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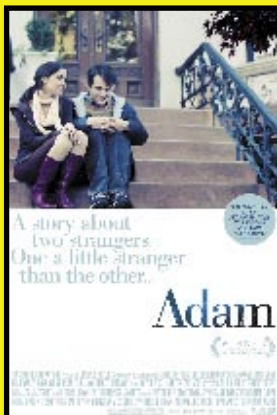
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**VOLUME 10 NUMBER 10**  
**AUGUST 13-19, 2009**

## Mini Cooper equals fun



Read Dave Stall's review on the 2009 Mini Cooper S Convertible page 14.

## What's new in theatres?



by  
 Diana Saenger  
 Class Act  
 pages 10 & 11

Read about  
 'Adam'  
 and  
 'August Rush'  
 (playing at Viejas Movies  
 in the Park)



# U.S. Postal Service honors TV icons

Television's early classics are being honored by the U.S. Postal Service as 20 television icons come out of retirement this week on the face of the 44-cent commemorative First-Class stamp.

Now available nationwide, all 50 million stamps, available in sheets of 20, commemorate *Adventures of Ozzie & Harriet*; *Alfred Hitchcock Presents*; *The Dinah Shore Show*; *Dragnet*; *The Ed Sullivan Show*; *The George Burns & Gracie Allen Show*; *Hopalong Cassidy*; *The Honeymooners*; *Howdy Doody*; *I Love Lucy*; *Kukla, Fran and Ollie*; *Lassie*; *The Lone Ranger*; *Perry Mason*; *The Phil Silvers Show*; *The Red Skelton Show*; *Texaco Star Theater*; *The Tonight Show*; *The Twilight Zone*; and, *You Bet Your Life*.

"All of the classic television shows represented on these stamps represents the collective memory of a generation well deserving of entertainment," said U.S. Postal Service Board of Governor member James C. Miller III in dedicating the stamps. "It was a generation that survived the Great Depression and fought World War II. They were pioneers — creative geniuses — who brought television shows of the 1950's into our homes, breaking new ground to provide entertainment for everyone."



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# Local News & Events

## Bits and pieces around East County

### Dedication of donated Observatory scheduled

“Eagle Observatory” will be dedicated at Julian High School at 5 p.m. on August 18, 2009. The astronomical observatory, funded through donations and built by volunteers, will be officially

“opened” for observing and “first light”. Named “Eagle” for Julian High School’s mascot, the donated observatory is the result of tremendous collaboration that was organized by the founders of *Starfest*.

The observatory was the brainchild of Mike Leigh, Chuck Kimball and Scott Baker, the founders of *Starfest*, an

event in Julian, first held last year, that brought the science, technology and education of astronomy to the citizens of San Diego. From its inception, a goal of *Starfest* was to fund the construction of an observatory at the local high school to advance the teaching of astronomy.

According to Scott Baker, *Starfest* General Manager, “the

dream to build a local observatory took on a life of its own. In addition to funds contributed from last year’s *Starfest* proceeds, there are so many people to thank who made this project possible.”

Baker added, “We couldn’t have built the observatory without the huge volunteer labor commitment over the

past few months by Terry Cox, Joe Connolly, Harold Smith and Bob Dome of the Julian Lion’s Club.”

The Julian Merchants Association, sponsoring nonprofit for *Starfest*, Joe Connolly and Joanne Gilchrist, owner of Ransom Brothers hardware supply in Ramona, contributed funds. Gilchrist arranged for discounted construction materials and donated her late husband’s telescope and eyepieces; Tanguay Automotive in Ramona donated a deep cycle battery to operate the telescope; SkyShed of Canada donated construction plans and roof jacks; and Garage Door Enterprises of San Diego donated roof rails and rollers. The dedication ceremony

will turn over the keys to the observatory to Jim Peabody, Julian District Superintendent of Schools and Julian High School’s Principal, with students and faculty present. The *Starfest* founders, Scott Baker, Chuck Kimball and Mike Leigh, as well as members of the Julian Lion’s Club, will be present to roll off the roof and turn the telescope to the heavens for its “first light” in its new home.

### Desert Tour reveals haunted history of Anza-Borrego

In the 19<sup>th</sup> century, thousands of travelers, prospectors, and adventurers struggled into California by way of the

See **DESERT TOUR** page 6

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# SHOP EAST COUNTY



## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

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

## Police Forums begin Aug. 24

Residents and businesses are invited to come to one or more of the El Cajon Police Department's four Community Neighborhood Forums starting August 24-27, covering all sectors in the City. This is an excellent opportunity for residents

to ask Police and other City department representatives their questions, or to voice any concerns they may have about their neighborhood. Topics addressed at previous forums have been traffic, graffiti, and gangs; while others came to say "thank you" for a job well done.

### Police Community Forums are scheduled for the following sectors:

**Sector 10** – Monday, Aug. 24 – 6 – 7:30 p.m. at Channel 12/25, 172 East Main Street.

**Sector 8/6** - (combined sector meeting), Tuesday, Aug. 25 – 6 – 7:30 p.m. at Renette Center, 935 Emerald Avenue.

**Sector 7** – Wednesday, Aug. 26 – 6 – 7:30 p.m. at Bostonia Elementary, 1390 Broadway.

**Sector 9** – Thursday, Aug. 27 – 6 – 7:30 p.m. at Meridian Elementary, 651 S Third Avenue.

If you are wondering what sector of El Cajon you live in, please see the sector map at [www.elcajonneighbors.org](http://www.elcajonneighbors.org) and go to "What is my sector". For more information please contact Lt. Jim Redman at (619) 579-3364.

### Special opportunity for first time home buyers

Are you in the market for buying your first home? San

Diego Habitat for Humanity (SDHFH) will be constructing four single-family homes at 801 Avocado Avenue in El Cajon, in partnership with the Jimmie Johnson Foundation and the El Cajon Redevelopment Agency. The El Cajon Redevelopment Agency will be providing the four qualified households a silent second mortgage of approximately \$50,000 using criteria under the California Dream First-Time Homebuyer Program – Habitat for Humanity. Income, asset, credit, payment ratios, and payment limitations will apply.

San Diego Habitat is a non-profit organization whose goal is to eliminate substandard housing in San Diego County by providing low-income families with the opportunity to become homeowners. SDHFH builds new homes for qualified families. Families purchase the homes with a no-interest mortgage. Since 1987, SDHFH has built a total of 99 homes throughout San Diego County.

San Diego Habitat's success is due to its dedicated volunteers and hardworking families. All selected families are required to complete "sweat equity" hours in order to move into their new home. For more information on this exciting opportunity to own your own home, you're invited to a special workshop designed for prospective buyers:

Workshop Date: Wednesday, Aug. 19, 6 to 7 p.m. - English Orientation, 7 to 8 p.m. - Spanish Orientation at Renette Center, Meeting Room West, 925 S Emerald, El Cajon, CA 92020

Please register with Shayna Hensley, Family Services Specialist, by calling (619) 583-4663, ext 314, or respond by email to [ShaynaH@sdhfh.org](mailto:ShaynaH@sdhfh.org).

