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**VOLUME 9 NUMBER 46** **APRIL 23-29, 2009**

# Something for everyone in East County



From historic airplanes to bucking broncos, East County has it all over the next week.

Lakeside is celebrating its 44th annual Western Days Parade, the 45th annual rodeo is in town, garden tours help celebrate Earth Day, and see thousands of butterflies released at the annual Sage and Songbirds celebrations in Alpine. All happening this weekend and into next week.

See page 2 for details of these local events.



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# Local News & Events

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## Bits and pieces around East County

### Sage & Songbirds Festival

**A**lpine's biggest Festival just got bigger! And it's still all FREE.

The upcoming Sage & Songbirds Festival at Viejas Outlet Center, May 2-3, will be filled to capacity with some of the best vendors and exhibitors in Southern California.

In addition, prizes for this year's opportunity drawings exceed the value of years past, with the grand prize of a 4-pack of tickets to Disneyland Park and Disney's California Adventure Park.

Also of interest will be live exhibits of all sorts of critters many new and others returning old favorites — including snakes, spiders, hummingbirds, owls, bees, butterflies and a 6-foot-long, black-throated monitor lizard.

Speakers on a variety of subjects will share their wisdom in an outdoor setting.

The ever-popular release of live butterflies will take place at noon, both days of the event.

The Sage & Songbirds Festival is presented by CHIRP for Garden Wildlife, Inc., a local not-for-profit organization with focus on backyard habitats for birds and butterflies and sponsored by Viejas Outlet Center and San Diego Home/Garden Lifestyles Magazine. Additional sponsors include Rand Engineering, Richard and Vanessa Rusczyk and Norm and Esther Croteau.

Hours for the festival are 10 a.m. to 4 p.m. Sunday hours are 10 a.m. to 3 p.m. Admission is free.

For additional information, visit [www.chirp.org](http://www.chirp.org) or phone (619) 445-8352.

### Garden tours

Are you looking for ideas to "spruce up" your garden or yard?

**The 12th annual Sage and Songbirds Garden Tours** are set for May 1-3, spotlights five unique gardens, chock-full of plants, water-scapes, pathways, structures and other very interesting features.

This year's tour features four never-before-seen gardens and a fifth, very popular garden that was last on the tour in 2004. Admission to a bonus site — a raptor rehabilitation facility — is also included with ticket, for a total of 6 locations.

A garden tour ticket is valid from 10 a.m. to 4 p.m., May 1-3, and includes a map with directions to each home. The tour is self-guided, and visitors may stay as long as they would like at each site. Ticket-holders may visit each garden only once. Cost is \$15.

For additional information, visit [www.chirp.org](http://www.chirp.org) or phone 619-445-8352.

**Seven spectacular gardens are featured in the Friends of East County Arts, Inc. Fourteenth Annual Garden Tour** to take place Saturday, April 25 from 9 a.m. to 3 p.m.

One of the gardens featured is a Water Conservation Award

winner; others include an artist studio embedded among floral surprises; a rustic country décor; a multilevel garden with animal habitats; and a lush, peaceful, park like setting with Koi, color and a meditation hideaway.

These splendid gardens offer a tremendous variety of settings and each garden is lovingly planned and cared for by its owner.

The tour is sponsored by Friends of East County Arts, Inc., a philanthropic organization of 100 members volunteering time and energy to further the development and growth of the performing and fine arts in East County. To date, Friends has contributed more than \$500,000.00 to art-based programs in the community. All monies collected from this event will benefit these programs.

Tickets for the Fourteenth Annual Tour are \$15 in advance or \$18 at any garden site the day of the tour. You may contact Christy Klock at (619)442-8515 for advanced tickets or for garden site information.

### Lakeside Rodeo

April 24 - 26: The 45th Annual Lakeside Rodeo will be held at the Lakeside Rodeo Grounds, 12584 Maplevue Street, Lakeside (Hwy. 67 and Maplevue) Friday, April 24 through Sunday, April 26.

Performances are: Friday 7:30 p.m.; Saturday 2 & 7:30 p.m. and Sunday at 2 p.m.

Tickets available at Rodeo Grounds ticket office beginning daily on April 10 from 10 a.m. to 5 p.m. or at Boot Barn, 853 Arnele Ave., El Cajon or 4411 Mercury Street in Kearney Mesa. For more information call (619) 561-4331.

### Lakeside Parade

The Lakeside Chamber of Commerce proudly presents the 44th Annual Lakeside Western Days Parade. The theme for this year's 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 1st Responders. The

Grand Marshal is "Ironman" Ivan Stewart, legendary Off Road Racer.

### Celebrate Arbor Day

Join the fun this Friday, April 24, at 3 p.m. as the City of El Cajon celebrate the City's 12th year of receiving the Tree City USA award and our 20th Annual Arbor Day ceremony at the Prescott Promenade, located at 211 East Main Street.

Arbor Day is a nationally celebrated observance that encourages tree planting and care. In celebration, over a 100 trees will be planted at El Cajon Parks, public grounds, parkways, and schools. Refreshments will be served after a ceremonial tree planting at Prescott Promenade.

The El Cajon Women's Club will provide the tree and light refreshments. In the event of rain, proceeding will take place at the Ronald Reagan Community Center.

For more information please call (619) 441-1653.

### The Wings of Freedom Tour

The Collings Foundation's Wings of Freedom Tour brings extremely rare bomber and fighter aircraft for local living history display to East County on April 27 and will be open to the public until May 1.

This is an opportunity to visit, explore and learn more about these rare treasures from aviation history. The B-17 is one of only nine flying condition in the United States, the B-24J and Dual Control P-51C Mustang are the sole remaining examples of their type flying in the World.

Visitors are invited to explore their aircraft inside and out for a \$12 donation for adults and \$6 donation for children under 12.

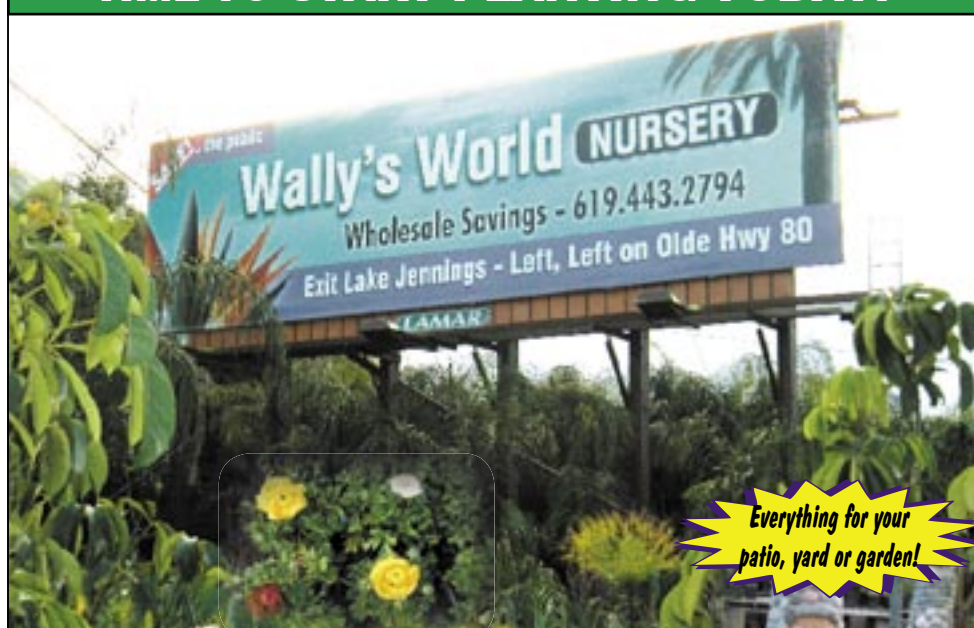
Hours of ground tours and display are 9 a.m. through 5 p.m. on Tuesday, April 28, Wednesday, April 29 and Thursday, April 30 and 9 a.m. through 12 noon on Friday, May 1.

