuan Casino provided bottled water. Frito-Lay provided the chips. Everyone was completely hydrated with a full tummy to boot.

Event contestant Amber explained to me why she participated. "I love to run and have fun," she exclaimed.

Amber's mother sitting by her daughter's side explained, "I think it's awesome." She gets to compete. She loves track and field and looks forward to it every year. There are a lot of things she can't do in the regular community. It's great to be here and watch her cross that finish line and get her medals. It's the best time ever."

Mike Shearn, who participated in the 100-meter dash commented, "I NEVER DONE IT BEFORE, BUT I KNOW I CAN DO IT."

Boy Scout volunteers Nathan, Justin, and Sammy collectively said, "We take people around to the different events and watch them perform. We are here to support them. It's good to help the people who really need it. "When they have fun, you have fun, and you feel good about yourself."

Second year contributor Russell Todd when asked why he volunteered for this event responded, "I like to help out the community. It's fun. I also like to cheer them on, meet the people, and just have a good time."



District 31 Kiwanis Special Olympic organizers left to right: Newest member Ilda Llamas, Governor Oscar Knight, Dist. 31 Board member E. County Olympic Chairman Jim Cate, Special Olympics announcer Ray Belo. Photos by Amber Karazsia



Volunteers enjoy the afternoon sun and help athletes with their events.

East County Special Olympics chairman Jin Cate proudly

commented, "When you walk away, you have a great feeling

in your heart, because you did a good thing for a lot of people, and they deserve it."



Volunteers help with the event.



To run is fun! Photo by Amber Karazsia

Highlander ...

Continued from page 9

Seven trim levels to choose from with a starting price of \$25,705 plus tax and license for the base model I was testing. This Highlander will accommodate up to six passengers including the driver and the last two seats are for kids and when the kids are not coming with you you can flip the rear seat into the floor for a flat cargo area, nice touch.

Everything inside the Highlander was manually operated, seats, climate control, radio, cruise control but what I really missed was an outside temperature gauge. Funny how one can get used to features and when they are not on your car it is a real bummer. The radio was a base AM/FM/CD

player model with no satellite or weather station but it can be upgrade if needed.

Driving the 09 Highlander was fine, plenty of power, parked well, great visibility and comfortable. If there was a negative was the maximum towing capacity but I don't think I would buy a Highlander to tow anything.

Typical Toyota, great car, a little dull but functional and you will get tired of the Highlander before it wears out. Oh did I mention the Highlander comes in two or four wheel drive? Check them out at your local dealer!

Got a question? Contact me at www.davestall.com

Bumper-to-Bumper with Dave Stall



Dave: We have a 1993 Ford Econoline 250 pickup truck, converted into a motor home, with 56,351 miles on it. It had very good stability on the roads. If one wanted to do so, one could go 70 miles an hour on the freeway with no problems. In the last few years it has developed a lot of play in the steering wheel where you cannot go over 45 miles an hour on the freeway and feel anything close to safe--because of that play in the steering wheel. This has put a real damper on our travels. We have taken the motor home into the Ford dealer twice to see if they could fix it. They insist there is nothing wrong with it or the gear box. We have tried rotating the tires and even new tires--nope didn't work. Do you have any suggestions? A reply back would be much appreciated. Oh one more thing, we don't live in El Cajon we just visiting the kids, we live in Orange County Thanks Alice, El Cajon.

Alice: It sounds like you have some worn out front end parts and the dealership has not dug deep enough to figure out your problem. When you get play side to side in the steering wheel then it usually turns out to be a steering gear box. I would recommend when you get back home going to a specialty shop that specializes in front ends and motor homes. Since the Econoline was converted it doesn't have the front suspension and steering to handle the added weight coming from the motor home on the back. You may need a steering stabilizer along with a few new front end parts and for sure a steering box adjustment.

Dave: I have read you say distilled water in the radiator is what you should put in your car's radiator. I talked to my mechanic and he said it was a waste of money, if city water is good enough to drink it is good enough to cool your radiator. Now I'm confused, who should I believe? Chad, Vista.

Chad: Sure you can use tap water but you better change it yearly if you're not going to change the fluid yearly then go with distilled water!

Got a comment or car question? Contact me at www.davestall.com or listen live every Saturday from 3 to 5 p.m. on AM 1170.