## Stoney's birthday party celebration

Help Stoney's Kids celebrate Stoney Stone's birthday event, benefiting East County youth on Thursday, Aug. 27. Festivities will be held at Sycuan Resort, formerly Singing Hills Golf Course, on the lawn, from 5:30 to 7:30 p.m. Since 1991, this all-volunteer, non-profit organization has raised over \$650,000 to fund projects that support our youth in the East County. Over 98 percent of donated funds go directly to youth programs. Stoney's Kids has supported everything from structured youth sports and after school programs to scholarships for sixth grade camp, recreation programs, juvenile diversion programs, a READ intervention program, toy drives, and youth health and wellness programs. This event is free - no gifts or entry fee are required, just good old cash, checks or credit cards for the fantastic raffle prizes! Your support does make a difference. As founder, Stoney Stone says, "It's all about the kids!" For more information please call Lauri Riley, President, Stoney's Kids, at (619) 593-1394.

Donations may be mailed directly to: Stoney's Kids, c/o California Bank & Trust, 5500 Grossmont Center Dr, Suite 408, La Mesa, CA 91942

## It's big band music this Friday Prescott Promenade

The Variations will be here with their Big Band music this Friday, Aug. 14, at Concerts on the Green. This free weekly summer concert series features live music from 6 to 8 p.m. on the Prescott Promenade, at

211 East Main Street in Downtown El Cajon. Presented by the El Cajon Community Development Corporation, the family-oriented Concerts on the Green features top entertainers in a friendly park setting every Friday evening from 6 to 8 p.m. Bring a picnic or enjoy dinner at one of several fine restaurants on Main Street in Downtown El Cajon. For more information, call the El Cajon CDC at (619) 401-8858, or visit online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

## Help save the Annual Mother Goose Parade in November

Help us save the 63<sup>rd</sup> Annual Mother Goose Parade, planned for November 22. Parade directors are in desperate need of sponsors, otherwise the parade may not happen. With the current state of the economy, the usual funding has not been coming in as in the past. To help raise funds for the parade, some area businesses will have specially marked mason jars at the counter to collect your extra change, or you may see Mother Goose herself at special events collecting donations. The Mother Goose Parade Association is also asking for the public's help by being a parade sponsor or by making a personal donation to: The Mother Goose Parade Association, P.O. Box 1155, El Cajon, CA 92022. Or donate online at [www.mothergooseparade.org](http://www.mothergooseparade.org). For information on sponsorships, please call (619) 444-8712.

## Benefit for St. Madeleine Sophie's Center

The 32<sup>nd</sup> Annual Haute with Heart Fashion Show and Luncheon is set for August 22, at the Sheraton San Diego Hotel & Marina. The event is from 10:30 a.m. to 2 p.m. Enjoy silent and live auctions, opportunity drawings and boutique shopping. Tickets are from \$75 to \$125; call (619) 442-5129, ext 3332 for ticket information, or to be a sponsor or underwriter for this special event that benefits the programs at St. Madeleine Sophie's Center. Visit [www.stmsc.org](http://www.stmsc.org) to see the wonderful work they do in our community.

## Smoke testing continues through August 28

Since the end of July, smoke testing began on several City sewers and manholes in the City of El Cajon. The City contracted with ADS Environmental Services to perform physical inspection and smoke testing within the sanitary sewer system in and around our neighborhoods. The smoke is used to find defects or cracks in the sewer

See HIGHLIGHTS page 5

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## — LOCAL NEWS &amp; EVENTS —

# Retired Senior Volunteer Patrol Program



Volunteers on the radar patrol.

They can be seen conducting traffic control at a police or fire incident, or enforcing handicapped parking violations, they're members of a very valuable resource for the El Cajon Police Department – they're the Retired Senior Volunteer Patrol, or RSVP. Their role with the department is vital to providing additional City services for the department.

The RSVP are now assisting the department with speed radar surveys of streets, brought to their attention by the public. When the public reports a con-

cern, RSVP Patrols, trained by officers in the use of speed radar, monitor these streets gathering the speed data. This information is then used by Traffic Enforcement Officers in determining where they need to step up enforcement in the City.

El Cajon Police Lieutenant Jeff Davis, of the Special Enforcement Division, said, "The RSVP program is an excellent use of our resources, and a smart use of our resources especially in these tough economic times. The men and women of the RSVP program

have proven to be an invaluable resource for us here in the department and in the community they serve."

The department is looking to add more RSVPs to their force. If you're at least 50 years of age, are active and have some extra time on your hands, and would like to give back to the community - you may be interested in the Retired Senior Volunteer Patrol Program. This innovative program offers exciting opportunities for senior citizens of our community to serve with the Police Department as they strive to enhance community safety and security through crime prevention and education.

#### Duties include:

- Assist Community Policing/Training with public presentations
- Patrol in vehicles clearly marked as part of the RSVP Program
- Make vacation home security checks
- Visit the home bound as part of the Y.A.N.A. (You Are Not Alone) Program
- Provide citizen assistance (i.e. information, directions, etc.)
- Direct traffic at vehicle accidents
- Enforce handicapped parking violations
- Speed Radar Data Collecting

#### Selection Requirements:

- Male or female, at least 50 years of age
- Must be a U.S. citizen or have legal resident status
- Must possess a valid California Driver's License
- Must have medical and automobile insurance
- Must be of good moral character-Conviction of a fel-

ony is disqualifying

- Physically and emotionally able to perform the duties of the position

Because the RSVP members have access to confidential and sensitive information,

all RSVP applicants are subject to a background screening process, which includes a computer check of driving and criminal history.

The El Cajon Police Department looks forward to working

with you as we strive to improve the quality of life in our community. If you have any questions about the Retired Senior Volunteer Program, please feel free to call the Volunteer Coordinator Sue Carpenter at (619) 579-3354.

## Highlights ...

### Continued from page 4

line, which reduces sewage treatment costs by eliminating rain infiltration and protecting the environment. If there is a defect, smoke will exit the pipe through these breaks and make its way to the surface where it can be observed and documented by ADS field crews. A reminder: on occasion, smoke could enter a home or business through defective plumbing or dry drain traps. If this happens, notify the crews that are working in the immediate area. The smoke is designed to last just a few minutes and will disappear once windows and doors are opened. The smoke used is not harmful or toxic, it does not stain, and it will not harm your pets. For more detailed information go to our City website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under Quick Links for Smoke Testing Information, or call ADS at (858) 571-0045. You can also call our Public Works department at (619) 441-1510.

Note: For what's happening in the City of El Cajon, such as special projects and services, visit our City website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) - and stay

informed.

