

EAST COUNTY GAZETTE

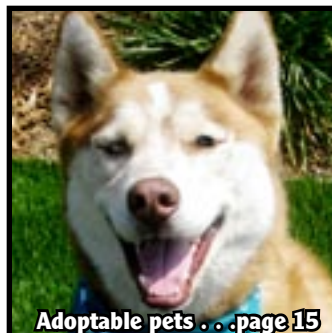
KEEPING THE SPIRIT OF EAST COUNTY ALIVE!



Gazette Newspaper Group Publications serving El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

VOLUME 9 NUMBER 44

APRIL 9-15, 2009



Adoptable pets . . .page 15

INSIDE THIS ISSUE

Local 2-6
Health 7
Motorsports 8-9
Entertainment 10
Legal Notices... 13-14

PRESORTED
STANDARD
U.S. POSTAGE PAID
EL CAJON, CA 92020
PERMIT NO. 237

SUBSCRIBE
TODAY!
CALL
(619) 444-5774

See Dave Stall's
column on the
2009 Ford Flex
on page 8.



Read about
'Alien Trespass'
by Michael Black
and 'Under The Sea'
by Diana Saenger
in the Class Act
Entertainment section
page 10



Have a 'Hoppy' Easter



The Easter Bunny along with an Alpine youngster wish everyone a happy Easter and invites everyone to enjoy the Alpine Kiwanis Breakfast.

Looking for something special to do for Easter this weekend? Here are a couple ideas.

hosting the 55th Annual Kiwanis Pancake Breakfast, served from 7 a.m. to 12 noon at the Alpine Elementary School.

wanis will prepare and serve you a delicious breakfast including pancakes, sausage, eggs, coffee, juice or milk for a \$5 donation (\$2 for children 12 and under). The best part

is that your donation will help support youth programs in Alpine.

The jovial Easter Bunny will
See EASTER page 5

The Alpine Kiwanis Club is

Members of the Alpine Ki-

Elmer Sweetwood and Sons
Complete Auto Repair
EST. 1948

Smog Checks, We Now do 'Test Only'
We Certify Gross Polluters

\$1595
+ CERT.
Most Cars

Consumer Assistance Program
FREE EMISSION REPAIRS
Up to \$500 in CAP Repairs
CALL FOR DETAILS

151 S. SUNSHINE, EL CAJON • 444-1696
For faster service bring DMV Renewal • Motorhome & Some Van Extra. Not valid with other offers. ECG2
Exp. 04/30/09

Stop by my new office for a free insurance quote

(619) 441-5790
Wasem (Wes) Saliman
Insurance Agent
saliman@allstate.com

3 FREE OIL CHANGES
with every new policy
Offer only available at this location.

Allstate
You're in good hands.
CA Lic. 0G08429

124 W. Main Street, Suite 210, El Cajon
Insurance subject to availability and qualifications. The Cupped Hands logo is a registered service mark of Allstate Insurance Company. Allstate Insurance Company and Allstate Property and Casualty Insurance Company, Northbrook, Illinois © 2007 Allstate Insurance Company.

SAN DIEGO SPORT FLYERS

**BE A PILOT
CALL US NOW!**

EARN YOUR PILOT'S LICENSE
It's easier to learn and less expensive to fly!
(619) 258-2190
sandiegosportflyers.com

Local News & Events

CONTRACTOR'S CONNECTION

Worried about fraud? Hire a local contractor you can trust!

All types of Roofing

Lic. #777495
Insured/Bonded

AWARD

ROOFING SERVICES

(619) 561-2555

John Pelley

8731 Winter Gardens Blvd., Lakeside, CA 92040

**Support our advertisers. . .
They support your paper!**

GUHSD announces Teacher of the Year nominees

At its Governing Board Meeting on Thursday, April 2, the Grossmont Union High School District honored Teacher of the Year nominees from its represented school sites. These nominees are selected by their peers. A panel comprised of previous Teachers of the Year and District personnel selected two representatives from this distinguished group of nominees to be considered for the San Diego County Teacher of the Year competition. If selected to represent the County, the next step is the California State Teacher of the Year competition.

GUHSD 2009-10 Teacher of the Year Nominees:

Azita Mahmoudi: Grossmont Union High School French Language and ESL Instructor, Fulbright Exchange Teacher, PAR Consultant, French Club and French Honor Society Advisor.

Jonathan LeMaster: EL Cajon Valley High School English and AVID Instructor, PLC Leader, Staff Development and Literacy Coordinator.

Ben Davis: El Capitan High School Special Education American Government, Economics and Study Skills Instructor.

Carrie Gaeir: Granite Hills High School English Instructor, PLC Leader, BTSA Support Provider and Yearbook Advisor

Leisa Petrie: Monte Vista High School Mathematics and Learning Center Instructor, former Coach, Class and Club Advisor

Liz Castagnera: Santana High School Special Education Inclusion Support and Peer Tutor Instructor, part-time Professor at San Diego State University and Club Advisor

Jamie Bean: West Hills High School Mathematics Instructor, Faculty Advisor to PALS, Friday Night Live, AVID Site Team Member, former Class Advisor and Coach

Matt Farley: Alternative Education Science Instructor, Science Team Coordinator and ASB Advisor

Following are the two GUHSD Teachers of the Year who have been selected to go on to compete at the County level:

Mike Love
2009-2010 GUHSD Teacher of the Year representing

Mount Miguel High School

Mike Love is a Mathematics Instructor, who has taught at Mount Miguel for the past 15 years.

He currently serves as the Math Department Chair and served students in the AVID program for 14 years. Love is the SAAB (Student African American Brotherhood) Advisor. SAAB "is a nationally chartered program that motivates young men of all backgrounds to commit to principles of accountability, pro-active leadership, self-discipline, and intellectual development."

Under his leadership, Mount Miguel became the first school in the nation to have a SAAB Chapter.

Love is a Golden Apple Award Winner who has worked with the Upward Bound Pro-

gram, and in 2008, received the San Diego State University SAAB Distinguished Leader Award.

David Bradford
2009-2010 GUHSD Teacher of the Year representing Valhalla High School

David Bradford is a Chemistry Teacher, currently in his twenty-third year at Valhalla. Bradford enjoys making his course relevant to student's everyday lives. He says to be able to present the marvels of the natural world to his students makes it easy for him to get up each day and come to work. Bradford is a Golden Apple Award Winner, and has been very involved in the life of Valhalla, as an ASB and Class Advisor, Technology Coordinator, Digital High School Mentor, School Site Council Member, and the list goes on.

GUHSD Schools receive California Distinguished Schools Award

On April 1, State Superintendent of Public Instruction Jack O'Connell announced that 125 California high schools were awarded the prestigious 2009 California Distinguished Schools Award. This marks the first year that a record three GUHSD schools have been recognized by the state for outstanding academic achievement.

The honored schools include Grossmont High School, Helix Charter High School and Grossmont Middle College High School.

"California Distinguished Schools must meet the challenge of providing all their students with a rigorous education and to fully prepare today's students for success in post-secondary education or the workforce," O'Connell said.

"In an increasingly competitive global economy, it is important that the academic success of all of today's students is directly linked to the effectiveness, competitiveness, and resiliency of our not-too-distant future workforce."

O'Connell added, "In addition, these extraordinary high schools have shown they are able to increase the achievement of all their students and have provided evidence that they are closing the achievement gaps that, unfortunately, exist at many schools."

This year, the selection process required schools to provide an in-depth description of two "signature" practices implemented at the schools that are replicable, and directly related to the success of their students. During an intensive site visitation by a trained team of external educators, additional evidence about the effectiveness of the "signature" practices was gathered and analyzed. Information about these successful signature practices will be shared through the CDE Web site later this year.

An awards ceremony honoring the Distinguished Schools will be held Friday, May 29 at the Disneyland Hotel in Anaheim.

A Touch From Above Prayer Mountain

Good Friday Service

Friday, April 10th at 7:00 p.m.

Sunday Sunrise Service

Sunday, April 12th at 6:30 a.m.

Resurrection Services

Sunday, April 12th at 8:30 a.m. & 10:30 a.m.

Evening Service

Sunday, April 12th at 6:00 p.m.

Dress warm, services are outside

16145 Highway 67
Ramona, CA 92065
Call: 760-789-6207



Join Dr. Luauna



Special Music By:
Kaweah Angel

www.atouchfromabove.org

O'DUNN FINE ART

8342 La Mesa Boulevard 619-337-8342

CURRENTLY FEATURING:
Jack Jordan, oils
Molly Lipsher, pastels
and
20th Century Paintings



AFFORDABLE • COLLECTIBLE • ORIGINAL

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

HYPNOSIS WORKS!

- Fibromyalgia
- Sleep
- Weight
- Fear



- Chronic Pain
- IBS
- Stress
- Relationships



Smoking Today!