For Health's Sake

Three reasons to build muscle

by Dr. Warren Willey

Obesity is an epidemic. An out-sized share of our medical dollar is being spent on lifestyle related conditions such as high cholesterol, heart disease, elevated blood pressure, reflux disease, strokes, falls in the elderly, osteoporosis, etc. (chronic disease related to poor lifestyle behaviors accounts for more than two thirds of deaths in the United States). In light of this, we

have been "attacking" the fat everywhere you turn without making a dent in the problem. Why? Because our focus is wrong. We should be focusing on a better long-term solution. We should be concentrating on building muscle in everyone rather than just losing weight.

Lean mass should be the end point for dietary, nutritional, and exercise recommendations, not scale weight. That means weight loss centers, doctors offices,

etc. need to focus on body composition, not just how much someone weighs. This would allow proper adjustment of food intake, exercise prescriptions, medications and other interventions.

Focusing on muscle instead of scale weight does three primary things:

1. Keep the focus on metabolism. Every "diet" out there that utilizes scale weight is a set up for long term failure. It only takes 363 kcal to burn a pound of muscle off your body, but it takes 3500 kcal to burn a pound of fat from your body. Starving people by putting them on a major caloric deficit eating plan and the most likely outcome is muscle loss. The body is very good at protecting fat in the face of "famine". When you focus on muscle, your shift goes from losing pounds to increasing muscle i.e. your metabolism!

2. Prevents disease. The lack of muscle contributes to disease. Many doctors believe that the metabolic changes of a majority of lifestyle related diseases such as insulin resistance and diabetes occur before you get fat, and therefore, that fat is yet another indicator of inadequate hormonal, cellular, and biological function. In other words, fat is a

symptom of disease rather than the cause of it. Focusing on building muscle prevents those metabolic changes. A prime example is that with osteoporosis: maintenance of adequate bone density and strength is decidedly dependent on adequate muscle mass and function.

3. Leads to long term success. When you fix peoples metabolism with proper nutrition and exercise (i.e. help them build muscle), you enable them to maintain the fat loss by, once again, increasing their metabolism and giving them the ability to maintain it.

If we were to change our approach from anti-fat to pro-muscle, we would begin to see a serious dent in the epidemic we face. So get off the scale and start building muscle! Don't worry; you will not start looking like Arnold Schwarzenegger. You'll simply look better nourished, healthier, and ready to take on the world!

Dr. Warren Willey is the medical director of the nationally recognized, physician directed, *Walk In Weight Loss* program and author of *What Does Your Doctor Look Like Naked: Your Guide to Optimum Health* (Tate Publishing). Visit him online at www.walkinweightloss.com, and www.eatright4u.com.

Laughter is the Best Medicine

Mental asylum

During a visit to the mental asylum, a visitor asked the Director how do you determine whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor.

"A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No" said the Director. "A normal person would pull the plug".

Do want a bed near the window?"

Submitted by Mary Harrington of El Cajon

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

Senior Programs

Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for information on health, caregiving, community resources and more. For more information, call (619) 740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

FREE BLOOD PRESSURE SCREENING

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

Grossmont Senior Resource Center, 9000 Wakarusa, La Mesa, Tuesday, April 7, 9:30-11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, April 17, 9:30-11 a.m.

LUNG FUNCTION SCREENING

Do you have trouble catching your breath after a short walk? If you haven't seen a doctor about breathing problems, come to this basic lung function test offered by Sharp Grossmont Hospital's Pulmonary Department on Wednesday, April 22, 9 a.m. - 2 p.m. at the Sharp Grossmont Senior Resource Center, 9000 Wakarusa St., La Mesa. Free. Appointment required. Call 1-800-827-4277.

CHOICES FOR AN UNCERTAIN TOMORROW

Has the tumble in our financial stability caused you pain and loss? What have you decided to do? Learn about choices to establish a new financial foundation. Two examples include a Charitable Gift Annuity and a Home Equity Conversion Mortgage. Presented by Jim Brozo, a Certified Specialist in Planned Giving and has helped many families achieve their financial and charitable goals. Friday, April 24, 9 - 10 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. This free presentation includes a continental breakfast at 8:30 a.m. provided compliments of Grossmont Hospital Foundation. Friday, April 24, 9 - 10 a.m.

Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Is alcohol ruining your life? Hypnosis can help



by Judy Callihan Warfield

If you have to ponder this point then alcohol is probably impacting your life in a negative manner. For many, alcohol starts off as just a way to unwind after a hectic day or for others it is a way to temporarily boost your self confidence in social settings. Then one day you realize that it is difficult to get

thru the day without it and now you realize that you have a dependency on it. This tends to lead to more thoughts of self doubt, guilt, shame, and a sense that you are unable to be in control of your life. All of those negative thoughts just fuel a lack of confidence and self esteem and make it even harder to break away from the alcohol.