*\*Please keep me informed of your community events by placing me on your mailing or e-mail 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 e-mail 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 —



# Lakeside Round Up of events

by Patt Bixby

## National Night Out

America's Night Out Against Crime held on August 4 in Santee was a definite success with a large number of families and friends attending the event. Residents learned about crime prevention, Mothers Against Drunk Driving (MADD), bullying, suicide, 9-1-1, Drug prevention and domestic violence.

Those attending enjoyed hot dogs and chips courtesy of SPARC while visiting the various booths dedicated to crime prevention information. MADD provided a totaled car which had been driven in a fatal car accident.

The driver was drunk and high on drugs and died in the accident. Perhaps the most moving exhibit was wooden cut outs of women who had been killed as a result of domestic violence. Each cut out had the name, age and date the woman was killed.

## Santee School District announces furlough day donations and salary rollbacks

On July 21 the Santee School District Board of Education approved a two percent (2%) salary rollback and two (2) non-paid furlough days for all administrators and confidential employees for the 2009-2010 school year. The Board also ratified a

tentative agreement with the Santee Teachers Association to change the work year from 185 days to 183 days as each teacher in the District will be taking two (2) furlough days.

It is estimated that the salary roll back and furlough days for the 40 Santee administrators and confidential employees will save the District approximately \$111,306 while the savings to the general fund for teacher furlough days will be approximately \$270,778 for the 2009-10 school year.

These actions will help to address the fiscal impact to

Contact the Santee sheriff's Department Crime Prevention for further information.

Interested in joining a Santee Community group to keep kids' drug free? Contact Santee Solutions Coalition [www.santeesolutions.org](http://www.santeesolutions.org)

the school district resulting from the current State budget crisis.

Both administrators and teachers will be provided options for their two furlough days that will not interfere with the student instruction.

President Dianne El-Hajj said, "The Board appreciates the actions of the administrators and teachers. We know this is a financial sacrifice for everyone. These decisions show we all can work as a team in Santee and, together, we will work through whatever difficulties arise in the future."

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## Desert Tour ...

Continued from page 2

Great Desert, lying west of the Colorado River. It was known as the "Journey of Death" and the trails became littered with the remains of animals and men who tried to cross it, leaving their spirits to wander the desert.

There's the 8-foot skeleton wielding a lantern who guards the Lost Phantom Mine; the ancient burial ground where dancing apparitions have been sighted on warm summer nights; the Lady in White who haunts an old stagecoach station; the mysterious ghost lights and more spirits who roam the barren landscape looking for their final resting place.

California Overland, a leader in desert excursions, is offering both a six- and 16-hour overnight ghost tour on Saturday evenings throughout the month of October, revealing the darker side of the desert. This one-of-a-kind tour explores the many haunted sites that dot the desert landscape.

"The desert is mystical and otherworldly at night," according to Joe Raffetto, owner California Overland, based in Borrego Springs. "It's the perfect setting for learning the haunted tales of those who ventured in but never left."

For the overnight ghost tour, California Overland provides the camping gear; tents, cots, air mattresses, warm sleeping bags with liners and camp chairs. Two meals are also provided, cooked on an open fire, along with toilet facilities. Prices are \$150 per person for the 18-hour overnight excursion and \$75 for the 6-hour version with discounts for children with two adults and large groups.

The tour is led by local historian and documented paranormalist, Charles Sprat-

ley, a former partner of a San Diego ghost tour company and contributing writer to several magazines on the supernatural. Well versed in San Diego's haunted history, Spratley offers a suspenseful and entertaining experience.

"The desert lore of Anza-Borrego is filled with treasure hunters, murdering bandits, gun fights, and death from starvation or dehydration," explains Spratley. "Ever since adventurers began crossing the desert, stories of strange phenomena and ghostly apparitions have surfaced, continuing even today."

## YMCA rise in East County

After much anticipation, the McGrath Family YMCA's expansive concrete walls will be lifted towards the sky, giving the community a visual of what's to come; A 35,000 sq. ft. full-service YMCA facility in Rancho San Diego. A Tilt-Up event that must be seen to be believed is scheduled for Monday, Aug. 17 from 7:30 to 11:30 a.m. at 12012 Campo Road, Rancho San Diego, 91977.

The \$5 million pledge from The McGrath Family Foundation, Sycuan Resort & Casino, and the Dallas Pugh Foundation has put the non-profit East County Family YMCA at more than 80-percent of the financing needed for the capital campaign to construct the new branch.

What makes the new McGrath Family YMCA so special is that it will expand the existing sports complex to include a 35,000 sq. ft. full-service YMCA facility that will include, but is not limited to: the Sycuan Wellness/Fitness Center, the Dallas Pugh Gymnasium, Multi-Purpose and Conference rooms, a Youth and Teen Development

See YMCA page 20

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## — LOCAL NEWS &amp; EVENTS —



## Alpine youths film to screen as part of the San Diego Children's International Film Festival



Christian and Quinn (left) Gould pose at Boulder Oaks with their certificate for making a unique film.

by Diana Saenger

Earlier this year Quinn Gould set out to complete a school project for his third grade class. He decided to make a film about Alpine. What was a fun project for his family turned out to be a bigger accolade when Gould's film, *Quinn Gould's Awesome Movie* was selected to appear in the San Diego Children's International Film Festival. *Quinn Gould's Awesome Movie* will play Saturday, Aug., 15, 11:30 a.m. at the Children's Museum in downtown San Diego.

Taking the lead role as creator and star in the film, Quinn Gould set out with his mother and chauffeur, Nina, sister Cee as cinematographer, brother Christian assisting with creative ideas and Cee serving as editor and graphic designer to make a movie.

"My idea for the film was to give my impression about me and Alpine," he said. "I chose this subject because Alpine is awesome and where I grew up."

The first stop was to Rite Aid, which surprised his mom. And by the time Gould had hit three eating places right off the

bat, she wasn't amused. That's understandable considering Nina Gould is an Alpine artist, photographer and preserver of Alpine history who understands the significance of historical landmarks and areas of natural beauty.

"Poor child, I actually said, 'WHAT! Little Caesars, Rite Aid! Those are some of your favorite spots? Why not with the talking horse? Why not in the middle of the Viejas Reservation where the cool bulls graze and roam the Ma-Tar-Awa camp sights at night? Why not Victoria Rock or the local radio station 1079FM?' I got my answer when Quinn said, 'Because it's Alpine from a boy's point of view!'"

Other Alpine spotlights in the film include Alpine Pet, Tapatio's, Wright's Field, Alpine Library, Viejas Outlet Center, and the Alpine Post Office. When the kids finished shooting the film Cee Gould went to work to embellish it. She not only shot some of the footage but edited all of the clips, arranged them, added music, titles, transitions, and other special stuff. She said she had no particular training for these skills.

"I'm pretty smart about fig-

uring out how to do things without any instructions," she said. "At the time I had no clue where this little video would end up or I would have made it even better."

Once the film was completed everyone in the family was surprised how well it turned out.