### Wings Over Gillespie

Great news for aviation history buffs and folks looking for a good time — there will be a

**See EAST COUNTY EVENTS**  
page 17

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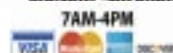
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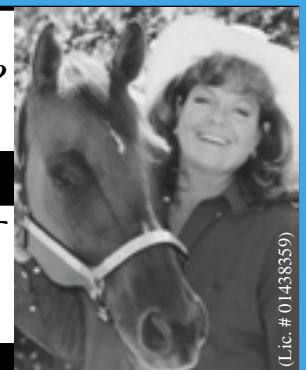
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## — LOCAL NEWS &amp; EVENTS —

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**Graduation Day for the 19th Heartland Fire Academy** — Monday was Graduation Day for the 19th Heartland Fire 1 Academy. These twenty-one graduates successfully completed 14-weeks (488 hours) of firefighter training at the Heartland Training facility in El Cajon. The graduation ceremony was held on Monday, 6 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue in El Cajon. The graduates are: For El Cajon Fire – Ryan Abell, Joseph Fulwiler, Sean Hays, Gregory Hoffman, John Nicoll and Spencer Schafer. For Alpine Fire – Aric Heibing, for Lakeside Fire – Daniel Leech, for Bonita – Robert Marcon, for Coronado – Brian Standing, for Mt. Laguna – Robert Alvarenda, Brent Boltz, Casey Chattle and John Olsen. Miramar College Open Enrollment students – Shane Brown, Antonio Gonzalez, Ryan Cross, Patrick Henry, Louie Kinoshita and Keith Richardson. For more information about the El Cajon Reserve Academy and what it takes to become a firefighter, visit our website at [www.elcajonfire.com](http://www.elcajonfire.com).

by Monica Zech  
City of El Cajon Public  
Information Office  
**Saturday Morning Is April's  
Lend A Hand Day**

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 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 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.

## Volunteer Appreciation luncheon

The El Cajon Police Department will hold their annual Volunteer Appreciation luncheon on Wednesday, April 29. Lunch begins at 11 a.m. on the front lawn of the El Cajon Police Department located at 100 Fletcher Parkway. This event recognizes and thanks the department's volunteers for all their commitment and hours they put in for the police department and City.

## Dust off that bike and get ready for Bike To Work Day

El Cajon's 10th Annual "Bike To Work Day" is Friday, 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 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.

## Bicycle Master Plan Community Workshop in May

The City of El Cajon is developing a new Bicycle Master Plan and we would like the help of local cyclists. Your unique perspective is important to us in crafting a viable plan. Join us for a Community Workshop on Wednesday, May 20, from 6:30 to 8:30 p.m. at the City Council Chambers located at 200 Civic Center Way.

This workshop will begin with an overview of the project followed by an open forum where you can discuss your ideas or concerns with the consultants and review their initial plans. You are also welcome to fill out a project survey at: [www.elcajonbmp.org](http://www.elcajonbmp.org). For more information please call (619) 441-1651.

## Special Off Road Event At Westfield Parkway

Westfield Parkway, along with Motoworld of El Cajon, Express Performance, MIT Drive Train Specialists, and MT3 invite all of you "desert dudes and dirt divas" to come out for a one-day Off-Road

See EL CAJON BITS page 5

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## — LOCAL NEWS &amp; EVENTS —



# Lakeside Round Up of events



"Ironman" Ivan Stewart will be grand marshal at the Western Days Parade in Lakeside.

by Patt Bixby

## Lakeside Community Planning Group

Administrative items/Announcements: J. Bugbee announced the Maine Ave utilities undergrounding are proceeding. A group of people including SDG&E, DPW (Department of Power and Water) and MARA, Maine Ave. Revitalization Assoc) were inspecting meters.

L. Strom said she had

passed out a paper regarding the City of Oceanside. Oceanside had hired a consultant to advise them on community development and it seemed as though a lot of their complaints were the same as she had been hearing about the County. R. Smith said our County has done this and they seem to be easier to work with. R. Clegg said she has noticed an improvement for the fire survivors who want to rebuild. Clegg noticed when she went with a fire survivor to pull their permit,

there were only 33 housing permits for the year.

Proposed Publicly Initiated action

R. Smith announced the red curb at Marathon Parkway at the Ball Park has been removed. Rios Canyon Little League has received all the old equipment from the National Little League, he concluded.

Subcommittee reports  
CSA69 R. Smith reported there was a special meeting

held April 15 with regards to the change for recovering transport fees. The \$1,050 for both residents and non-residents was said to be illegal by the county council because residents are paying a benefit fee on their taxes. The recommendation is to keep non-residents at the \$1,050 fee and have a \$900 fee for residents.

Information provided by Co-secretary J. Bugbee.

## Lakeside Western Days Parade

The Lakeside Chamber of Commerce proudly presents the 44<sup>th</sup> Annual Lakeside Western 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.

## Highlights ...

### Continued from page 4

Toy Expo, Saturday, May 16, 10 a.m. to 4 p.m. at Westfield Parkway shopping center, at 415 Parkway Plaza in El Cajon. This event will feature more than 25 vehicles including: Ford F-150s, ATVs, Wave runners, Jeeps, race vehicles, as well as displays by Airgas/Baja Pits and California Metals on display throughout the mall.

A special appearance by Kevin Kouzmanoff, Padres' third baseman is planned near Play Town from 11 a.m. to 1 p.m. There will be a batting clinic for children under 13 and the opportunity to get your picture taken with Kevin. So don't forget your camera! One lucky person will have a chance to win a Polaris Ranger and a \$5,000 shopping spree at the event. Check out the latest in adventure gear by Westfield Parkway retailers and learn about off road safety with the ATV Safety Institute, El Cajon Police, Fire Departments and San Diego Off Road Coalition.

## Firefighter Boot Raises over \$8,000

On Thursday, April 16, firefighters around the County took part in the Annual Firefighter Boot Drive to benefit the Burn Institute. During the morning and evening commutes, firefighters were at intersections throughout San Diego County collecting donations from passing motorists. El Cajon Firefighters collected money during the morning commute from the area of East Main Street at Greenfield Drive, and on Greenfield near the Interstate 8 exits and on-ramps. Early estimates show the El Cajon Fire team raised about \$8,630 for the Burn Institute.

This is the Burn Institute's largest one-day fundraiser of the year and helps to fund their burn-survivor support programs and services. For more information please visit the Burn Institute's website at [www.burninstitute.org](http://www.burninstitute.org) or call them at (858) 541-2277.

## Hot weather reminders

If you need a place to stay cool visit our enclosed Westfield Parkway Plaza mall at 415 Fletcher Parkway or any of any local library. Please do not leave children or pets in your vehicle while running errands. Stay hydrated by drinking plenty of water and avoid caffeine and alcohol.

## Note the address change for El Cajon City Hall

The mailing address for City Hall has changed from 200 E. Main Street to 200 Civic Center Way. The El Cajon City Council adopted a resolution to rename Julian Avenue to Civic Center Way in preparation for the new Public Safety Center, which will be located adjacent to City Hall. If you have any questions, please call the City Manager's Office at (619) 441-1716.

*\*Please keep me informed of your community events by placing me on your mailing or email list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via email at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us) or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.*

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## — LOCAL NEWS &amp; EVENTS —

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## 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.