What if you had a fast, effective, drug free method to instantly reset your sense of self, confidence, and remove stress? That is exactly what hypnotherapy does. Once alcohol has become a habit it must be addressed where habits, behaviors, patterns, and limiting beliefs live and that is the subconscious. Thru hypnotherapy you will build your confidence and self esteem; reinforce alternative behaviors and activities; gain control of your life; learn to reduce stress; and begin feeling better about yourself.

Most people have recognized that alcohol is a depressant and the more you use it the more depressed you become. This leads to frustration and anger and a sense that you aren't in control of your life, decisions, health, relationships. However, when a person rids themselves of alcohol they begin to feel stronger mentally and physically. They begin to realize that they can set goals and achieve them. They become better at handling their emotions and finances. Life improves.

- Don't allow alcohol to run your life any more
- Reduce Stress
- Feel a sense of empowerment and move forward
- Find joy in new activities and hobbies

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling 619-303-8511 or email judy@successhypnotherapy.com. Further info on web site of www.successhypnotherapy.com or call for free telephone consultation.

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LEGAL NOTICES

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064347-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: SHIRLYNN NICOLE NATHAN FOR CHANGE OF NAME PETITIONER: SHIRLYNN NICOLE NATHAN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
SHIRLYNN NICOLE NATHAN
TO:
SHIRLYNN NICOLE GRANT
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 April 22, 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 FEBRUARY 25, 2009.
East County Gazette – GIE030790
3/12, 3/19, 3/26, 4/02 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064437-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: DIANA LOPEZ DE VILLEGAS FOR CHANGE OF NAME PETITIONER: DIANA LOPEZ DE VILLEGAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
DIANA LOPEZ DE VILLEGAS
TO:
DIANA LOPEZ VILLEGAS
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 15, on April 29, 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 APRIL 2, 2009.
East County Gazette – GIE030790
3/12, 3/19, 3/26, 4/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-006814
FICTITIOUS BUSINESS NAME(S): Signature Hair Design
Located at: 2478 Fletcher Parkway, El Cajon, CA 92020
This business is conducted by: General Partnership
The first day of business was: August 11, 1994
This business is hereby registered by the following: 1. Nawal Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 2. Tony Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 3. Christopher Baslios 2478 Fletcher Parkway, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 05, 2009
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064756-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ FOR CHANGE OF NAME PETITIONER: CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
REINA GARCIA LOPEZ
TO:
REINA GARCIA-LOPEZ
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 15, on May 6, 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 12, 2009.
East County Gazette – GIE030790
3/19, 3/26, 4/02, 4/09, 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. 2009-008005
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 Sanderiin 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