Judy Callihan Warfield

• Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successhypnotherapy.com

4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERSTLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations

(619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040 PI 18486

Your Local Bookkeeper

► Specializing in QuickBooks® for small businesses

► Your local QuickBooks® phone support

SET-UP

MAINTENANCE

TRAINING

(619) 454-0115



Below Retail

10769 Woodside Ave., #206
Santee, CA 92071

Tues. thru Fri.
10 a.m. - 6 p.m.
Sat. 10 a.m. - 4 p.m.

(619) 448-6717

www.wholesaleguns.net



For all your
automotive needs,
you can trust
Dad's!

www.dads-g.com

FROM STREET TO THE TRACK

We can help you achieve the speed you need!

From oil changes to building custom turbo engines!

Dad's even sells parts!
(foreign and domestic)



Call or email info@dadsgaragellc.com

We also service desert toys & dune buggies.

7636 North Ave., Lemon Grove • (619) 249-7870

A.D.C. TACTICAL SELF DEFENSE PRIVATE / GROUP INSTRUCTION

SELF DEFENSE/ESCRIMA SEMINARS

Dr. DAVID MODZAK

Ph.D./Ma.D.Sc.

FOUNDER/MASTER INSTRUCTOR

619 - 518 - 4610

www.adcmartialarts.com

masterdave@adcmartialarts.com

www.myspace.com/a_d_c_artist



Ray's PLUMBING

"For the Best Plumbing Values in Town"

REPAIR ♦ REPIPE ♦ REMODEL

LIC. # 749354 619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

STAMP, COLORED OR STANDARD
DRIVEWAYS & PATIOS

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net

VISA/MASTERCARD ACCEPTED

YOUR NEXT JEWELRY & WATCHES INC.

Al & Ann... The Jewelers of Lakeside since 1980

Over 42 years experience!

• Watch batteries • Watches • Jewelry • Clock repair

FREE
Prong
Inspection

Don't Lose Your Diamonds



**WATCH
BATTERY
\$5.00**

Installation
Labor Only.
#364 or #377

9773 Maine Ave, Lakeside • 619 634-8389

Real Estate Professionals Plus

PROPERTY MANAGEMENT: RESIDENTIAL & HOA'S
REAL ESTATE SERVICES: SALES & LISTINGS

Full Service & Bookkeeping Offered. Local, Affordable & Dependable.
One stop shop for all your real estate needs!

1177 N. Second Street, #101
El Cajon, CA 92021
Phone: 619-449-0538

WEB: www.realestateproplus.com

ALPINE Materials

(619) 445-0213

Boulders • Specialty Rock • Bagged Redi-mix Concrete • Type S Mortar
Landscape Fabric • Portland Cement • Lime • Stacking Walls • Pavers
Rock • Gravel • DG • Sand • Block • Top Soil • Bark • Mulch

1117 Tavern Rd, Alpine, CA, 91901
Phone 619.445.0213 Fax: 619.445.0221

Authorized Dealer

OPEN MONDAY-SATURDAY 7AM-4PM

RCP ORCO

Rupert Pedrin Jr. Concrete

Patios - Driveways - Flatwork
Light Tractor Work



LIC# 741012

Phone (619) 445-6110

Cell (619) 820-3699

Fax (619) 445-8216



**Home of the World's First Great Tasting
"Healthy Coffee"**

Packets you can make at home or the office!

www.proyoung.us/normand

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the "Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables, Leasing, Strategic Planning, Custom Financial Reports.
- Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists.

REALTY RESOURCES (619) 938-3800

Stephen Dows, mba www.Realty-Resources.com

DRE#01523368 CSLB#884406

SewCalCuties

... and so much more!

Store Hours:
Tues-Wed-Thurs, hours may vary
Fri - Sat - Sun - Mon 9am - 6pm
Closed for lunch daily
from 1:00pm until 2:00 pm

A Gift Shop
(619) 749-3886

13280 Highway 8 Business, 92021 North of AppleCrate
East of Sun Pools and West of Alpine Rock and Block

SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



5 O'clock Somewhere Party hosted by the El Cajon Community Development Corporation last Friday, April 3 in downtown El Cajon. Photo by Monica Zech



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Office

Saturday Morning Neighborhood Clean Up

The public is invited to participate in a monthly Saturday morning neighborhood clean up day scheduled for Saturday, April 25, from 9 to 11 a.m. at Linda Way and Sunshine Avenue, in Downtown El Cajon. The non-profit El Cajon Community Development Corporation (CDC) will provide the cleaning tools and morning refreshments. The El Cajon CDC will collect electronic waste such as computers, laptops, printers, cell phones, TVs, and batteries. San Diego Rescue Mission will collect your working electronics, furniture, household articles, baby items, or clothes (and remember, your donations are tax deductible!). "Spend a morning meeting 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 anyone is interested in joining this worthwhile effort RSVP with the El Cajon CDC by calling (619) 401-8858 or email Rebecca Reyes, Community Development Assistant, at Rebecca@downtownelcajon.com. For more information, visit www.downtownelcajon.com. The next Lend A Hand day is scheduled for May 30 at Millar and Palm Avenue.

5 O'clock Somewhere Party a great success

Congratulations to the El Cajon Community Development Corporation (CDC) for their first "It's 5 o'clock Somewhere Party" on Friday, April 3 in downtown El Cajon. The event was held at 131 East Main Street where partygoers found plenty of food, beverages, and a live band for their \$20 donation. Many in attendance commented that this event should be a weekly, if not monthly event in the downtown venue. Thank you to the major sponsor of this event Viejas Band of Kumeyaay Indians. Visit www.downtownelcajon.com for more information about future events in downtown El Cajon. Proceeds will benefit the CDC and their work downtown.

Teamwork in a challenging economy - workshop

Still a few spaces left for

the Dale Carnegie Workshop "Teamwork in a Challenging Economy" on April 14 at Channel Twelve 25, 172 East Main Street, in Downtown El Cajon, from 7:30 - 9:30 a.m. The workshop is only \$10, normally valued at \$1,000 per person! As part of Dale Carnegie's refusal to engage in an economic recession, this workshop will provide business owners, property owners, and anyone interested with tools to actively counter the negative effects of the current economic environment. Presenter Gary Lowman has 35 years of experience in sales consulting, training, instructing, and franchise ownership. He will conduct a fun and interactive workshop to build teamwork and leadership skills. There is limited seating available, so don't miss this great opportunity and RSVP to Kellye Buchanan, El Cajon CDC Administrative Assistant, at (619) 401-8858.

April is Child Abuse Prevention Month

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

Firefighter Boot Drive

Firefighters around the County will be taking part in the next Firefighter Boot Drive on behalf of the Burn Institute. On April 16 during the morning and evening commutes, firefighters will be at intersections throughout San Diego County collecting donations. Visit the Burn Institute's website for locations as the event nears. In El Cajon, firefighters will be on East Main Street at Greenfield Drive. Please give what you can and join in the fun! Meet your local heroes and help to fill a fire boot in your community. This is the Burn Institute's largest one-day fundraiser of the year and helps to fund the their burn-survivor support programs and services. For more information please visit the BI's website at www.burninstitute.org or call them at (858) 541-2277.

Morning Glory Brunch

The 11th Annual Morning Glory Jazz Brunch will take place on Saturday, April 18, from 9:30 a.m. to 2 p.m. at the St. Madeleine Sophie's Organic Garden Center located at 2119 East Madison Avenue. This event will also include the 4th Annual Great SMSC Frog Race, live auction, fabulous prizes, and a delicious brunch. Funds raised benefit the Organic Garden Center at St. Madeleine Sophie's Center. For ticket information please call (619) 442-5129, ext. 3117. You can also visit them online at www.stmsc.org.

Hawaiianaires Golf Tournament

There's room for just a few more players for a great day of golf! It's time for the Hawaiianaires Golf Tournament sponsored by the El Cajon Police Officer's Association. The tournament will be held on April 17 at the new "Lakes" course at Cottonwood Country Club, at 3121 Willow Glen Road in El Cajon. This is a fundraiser for the ECPOA Me-

See EL CAJON BITS page 5

**Independent
Subaru
Repair & Service**
Elite Auto Service
1618 N. Magnolia Ave.
El Cajon
(619) 448-3500
Foreign - Domestic - Light Truck

Over 40 YEARS IN EAST COUNTY
• Beef
• Ham
• Spare Ribs
The Wrangler
Family BBQ
WEEKLY SPECIAL
BEEF OR HAM SANDWICH PLATE
Limit 1 Coupon
Per Plate
\$5.59 (with coupon)
901 EL CAJON BLVD., EL CAJON • 442-1170

MANGIA BENE
RISTORANTE ITALIANO

Join us Tuesdays
for All You Can Eat
Dinner Buffet
4-9pm ~ \$9.95

Buy 1 Entree Get 1 Free With purchase of 2 beverages. Up to a \$10 value. Sun. & Mon. only. Exp. 04/30/09	Buy 1 Lrg. Pizza Get 1 Med. Free Take Out Only. Exp. 04/30/09	Sunday Buffet \$9.95 Buy One, Get One Free! Up to 2 Free per table, per coupon. With purchase of 2 beverages. Exp. 04/30/09
--	--	--

221 E. Main Street. • El Cajon • 619-444-0303
Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 11:30am -10pm

**Banquet Room
up to 55** **Book your party now
for any occasion!** **Banquet Room
up to 55**

For more info go to www.mangia-bene.com or info@mangia-bene.com

Sentimental Fashions
Ladies Resale Boutique
Purses, Shoes, Jewelry and Accessories.
1077 Broadway, El Cajon, CA 92021
(619) 442-3231
Mon-Sat 10-6 closed Sundays
Visit us at:
www.sentimentalfashions.com

— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Lakeside Community Planning Group

Proposed Publicly Initiated Action

Chairs request for LCPG to formally join the East County Community Action Coalition (ECCAC). The

mission of ECCAC is to promote the quality of life for residents of East County of San Diego by promoting coordinated community action. Chair R. Smith said this group was formed to protect the Sunrise Powerlink. They are trying to join with others in the county and they are just asking the LCPG to lend their support. In the future if this group changes

their agenda, LCPG can withdraw their support. Motion to join-passed.