"My sister put in some great music and text captions, which I expected because she is awesome and cool," Quinn Gould said.

Nina Gould was also surprised. "It made me laugh quite a bit. I also got to see and greatly respect Quinn's perspective. I am proud of all three of my children for participating in the making of a movie. I can also attest to the incredible neighborliness of Alpine, since without our town, and the special people in it, Quinn wouldn't have made what I think is a fun movie nor would it have made it into the Film Festival."

Quinn said he feels very special to have his film in the festival. He's also pleased that he earned a certificate in his class at Boulder Oaks for making the movie.

*Quinn Gould's Awesome Movie* turned out to be a fun activity for the Gould family but also one Nina Gould sees as significant. "I hope that viewers seeing the film will remember that children see the world, even our immediate world, a lot different than we adults. I also hope that it gives non-Alpiners a desire to come see our special little town - Alpine - where the mountains meet the sky.

Films from around the world are part of the San Diego Children's Film Festival and will screen Saturday and Sunday, August 15 & 16. For information visit <http://www.sdchildrensfilm.org/events.psp>

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# For Health's Sake

## Stay healthy and reduce cancer risks

by M.D. Anderson

In today's troubled economy, saving money is a hot topic. No matter what gets cut from your budget, however, experts at The University of Texas M. D. Anderson Cancer Center believe that healthy choices to prevent cancer shouldn't be on the list.

"Cancer is a disease that is cheaper to prevent than treat," says Michele Forman, Ph.D., a professor in M. D. Anderson's Department of Epidemiology. "If we eat healthier meals and increase daily exercise, we could avoid about one-third or 186,000 cancer deaths this year."

Five budget friendly activities that can reduce your chances of getting cancer are:

### 1. Exercise daily.

Forman suggests you do at least 30 minutes of low to high-intensity exercise on five or more days a week, depending on your fitness level. Forty-five to 60 minutes of exercise is even better. Children and teens should do at least 60 minutes a day of moderate to high-intensity exercise at least five days a week.

"It's okay to gradually increase your exercise to 30 minutes a day if you currently aren't exercising," Forman says.

Can't afford a gym membership? Look at these low cost exercise options:

- Local city parks and recreation centers offer a variety of cost-friendly options to keep you fit. This includes free or low cost gym memberships and sports programs for adults and kids. Parks also are a great place to go hiking, running, walking, or to play family sports. Contact your local parks and recreation center to learn about what is available in your area.

- Health and fitness organizations often offer many free or low-cost programs to get you moving. Check out [www.fitness.gov](http://www.fitness.gov) to find a program in your area.

### 2. Eat more fruits and veggies.

Vegetables and fruits have lots of vitamins, minerals and fiber found to help prevent cancer. Eating five fruit and vegetable servings every day also is a great way to keep a healthy weight. Remember to

include a colorful variety in your weekly menu.

Buying enough fruits and vegetables to meet your five-a-day serving can get costly. Below are some cost-friendly tips to help you on your next trip to the store.

- Your local farmer not only offers some of the freshest produce in town, but he or she also has some of the cheapest prices too. Search online or ask family and friends about farms in your area that sell seasonal fruits and vegetables.

- Your local farmer's market also may offer fresh produce at a cheaper price. You can find a listing of farmer's markets at [www.usda.gov](http://www.usda.gov).

- Nutrition assistance programs provide children and adults in need with food and a healthful diet. Visit [www.fns.usda.gov](http://www.fns.usda.gov) to see if one of these programs can help you or your family.

### 3. Avoid tobacco.

Tobacco use is the single largest preventable cause of death in the United States. Each year, it causes about 169,000 cancer-related deaths, says the American Cancer Society. Another great reason to quit is that you could save up to \$4,000 a year.

### Here are some free resources to help you quit.

- M. D. Anderson smoking cessation studies help people quit tobacco through treatment

methods. Learn about these free programs at [www.mdanderson.org/preventionstudy](http://www.mdanderson.org/preventionstudy).

- The National Cancer Institute offers free information and support to help you quit. Learn about their services at [www.smokfree.gov](http://www.smokfree.gov).

- The American Cancer Society Quitline provides tailored support, and the tools and steps to help you become smoke-free. Learn about their services at [www.yesquit.com](http://www.yesquit.com).

### 4. Practice sun-safety.

More than one million cases of skin cancer are expected in 2009. Unprotected exposure to too much ultraviolet (UV) radiation from the sun is the number one cause of skin cancer.

Staying safe in the sun can get costly. Below are some suggestions to get the most out of your dollar.

- Sun-Protection Factor (SPF) 15 sunscreen is just as good as SPF 70, if applied and reapplied properly, and it is usually more affordable. The protection an SPF offers does not increase with the SPF number. SPF 15 absorbs 93 percent of the sun's burning rays, while SPF 70 absorbs about 98 percent.

- Sunglasses are a must to protect the eyes. You don't have to buy costly, designer shades to get good ultraviolet (UV) protection. When

See **CANCER** page 20



*Health... Just Common*  
**Horse Sense**  
by Dr. Donald Adema

Sitting on Descanso beach when you live in Descanso nestled in the San Diego Mountains is a bit of a treat. Once again, Mrs. A and I are enjoying her family's annual Catalina excursion. This year is bitter sweet as both of her parents are now gone and the family yacht is now a retired couple's home on the wharf.

As I people watch from the shade of a palm tree, two distinct body types populate the beach. Trim and lean mean machines or large apples and pears are splashing about with the size of their splash directly proportional to the size of the body type. There are a few that are starting to develop the early spare tire of increased insulin resistance. That early bulge is certainly encouraged by the chips and diet Pepsis littering the beach blankets of far too many.

If one looks closely at the lean and mean machines there are subtle clues as to how they are struggling to maintain "the look." Dark circles under eyes imply fatigue. This fatigue can be due to poor sleep habits accompanied with strenuous gym work outs. It can also be due to starvation diets that do not rebuild. Or, it can be "the start your day with Starbucks" crowd which do not feed their body until lunch and then not with the necessary protein to rebuild or just think clearly. All of the possibilities lead to adrenal, thyroid and insulin fatigue.

As life and adipose move on, the energy required to hit the gym diminishes and the battle of the bulge is slowly and painfully lost. How can the battle be reversed?

Well, sleeping seven to eight hours each day and in the dark is good for starters. Never start the day without a breakfast that must include a protein and complex carb. Graze like my horses with small and frequent feedings. Do not stand on the scale but measure your waist line. And, portion control, portion control and portion control accompanied with no refined white sugar or flour, hydrogenated fats, or excessive gluten. (Please, note there was not a mention of calorie counting.) Not impossible and the rewards come pretty fast, especially if your exercise regularly and not brutally. And, please laugh, a lot, during the process.

Stay tuned

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

## Health bits, education and screenings

### 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 health information and community resources. For more information, call (619) 740-4214.