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARION C. O'BRIEN. CASE NUMBER: 37-2009-00151168-PW-PR-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., 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 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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007403
FICTITIOUS BUSINESS NAME(S): KnottyGuy Wood Products
Located at: 1164 Terrace Crest, El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: March 11, 2009
This business is hereby registered by the following: Byron Olander 1164 Terrace Crest, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 11, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-006995
FICTITIOUS BUSINESS NAME(S): Bradley/Shaw Realty And Auction Services
Located at: 10336 Palm Row, Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: March 1, 2009
This business is hereby registered by the following: 1. John S. Bradley 10336 Palm Row Dr., Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 06, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064651-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: WHITNEY NICKOLE COLLIER FOR CHANGE OF NAME PETITIONER: WHITNEY NICKOLE COLLIER HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
WHITNEY NICKOLE COLLIER
TO:
WHITNEY NICKOLE FLYNN
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020, Department 15 on APRIL 29, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.
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 06, 2009.
East County Gazette – GIE030790
3/19, 3/26, 4/02, 4/09, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064613-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: ANDREA MARTINS ON BEHALF OF MINORS JOSEPH ALBERTO CHAVERRO AND JOSHUA BRADLEY CHAVERRO FOR CHANGE OF NAME PETITIONER: ANDREA MARTINS ON BEHALF OF MINORS JOSEPH ALBERTO CHAVERRO AND JOSHUA BRADLEY CHAVERRO HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
JOSEPH ALBERTO CHAVERRO
TO:
JOSEPH ESTEBAN MARTINS
AND
JOSHUA BRADLEY CHAVERRO
TO:
JOSHUA BRADLEY MARTINS
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 6, 2009.
East County Gazette – GIE030790
3/12, 3/19, 3/26, 4/02 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. 2009-007421
FICTITIOUS BUSINESS NAME(S): Earl & Kathryn Chenoweth Property Management & Investment
Located at: 8765 Wintergardens Blvd., Lakeside, CA 92040
This business is conducted by: Husband and Wife
The first day of business was: January 1, 2008
This business is hereby registered by the following: 1. Earl H. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040; 2. Kathryn A. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 11, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007612
FICTITIOUS BUSINESS NAME(S): Rancho San Diego Dental Group
Located at: 2648 Jamacha Rd., Suite 166, El Cajon, CA 92019
This business is conducted by: A Corporation
The first day of business was: March 10, 2009
This business is hereby registered by the following: Gerald P. Weiner DDS, Inc. 2648 Jamacha Rd., Suite 166, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 12, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-005024
FICTITIOUS BUSINESS NAME(S): MyShoppingTown
Located at: 11317 Big Cone Dr., Lakeside, CA 92040
This business is conducted by: Husband and Wife
The first day of business was: January 1, 2009
This business is hereby registered by the following: 1. Amparo Ruiz 11317 Big Cone dr., Lakeside, CA 92040; 2. Edwin R. Johnson 11317 Big Cone Drive, Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 11, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007002
FICTITIOUS BUSINESS NAME(S): SecureOne Pension Administration
Located at: 6355 Carthage St., 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: Patrick Scott McKee 6355 Carthage St., San Diego, CA 92120
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 06, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003074
FICTITIOUS BUSINESS NAME(S): Sugar Sweet Stitches
Located at: 507 Danny 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. John Cowan Weaver 507 Danny St., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 30, 2009
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-005771
FICTITIOUS BUSINESS NAME(S): High Expectations
Located at: 1644 Cerca Blanca Place, #B, 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: Beau D. Simi 1644 Cerca Blanca Pl., El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 25, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-004512
FICTITIOUS BUSINESS NAME(S): Dapper Jay's Barber Shop and Hot Shaves
Located at: 8886 La Mesa Blvd., La Mesa, CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Raymond Decandia 5372 Snarthmore Street, La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 12, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-006953
FICTITIOUS BUSINESS NAME(S): Financial CPR Radio Show
Located at: 4025 Camino Del Rio South, Suite 300, San Diego, CA 92108
This business is conducted by: An Individual
The first day of business was: January 05, 2009
This business is hereby registered by the following: Jesse Lipscomb 4025 Camino Del Rio South, Suite 300, San Diego, CA 92108
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 06, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007010
FICTITIOUS BUSINESS NAME(S): a.) J and S Sales b.) J and S Properties
Located at: 727 South 65th St., San Diego, CA 92114
This business is conducted by: Limited Liability Company
The first day of business was: October 26, 2008
This business is hereby registered by the following: J & S Sales, LLC 727 South 65th St., San Diego, CA 92114
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 06, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-007261
FICTITIOUS BUSINESS NAME(S): Quiznos Classic Subs of El Cajon
Located at: 124 West Main St., #110, El Cajon, CA 92020
This business is conducted by: Limited Liability Company
The first day of business was: March 17, 2008
This business is hereby registered by the following: Sandwich World LLC 124 West Main St. #110, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 10, 2009.
East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007625**

FICTITIOUS BUSINESS NAME(S): a.) Lady Jane Bakery b.) Lady Jane By Design c.) Maison Kase By Design
Located at: 962 Galopago St., Spring Valley, CA 91977

This business is conducted by: An Individual
The first day of business was: March 1, 2009
This business is hereby registered by the following: Mary Ann Aguilar-Kase 962 Galopago St., Spring Valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 12, 2009.

East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

**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. 2009-007369**

FICTITIOUS BUSINESS NAME(S): Alpine Gifts
Located at: 160 Scottford Dr., El Cajon, CA 92021

This business is conducted by: An Individual
The first day of business was: March 10, 2009

This business is hereby registered by the following: Patrick B. Wolff 160 Scottford Dr., El Cajon, CA 92021

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 11, 2009.

East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-006660**

FICTITIOUS BUSINESS NAME(S): Veso's Chilcare
Located at: 1275 Redwood Ave., 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. Martha Vega 1275 Redwood Ave., El Cajon, CA 92019

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 04, 2009

East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-006452**

FICTITIOUS BUSINESS NAME(S): San Diego County Curb Service
Located at: 9978 Kika Court #7811, San Diego, CA 92129

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. David Schaefer 9978 Kika Court #7811, San Diego, CA 92129
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 03, 2009

East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 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. 2009-008198**

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. 2009-008315**

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. 2009-006537**

FICTITIOUS BUSINESS NAME(S): La Mesa Holistic Massage
Located at: 8356 B2 Allison Ave., La Mesa, CA 91941

This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Mary P. DeLuca 11355 Canyon Park Dr., Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 03, 2009

East County Gazette- GIE030790
3/12, 3/19, 3/26, 4/02, 2009

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**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. 2009-009135**

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

**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. 2009-007519**

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. 2009-008527**

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

Construction ...