Sheriff ride-along

The East County Gazette went on an eight hour ride along with Deputy Marsh from the Santee Sheriff's Department. During the eight hours of a 12 hour shift the Gazette witnessed how the Sheriff's

handled a variety of calls from domestic violence (one of the most dangerous calls) to traffic stops, a prowler (Astria assisted) and a person out of control on alcohol and drugs (arrest made).

From the time the deputies leave their briefing at the Santee Sheriff's Department they are on the move. Contrary to images on TV of police always stopping for donut breaks, the sheriff's stay busy patrolling the streets.

Common sense and instinct are an important part of what makes a good deputy. The respect shown to the people the deputies came in contact with was consistent from call to call.

A ride along gives a different perspective of how the community is protected. When not on a call the deputies are patrolling the streets checking to see the schools, ball parks, park and neighborhoods and businesses are safe. The response time for calls coming in was immediate.

Santee Lakes is located at 9310 Fanita Parkway in Santee. Parking is \$4 and activity and ride tickets are 50 cents each (cash only).

For more information call the event hotline at (619) 258-4100 ext. 201.

Egg Hunt at Sonrise

Sunday, April 12, 9 and 10:30 a.m. Sonrise Church will be hosting a 10,000 Easter Egg Hunt at the Children's Church.

Sonrise is located at 8805 North Magnolia in Santee. For more information call (619) 596.7667.

Home Video Transformation

VHS or pictures, old home movies or memory books....

Transfer all your special memories into one keepsake DVD to share with all your friends & family.

Special events, year by year or even gift giving. Special pricing for new customers.

Samples available at request.

Email Terry at terry210@cox.net or check out my personal website at www.terrynet.net

El Cajon bits ...

Continued from page 4

morial/Scholarship Fund. The cost is \$100, which includes lunch, golf, beverages and dinner. Proceeds benefit the El Cajon Police Officers' Memorial Fund. Major sponsors include: Tipton Honda, Viejas, El Cajon Ford, Toyota of El Cajon and Bob Baker Chevrolet. For more information call (619) 921-3054.

Cajon Classic Cruise and Concerts On The Green start

The 9th Annual Cajon Classic Cruise begins Wednesday, May 13 in downtown El Cajon, continuing every Wednesday night through Sept. 30. Starting May 22, Concerts On The Green are back at the Prescott Promenade from 6 to 8 p.m. Kicking off the season will be The Cat-illacs with Rock & Roll music. For a look at the full calendar of exciting events you can visit the El Cajon Community Development Corporation website at www.downtownelcajon.com or call (619) 401-8858.

Free Disaster Preparedness Classes in May

April is Earthquake Preparedness month and if anyone would like information on being prepared for disasters such as earthquakes or fires, visit the El Cajon Fire Department website at www.elcajon-fire.com. Information about the free disaster preparedness program called the East County Community Emergency Response Team — CERT will also be found on the website.

There is still space available for the next academy starting May 30. Call (619) 441-1737 to register.

Register cell phone numbers and email accounts with www.AlertSanDiego as part of the reverse 9-1-1 system. During recent Firestorms we saw a number of residents who had to leave their homes without the time to adequately pack their belongings. Information on what residents need to do before, during, and after a disaster is included in the Family Disaster Plan that can be found at www.ReadySanDiego.org.

Please make note - Passports

As of April 3 the City Clerk's Office will no longer be providing passport services. Passport services are available at the El Cajon's Main Post Office, located at 401 West Lexington Avenue. Their hours are Monday through Friday, 9 a.m. to 12 p.m. and 1 to 3 p.m. Saturday's by appointment only from 8:30 a.m. to 11:45 a.m., please call (619) 588-8665. For additional passport service information visit www.travel.state.gov

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 or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

Easter fun . . .



Continued from page 1

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

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

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

Spring Eggstravaganza

Spring Eggstravaganza at Santee Lakes will be held Saturday, April 11 from 9 a.m. to 3 p.m.

There will be crafts, Primo DJ, inflatables, carnivalrides, food, pony rides, petting zoo, photos with the Easter Bunny and continuous egg hunts (limited to ages 8 and younger).

Your Complete Auto Repair Center

DEALERSHIP ALTERNATIVE

Matt's **CADDY SHACK**

Dealership Quality for Less \$\$ — FOREIGN OR DOMESTIC

Don't Delay! - Call TODAY!

619 440-5958

FREE OIL CHANGE

NO PURCHASE NECESSARY (UP TO 6 QTS.) • NEW CUSTOMERS

Not to be combined with any other offers. Exp. 04/30/09

Matt's Caddy Shack • 619-440-5958

FREE PICK-UP & DELIVERY

CALL STORE FOR COMPLETE DETAILS

Not to be combined with any other offers. Exp. 05/30/09

Matt's Caddy Shack • 619-440-5958

1475 N. Magnolia Ave. • El Cajon, CA 92020

— LOCAL NEWS & EVENTS —

Kamps
PROANE

YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969



- New Customer Specials
- Home Delivery
- Best Service in East County
- Installation & Service
- Budget Pay Available

619-390-6304
16245 Alpine Boulevard



Alpine happenings ...

MS Walk

On April 4, The Kiwanis Club of Alpine sent a team,

The Kiwanis Club of Alpine Trailblazers, to walk The Annual Multiple Sclerosis Walk held at The Liberty Station in Point Loma at 8:30 a.m.



Left to right, Debbie Jackson, Jackie Felix, Miss Teen Alpine 2008, The Hartford Insurance Moose, Dick Rabell, Jan Herold and Bob Jackson at the MS Walk.

The Team consisted of seven Kiwanis members and four guests.

Upon arrival at The Station there was an estimated 4,500 people ready to walk the walk. The event was well organized with the walkers spaced at intervals. The San Diego Harbor provided scenery to the walkers.

After the walk, it was stated that this event had raised approximately \$363,000 to fight the MS disease. The Alpine team raised close to \$1,600 and were proud that they could help.

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 "re-cycled" 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 for more information.

Get outstanding low prices on quality products.

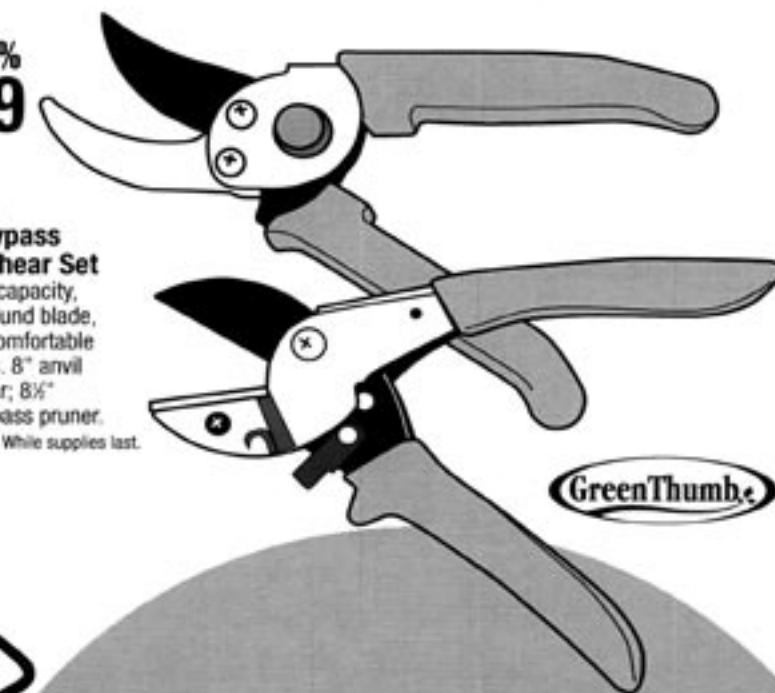
SAVE 20%
3⁹⁹
reg. 4.99
Solar-Powered, Stainless Steel Stake Light
Includes 2 natural white LEDs and one "AA" Ni-CD rechargeable battery. 14 1/2" H. E 110 622 F24 While supplies last.