## 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 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.

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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Sunday May 3rd 2009  
1pm ~ 4pm

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Besides the wonderful taste sensations, Vintage Alpine also features relaxing live music in a beautiful garden setting, a silent auction, and chances for attendees to meet wine and food specialists and discover new favorites.

**Reserve Your Tickets Now!**  
\$40 - Before March 24th  
\$45 - March 25th - May 2nd  
\$50 - Day of event

Information & tickets available at:  
[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.





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# For Health's Sake

## Can't Sleep? Deprivation can lead to problems



by Judy Callihan Warfield

In a 2002 poll conducted by the National Sleep Foundation, only 30 percent of adults log a full 8 hours of sleep each night. The average married mom gets 6.7 hours. Chronic sleep deprivation leads to impaired memory, reduced coordination, and weakens the body's immune system, indicates Carl Hunt

director of National Center on Sleep Disorders Research. He goes on to mention that not only does lack of sleep lower our resistance to whatever contagious illnesses are going around, but they feel that it also increases your chances of an auto accident due to slower response time and impaired reflexes and concentration.

Perhaps you have had a tense and difficult day. The problems are not resolved and tomorrow promises to be a continuation of the same. You really need a night of refreshing, rejuvenating sleep. But you know you are worried, upset, depressed, anxious or troubled. You are pretty well resolved to another sleepless night.

Old time remedies, such as warm milk, counting sheep,

reading, exercise, etc. are at best temporary solutions. There are medications for insomnia, but quite a few people are hesitant to add another medication to their list. There has been indications that sleep medications can also tend to rebound after continued use and they usually simply "knock you out" rather than allowing your body to reach the regenerative level of sleep known as REM. It is in that REM level of sleep that our bodies are able to heal, regenerate, recuperate, and reenergize our bodies.

The University of Texas Southwestern Medical Center at Dallas indicated that hypnotherapy was a beneficial treatment for insomnia. There is quite a bit of data from several medical institutions indicating the use of hypnotherapy for

insomnia. The UCLA Pain Center routinely uses hypnotherapy to assist their patients improve their sleep patterns in order to allow their bodies to rejuvenate and heal thru the night.

Hypnotherapy is an efficient, rapid, drug free way to improve your sleep habits. Stress management techniques are learned, elimination of fears and anxiety, improvement of attitude and belief system and ability to solve nagging problems will result in a more restful sleep. Some of us just need to learn to "turn off" that ever constant voice that keeps us awake.

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](mailto:judy@successhypnotherapy.com). Further info is on web site [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or call for free telephone consultation.

### Laughter is the Best Medicine

#### Praise

The pastor asked if anyone in the congregation would like to express praise for answered prayers. A lady stood and walked to the podium.

She said, "I have a Praise. Two months ago, my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced. "Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation were unnerved  
**See PRAISE page 9**

## Dear Dr. Luauna Stines

Dear Dr. Luauna,



I am 17 years old and struggling with drugs and alcohol. My parents were alcoholics my whole life, which killed them at a young age. My brothers and I started drinking also. I thought I was having fun in the beginning, but I cannot stop, I tried to turn over a new leaf many times, I need help, I don't want to die at a young age.

Young Alcoholic in San Diego,

California.

Answer: I am sorry for your loss and it may seem as if you cannot change having been raised in this environment, you can change the course of your future. Psychologists say you cannot change because your parents passed the gene of alcoholism to you, this only leads to hopelessness. You were created in the image of God. When you receive Jesus as your Lord and Savior by faith; He becomes your Heavenly Father. God sent Jesus to bring physical, emotional, and spiritual healing to us, also eternal life with Him in Heaven. You can be adopted into God's family through faith in Jesus Christ and repentance. The blood Jesus shed on the cross, cleanses us from our sins. Jesus came to set the captives free from the invisible chains of darkness, which the enemy has tried to capture you with. The devil comes to kill, steal and destroy your peace, health and future. I have seen thousands of men and women set free from many addictions; I was completely set free from cocaine by the power of God. You can read my story of victory in my book, "A Mother's Story," We can help you, please contact me directly at: [drluauna@atouchfromabove.org](mailto:drluauna@atouchfromabove.org). God has a wonderful plan for your life; He loves you so much, if Jesus can help me, Jesus can help you too! I look forward to meeting you and helping you find God's perfect will for your future, you are special! Read these verses (Romans 10:9-10, John 10:10, Isaiah 53:4-5, Luke 4:18-19, Romans 8:15).

Submit questions to: [questions@drluauna.com](mailto:questions@drluauna.com)

Watch Dr. Luauna Stines Television Program in San Diego County

Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23  
760-780-6207

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

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

[www.amothersstory-thebook.com](http://www.amothersstory-thebook.com)

Dr. Luauna is an Evangelist. Following is a list of her 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:** A place for Christians to get away and pray. Healing and Worship Services along with regular scheduled prayer meetings.

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By Dr. Luauna Stines

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## — FOR HEALTH 'S SAKE —

# Viejas hosts Teen Awareness for parents and teens



Sheriffs Jason Rouse (left) and John Whiteman talk to Viejas Tribal Youth about juvenile law. Photo by Kathy Foster

by Diana Saenger

Giggles and a few mentions of twitter or YouTube could be heard coming from a room at the Viejas Education Center on April 13. The teens were not gathered for social reasons, however. Local Sheriffs, a California Highway Patrol officer and participants from the District Attorney's Office were there to kick off the 3-day "I Believe in Myself," awareness event for parents and teens to create self-esteem.

The professional workshops covered a variety of topics including cultural history, spiritual healing, self-esteem, juvenile court and the law, driving, drug/alcohol/gang awareness, probation, crime prevention, Internet safety, cultural activities and a presentation by MADD.

Alan Barrett, a former Tribal Councilman, who along with Tribal member Vera Tucker, coordinated the program, began the first session by explaining to the students and parents in attendance, why the Tribe was still under local law enforcement.

"The Constitution of the United States gave us sovereignty to govern ourselves, but after 150 years the federal government decided that tribes are not able to police themselves," Barrett explained. "So they created Public Law

280, and there are six states in the United States that have to abide by this law, California being one of them. Public Law 280 gives the criminal jurisdiction over to the state which then gives it over to the county. That's why we have sheriffs on the reservation."

Jesse Navaro, the Public Affairs Officer for the District's Attorney's Office of the County of San Diego, addressed the group. "Most of the crimes on the reservation end up in our office," he said. "We decide which cases are going forward and which are not."

Sheriffs Jason Rouse and John Whiteman from the County's Juvenile Division held a slide show presentation explaining their roles in working with youths. Points covered included handling runaways, missing and abducted children, teen relations and working as liaisons with the courts.

"We all want a safe society," Rouse told the crowd. "And we want kids to understand it's not kids versus law enforcement. We're on your side and want to create a safe environment for kids."

Whiteman outlined what the system does to try to keep children out of the court system, including SARF (School Attendance Review Board). He explained school attendance in California is mandatory until the age of 18 and that truancy

is a crime and that covers both parents and their children. The leaders also discussed the parents' responsibilities by law to take care of their children and provide food and shelter.

"We set on that board with other community leaders, and if you're brought before the SARF, you'll be issued a contract," Whiteman said. "If you break that contract you'll be sent before a judge and have to see a probation officer."

"You need to keep in mind that the laws are designed to protect our children under 18, and not to harass them or get them in trouble," Superior Court Judge Amalia L. Meza said. "We don't want someone out there late at night where someone could prey on them, or they can get into trouble."

Each day of the program was intended to make the Tribal youth understand that bad behavior has consequences. As Deputy Gaming Commis-

sioner and a former Tribal Councilman, Alan Barrett has had many years to observe a wide spectrum of youth activities and behavior on the reservation.