### Free Seminar: Hip Pain and Surgery Options – August 17

The Sharp Grossmont Hospital Orthopedic Program offers minimally invasive surger-

ies that offer smaller incisions, less pain and faster recovery. In this seminar, an orthopedic surgeon discusses options for patients with hip pain, including hip replacement or hip resurfacing procedures, which help diminish pain and improve quality of life.

Seminar takes place on Monday, Aug. 17, from 5:30 to 7 p.m. at the Grossmont Healthcare District Center, 9001 Wakarusa Street, La Mesa 91942.

Free to the public. Seating is limited – please register at 1-800-82 SHARP (1-800-827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).



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The burglar stopped in his tracks. The woman calmly called the police and explained what she had done.

As the officer cuffed the man to take him in, he asked the burglar: 'Why did you just stand there? All the old lady did was yell a scripture to you.'

'Scripture?' replied the burglar.. 'She said she had an Ax and Two 38s!'

Have a funny joke to share with East County residents: e-mail to: [editor@ecgazette.com](mailto:editor@ecgazette.com) or mail to: Gazette, P.O. Box 697, El Cajon, CA 92020





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# Class Act Dining & Entertainment

## Interview with Hugh Dancy on his role in 'Adam'



Hugh Dancy. Photo credits: Julia Griner / Fox Searchlight Pictures

by Diana Saenger

What happens when you fall in love with someone for whom love itself is an alien concept? That's the concept director and writer Max Mayer came up with in his new film *Adam*. The story is about two unlikely neighbors who fall in love. Unlikely because Adam (played by Hugh Dancy) has Asperger's Syndrome, an increasingly common form of high-functioning autism that is hallmarked by an inability to read what other people are thinking and feeling.

Beth (played by Rose Byrne, *Knowing*) is a highly emotional, intuitive, socially vivacious woman who is looking for a deeper kind of love than she has ever known. She is having her own problems with family connections – so is Adam the right one for her? Hugh Dancy sat down with me for an exclusive interview about *Adam*.

*Q. You've played several different types of characters, but this role required you to be*

*completely open and vulnerable. Was this the hardest role you ever had to prepare for?*

**Hugh:** Yes. I had to learn an enormous amount I didn't know about. I had to absorb it and apply it to Max's brilliant script, but also internalize something that ultimately I'm not sure is possible to internalize for someone who is nearer typical. It's more of a stretch than other characters you will encounter because the wiring (of Adam) is different. Also, the tools that actors rely on – sometimes too heavily – were denied me, like communication and responsiveness, eye contact and empathy. That's because that's not how this character operates. So it was a bit challenging from that aspect.

*Q. Unpredictable in many aspects it's really a surprise when Adam falls in love with a seemingly unattainable girl. Was it difficult to portray that innocent child-like quality which for him is more an internal thing than an external one?*

**Hugh:** There's a black and white way in which Adam sometimes sees things. Although at times he's very sophisticated with an understanding of things. But as far as trusting; he's not really equipped to understand that someone might deceive him or to think to read between the lines about things. I can see the truth in a child-like persona, but that really fails to take in the whole of him.

*Q. You certainly transcended a typical character in your per-*

*formance of Adam. I've read that you like roles that scare you. Is that true?*

**Hugh:** There are lots of criteria one looks for in a script, and not feeling like you know all the answers before you start is a good thing.

*Q. Having the right actress play Beth was key to your performance because your interactions were not typical of conventional communications between romantic couples. Can you talk about acting with Rose Byrne?*

**Hugh:** A lot of the time Beth does not understand me nor me her. So there's a real contained quality to the acting, and I had to concentrate very hard to maintain that. In a sense Rose and I were like two ships passing in the night. We had to take different approaches to scenes and work out the kinks. Max and I were speaking the same language, an interior language of the character. It was at that point that Rose took that and ran with it and gave Beth qualities over and above what Max had already given her in the script – a kind of brilliant worldview, an eccentricity and generosity. Beth is not just a free and loving spirit, she's really odd in her own ways, and I think Rose brought all of that to the character and in many ways validated the relationship between the two of them and therefore the work that I was doing as well.

*Q. You spent time with an Aspergers' groups. What was the reaction of the group when you went to the meeting?*

**Hugh:** It (the group) didn't express itself in cynicism or being guarded, where any other group may have been more reserved or guarded to present a better image of themselves or to test you out.

*Q. What does this film say to the audience?*

**Hugh:** The aim with *Adam* was to get beyond the point of considering the differences and to bring the audience to the sense of the story which is universal and really accessible to anybody. Adam had difficulty with communication and forging a relationship. Walking in his shoes and imagining what those constraints are like along with Max cracking the kernel of the story, becomes about all of us.

Hugh Dancy recently starred in *Confessions Of A Shopaholic*. His other film credits include: *The Jane Austen Book Club*, *Evening*, *Beyond The Gates*, *King Arthur*, *Ella Enchanted*, *The Sleeping Dictionary*, *Black Hawk Down* and *Young Blades*. On television, Dancy starred in the critically acclaimed series *Elizabeth I* opposite Helen Mirren and Jeremy Irons. Dancy received an Emmy nomination and Golden Globe award for Outstanding Supporting Actor for his performance in the mini-series. Dancy graduated with an English Literature degree from St. Peter's College, Oxford.

To read the complete interview with Hugh Dancy and Max Mayer go to [www.review-express.com](http://www.review-express.com)

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On Saturday, the Summer Fair will feature bull riding competition at 3 p.m. Call Mike Young at (619) 916-6143 or (619) 478-5569 to make a reservation or get more info. We will have a comedy show inside the Casino as well as 2 bands. Remember, FIREWORKS at 9 p.m. – outside. The Summer Fair-Farmer's Market concludes on Sunday, the 16, at 7 p.m.

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## — CLASS ACT DINING &amp; ENTERTAINMENT —

# 'Adam' — enlightening with meticulous acting of Hugh Dancy



Rose Byrne & Hugh Dancy star in *Adam*. Photo credit: Julia Griner / Fox Searchlight Pictures

## Review by Diana Saenger

For many of us who know people with special challenges it's always heartwarming when a movie comes along that makes us pay attention to those people and salute each one for his/her own special achievements. Writer-director Max Mayer's film *Adam* does this. A story about how a young man living with Asperger's Syndrome comes to fall in love with his mostly normal neighbor, is brought to life by the meticulous acting of Hugh Dancy as Adam.

When Beth (Rose Byrne) moves to a new neighborhood, she's looking for several things. She wants to learn how to express herself and make connections outside her family. Her occasional run-ins with Adam leave her wanting to know more about him and some of his quirky ways. By the time she learns that he has Asperger's Syndrome – a high functioning form of autism – she's drawn to him in other ways.

Adam also finds Beth attractive. But how can he step outside his world of habit to

form any kind of a relationship with a woman? Paralyzing him even more is the recent death of his father.