SAVE 50%
7⁹⁹

reg. 15.99
Anvil & Bypass Pruning Shear Set
3/4" cutting capacity, precision ground blade, steel body, comfortable molded grips. 8" anvil pruning shear; 8 1/2" premium bypass pruner. L 112 308 B6 While supplies last.

SAVE 50%
9⁹⁹

reg. 19.99
Gal.-Capacity Back Saver Sprayer
Tall-handle design means less back strain when pumping. Includes a flexible 16" poly wand. L 533 727 1 While supplies last.



APRIL
Bargains
of the month

Find the right supplies for your projects, plus expert local advice.

1730 Alpine Blvd.,
Suite 120, Alpine
(619) 445-5674

True Value
START RIGHT. START HERE.®

Support our advertisers ...
They support your paper!

For Health's Sake

Stop your negative programs



by Judy Callihan Warfield

Do you spend your time thinking more about all the things that are wrong with your life rather than what's right? Do you tend to dwell on things you don't have rather than being thankful for all the wonder-

ful things you do have? Before you make a sales presentation have you already run a negative outcome in your mind? While dressing for that first date have you already talked yourself out of possibility of a new relationship? When you look in the mirror do you focus on all of the imperfections rather than the wonder of your body?

If we "think" and believe that we will never be able to lose that weight, stop smoking, pass the exam, reduce our stress, have that wonderful relationship, have more financial security and success, realize peace in our life, be pain free, and/or improve our health then guess what.....IT WON'T HAPPEN!!!

Senior Programs

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

FREE BLOOD PRESSURE SCREENING

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

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

LUNG FUNCTION SCREENING

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

CHOICES FOR AN UNCERTAIN TOMORROW

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

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

Project C.A.R.E.

Community Action to Reach the Elderly

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, Safe Return and more. The Senior Resource Center makes daily phone calls to seniors to be sure they are ok. The Retired Senior Volunteer Patrol will visit or call seniors. Call (619) 740-4214 for details.

Our subconscious mind contains all of our beliefs, patterns, behavior, and habits and it is like a big computer that is constantly being "programmed" by negative thoughts that we are constantly bombarding ourselves with. Because the subconscious mind does not know the difference between fact and fiction all of your negative self talk goes straight in as fact and the subconscious starts running on that information.

The best part is that it is just as easy to "program" your subconscious to a positive outcome. In order to change or achieve success you must be more aware of your thoughts and focus and reframe them using positive comments and thoughts. This may be difficult at first because so many of us now have a habit of negative self talk. Stop and be aware of what you are saying to yourself and make a conscious choice to reframe into the positive. After a few weeks you will have created a new positive habit.

Hypnotherapy is one of the most powerful tools for change

known in the world today. If you need help or support to change those old negative thoughts to a healthier more positive tone hypnotherapy is for you.

- Gain control back in your life
- Set and obtain goals
- Stop that negative self talk and learn how to think positively
- Build self confidence and self esteem
- Reduce stress
- Improve health
- Have healthy relationships

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

Laughter is the Best Medicine

Late to work

Tom retired in his early 50's and started a second career. However, even though he loved his new job, he just couldn't seem to get to work on time. Every day, he was 5, 10, 15 minutes late.

But he was a good worker and really sharp, so his boss was in a quandary about how to deal with it. Finally, one day, his boss called him into the office for a talk.

"Tom, I must tell you, I truly like your work ethic, you do a bang-up job, but being late for work nearly every day is quite annoying to me as well as your fellow workers.

Tom replied, "Yes, sir, I know. I'm sorry, but I am working on it."

"That's what I like to hear," his boss said. "However, the fact that you consistently come to work late does puzzle me, because I understand that you retired from the United States Navy, and they have some pretty rigid rules about tardiness. Isn't that correct?"

"Yes. I did retired Navy, and I'm mighty proud of it!" said Tom.

"Well, what did they say when you came in late?" asked his boss.

"They said, 'Good morning, Admiral'."

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



Health... Just Common Horse Sense

by Dr. Donald Adema

Last week was dominated by hormonal case after hormonal case. Many women and men now have their hormonal signals back in position and are actually adjusting their doses without the daily call to the physician and with the support of the pharmacist. They now can achieve optimal dosing that may very well be out of the "normal" range established by a laboratory team that may have very little appreciation for continual hot flashes or erectile dysfunction that does not respond to viagra. As one of my rowdier senior patients often states, normal is just a setting on your dryer. Why must a normal range be the absolute dictation of efficient dosing or therapy?

"Donald, have you reviewed his testosterone level lately?" ("The earnest excellent neurologist's inquiry smacked more of a beginning sermon than an inquiry.") "Yes, last week and the patient has finally achieved a supportive muscle tone in view of his wasting muscle disease that we never thought WAS achievable. He also states that his memory is a little better and he kind of likes not falling down on his way to the bathroom. So, I guess the elevated result is his new normal?" After more than a reflective pause, the young neurologist asked me to assume that portion of the patient's care. Odd, I thought I already had initiated and monitored that supportive therapy. I behaved and again thanked him for his thorough care of my patients. His request was certainly more than a baby step.

As the choices for hormonal support expand beyond the three doses of premarin or the two doses of androgel, the health conscious, current, maturing patient competes well with the younger fellow employee, is still snappy on the tennis court and has a bravado that does not require a medication "lift." He or she strives for the personal optimum, not a number within the normal range. And, they are in charge.

Stay tuned.



Donald Adema, DO
(Board Certified Family Practice)
Most Insurance Accepted
10201 Mission Gorge Rd.
Santee, CA
(619) 596-5445



We welcome families of all ages!

ALPINE ROCK & BLOCK

Masonry, Landscape
& Construction Materials

- Rock • Sand • Cement • Boulders
- Pottery • Water Fountains
- Flagstone • Rebar
- Block • Brick

13288 Hwy. 8 Business,
El Cajon

561-6003

Quality Topsoil



MOTOR AND SPORTS

2009 Ford Flex — great family car

by Dave Stall

If you were at the San Diego Auto Show this year you would have seen the Ford Flex except it had a different name, Fairlane. Ford for whatever reason decided not to call it Fairlane and opted for Flex. I liked Fairlane, but maybe Ford is saving that name for a vehicle that truly fits the Fairlane nameplate.

I had the pleasure of driving the Flex in Dearborn Michigan on the Ford Proving Grounds Test Track. It was the handling and cornering track lots of turns up hill down hill off cambered turns and the like. I was impressed on how well the Flex handled so much so I found the shock engineer and asked him how much time did they put in to shock testing. He said a lot, in fact they spent more time on shock dampening them any

other part of the suspension. I'm here to say it paid off, the Flex is a dream to drive.

Once back in sunny San Diego I had the need to drive the Flex again so I drove up to Ken Grody Ford in Car County Carlsbad and picked up a beautiful white Flex, except Grody had put 20-inch tire and wheel package in it. I shuddered, is this going to ruin the hard earned ride Ford worked so hard to capture? Nope, the Flex rode great and if a seven passenger hauler is needed, this may be just the one.

The Flex has unusual styling and, although it has been compared to a lot of vehicles, nothing really comes close. Looking up close there are styling cues that really enhance the look, like rolled door skin. This makes for better aerodynamics and pants won't rub on a wet door sill. Visibility in the Flex is great and the multiple sun roofs added a lot of light.



Interior of the Ford Flex. Photo by Dave Stall

The Flex comes well equipped at a base price of \$28,295. Fuel mileage will be 17-city and 24- freeway. If one opts for the All-Wheel-Drive then the numbers drop to 16-city and 22-freeway, but of course your driving skills could increase or decrease those numbers — remember it is all under the right foot!

I found the Flex to be a perfect family or active couple's car. I was surprised the fuel

tank capacity was only 18.6 gallons, but at least it won't be as expensive to fill if it had a 30 gallon tank.

On a scale of one to 10, I would have to give the Flex a solid 10.

Check out your local Ford dealer for a Flex near you!

Got a Car Question or comment? Go to www.davestall.com

**GOODWILL
INDUSTRIES**
OF SAN DIEGO COUNTY
Getting People Jobs

GO GREEN! GO GOODWILL!

CONVENIENT DONATION CENTERS
OPEN 7 DAYS A WEEK!

DONATIONS ACCEPTED: Gently used, clean clothing, accessories, and small working household items; computers, televisions and other electronic items (working or not). Tax receipt provided.

Visit our East County locations:
Viejas Outlet Donation Center- /upper parking lot
5005 Willows Road, Alpine Open 9:30-6:00pm
Los Coches Donation Center/
Park & Ride-Opening SOON!
3702 Camino Canada, El Cajon
(I-8 & Los Coches Road)
Rancho San Diego Store & Donation Center
2650 Jamacha Road #153, (619) 660-5900
Open 9:00-7:00 Mon-Sat, 10:00-5:00 Sunday
Lakeside Donation Center/ Park & Ride
12522 Maplevue, Lakeside Open 8:30-5:00
Donation Center/SD Trolley
Main & Marshall, El Cajon Open 8:30-5:00

For more information:
888-446-6394 or 619-225-2200
www.sdgoodwill.org info@sdgoodwill.org

RAINS MAKE FOR EASY GROUNDBREAKING START PLANTING TODAY!