Continued from page 8

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How to tell if cat is stressed... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Trainer,

How do I tell if my cat is stressed out? My cat is a 2-year-old shorthaired tabby, and she seems edgy all the time. Is there something I can do or read to find out about stress in cats? I adopted her over a year ago and she still hasn't settled in well. Would another cat help?

Signed,
Fretful Feline

Dear Fretful,

The first thing you will want to do is take your cat to the vet to make sure there is not some sort of underlying medical reason for your cat's anxiety. There are many medical conditions that can present with behavior symptoms, so do have a check up and ask for some blood work to help determine if there is something going on. Once you have cleared any medical conditions, you can begin to do some detective work to help you determine what might be going on.

Keep a log

One of the most useful things that can help with "profiling" your cat and the underlying behavior issues is to keep a log. Watch your cat and write down your cat's daily responses to things in the environment and track your cat's activities during the course of a few days.

Also, watch your cat's body language and write down what you see. Be sure to go into as

much detail as you can. Look at the following things and write them down:

- What does your cat look like when she is resting or relaxed?

- What does your cat look like when she is tense?

- What does your cat look like when she is about to respond to something she doesn't like?

Next, look at the following questions. Your answers should be from Edgy/Nervous to Steady/ Relaxed or somewhere in between:

1. Cat is comfortable with all noises/sounds
2. Cat is comfortable around all men or women
3. Cat is comfortable around toddlers/babies
4. Cat visits when strangers approach
5. Cat loves attention from strangers
6. Cat is comfortable being touched all over
7. Cat is comfortable around other cats
8. Cat is comfortable around other animals
9. Cat is okay being left with someone else
10. Cat has not changed homes in the last 6 months

11. Cat always eats even when you are gone

12. Cat has never eliminated on clothing or bed

13. Cat has never been punished with squirt bottle, shaker can or physical punishment

14. Cat never hides for long periods

15. Cat allows touching from strangers

16. Cat never meows for attention

17. Cat never tries to escape outside

18. Cat rarely shows signs of stress via excess grooming, scratching or scent marking

19. Cat never hisses or growls at people

20. Cat eats food without high-grain content

21. Cat has only lived in one household

22. Cat has regular veterinary health checks

23. Cat receives daily mental exercise or enrichments

24. Cat is provided with fresh water daily

After you go through all of these questions, and work on your log, these should give you a better idea of where your cat lands on the stress-o-meter. If you find your cat "scored"

mostly in the Edgy/Nervous range, your cat needs a stress reduction program. Stress reduction programs can include a better diet, training, access to quieter areas, and/or herbs or medications that can help if the problem is severe.

To answer your question about adding another cat, yes, sometimes adding another cat in the home can help, but you would really need to choose the correct fit for your current cat. Since your cat is already anxious, you should consider an older, a steady female that

has been around other cats, and then plan for very slow introductions if you decided to go this path.

You may also want to work with a trainer or behavior expert to help you with your cat. They can help you adjust your environment and provide training plans that will minimize the stressors in the environment as well as show you how to train your cat with specific exercises for your particular cat's situation. You can find cat experts at: www.iaabc.org

The website Cats International (<http://www.catsinternational.org/>) also has lots of ideas for helping cats be more comfortable in their homes and around the people they live with.

I hope this gives you some direction for helping you cat become better adjusted to your household.

Good luck,

Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com



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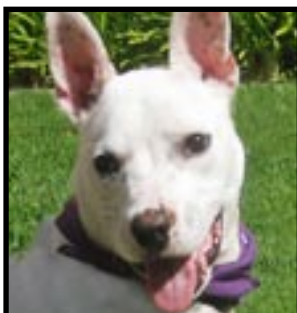
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Champ earned his name. He overcame a dog attack and is in the process of healing. This 1-year old Cattle Dog/Staffy mix weighs just 30 pounds. He's happy, friendly, loves to play with dogs, and has an endearing personality. He is physically scarred but emotionally very loving. You'll never be short on smiles when you are around Champ. He'll do best in a home with children 12+. Champ is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org.) Information: (858) 205-9974.

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