Little by little Beth draws Adam out of his shell as she learns he doesn't react with normal emotions and what triggers bad reactions in him. And occasionally she misses the beat altogether. Like the time she offers him a box of chocolates. He replies matter-of-factly, "I'm not Forrest Gump you know." Afraid she's offended him, his smile is the only signal that he's trying to be funny.

Writer-director Max Mayer, has an established career as a playwright but has also written for TV and made one film. He wanted to make *Adam* after a particularly emotional time in his life.

"I've always had a strong streak of defense of the different," Mayer said. "I also wanted to talk about relationships. I was in the middle of a marriage dissolving because of issues like communication and trust, and I wanted to tell a story combining those two interests. I thought this was something I could stand to spend a few years of my life on; it was good therapy and engagement."

Dancy does an incredible job delving into the complex character of Adam. Learning how to deal with regular people is hard enough for the computer genius who is crushed when he loses his job because he's too detailed oriented. But learning how to romance a woman is something he never thought he'd have the luck to test out.

Beth is happy when she's with Adam, but dreads facing her judgmental father when she has to introduce Adam to her parents (Peter Gallagher & Amy Irving). When she learns some devastating news about her father, Beth really needs a shoulder to lean on and isn't quite sure Adam can be that man.

Because of the odd relationship of Adam and Beth this isn't a movie that grabs a hold of you from beginning to end. Watching Dancy, however, as he builds believability in the

character of Adam right in front of your eyes makes the film worth seeing. *Adam* is also great in opening our eyes that people of all types can be the ones who can make our lives meaningful.

**Adam**  
**Studio:** Fox Searchlight Pictures  
**Gazette Grade:** C +  
**MPAA:** "PG-13" for thematic material, sexual content and language  
**Who Should Go:** Hugh Dancy fans



## 'August Rush' — the last Movie in the Park at Viejas this season



Photo credit: Warner Bros. Pictures

## by Diana Saenger

It's hard to believe the last film in Viejas' Movies in

the Park is nearly here. What a wonderful summer of family fun in the park where kids squealed with joy, watched a free movie with their family in the cool evening breeze at the Viejas Outlet Center and learned what community is all about.

This week's movie, *August Rush*, is a drama with fairy tale elements, where an orphaned musical prodigy uses his gift as a clue to finding his birth parents, a charismatic young Irish guitarist and a sheltered young cellist. Orphaned by circumstance and now performing on the streets of New York, Evan (Freddie Highmore, *The Spiderwick Chronicles*) sets out on a journey that will

change his life.

Record crowds have turned out at 'Tuesdays in the Park' free Movies in the Park at the Viejas Outlet Center. The nice cool lawn offers plenty of room for blankets (no coolers allowed) and families to enjoy the movie. Arrive between 3 and 7 p.m. to also take in the free "Market in the Park," a farmers' market of many vendors who line the concert area.

Warner Bros. Pictures *August Rush* is rated PG for some thematic elements, mild violence and language, runs 114 minutes and begins at sundown. Have a great year and join us next summer for Movies in the Park.

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## — BUSINESS —

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Lisa Smalley and her son Max of Iron Eyez. Photos by Diana Saenger

by Diana Saenger

**H**aving summer burn out? Then you probably haven't been to "Tuesday's in the Park," a great all-around place to shop, enjoy a farmer's market from 3 - 7 p.m. with wonderful produce, enticing food products, patronize great restaurants and at sundown, take in a free family movie in the grassy area of the concert area.

This week's Farmer's Market vendor spotlight is on Pete's

Cakes & Sauces and Iron Eyez. With more than 30 years as a chef, Pete Katolick founded Pete's Cakes and Sauces. His innovative recipes offer different experiences to an excellent dessert. "The desserts available to today's consumer are bigger, richer, and sweeter than ever before," he said. "When I returned to the states after Korea in the late 1960s I worked in a hospital and learned how to combine real fruit toppings to cakes to create a great desert without adding excess sugar."



Pete Katolick and his fruit toppings and sauces.

# Surfer and journalist to sign new book in La Mesa



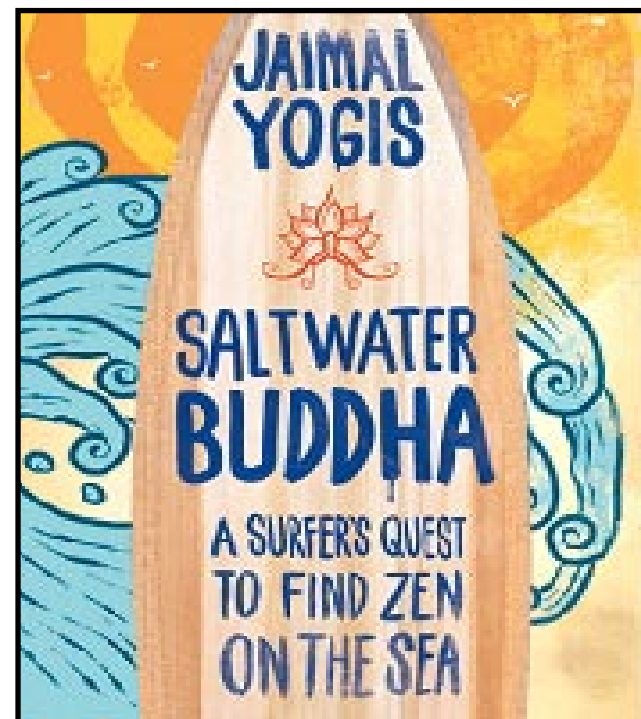
Jaimal Yogis with his surfboard. Photo credits: Tommy Bensko

**J**aimal Yogis, an award-winning journalist and photographer who spends a good deal of his spare time surfing and traveling

the globe, will appear at the Reader's Inc. bookstore in La Mesa, Sunday, August 16 to sign his new book Saltwater Buddha.

Praised by The Times of London, Publishers Weekly, The Huffington Post, The San Francisco Chronicle, The Surfers Journal, the memoir is the story of a troubled California youth who runs away to Hawaii at 16 and gradually finds some peace and self acceptance through surfing and living in a Zen monastery.

Yogis has a master's degree in Journalism from Columbia University and his work has been published in The Washington Post, The Chicago Tribune, The Toronto Star, The Surfers Journal, Beliefnet, Tricycle and San Francisco Magazine. Saltwater Buddha is the subject of a forthcoming PBS documentary. Yogis will sign his book at 3 p.m. at Reader's Inc., 8219 La Mesa Blvd. in La Mesa. To see a short video about Yogis go to <http://www.jaimalyogis.com>



Saltwater Buddha

Katolick uses the finest blackberries, blueberries and strawberries individually quick frozen from Washington, Oregon and Canada. Other choices include strawberry rhubarb, cranberry with apple or apricot chunks. His toppings work on everything from gourmet cheese to cottage cheese, from yogurt to ice cream. They can also top French toast, waffles, or pancakes instead of the sugary sweet taste from most toppings and syrups. Catch Katolick at the Farmer's Market or order online at <http://petestangyfruit-toppings.com/serving.html>

For 10 years Lisa Smalley has put her ideas and hard work

into her business, Iron Eyez. "My friend suggested I carry a line of French linens and it's been very popular," she said. Decorative dish towels, colorful place mats, table cloths and linens are some of the items Iron Ezes features from the Provence area of France. She also has antique door knobs, iron bottle candelabras that also hold wine bottles, stoppers and pullers, garden stakes and unique art, jewelry and other assorted items in her booth. Smalley sells retail or wholesale to hotels, stores and graphic designers. Check out her booth at the Viejas Farmer's Market or email her at [lisasmalley@cox.net](mailto:lisasmalley@cox.net) for more information.