"We began educating the youth a few years ago with an Internet safety and a MADD program," Barrett said. "Now that I'm raising a young teen, I'm aware of the troubles these young teens can get into. We have a lot of our people who are in prison or have been there, and I realized we needed to create a program that will give the kids the tools to make the right decisions. In talking with my cousin, Vera, she always teaches us that women are the givers of life, the carriers, and they need to be clean and pure. So that was one of our focuses for this program; to help create self-esteem among the youth, and also let them know what the consequences of their actions can be."

In addition to the youth prevention program and cultural activities, the Tribe has created their own self-esteem program that will continue on a weekly basis at the Education Center.

"The number-one killer of tribal youth is not drug and alcohol abuse, or domestic abuse, Barrett said. "It's a lack of self-esteem, which leads to those other issues. At Viejas we are trying to prevent these problems before they begin. Working with our county partners, we put together an event that we hope will serve as an example to other tribes, and which can be used on other reservations as well. We understand the peer pressure kids' face at school. But we've been here 10,000 years, and we want our children to be themselves and believe in themselves."

## Praise ...

Continued from page 8

and squirmed uncomfortably as they imagined the horrible surgery performed on Tom.

"Now," she announced in a quavering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

All the men sighed with relief. The pastor rose and tentatively asked if anyone else had something to say.

A man stood up and walked slowly to the podium. He said, "I'm Tom." The entire congregation held its breath. "I just want to tell my wife that the word is sternum."



## Health... Just Common Horse Sense

by Dr. Donald Adema

Last night was quarterly meeting of San Diego Physicians Medical Group, Inc. and Southern California Managed Care Services, Inc. Both are private companies involving independent physicians all across the greater San Diego area. The major part of the evening was a presentation by an outside auditing/accounting service on our 2008 performance. Once again, a privately held for profit and not for profit health care organization can perform well without subsidy from a large hospital corporation whose name may start with S or the government. We received an A++ and are more prepared than most for whatever our present leadership has in store for the private sector.

The meeting also discussed the government's growing desire that all electronic medical records conform with their needs and deposit all information into one central back up system. Be afraid! "But Dr. Adema, it will ensure prompter payment and easy review." (Funny, I didn't see any turnip trucks in the parking lot when I arrived.) And off we went.

After a lively discussion on paranoia, greed and other enlightened more liberal topics, my perfect moment arrived. I recalled a novel I read a few years back on the way to Sacramento to visit my parents. Not exactly a Nobel prize candidate, but it kept my interest and I devoured it in airports and on the flight. It portrayed the government's concern over health care costs, population size and older people with incurable disease. (Any of you getting a little sweaty yet?) The heroine was a way cute, female, early 30's reporter who gradually uncovers the true motive of a small group of politicians. They simply want to limit those who, in their eyes, drain the country of resources and leave less for themselves. The "Death with Dignity" serum criteria soon becomes creatively altered allowing for the mentally disadvantaged to be mercifully taken out of their perceived misery. Soon, with the access to the central computer bank at the disposal of the politicians, the annoying, way cute, investigative reporter is given a terminal diagnosis and her age is "fuzzy" fact and she is on the gurney with seconds to go before the IV drip is started. However, the new president is finally fully briefed and entertains a citizen concern group and the program is dropped. Our heroine is saved and the courts will probably bogged down with cases not unlike our present day courts are bogged down with cases of immunization reactions. Hey, that was not a bad synopsis.

Do we have that kind of leadership today? Is our new leader in line with the president who saved the day? Remember, one thing as you ponder the above. Before you spin out into total fear, give it to God. Stay tuned.

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# Class Act Dining & Entertainment

## 'State of Play' seeks the truth

Review by Diana Saenger

**T**he strong cast of Russell Crowe, Helen Mirren, Ben Affleck and Rachel McAdams set the bar high for the crime/thriller *State of Play*. Infused with stories that splash across the headlines of today's newspapers – a congressman having an affair, corporate misconduct, a newspaper facing its demise – the movie is intriguing from beginning to end. It easily ascends that high bar.

Cameron Lynne (Helen Mirren) is facing the loss of her prestigious job as editor of the Washington Globe. That's because sales of the paper are down, and it's up to her to keep the presses rolling. When a young woman believed to have committed suicide is linked to a congressional investigation of a corporate

company, Cameron has her story.

With a long history as a senior reporter and a nose for news sharper than a blood hound, Cal McAffrey (Crowe) appears the most suited for the job. He immediately senses two recent murders are somehow linked to the woman's death, but he wonders if he's the right one to cover the story. Cal was once best friends with Stephen Collins, the congressman heading up an important government investigation. When news leaks out that the woman who committed suicide was Stephen's mistress, Cal treads even more lightly.

Della Frye (McAdams) is a young reporter eager to acquire bylines. While Cal is old school, she's new day – a blogger who dives in headfirst, sometimes not seeing the big picture.

When Cameron assigns her to work on the story with Cal, they're like water and oil.

After Stephen shows up unexpectedly at Cal's, stating his wife (Robin Wright Penn) has thrown him out of the house, Cal is uncertain what to do. Especially recalling Cameron's words – good reporters don't have friends, only sources. Cal offers Stephen a place to stay and asks him some questions, but gets minimal answers.

The plot is based on a 2003 BBC miniseries, and a host of notable writers – Tony Gilroy (*Duplicity*, *Michael Clayton*), Matthew Michael Carnahan (*The Kingdom*, *Lions for Lambs*), and Billy Ray (*Breach*, *Shattered Glass*) – pen a compelling story that's not really about murder, infidelity or corporate corruption. It actually concerns two

former best friends who love the same woman and now need each other's help. It's also about trust. Kevin Macdonald (*The Last King of Scotland*) directs with a fluid hand that never lags in creating tension between the layers of the story, each one more enticing than the last.

Crowe, constantly looking tired and hurried, once again nails his character. Cal's career is on the line as he strives to find the truth in his story and meet Cameron's deadlines while making Della realize that sometimes a news story involves doing mundane things. Yet Cal's biggest struggle involves trying to learn the real facts of Stephen's affair, and how many lines he must cross to help or denounce Stephen.

Mirren (*The Queen*) is a natural as the clock-ticking editor, and McAdams serves her part well as a fish out of water who jumps in – sink or swim. Wright Penn does a great job as the restrained but wounded wife.



Russell Crowe and Ben Affleck star in *State of Play*. Photo credit: Universal Pictures

Affleck (*Hollywoodland*) comes across as stellar in this film; I think this is one of his best performances. Stephen goes from a man with a near perfect life to suddenly having everything spin out of his control. Affleck goes deep into a role that requires heartfelt sorrow, deep regret and humility.

"The moral ambiguity attracted me to this part," Affleck

said. "Here is this powerful, successful young congressman who has absolutely everything to gain...yet he throws it away by having an affair with a woman who winds up murdered. I felt that Stephen believed he was trying to do right by the people in his life he cared for...he just fell apart."

*State of Play*, one of the best films so far this year, is a great pick for mature audiences.

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## —CLASS ACT DINING &amp; ENTERTAINMENT—

# 'Observe and Report' is not entertaining



Anna Faris and Seth Rogen star in *Observe and Report*. Photo credit: Warner Bros. Pictures/ Peter Sorel

Review by Michael Black

There was a time when comedies were actually funny. *Observe and Report* advertises itself as a comedy, and if you think making fun of alcoholism, mental disabilities and worse of all, date rape is amusing; then this film's for you.

Ronnie Barnhardt (Seth Rogen) is a mall cop who might take his job a little too seriously. When a flasher exposes

himself out in the parking lot to Brandi (Anna Farris), who works at a make-up counter in the mall, Ronnie makes it his personal mission to find and capture the flasher. He has his designs on Brandi and hopes to impress her.