Everything for your
patio, yard or garden!

Plants, Decorative Trees, Fruit Trees,
Flowering Plants, Scrubbery, Landcovering,
Benches, Lawn Ornaments and
so much more. . . Acres of greenery . . .
prices you won't want to miss!



SPECIALTY BENCHES
& LAWN ORNAMENTS

Open to the public 7am-5pm
7 Days a Week
Olde Hwy. 80 & Silva Road
El Cajon, CA
(619) 443-2794

Bumper-to-Bumper with Dave Stall

Dave: I am getting conflicting information on oil change intervals and need you to break a tie. I have a 2007 Sentra and a 2007 Frontier. I drive the Sentra about 500 miles a month and the Frontier about 200 miles a month. The owner's manuals say 3 months or 3750 miles. I called the dealer and he said I could go 6 months as long as I didn't exceed the miles. Nissan National said 3 months and my local mechanic says 6 months. What do you say? Patrick, Crest.

Patrick: The problem is you don't put a lot of miles on your cars so the manufacturer gives you an option as to what comes first time or miles. The reason for this is your warranty so which ever comes first is my recommendation. I wouldn't go longer than 6 months or 5,000 miles just as a guide.

Dave: I want to change the color of my 2005 Mustang GT. It was given to me by my grandmother and the car is fire engine red. To date I have received 3 speeding tickets. I figure if I re-paint the car grey, dark blue or even black my chance of getting any more tickets would be drastically reduced. Now my question, where should I take it for a re-paint and what cost would I expect for a complete re-paint. One more question, would you recommend those cheap paint shops to do the job? Lee, El Cajon.

Lee: Have you ever thought of slowing down? Trust me it will be a lot cheaper slowing down than it will take to re-paint your Mustang. The down side to re-paint a fairly new car is it will diminish the value of the vehicle for resale or trade in, unless you remove the engine the under hood will still be red not to mention door jams trunk area etc. etc. You will pay upwards of \$3,000 to \$5,000 dollars! That is a lot of speeding tickets to justify the re-paint, just slow down or trade the Mustang in for the color you want!

HunterDouglas



\$100 REBATE
PER WINDOW (10 MAX)
SILHOUETTE® WINDOW SHADINGS

DISCOVER WINDOW FASHIONS THAT CAN
PROTECT YOUR DECOR.

Silhouette® window shadings are constructed with soft fabric vanes suspended between two sheer fabric facings. They feel like a curtain and work like a blind. So revolutionary, they actually soften and control the incoming light and provide up to 99% UV protection – even blocking 87% of UV rays when the vanes are open. So you can keep your view and protect your furniture from fading without sacrificing privacy. **OFFER VALID FEB. 1 – APR. 30**

Interiors by Bann Spring Valley CA
619-670-7064
www.interiorsbybann.com

Manufacturer's rebate. Limits and restrictions apply. ©2009 Hunter Douglas Inc. ® and TM are trademarks of Hunter Douglas Inc.

4432


LA POSTACASINO

CASH TREE

Win a chance to watch your money grow every Wednesday in April from 5 - 9 pm!

I-8 East to the
Crestwood Rd.
exit, turn Left.



LA POSTA: (619) 824-4100


LA POSTACASINO

MARIE'S
BREAKFAST - LUNCH - DINNER

www.lapostacasino.com

TRIPLE



**EARN 3
POINTS
FOR
EVERY
\$3
PLAYED!**

TUESDAYS

You must be 21 years or older to gamble in the Casino. Do you or someone you know have a gambling problem? Problem gambling help line 1-800-GAMBLER (426-2537).

Class Act Entertainment

'Under the Sea' — entertaining and beautiful



Photo credits: Peter Kragh / Warner Bros. Pictures and IMAX Corporation

Review by Diana Saenger

Under *The Sea*, the newest film at the Reuben H. Fleet Science Center IMAX Dome Theater, is a must-see. Produced by local filmmakers Howard Hall (writer, director) and his wife Michelle, the film is an exotic underwater trip through South Australia's Great Barrier Reef and the Coral Triangle islands of Papua New Guinea and Indonesia.

Anyone who thinks they have seen all the beautiful

creatures that inhabit our underwater world, needs to think again. Watching the 6-foot+ eels sticking their heads above the sand and waving in unison to their own natural dance is jaw-dropping. Seeing cinematographer Peter Kragh mix among the gorgeous coral snakes — the most venomous of all snakes — while handling the 1300-lb IMAX camera raised the hairs on my arms.

Children and adults alike will be enchanted as they see the beauty about

this undersea wonderland. They'll learn about the unique fish that live among the coral in the 1200 year-old Great Barrier Reef, the giant sea turtle that eats jelly fish, the mysterious leafy sea dragons, the snakes with teeth pointed backwards, and the convict fish — which was a new discovery on this trip.

Dr. Jeffrey Kirsch, executive director of the Reuben H. Fleet Science Center, has seen years of IMAX films at the Fleet. He said, "This is the finest IMAX film I've seen."

The film unfolds on the newly installed IMAX 76-foot tilted dome screen. No more seams thanks to the installation of the world's first NanoSeam screen. Add

in the new 16,000-watt digital surround sound system, and every second of each film shown at the Fleet is a whole new experience for filmgoers.

The film is narrated by Jim Carrey, who leaves his comedic hat at home and provides a thorough and interesting description of everything on screen.

"Jim Carrey is a wonderful mix of talents," Michelle Hall said. "He brought sensitivity to the narration and really cared about this project."

The Halls have been diving for many years and have a passion to make sure the undersea environment remains a treasure for

mankind to enjoy for future generations.

"Part of what our IMAX films are designed to do is create a sense of value for the animals and for the environment," Howard Hall said. "We hope people will come to know and love these animals when they experience their world through the extraordinary image quality of IMAX. Most people will not have heard of these creatures. But once people get to know them and then learn that global warming and ocean acidification may be damaging their environment, we think they'll start to care. Making people care is our mission."

Under the Sea is currently playing at the Reuben H. Fleet Science Center in Balboa Park.

'Alien Trespass' — homage to bad b-movies

Review by Michael Black

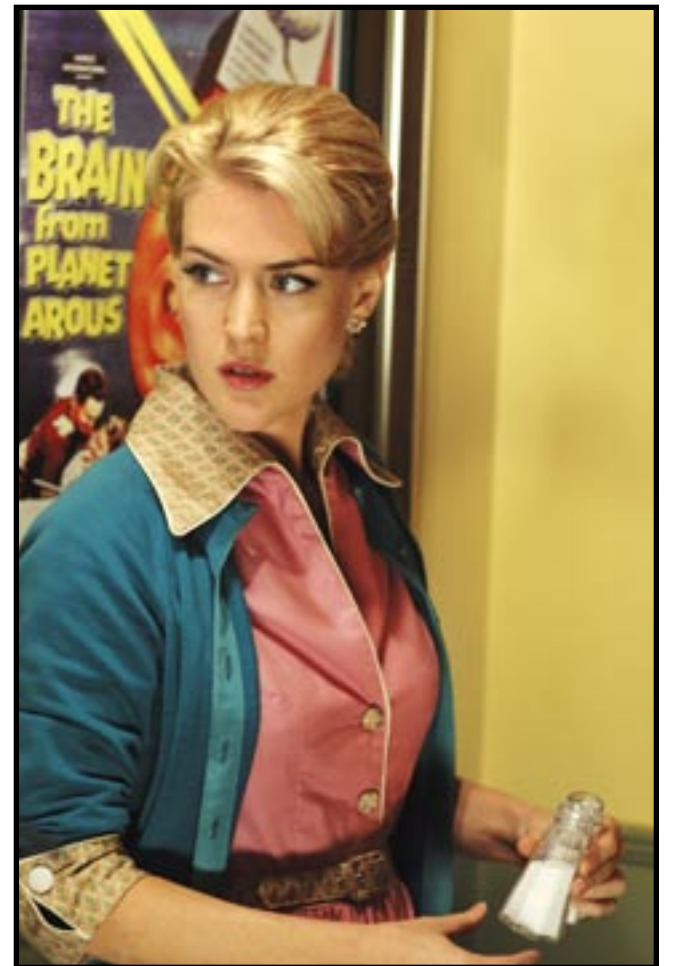
The filmmakers who created *Alien Trespass* obviously loved campy 1950s B movies and decided to make their own by stealing a few scenes from the classics such as *It Came From Outer Space*, *The Day the Earth Stood Still* and *The Blob*.

Renowned astronomer Ted Lewis (Eric McCormack) is enjoying his night with his devoted wife Lana (Jody Thompson) when he sees a meteorite crash just outside of town. At the same time, restaurant waitress Tammy (Jenni Baird) notices the meteorite and thinking it's a shooting star, makes a wish to finally leave the small town for a better life.