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September 2 .....	British Invasion
September 9 .....	Keep on Truckin'
September 16 .....	Woody-Surf's Up!
September 23 .....	Thunder on Main
September 30 .....	Closing Night
October 28 .....	Trunk or Treat
December 9 .....	Parade of Lights



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The East County Gazette's Winner: Pedro Ramos and his 1968 Ford Mustang Cali Special

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El Cajon CDC's Winner: Jess Havin and his 1960 Chevy Wagon

The Navy Dispatch Newspaper's Motorcycle Winner: Cliff Steimle and his 1935 Harley-Davidson VL



Toyota of El Cajon's Winner: Chris Shaw and Alex Ruffer and their 1949 Cadillac



The East County Californian's Winner: Glenn Elliott and his 1941 Dodge WC6 Command-Car



S & S Trophies' Winner: Steve Mackaig and his 1970 Plymouth 'Cuda AAR



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8TH ANNIVERSARY



# MOTORSPORTS

## 2009 Mini Cooper S Convertible — a real blast



Mini Cooper S Convertible with top down. Photo by Dave Stall

by Dave Stall

This past week seemed like a top down kind of week, but all I had was my Harley Davidson, not a bad choice, but I also needed to write a story for my loyal readers so I shot up to Escondido (the only Mini dealer in the County) and picked up a Chili Red convertible. I took an automatic transmission equipped Mini. Since I don't like auto's and I needed to train myself to like them and son of a gun I had a blast with this car. I pushed the sport mode button located in the center console and the engine changed clothes, not drastic but indeed changed its personality and we really scooted around the hills of East County.

Wondering what is the big deal with a Mini convertible since they have been around awhile? It is all new for 2009, the convertible has finally caught up with the rest of the Mini family and doing some

serious modifications along the way.

My test Mini started out at \$26,800, which comes very well equipped, turbocharged direct injected 1.6-liter, 16 valve inline four cylinder engine that produces 172 horsepower and has 177 pound foot of torque at 5500 rpm and the Mini is front wheel drive. With the S, which is Turbocharged, the fuel mileage will put mileage at 23 city and 32 freeway but if one is looking for a lot of fun and great gas mileage, then check out the non S model with the 1.6-liter four cylinder that is fuel injected and it jumps to 28 in the city and 34 on the open road. Now I have seen and heard folks getting into the 40's when it comes to high mileage claims I personally did it with a Cooper S in 2008.

As I was mentioning be-

fore, the Mini comes very well equipped in its stock configuration and a Gertraq six speed manual transmission McPherson strut at all four corners with sport tuning to help around the turns, electric power steering, four wheel ABS brakes with Corner Brake Control, Electronic Brake Force Distribution, Dynamic Stability Control and Tire Monitoring System. It comes with standard 16-inch all performance tire and wheel package. Then of course air conditioning with a microfilter, six way adjustable sport seats, four airbags including side thorax air bags, remote keyless entry a great sound system with AM/FM/CD/with six speakers, power door locks and window lifts with one touch down feature. Also a great on board diagnostic system, the rear seats fold down flat and lock for those extra large loads, steering wheel adjusts up-down-in-out for the most comfortable driving positions possible, on board computer, leather wrapped steering wheel, power canvas convertible top that has unique features like a built in sun roof. Check this out, a glass rear window and when the top is down it does not take away any of the trunk space and different than the other Mini's the trunk lid flips down and acts as a small tailgate. It is a little hard putting large items in the trunk but you do have a trunk, no spare tire. It comes with a set of four run-flat tires,

a little hard on the road but hey no spare is needed.

Now my test Mini came with about \$8,000 in options so buyers need to look at what they offer and build it themselves, in fact if buyers go to [www.miniusa.com](http://www.miniusa.com) they can custom build their Mini and email it to Brecht and they will order it just as one likes it. Buyes will find the Brecht family very accommodating and will truly enjoy the buying experience and yes their inventory has been hit pretty hard so you may want to take a look at their website at [www.brechtmini.com](http://www.brechtmini.com). My readers all know I love Mini's in fact I have a 2006 MINI Cooper S JCW GP, don't know what that car is? Google it!



Dash of 2009 Mini Cooper S Convertible. Photo by Dave Stall

### Car Corner Monthly Car Show Schedule

Every Tuesday "Blast from the Past", Chula Vista, 5 p.m. 3<sup>rd</sup> Ave between E & G Streets. Info Vince (619) 426-1882 . [gvjack@cox.net](mailto:gvjack@cox.net)

2<sup>nd</sup> & 4<sup>th</sup> Wednesday Good Ole Boys Breakfast 10 a.m. Open to all clubs, guys only. Denny's 2642 Jamaica Rd. Rancho San Diego [woodys57@pacbell.net](mailto:woodys57@pacbell.net)

Every Wednesday "Cajon Classic Cruise" 5 p.m. Main Street between Sunshine and Avocado. [http://www.downtownelcajon.com/business\\_support.shtml](http://www.downtownelcajon.com/business_support.shtml)

Every Thursday Back to the 50's, La Mesa, 5 p.m. [info@lmvma.com](mailto:info@lmvma.com)



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## — MOTORandSPORTS —

# Who did the Padres get for ace pitcher Jake Peavy?

by Chuck Karaszia

**W**hen former Padre ace, recent Cy Young Award winner Jake Peavy was sent packing (with his consent) from San Diego to the Chicago White Sox a few weeks back, it was for four 'giant' pitchers in a trade consummated hours before the Major League baseball trading deadline.

That move caught the public by surprise, when most thought the trading block would claim popular Padre

All-Star first baseman Adrian Gonzales or first year closer Heath Bell, it was Alabama native Jake Peavy still recovering from an injured ankle, that captured the attention of the city of Chicago while the White Sox attempt playoff contention, closely chasing the Detroit Tigers in the American League Central division.

Acquired from the White Sox by the Padres in exchange for Peavy were four behemoth pitching prospects.

Six-foot-5, Clayton Richard

(the shortest of the bunch), was a backup quarterback for the University of Michigan when they defeated SDSU in 2004. With a fastball topping out at 94-96 mph, mixing in an 84-mph change-up, the left-hander in his Padres debut Saturday was impressive recording 5 strike-outs, giving up only one-run in 5-2/3 innings.