Police Detective Harrison (Ray Liotta) is assigned to investigate the crime and discovers that Ronnie is a racist, mentally unbalanced, wannabe cop. His only friends, fellow mall cops – the Yuen

twins (Matt and John Yuan), Charles (Jesse Plemons), Dennis (Michael Peña) and Dennis's alcoholic mother (Celia Weston), all support Ronnie's never-ending dumb decisions.

*Observe and Report* is a disjointed film filled with one dreadful joke after another. One minute the film follows the investigation to find the flasher then switches to Ronnie trying to join the police force then transitions to a really bad date movie – such as when Ronnie date-rapes an

alcoholic Brandi as she's in a nearly unconscious state.

Almost everything about the movie is politically incorrect such as profiling people for their race, promoting violence and drugs, and the mistreatment of women. None of the characters have any redeeming qualities, and the acting isn't anything special. The conclusion of the movie is outrageous including several full frontal minutes of the flasher running through the mall. And why is that necessary?

See **OBSERVE** page 17

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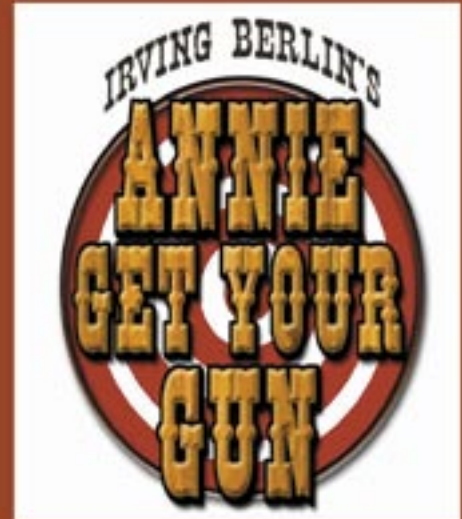
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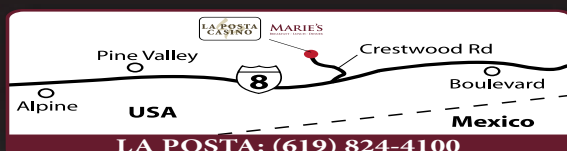
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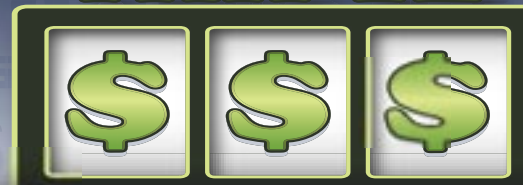


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## —CLASS ACT DINING &amp; ENTERTAINMENT—

# 20th Century Fox summer movie preview

by Diana Saenger

Summer is just a few movies away, and studios are gearing up for what they hope will be another record breaker at the box office. In the next few weeks the Gazette will cover the summer previews of the major studios, so check back each week for the scoop.

## **X-Men Origins: Wolverine**

Action-Thriller - Release: May 1

Director: Gavin Hood  
Cast: Hugh Jackman, Liev Schreiber, Danny Huston, Dominic Monaghan, and Ryan Reynolds

Synopsis: *X-Men Origins: Wolverine*, the first chapter



**X-Men Origins: Wolverine**

in the X-Men saga, unites Wolverine with several other legends of the X-Men universe, in an epic revolution that pits the mutants against powerful forces determined to eliminate them.

## **Night At The Museum: Battle Of The Smithsonian**

Comedy-Adventure - Release: May 22

Director: Shawn Levy  
Cast: Ben Stiller, Amy Adams, Owen Wilson, Hank Azaria, Christopher Guest, Alain Chabat and Robin Williams

Synopsis: It's a new "Night" and "Museum" for Ben Stiller, who is joined by several other stars from the original film, as

well as new characters from history -- including Amy Adams as famed aviatrix Amelia Earhart, Hank Azaria as villainous Egyptian pharaoh Khamunrah, Christopher Guest as Russian tyrant Ivan the Terrible and Alain Chabat as Napoleon. Owen Wilson is back as cowboy Jedediah, and Robin Williams again rides into history as Teddy Roosevelt. The centerpiece of the film will be bringing to life the Smithsonian Institution, which houses the world's largest museum complex with more than 136 million items in its collections. No major film has ever shot inside the Smithsonian in Washington...until now. *Night at the Museum: Battle of the Smithsonian* begins in theaters everywhere May 22.



**Ice Age: Dawn Of The Dinosaurs**

## **Ice Age: Dawn Of The Dinosaurs**

CGI Animation - Release: July 1

Director: Carlos Saldanha;  
Co-Director: Michael Thurmeier

Cast: (voices of): Ray Romano, John Leguizamo, Denis Leary, Simon Pegg, and Queen Latifah

Synopsis: The sub-zero heroes from the worldwide blockbusters *Ice Age* and *Ice Age: The Meltdown* are back, on an incredible adventure... for the ages. Scrat is still trying to nab the ever-elusive nut (while, maybe, finding true love); Manny and Ellie await the birth of their mini-mammoth, Sid the sloth gets into trouble when he creates his own makeshift family by hijacking some dinosaur eggs; and Diego the saber-toothed tiger wonders if he's growing too "soft" hanging with his pals. On a mission to rescue the hapless Sid, the gang ventures into a mysterious underground world, where they have some close encounters with dinosaurs, battle flora and fauna run amuck -- and meet a relentless, one-eyed, dino-hunting weasel named Buck.

## **I Love You, Beth Cooper**

Comedy - Release: July 10

Director: Chris Columbus  
Cast: Hayden Panettiere, Paul Rust, Jack T. Carpenter, Lauren London

Synopsis: *I Love You, Beth Cooper* chronicles the story of a nerdy valedictorian who proclaims his love for the hot-



**I Love You, Beth Cooper**

test and most popular girl in school -- Beth Cooper -- during his graduation speech. Much to his surprise, Beth shows up at his door that very night and decides to show him the best night of his life.

## **They Came From Upstairs**

Comedy-Adventure - Release: July 31

Director: John Schultz  
Cast: Kevin Nealon, Robert Hoffman, Doris Roberts, Tim Meadows and Ashley Tisdale

Synopsis: *They Came From Upstairs* is an adventure/comedy about kids on a family vacation who must fight off an attack by knee-high alien invaders with world-destroying ambitions--while the youngsters' parents remain clueless about the battle.

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# MOTOR AND SPORTS

## 2009 Dodge Ram 1500 Crew Cab Big Horn Edition



2009 Dodge Ram 1500 Crew Cab Big Horn Edition

by Dave Stall

**T**he title of the test truck is almost as big as the truck. When one thinks big, Dodge fills the bill especially with the crew cab model. This model will accommodate five full size adults with the back seat occupants getting full seat belts and head rests. Under the rear seats which flip up and split 60/40

you have storage bins for to keep items in their places and out of sight. There is even a two-cup holder in the floor for those thirsty passengers. The back seat is very roomy and the seats are comfortable. Up front the driver and passenger get very comfortable seating with power adjustments for the driver and manual adjustments for the passenger. Between the front seats is a very large arm

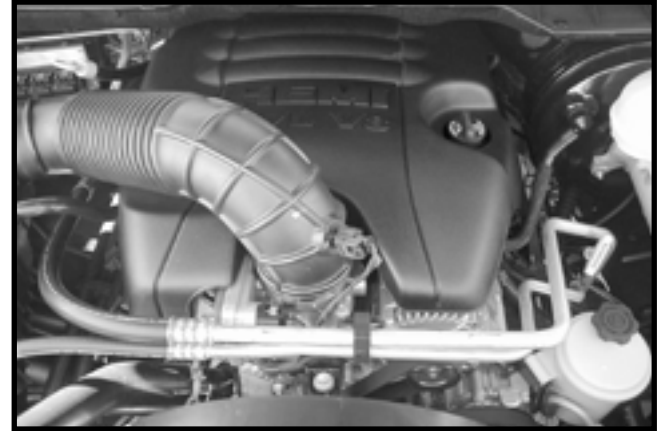
rest that doubles as an office when opened. I didn't care about the office feature but I liked the large arm rest.