The meteorite turns out to be an alien spacecraft controlled by Urp, a galactic sheriff. In his custody is Ghota, an evil one-eyed space monster. Ghota escapes its cage and starts to terrorize the locals, starting with teen lovers Dick (Andrew Dunbar) and Penny (Sarah Smyth), necking nearby in their car.

Lewis investigates the crash site and runs into Urp, who takes over his body to capture the monster. The town's Police Chief (Dan Lauria) and his deputies offer little help, but Tammy sees the danger ahead and helps Urp.

Alien Trespass has a minuscule amount of laughs which mostly fall flat. Audiences



Jenni Baird stars in *Alien Trespass*. Photo credit: Roadside Attractions

of today are accustomed to expensive computer graphics and high profile stunts leaving *Alien Trespass* most likely unable to hold today's audience's attention span. However, the graphics — such as the UFO and the rubber suit worn by Ghota — are intended to look

cheesy in homage to the original B movies.

Moviegoers looking for an updated remake of these types of movies might get a slight kick out of watching *Alien Trespass* but most will be bored.

Pernicano's
Since 1946

Italian Restaurant
Pizza

Celebrating
over **62** Years
of service to East
County diners

\$200 OFF
ANY LARGE PIZZA
with coupon
exp. 4/30/09

PIZZAS

Traditional 14" Gourmet 10"

SEAFOOD SPECIALTIES

Breaded Shrimp Sicilian Style
Shrimp Scampi Sicilian
Fresh Fish Daily
Sea Bass Marinara
Sicilian Sea Bass
HOUSE SPECIALTIES
Chicken & Veal Marsala
Chicken Francese
Pepper Chicken A La Baffi
Chicken, Veal Parmigiana
Eggplant & Zucchini
Parmigiana

LITE MENU

Linguini & Grilled Chicken
Linguini & Steamed Vegetables
Spaghetti & Turkey Meatballs
Grilled Chicken Breast
Grilled Rosemary Garlic Chicken
Pizzas

OTHER SPECIALTIES

Chicken Alfredo
Fettuccini Primavera
Spinach Tortellini
Chicken Tortellini
Lasagna, Clam Linguini, Fettuccini

CATERING FOR PICK UP,
UP TO 100 PEOPLE

ORDERS TO GO
619-444-4546

1588 E. Main Street
El Cajon

Open 7 Days 11 am

SUNSHINE PLACE

Day Care • Pre-School

8964 Magnolia Ave.

Santee, CA 92071

(619) 562-0934



Openings Now Available
for ages 2 - 6!

Part Time/Full Time

Hours: Mon.-Fri. 6am-6pm

Celebrating 31 years of business
rich in history and tradition!

Faith and Academic based curriculum

— CLASS ACT ENTERTAINMENT —

Notable plays on stage this week

Reviews by Diana Saenger

Two plays staging at area theaters this week are worth every penny to see. Michael Hollinger's *Opus*, about a four member world-renowned string quartet experiencing problems among its members, is outstanding. David Lindsay-Abaire's 2007 Pulitzer Prize winning play *Rabbit Hole*, about a family's grief after a horrible tragedy, engages from beginning to end.



Katie Sigismund and Mark H. Dold appear in *Opus*. Photo Credit: Craig Schwartz

Opus

Preparing to perform at the White House, an all-male quartet – Elliott (Jim Abele), Alan (Jeffrey M. Bender) and Carl (Corey Brill) – is flabbergasted when their violinist disappears. After some disagreement between the remaining three, Grace (Katie Sigismund) is hired and rehearsals begin. Grace soon learns that all is not copacetic

among her colleagues. She realizes that missing member, Dorian (Mark H. Dold), was more than a co-founder of the group, and she has to decide if she wants to remain in the quartet.

The dynamics of the group's characters are the focus of this play, and are amazingly performed by this cast. How Hollinger intertwines their own unique stories while keeping the ticking-clock of will they meet their important play date, is quite fascinating. Aspects of how a quartet works and details about the music itself, was also an interesting aside to the story.

Opus runs through April 26 in the Old Globe's Arena Theatre's Copley Auditorium San Diego Museum of Art. For tickets or info call (619) 234-5623 or visit www.oldglobe.org



Jo Anne Glover, Brendan Ford and Ryan Kidd star in *Rabbit Hole*. Photo credit: Aaron Rumley

Rabbit Hole

In *Rabbit Hole*, Howie (Brendan Ford) and Becca (Jo Anne Glover) are trying to get over the sudden death of their son. Each one grieves in his/her own way, unable to understand their partner is equally devastated. What could have been a dreadful story is made uniquely thought provoking – making one consider how they might react in a similar situation – but also enjoyable with its other main characters.

Izzy (Jessa Watson), is Becca's zany sister who is a laugh a minute while trying to get some attention to her own life – a new beau, being pregnant, having a birthday – while attempting to be sensitive to her sister's plight and helping her move on. Nat (Sandra Ellis-Troy) is a cut above most mothers; applying her own amusing take and self-experience on life to the circumstances. Ryan Kidd plays the young man Jason, who seeks redemption from Howie and Becca. This cast is exceptional, and the story is profound and highly memorable.

Rabbit Hole runs through April 26 at the North Coast Repertory Theatre in Solana Beach.

For tickets or info call (858) 481-1055 or visit www.northcoastrep.org.

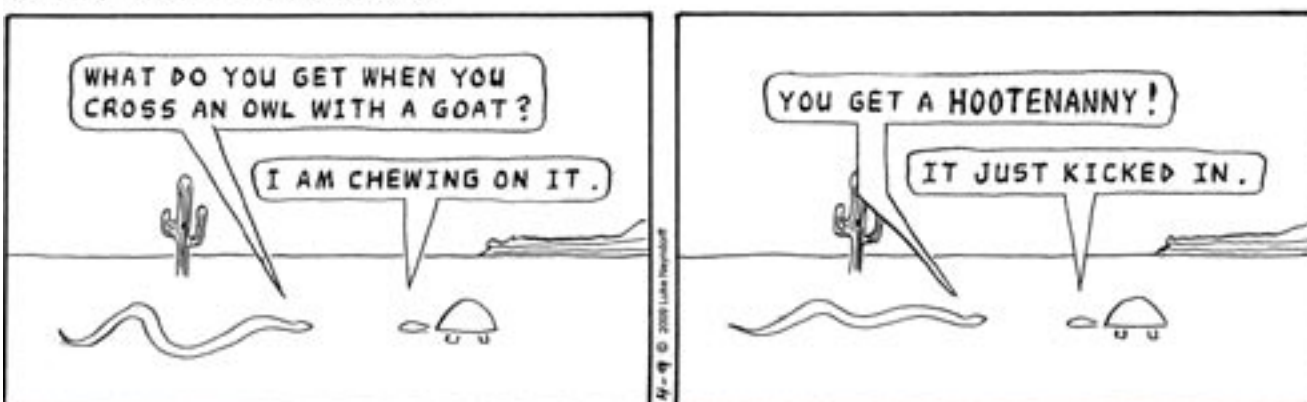
Moose Lake

By Steve Krueger



©Copyright 2009 Steve Krueger

OWEN OWL BY LUKE NEYNORFF



Capital South by William Warren



CATCH MORE BUSINESS!

Web Design
by Cygnuss Consulting

Build a new website or maintain existing one!

I can take care of your business or personal website needs.

**References and sample sites available on request.
Competitive pricing, I can work with your budget.**

Email Terry at terry210@cox.net
or check out my personal website at
www.terrynet.net

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

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. 2009-009523

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

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME

CASE NO.37-2009-00064651-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: WHITNEY NICKOLE COLLIER
FOR CHANGE OF NAME PETITIONER:
WHITNEY NICKOLE COLLIER HAS FILED
FOR AN ORDER TO CHANGE NAME
FROM:
WHITNEY NICKOLE COLLIER
TO:
WHITNEY NICKOLE FLYNN
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15 on APRIL 29, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON
MARCH 06, 2009.
East County Gazette – GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003074

FICTITIOUS BUSINESS NAME(S): Sugar Sweet Stitches
Located at: 507 Danny St., El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. John Cowan Weaver 507 Danny St., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 30, 2009
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-009090

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

TO PLACE YOUR LEGAL AD CALL (619) 444-5774

CREST/DEHESA/GRANITE HILLS/HARBISON CANYON
SUBREGIONAL PLANNING GROUP

P. O. Box 21489, El Cajon, CA 92021-1489

www.crestplanning.org

PLANNING GROUP MEETING

PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm., April 13, 2009

PLACE: Crest Community Building, 113 North Park Drive, Crest

1. Call to order/Pledge of Allegiance/Roll call/Approval of March 09, 2009 meeting minutes/Expense Reimbursement requests.

2. Announcements.

3. Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.

4. Committee Reports:

(a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).

(b) Subregional Community Boundaries Committee (Walls).

5. Private project proposal:

(a) Proposed Cell Site by Cricket at 1335 A La Cresta Blvd. (Orozco)

6. Public Project Proposal:

(a) Planning Area Community Plan. (2020 General Plan Update)

7. Unfinished Business:

(a) Dehesa Fire Station rebuild.