The dash is done for a person who works or plays in their truck, big well illuminated gauges in day or night time driving and an information center. The shifter is in the center console, big and beefy but it works. Under the shifter is a five speed electronically controlled automatic transmission. Shifts smooth under any condition. This 1500 was the two-wheel drive version with the 5.7-liter Hemi V8 producing 310 horsepower and 330 pound foot of torque and fuel mileage is workable, 14 in the city and 20 on the open road which is a four percent increase over last years 1500.

New for 09 the Dodge gets a face lift and a new rear coil over suspension system that has gotten rave reviews and really give the 1500 a smooth car-like ride but still able to haul the loads and tow the trailers. I loved the power rear sliding glass window.

The sound system was top notch and the bed system is for the working man, lockable boxes and three bed lengths to fit your needs. The 1500 Ram got a Five Star frontal crash tests for the driver and passenger and four stars for a roll over incident.

The Dodge Ram was a great truck, a little high when it comes to climbing into the cab and for a 2-WD model I thought the ground clearance was a little



Hemi engine. Photos by Dave Stall

much but hey if one likes riding high in the saddle then the Ram Big Horn Edition is perfect. Silver on the outside and dark slate inside 20-inch tire and wheel package, bases out at \$31,880 and my loaded

Big Horn hit the register at \$37,095 and don't forget to slap on tax and licenses fees. Great truck, check it out!

Got a question or comment for Dave? Go to [www.daves-tall.com](http://www.daves-tall.com)

### Bumper-to-bumper with Dave Stall

**Dave:** I went to buy a used car and when I got to the financing I found out the car didn't have a warranty in fact they were selling it "As Is." Now they did say they would sell me an extended warranty for \$2,000 dollars. They said they would give me a 30 day warranty but if anything goes wrong I would be responsible for 50 percent of the repair bill. Does this seem right to you? I didn't buy the car because I just didn't feel good about the transaction. I do want the car, it is exactly what I want. I checked and it is still on the lot (it has been there for about a month and a half). Any suggestions would be deeply appreciated, keep up the great work! Jan, El Cajon.

**Jan:** It sounds to me like this used car dealer is running a very tight operation which means he is not making a lot of money on each vehicle he sells. For example, he buys a car from the auction for \$8,000 smog and safety maybe \$100 sells it for \$9500 there is not much room for profit or unexpected repairs that he would have to incur himself. It is a tough time in the car business today so buyer beware, have it checked out by your own technician. Always buy a used car with a good warranty. One more thing, \$2,000 for an extended warranty seems normal today but the question to you is can you afford repairs that could cost \$2,000 or more with out the warranty? Don't forget the deductible, usually \$50 to \$100. Last but not least, if your heart tells you to walk on the deal...walk!

**Dave:** I just got an email on a new product that will allow you to burn water in your vehicle and gain 40 percent better fuel mileage. Have you heard of it and does it work? Mechelle, Alpine.

**Mechelle:** I have seen a lot of products come across my desk and this one is no different. In fact I know of a guy who has it installed on his 1999 Ford F-150 pickup truck. The truck seems to run smoother but there is no significant fuel mileage increase. Water injection is not new technology; in fact it has been around for a long time. If not applied properly it could do damage to your engine and so far no one has perfected the system.

Got a comment or car question? Contact me at [www.davestall.com](http://www.davestall.com) or listen live every Saturday from 3 to 5 pm on AM 1170.

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— PUZZLES —

Crossword Puzzle



- Across
- 1 Nickel

6 Central nervous system

9 Movie 2001's talking computer

12 Defense

13 Bunny movement

14 Boxer Muhammad

15 Fold

16 Card game

17 Charged particle

18 Tuber

20 Graded

22 Dryer's partner

25 Prejudiced person

26 Sayonara

27 Rest

29 Salamander

31 Calorie

32 Borax

36 Snare

39 Creative work

40 River

43 Buskin

45 House parts

46 Signet

47 The other half of Jima

48 Primed

50 Brace oneself

54 Pops

55 Ripen

56 Wroth

57 East northeast

58 This time

59 Weight unit
- 7 Not (prefix)

8 Fern seeds

9 Island

10 Soothing agents

11 Gourmet chocolate brand

19 Builds

21 Cutting tools

22 West by north

23 Popeye's yes

24 Quilt

25 Comfort

28 Golfer's goal

30 Part of a semester

33 Furniture wood

34 Boat

35 School group

37 "Pathfinder" maker

38 Cyclic

40 Trash

41 Midwestern state denizen

42 Water bird

44 Fanatical

46 Brood

49 Freudian term

51 Serving of corn

52 Estimated time of arrival

53 Allow

- Down
- 1 Traveler's aid

2 Wing

3 Truss

4 Upset

5 Stretcher

6 Pal



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By: David & Doreen Dotson

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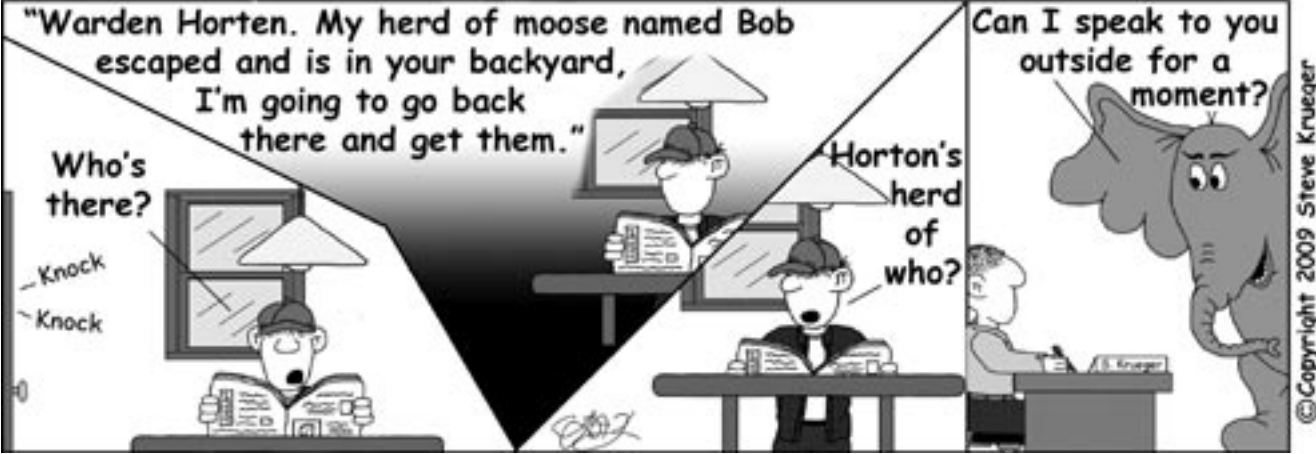


OWEN OWL BY LUKE NEYNORFF

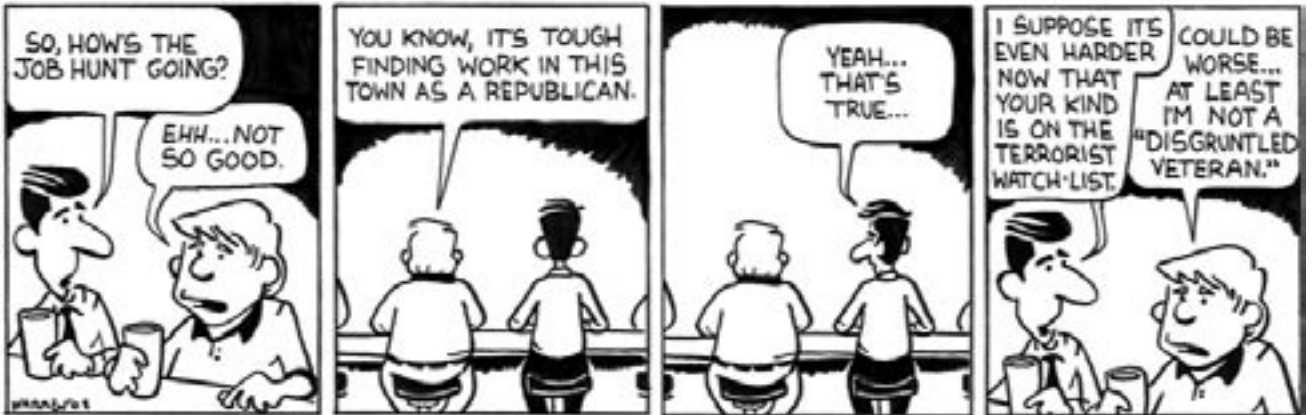


Moose Lake

By Steve Krueger



Capital South by William Warren





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 mantención, 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.37-2009-00064235-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: KAMARAN PASHA ON BEHALF OF MINORS AHMED HUSSAIN, CONNIE HUSSAIN, KAVIE HUSSAIN AND ARI HUSSAIN FOR CHANGE OF NAME  
PETITIONER: KAMARAN PASHA ON BEHALF OF MINORS AHMED HUSSAIN, CONNIE HUSSAIN, KAVIE HUSSAIN AND ARI HUSSAIN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
AHMED HUSSAIN  
TO: AHMED PASHA  
AND  
CONNIE HUSSAIN  
TO: CONNIE PASHA  
AND  
KAVIE HUSSAIN  
TO: KAVIE PASHA  
AND  
ARI HUSSAIN  
TO: ARI PASHA

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 JUNE 17, 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 17, 2009. East County Gazette – GIE030790 4/23, 4/30, 5/07, 5/14, 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. 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. 2009-010831**  
FICTITIOUS BUSINESS NAME(S): 316 IT Solutions Located at: 8842 Winter Gardens Blvd., Lakeside, CA 92040 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Lucas Leach 8842 Winter Gardens Blvd., Lakeside, CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 10, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

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**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): A V 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

**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. 2009-011261**  
FICTITIOUS BUSINESS NAME(S): Blackwood Distributing Located at: 14423 Bond Ct., 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. William Bale 14423 Bond Ct., El Cajon, CA 92021 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 15, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010748**  
FICTITIOUS BUSINESS NAME(S): Chocolate Haus Located at: 947 Turquoise St., San Diego, CA 92109 This business is conducted by: Husband and Wife The first day of business was: April 13, 2004 This business is hereby registered by the following: 1. Cindy Close 1228 Law St., San Diego, CA 92109; 2. Pete Close 1228 Law St., San Diego, CA 92109 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 10, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010885**  
FICTITIOUS BUSINESS NAME(S): a.) Real Estate Financial Consulting b.) REF Consulting Located at: 550 S. Graves, Unit 2, El Cajon, CA 92020 This business is conducted by: A General Partnership The business has not yet started. This business is hereby registered by the following: a.) Daniel William Maes Jr. 550 S. Graves, Unit 2, El Cajon, CA 92020; b.) Valerie Renee Maes 550 S. Graves, Unit 2, El Cajon, CA 92020; c.) Felessia la Shelle Jordan 839 Woodrow Ave., San Diego, CA 92114 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 11, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 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. 2009-008527**  
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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-008630**  
FICTITIOUS BUSINESS NAME(S): Visualize Graphics Located at: 2781 Citronella Ave., Lemon Grove, CA 91945 This business is conducted by: Husband and Wife The first day of business was: March 1, 2009 This business is hereby registered by the following: 1. Monika Anderson 2781 Citronella Ave., Lemon Grove, CA 91945; 2. Kurt Anderson 2781 Citronella Ave., Lemon Grove, CA 91945 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 23, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010929**  
FICTITIOUS BUSINESS NAME(S): ZenBi Salon and Spa Located at: 11975 Carmel Mountain Rd., Suite 602, San Diego, CA 92128 This business is conducted by: A Corporation The first day of business was: September 15, 2008 This business is hereby registered by the following: 1. Zen-Bi Salons Inc. 11975 Carmel Mountain Rd., Suite 602, San Diego, CA 92128 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 13, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-009356**  
FICTITIOUS BUSINESS NAME(S): Urban Interface Located at: 4050 Georgia St., San Diego, CA 92103 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Daniel Leonard 4050 Georgia St., San Diego, CA 92103 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 27, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010945**  
FICTITIOUS BUSINESS NAME(S): Santee Family Optometry, Inc. Located at: 9349 Mission Gorge Rd., Suite 114, Santee, CA 92071 This business is conducted by: A Corporation The business has not yet started. This business is hereby registered by the following: 1. Patelman Optometric Corporation 2062 McCloud River Road, Chula Vista, CA 91913 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 13, 2009. East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009



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**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. 2009-008521**  
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. 2009-010881**  
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. 2009-010747**  
FICTITIOUS BUSINESS NAME(S): Hair Galleria  
Located at: 943 Turquoise St., San Diego, CA 92109  
This business is conducted by: An Individual  
The first day of business was: July 19, 1995  
This business is hereby registered by the following: Cindy Close 1228 Law St., San Diego, CA 92109  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 10, 2009.  
East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 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. 2009-008138**  
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. 2009-009135**  
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. 2009-010701**  
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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-010158**  
FICTITIOUS BUSINESS NAME(S): a.) Highway 67 Truck Dismantler b.) Quality Auto & Truck Recycling  
Located at: 12650 Hwy 67, Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: March 1, 1999  
This business is hereby registered by the following: 1. Manuel Morrow 12650 Hwy 67, Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 06, 2009  
East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 2009



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:			
Proposed Projects for FY 2009-10 CDBG PROJECTS			
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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-011102**  
FICTITIOUS BUSINESS NAME(S): a.) Rancho Catering b.) Rancho Catering Consultants  
Located at: 7204 San Miguel Ave., Lemon Grove, CA 91945  
This business is conducted by: Husband and Wife  
The first day of business was: April 1, 2009  
This business is hereby registered by the following: 1. Pete J. Brown 7204 San Miguel ave., Lemon Grove, CA 91945 2. Nancy S. Brown 7204 San Miguel Ave., Lemon Grove, CA 91945  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 14, 2009.  
East County Gazette- GIE030790 4/23, 4/30, 5/07, 5/14, 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 L/M 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(c) – Capital expenditure grant L/M 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 L/M 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 L/M 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 L/M 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 L/M 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 L/M 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 L/M 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. 2009-008953

FICTITIOUS BUSINESS NAME(S): Lighting & More By Michelle B  
Located at: 5142 Pearlman Way, San Diego, CA 92130  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: a.) Michelle Benatar  
5142 Pearlman Way, San Diego, CA 92130  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 25, 2009.  
East County Gazette- GIE030790  
4/23, 4/30, 5/07, 5/14, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-011205

FICTITIOUS BUSINESS NAME(S): Next Level Basketball  
Located at: 11360 Unit A Via Rancho San Diego, El Cajon, CA 92019  
This business is conducted by: An Individual  
The first day of business was: March 23, 3009  
This business is hereby registered by the following: Thaddeus Brown 11360 Unit A Via Rancho San Diego, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 14, 2009.  
East County Gazette- GIE030790  
4/23, 4/30, 5/07, 5/14, 2009

# East County events ...

Continued from page 2

full air show at Gillespie Field this year on June 5, 6 and 7. Wings Over Gillespie will return to a full air show, after having a static show last year.