8. New Business:

(a) Declaration of Seat Number 6 (Crocker) vacant.

9. Adjournment

Notice: May meeting will be at the Dehesa Fire Station, 5425 Dehesa Road, El Cajon

Planning Group Members:

Crest:

Dehesa:

Harbison Canyon

Granite Hills

1. Janet Dillard

5. Lorraine Walls

9. Mary Manning

13. Phil Hertel

2. Pat Ulm

6. Gary Crocker

10. Jack Vandover

14. Charles Smith

3. Ralph Slagill

7. Wally Riggs

11. Jason Harris

15. Mark Gabler

4. Judy Bowen

8. Bill Bretz

12. Jeff Myrick

Final agenda will be posted at the Crest Community Building, 72 hours prior to meeting.

Chairman
Wally Riggs
(619) 442-4612
wrplanning@aol.com

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-008315

FICTITIOUS BUSINESS NAME(S): Rob's Tree Service
Located at: 1771 Lake Morena Dr., Campo, CA 91906
This business is conducted by: An Individual
The first day of business was: March 17, 2009
This business is hereby registered by the following: 1. Robert R. Romero 1771 Lake Morena Dr., Campo, CA 91906
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 19, 2009.
East County Gazette- GIE030790
3/26, 4/02, 4/09, 4/16, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-008198

FICTITIOUS BUSINESS NAME(S): Prop Z Rental Properties
Located at: 2389 5th Ave., San Diego, CA 92101
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Zoraida Contreras 3321 Felton St., San Diego, CA 92104
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 18, 2009.
East County Gazette- GIE030790
3/26, 4/02, 4/09, 4/16, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007625

FICTITIOUS BUSINESS NAME(S): a.) Lady Jane Bakery b.) Lady Jane By Design c.) Maison Kase By Design
Located at: 962 Galapago St., Spring Valley, CA 91977
This business is conducted by: An Individual
The first day of business was: March 1, 2009
This business is hereby registered by the following: Mary Ann Aguilar-Kase 962 Galapago St., Spring Valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 12, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

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. 2009-007002

FICTITIOUS BUSINESS NAME(S): SecureOne Pension Administration
Located at: 6355 Carthage St., San Diego, CA 92120
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Patrick Scott McKee 6355 Carthage St., San Diego, CA 92120
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 06, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-004878

FICTITIOUS BUSINESS NAME(S): a.) Heartland Community Development Corporation b.) Heartland Foundation c.) Barrio Logan Community Development Corporation
Located at: 1235 Shafter St., San Diego, CA 92106
This business is conducted by: A Corporation
The first day of business was: October 18, 1998
This business is hereby registered by the following: Heartland Coalition 1235 Shafter St., San Diego, CA 92106
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 17, 2009.
East County Gazette- GIE030790
3/26, 4/02, 4/09, 4/16, 2009

STATEMENT OF WITHDRAWAL
FROM PARTNERSHIP OPERATING
UNDER FICTITIOUS BUSINESS NAME
FILE No. 2009-008474
ORIGINAL FILE NO. 2006-026596

The following person(s) has/have withdrawn as general partner(s) from the partnership under the fictitious business name: Darby's Mobile Auto-Boat And RV Service
The Fictitious Business Name Statement for the Partnership was filed on July 21, 2006, in the County of San Diego. Debra N Darby 320 Travelodge Dr., El Cajon, CA 92020
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON March 20, 2009
East County Gazette GIE030790
March 26, April 2, 9, 16, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007519

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. 2009-009135

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. 2009-007612

FICTITIOUS BUSINESS NAME(S): Rancho San Diego Dental Group
Located at: 2648 Jamacha Rd., Suite 166, El Cajon, CA 92019
This business is conducted by: A Corporation
The first day of business was: March 10, 2009
This business is hereby registered by the following: Gerald P. Weiner DDS, Inc. 2648 Jamacha Rd., Suite 166, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 12, 2009.
East County Gazette- GIE030790
3/19, 3/26, 4/02, 4/09, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007916

FICTITIOUS BUSINESS NAME(S): Consulting Solutions
Located at: 9501 Abbeyfield Road, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Michael Colombo 9501 Abbeyfield Road, Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 16, 2009.
East County Gazette- GIE030790
3/26, 4/02, 4/09, 4/16, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-008527

FICTITIOUS BUSINESS NAME(S): RMF Painting & Maintenance Services
Located at: 8301 Rockview Dr., El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: January 29, 2009
This business is hereby registered by the following: 1. Robert Fonseca 8301 Rockview Dr., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 20, 2009.
East County Gazette- GIE030790
4/02, 4/09, 4/16, 4/23, 2009

**To place your legal ad stop by our office —
201 S. Sunshine Ave., El Cajon
(just one block west of the County Recorder's Office)
or call (619) 444-5774**

JUST ONE STOP!
— WE FILE WITH THE
COUNTY AND SEND
YOU A COPY!

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

NOTICE OF PUBLIC HEARINGS

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, April 20, 2009**, and the City Council will hold a public hearing at **7:00 p.m., Tuesday, May 12, 2009** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following items:

Zone Reclassification No. 2292, Planned Unit Development No. 331 and Tentative Subdivision Map No. 643, as submitted by California Investment Bankers, requesting to rezone property from the Residential One Family, 6,000 square foot (R-1-6) zone to the Multiple-Family (R-3) zone and to develop a four-unit planned unit development and create five lots to be used for residential purposes. The subject property is located on the southwest corner of West Renette and South Sunshine Avenues, and is currently vacant. *(Continued from the Planning Commission meetings of February 9, 2009 and March 9, 2009.)*

Conditional Use Permit No. 2098 (Minor), as submitted by William Simon, requesting motorcycle sales and equipment with no outdoor display. The subject property is located on the west side of North Magnolia between West Park and Wisconsin Avenues, and is addressed 340 North Magnolia Avenue.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission or City Council meetings, please contact the Planning Division at (619) 441 1741 or City Clerk at (619) 441-1763 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearings, or in correspondence to the Commission or City Council.

Melissa AYRES, A.I.C.P.
Director of Community Development

DATE: March 30, 2009

City of El Cajon
Planning Division
Fax: (619) 441-1743
Ph: (619) 441-1741

East County Gazette- GIE030790
04/09/09

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

CASE NO. 37-2009-0000064816-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: JOEL AUGUST HOCTOR FOR CHANGE OF NAME PETITIONER: JOEL AUGUST HOCTOR HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JOEL AUGUST HOCTOR

TO:

JOEL AUGUST HOWARD

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on May 13, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON March 13, 2009.

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

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

CASE NO. 37-2009-00064756-CU-PT-EC IN THE MATTER OF THE APPLICATION OF:

CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ FOR CHANGE OF NAME PETITIONER: CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

REINA GARCIA LOPEZ

TO:

REINA GARCIA-LOPEZ

THE COURT ORDERS that all persons interested

in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, on May 6, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON March 12, 2009.

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

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

FICTITIOUS BUSINESS NAME(S): C and L Curriculum

Located at: 1155 Bostonia St., El Cajon, CA 92021

This business is conducted by: A General Partnership

The first day of business was: January 1, 2009

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

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

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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007421**

FICTITIOUS BUSINESS NAME(S): Earl & Kathryn Chenoweth Property Management & Investment

Located at: 8765 Wintergardens Blvd., Lakeside, CA 92040

This business is conducted by: Husband and Wife

The first day of business was: January 1, 2008

This business is hereby registered by the following: 1. Earl H. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040; 2. Kathryn A. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040

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

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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-008005**

FICTITIOUS BUSINESS NAME(S): Christian Starlight Press

Located at: 1002 Pansy way, El Cajon, CA 92019

This business is conducted by: An Individual

The business has not yet started. This business is hereby registered by the following: 1. David Sanderlin 1002 Pansy Way, El Cajon, CA 92019

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 17, 2009.

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

**NOTICE OF PETITION TO ADMINISTER
ESTATE OF MARION C. O'BRIEN. CASE**

NUMBER: 37-2009-00151168-PR-PW-CTL

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of MARION C. O'BRIEN. A PETITION FOR PROBATE has been filed by MARY A. THOMPSON in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that MARY A. THOMPSON be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: APRIL 23, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3RD FLOOR, SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner Rhonda Crandall 750 B Street, Suite 2100, San Diego, CA 92101, (619) 685-3091

EAST COUNTY GAZETTE – GIE030790
March 26, April 2, 9, 16, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-007403**

FICTITIOUS BUSINESS NAME(S): KnottyGuy Wood Products

Located at: 1164 Terrace Crest, El Cajon, CA 92019

This business is conducted by: An Individual

The first day of business was: March 11, 2009

This business is hereby registered by the following: Byron Olander 1164 Terrace Crest, El Cajon, CA 92019

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

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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-006995**

FICTITIOUS BUSINESS NAME(S): Bradley/ Shaw Realty And Auction Services

Located at: 10336 Palm Row, Lakeside, CA 92040

This business is conducted by: An Individual

The first day of business was: March 1, 2009

This business is hereby registered by the following: 1. John S. Bradley 10336 Palm Row Dr., Lakeside, CA 92040

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

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

**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



LIC.#767505

2206 Alpine Blvd. Ste. B,
Alpine, CA 91901
(619) 722-7179
Fax: (619) 722-7187
www.buildamodularhome.com

The next generation of homes...

- ✓ Superior quality construction
- ✓ Customization
- ✓ Savings of time and money...

**FIRE
VICTIM
DISCOUNTS!**

Look no further!

System-built is the wave of the future!



Set up your free site inspection today.

Support our advertisers ...

They support your paper!

Shoot a handgun, rifle & shotgun for the first time

(it won't be your last)

Come experience a FREE hands-on seminar about the sport of target shooting.

Saturday, April 18, 2009 — 10:00 a.m.



2082 Willow Glen Drive, El Cajon, CA 92019

Call 619-442-9971 to reserve your spot.

**Mention
this ad upon
registration**



www.firstshots.org



First Shots is a program of The National Shooting Sports Foundation

Our Best Friends

What to do about rattlesnakes... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Readers,

Since we live in the sunny East County, our dogs are more likely to be exposed to rattlesnakes as the weather warms up. Not too many dogs are bitten each year, but of those that are, there are sure to be a few tragedies that might be prevented. Luckily, we live in a time where there are many solutions to our rattlesnake friendly environment.

Good news, bad news

The good news is that about 20-25 percent of rattlesnake strikes are non-venomous bites, which means that the snake doesn't release venom. The reason for this is that rattlesnakes wouldn't see most dogs as a meal, merely predators. Venom is not fast acting enough for the snake to strike and save his own skin, so to speak, so the release of any amount of venom is simply a deterrent to give the snake enough time to get away. Full releases of venom are normally saved for prey animals that the snake will eat.

About 30 percent of rattlesnake bites cause local pain and swelling in the bite area with no general symptoms, and most dogs are likely to survive this type of bite.

The bad news is that approximately 40 percent of bites are considered severe, but luckily only have a fatality rate of about five percent for dogs. The survival rate will depend on how fast the Antivenin is administered, health of the dog, size of the dog, where the dog was bitten, among many considerations.

What's in a name

According to the Mar Vista Animal Center in Los Angeles, most people mistakenly believe that there is anti-venom for snakebites. According to their section on venomous snakes (http://www.marvistavet.com/html/body_rattlesnake_bites_in_california.html) "There are numerous misconceptions about antivenin. The first is simply the name of the product. It is not "anti-venom." It is not a single injection that provides the antidote to snake bite venom. Antivenin is a biological product consisting of antibodies made by horses in response to exposure to four common Crotaline venoms. The antibody serum is reconstituted into an intravenous drip that is run into the patient over at least 30 minutes or so."

They go on to say, "The patient will likely always be sensitive to equine products after administration of antivenin which makes future snake bite treatment problematic."

The bottom line is prevention rather than treatment of the injury since most dogs will develop sensitivity to the product.

There is a newer product on the market that is derived from sheep, but is very expensive (\$700 per dose) and must be administered within 4 hours from the bite.

Prevention

Snake deterrents, such as Snake Stop <http://www.snake-stop.com/> can be found online and are easy to apply around your yard.

Building and using a snake fence is another way to prevent snakes from entering your yard. You can build your own, or have them installed, but either could prove costly if you have a big yard. This website has lots of information about snake prevention fencing: <http://www.lowchensaustralia.com/health/snakeproof.htm>. Some people use tight netting around the bottom of their fences to keep the snakes from entering the yard, which is a much cheaper solution.

Become aware of your environment. Clear out areas such as woodpiles in your yard, and if you hike with your dog, take a snake stick with you to clear snakes if you come across them. Be sure to keep your dog on leash, and stay on

clear paths as many snakebites are reported after dogs have run across a rattlesnake in the brush.

If you go hiking with your dog during snake season, be sure you are capable of carrying your dog out of the area if he or she is bitten, since walking after the bite can make the venom move more quickly through the body.

If you hike back on a trail for a long distance, and you have a large dog that is struck by a rattlesnake, ask yourself if you could carry your dog out on your own? If not, it is best to save hiking for the time of year when there is not that kind of risk to your dog.

Snake breaking, don't do it

Each year, several companies come through town during rattlesnake season offering to "break" your dog from approaching rattlesnakes.

The premise of "snake breaking" is to use a shock collar to punish the dog when he or she approaches snakes that are muzzled or de-fanged (another topic of cruel treatment on behalf of the snakes used in these sessions). The theory is that the dog will associate the sight, sound and smell of a rattlesnake together with a very painful shock.

There are many problems with this method, as one never knows what the dog is actually associating with the shock as it happens. Reports from several training associates are frightening and sad for many of the dogs

that have been subjected to this barbaric treatment.

One dog was reported to have attacked a rattlesnake after "snake breaking," since snakes were associated in the dog's mind with the pain he received during the "training." That dog died.

Another dog is reportedly now terrified of oscillating sprinklers because they sound like a snake's rattle.

Still other stories from a local trainer about the fallout from "snake breaking" can be found on this website, along with the negative side of using shock collars in general: http://www.hollysden.com/say-no-to-shock-collars.htm#E_Collars_and_Snake-Breaking

[collars.htm#E_Collars_and_Snake-Breaking](http://www.hollysden.com/say-no-to-shock-collars.htm#E_Collars_and_Snake-Breaking)

Rather than "breaking" dogs to snakes, it is more important to consider that most rattlesnake bites are flukes, and are relatively rare in numbers. Not to mention that the hissing and rattle sound of a rattlesnake is a universally understood sound of danger and most dogs respect that sound without the need to "train" them of the dangers of snakes.

Vaccination

There is now a vaccine available for dogs that live in areas or hike in areas where they might be exposed to rattlesnakes. The vaccine has proven to be effective with minimal side effects.

The vaccine protects against six of seven California rattlesnakes, providing protection for dogs that might encounter other types of rattlesnakes than our most common diamondback.

Check with your veterinarian about this vaccine, and call around to find out who carries the antivenin in case your dog is ever bitten by a rattlesnake. If you make a list of those veterinarians, you will not waste precious time calling around if your dog need immediate care and the antivenin.

I hope this helps and my condolences to your friend.

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



We Deliver To All San Diego County

ALFALFA • BERMUDA • 3-WAY TIMOTHY • ORCHARD • STRAW CEDAR, PINE & FIR SHAVINGS STALL MATS • TACK • CORRALS WOODY PET • DRYSTALL VETERINARY CARE ITEMS

CUSTOM LEATHER WORK

MADE TO ORDER

REPAIRS DONE ON SITE

Authorized Powder River Dealer

ADVANTAGE • FRONTLINE ADVANTIX • VACCINES GROOMING SUPPLIES PET FOOD • KENNELS CLIPPER REPAIR CAGES & TOYS

10% OFF

Livestock Grain & Pellets

Must have coupon to receive discount Exp. 4/20/09 East County Feed & Supply

Take advantage of our on site dog obedience classes. An eight week course for \$50.00 on Wednesday evenings. Check out our Frequent Buyer Programs for free product.



Exclusive distributor of



www.chaffhaye.com

100% hay replacement for Alfalfa or Bermuda diets



Open Mon.-Fri. 8:30am-6:00pm Sat. 8:30am-5pm Sun. 10am-4pm

Authorized Dealer for Nutrena Mills Feed 

619.562.2208

10845 Woodside Ave. • Santee, CA 92071

ADOPT-A-PET



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

Adorable 4-month old Shepard mix males (2). Both very sweet, looking for someone to love. Call Alpine Animal Jungle for more information: (619) 445-4022 or stop by and visit at 1730 Alpine Blvd., Suite #116, Alpine.



START YOUR WINNINGS!

at VIEJAS



April 3 - May 15

- Over \$250,000 in prizes!
- \$25,000 to the grand prize winner.
- Weekly winners in 8 racing leagues.
- Get in the race and sign up today at Viejas.com.

**GREAT SLOT RACE
T-SHIRT GIVEAWAY**
Beginning April 15
While supplies last.



APRIL 5 - 25

**\$225,000 in
Instant Bonuses**

*Just for playing with
your V Club card!*



Starting APRIL 1

**Win your share
of \$80,000**

*Play Table Games,
Win Treasure!*



Every Monday in APRIL

**in the
Green Machine**

*How much cash
can you grab?*



IF YOU'VE GOT A V CLUB CARD, YOU'RE IN LUCK!

Not a member? Sign up today – it's FREE!

Sign up at any V Club booth and get \$5 Free Play Cash and a **FREE** entry into It's Raining Cash!

**GREAT TIMES,
GREAT VALUE!**

JUST OFF I-8 AT WILLOWS ROAD
619-445-5400 • VIEJAS.COM

VIEJAS
CASINO
&
OUTLET CENTER