Details are in the works, so keep an eye on the Gazette as details progress.

Cajon Classic Cruise

The 2009 Cajon Classic Cruise, Southern California's largest weekly classic car show, commences Wednesday, May 13, from 5 to 8 p.m. on Main Street in the heart of historic Downtown El Cajon.

Admission is free to the Cajon Classic Cruise car show featuring more than 500 classic, custom and hot rod cars valued at more than \$10 million in a street festival setting every Wednesday evening through September 30. In addition, two special post-season car shows will be held, including a Halloween Show on October 28, and a Holiday Car Show on December 9.

For more information, contact the El Cajon Community Development Corporation at (619) 401-8858, or visit [www.downtownelcajon.com](http://www.downtownelcajon.com).

handicrafts that reflect the era of Westward expansion and settlement, or have products to sell or exhibits that depict the lives and experiences of the people who took part, or would like to help educate children and adults about that period in American history . . . we welcome applications. We'll have space for a variety of booths and exhibits, products and programs, sights and sounds.

For questions, or additional information about Wieghorst Western Heritage Days, call the museum at (619) 590-3431 or [www.wieghorstmuseum.org](http://www.wieghorstmuseum.org).



State of Play

Studio: Universal Pictures

Gazette Rating: D+

MPAA: "PG-13" for some violence, language including sexual references, and brief drug content

Who Should Go: fans of good dramas

Observe and Report

Studio: Warner Bros. Pictures

Gazette Rating: F

MPAA: "R" for pervasive language, graphic nudity, drug use, sexual content and violence.

Who Should Go: Die-hard Seth Rogen fans

## Observe ...

Continued from page 11

This is a celebration and exhibition of our Western heritage, primarily from 1700 through early 1900, geographically west of the Mississippi River, pioneered and settled by Native American Indians, trappers and mountain men, cowboys and vaqueros, prospectors and miners, cattle and sheep ranchers, railroaders, and the individuals who, along with their families, built and settled in the towns and cities along the Westward Trek.

If anyone has artwork or

I found nothing about this film entertaining and spent most of the film eyeing my watch hoping it would end soon. *Observe and Report* is supposed to be a dark comedy by making fun of taboo subjects but the dire lack of anything funny throughout the movie and its disjointed storyline makes it unfunny and a waste of time. If you want to watch a good dark comedy, pick up the 1964 *Dr. Strangelove* as a rental instead of buying a ticket for *Observe and Report*.







# Our Best Friends

## APDT professional dog trainers' advice for the new 'first dog'

by Nan Arthur,  
CDBC, CPDT, KPA CTP

**T**he Association of Pet Dog Trainers promotes positive, dog-friendly training based on humane, scientific methods. All dogs, whether the "First Dog" or dogs who live on "Main Street," require training and socialization to become happy, harmonious residents in a family's household. Learning should be fun and exciting for

humans and dogs alike, and all family members should become actively involved in the training process.

The members were queried about what they would teach the new "First Dog" if they became the White House dog trainer. A detailed listing of their advice can be found on our **Dog Trainer Tips** page at: <http://apdt.com/po/tips/default.aspx>. Some highlights include:

1) Use Positive training techniques – The APDT recommends that you use training methods based on positive reinforcement and the latest scientific understandings of dog behavior. This will motivate your dog to choose to follow your commands, rather than doing them out of fear or avoidance. Teaching your dog with the enduring power of love, kindness and respect will create a deeper bond with your dog and family and will

provide a profound example for all dog owners in the U.S. The APDT has provided an article on how to find a humane, professional trainer on the APDT's web site at [http://www.apdt.com/po/ts/choose\\_trainer.aspx](http://www.apdt.com/po/ts/choose_trainer.aspx).

2) Teach proper greeting behavior - Since the "First Dog" will encounter many new people, places and things, socializing to a variety of people, places and experiences on a regular basis and pairing this with positive reinforcement will ensure that he will be a good "ambassador" for all dogs in the U.S.

3) Involve the family and

staff in training – Dogs learn through consistency and repetition; everyone who encounters the dog should be "on the same page" as to how to greet him, what verbal commands and hand signals to use, and what behaviors to reinforce.

4) Use games and play in training – Using games can be a wonderful way, for children in particular, to train a dog to basic thru advanced obedience commands in a positive and fun atmosphere.

5) Provide appropriate chew toys – All dogs, particularly young and adolescent dogs, need to chew. If young dogs are not given proper

chewing outlets, they will easily find the wrong ones! Keep the White House furnishings secure by providing the "First Dog" with food-filled chew toys to exercise his mouth and his mind.

You can read more of our members' tips for the new "First Dog" on our **Dog Trainer Tips** page @:<http://apdt.com/po/tips/default.aspx>.

Contact for the Association of Pet Dog Trainers: Michelle Blake, MSW, CDBC, Communications Director  
1 - 8 0 0 - P E T - D O G S  
Direct: (702) 966-8060  
or (866) 245-2742  
[MBlake@apdt.com](mailto:MBlake@apdt.com)

## Finding the right adoptable pet for your home

**S**helters across the country are home to many wonderful dogs that are just waiting for someone to adopt and love them. A few tips from the experts can make it easier to find the right dog for your home.

First and foremost, make sure that the type of dog you get will fit your lifestyle, says Mathilde de Cagny, head trainer of Birds and Animals Unlimited and trainer of the Jack Russell terrier in the family film "Hotel for Dogs."

If you are very active and spend a lot of time outdoors, then a terrier or a hunting dog might be a good match. But if you lead a more sedentary lifestyle, live in an apartment or have a small yard, then you should choose accordingly. The best way to determine this is by getting a book about the different types of breeds before you go to the shelter to see what they were originally bred for.

When you meet a dog from the shelter, look for a dog that is outgoing with his tail wagging.

Once you get home, keep your new dog on a leash by your side and do not let him roam the house by himself. The reason behind this is so he doesn't take over your house and your life. It will also give you a chance to see if your dog is house-trained or not.

Within a day or so, make sure that your dog has some alone time by leaving him in the backyard or in a crate. Leave for 10 or 15 minutes at a time.

Go outside your house and listen-when you come back, don't make a big deal about

being reunited. Be matter of fact; this is how to avoid dogs that develop separation anxieties.

Start training early on and involve your children. That is the best thing you can do for your dog; it fulfills a lot of his needs and you will have a better life together.

Another way to bring a dog home is to check into "Hotel for Dogs," a film that's filled with lovable dogs and ingenious kids.

Now available on DVD, the exciting and inspiring animal adventure tells the story of two orphans who find themselves in a foster home with a strict "no pets" policy. They set out to find a home for their canine



**If you are ready to "embark" on a new pet-owning adventure, take some time to familiarize yourself with different breeds.**

companion and end up creating a haven for all the strays in the city.

In addition to the dogs, the film stars Emma Roberts, Jake T. Austin, Kyla Pratt, Lisa Kudrow, Kevin Dillon and Don Cheadle.

### ADOPT-A-PET



Aubree is everything you'd want in a dog; gentle and friendly, smart and pretty! She is four years old, and is a 60-pound Shepherd mix. Aubree loves to have her ears rubbed, and takes treats gently. She is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). For more information, please call 619-788-7880.

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.





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