Six-foot-6, Dexter Carter, right-hander, continue to lead minor league baseball with 143 strikeouts in single A.

Six-foot-6, Aaron Poreda,

left-hander, had a 1-0 record with a 2.45 ERA in 10-games this season with the White Sox, First round pick (25<sup>th</sup> overall) in 2007 draft.

Six-foot-8, Adam Russell, right-hander had five saves and 34 relief appearances with AAA Charlotte, a White Sox reliever with 34 appearances in 2008 going 4-0.

"We have a lot of new stallions in the stable" remarked Padres skipper and former big-league pitcher Bud Black as heard on the

Padres radio flag station XX Sports Radio.

Regarding the trade of his ace pitcher Jake Peavy, Bud commented, "It came extremely, extremely near the deadline. It was one of those things when Kevin (Towers) and Kenny Williams the GM of the White Sox talked extremely close to the deadline, an hour and a half before with a phone call when Jake's name came up. One sentence led to another, and then the whole trade from a couple of months ago was revisited. They got in done in a short period of time with Jake's blessing. The names were pretty much in place from before."

XX Radio Morning show announcers Scott Kaplan and Billy Ray Smith asked Bud Black when he thought Jake Peavy would be able to pitch for the White Sox, he answered, "He is close to getting on the mound the 12<sup>th</sup> of August. Then there is going to be a conditioning period to get his arm in shape, just from a stamina standpoint. His arm feels good, and he is playing catch. He has to pitch from the mound yet, but just to get his pitch count to where he could go five innings for the White Sox. That's going to take about three and a half weeks. I expect around September 1<sup>st</sup>."

Commenting on the trades that Padres GM Kevin Towers consummated bringing in seven new pitchers (including the Scott Hairston trade to Oakland) Bud Black said, "I think no doubt there is a transition going on in our roster, especially on the pitching staff."

"I look at the four guys they brought in and the main guy who injured himself is Gallagher (slight knee ligament tear)."

He continued, "With Richard, Correia, and Adam Russell pitching in Fort Wayne, I suspect you will see Poreda (in AAA Portland) before the season ends. Carter will be on the radar in a couple of years. Gallagher more than likely will be on our big league staff next year."

"You are seeing a new wave of pitchers come in. Guys with big arms, stuff, and velocity. Guys with some upside that we think can help us."

After winning the series against the New York Mets this Hall-of-Fame weekend honoring new inductee Rickey Henderson on Friday and Dick Williams on Saturday, the 48-65 Padres are fun to watch with their youthful 'never-say-die' roster.

## 'Fan Fest' a blast for Chargers' fans



The San Diego Chargers held their second of three public workouts Saturday hosting their annual 'Fan Fest' at Qualcomm Stadium. Charger Fans were able to get pictures while players signed autographs. The 2009 Charger Girls were publicly on display for the first time. The Chargers first pre-season game is this Saturday at Qualcomm Stadium against the Seattle Seahawks. For season tickets and luxury seating information call... 1-877-CHARGERS, or go online to CHARGERS.COM

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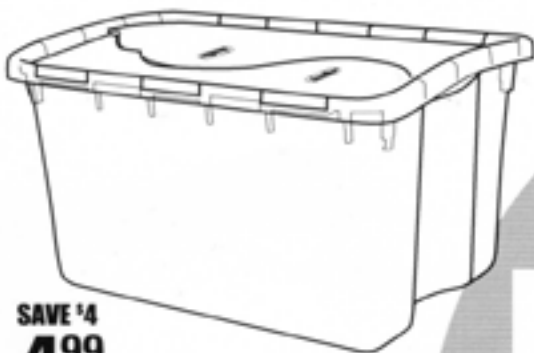
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# FINE DESIGN

## Improving your yard with Hardscaping

### FAMILY FEATURES

**L**andscaping not only makes your home more beautiful it can also make it more valuable. In fact, a Michigan State University study found that, depending on where the house is located, high-quality landscaping adds between five and 11 percent to its price.

However, good landscaping is about more than just plants. Paths, benches, walls, water features — they're all part of hardscaping and can make or break the look of your yard and garden landscape.

In the competitive housing market, every feature of a home is crucial in attracting potential buyers. The home's exterior makes the first impression, and hardscapes, as important elements of landscaping, play a critical role gaining a return on value. Along with helping a property stand out in buyers' minds, a carefully thought-out landscape using hardscapes allows homeowners to express their creativity and personality through the variety of options available.

## Create your own path

A well-made concrete walkway or garden path not only stands up to years of hard use, it enhances the natural landscape and complements a home's exterior features.

Traditional walkway materials such as brick and stone can be pricey and often difficult to install. As an easy and inexpensive alternative, you can build a new concrete path using manufactured molds, such as the Quikrete WalkMaker building forms. The result is a beautiful pathway that mirrors the texture and appearance of brick or natural stone with all the durability and economy of poured concrete.

## Project how-to

Here is a simple, step-by-step process for making your own beautiful pathway. This is a weekend project one person can easily complete for a minimal cost. Typically, the cost to install a 10-foot-long concrete path is about \$50 to \$60 for materials.

### Materials

- concrete mix or crack-resistant concrete mix
- liquid cement color
- polymer-modified jointing sand (optional)

### Tools

- excavation and site preparation tools
- building form
- wheelbarrow or mixing box
- shovel
- level
- margin trowel or finishing trowel

### Step 1: Prepare the project site

by leveling the ground, removing sod or soil as needed.

### Step 2: Mix a batch of concrete

for the first section, following the product directions. Place the form at the start of your path and level it. Use a shovel or trowel to fill each cavity of the mold with wet concrete. Consolidate and smooth the surface of the form using a concrete margin trowel.

### Step 3: Promptly remove the form

and then smooth the edges of the section with a trowel to create the desired finish (it may help to wet the trowel in water). For a nonslip surface, broom the section or brush it with a stiff brush. Rotate the form one-quarter turn (90 degrees) with each section to vary the pattern. Place the form against the finished section and repeat steps 2 and 3 to complete the next section.

### Step 4: Repeat until the path is finished.

With a variety of form patterns available (Basket Weave Brick, European Block Brick, Country Stone and Running Bond Brick), you can create a pathway, patio or walkway that matches your home's style.

When you're finished, damp cure concrete by spraying periodically with a fine water mister or cover with plastic sheeting for five to seven days. Curing concrete is a process that maintains ideal moisture and temperature conditions so that the concrete will be durable, stable and watertight. Allow 24 hours before foot traffic.



## Easy ways to add extra appeal

For other ways to add interest to your home's exterior, think about incorporating hardscaping elements such as stone, rock and sand in your yard and garden landscape. They're available in an almost limitless range of colors, sizes and textures. For example, the new HardScapes by Quikrete line includes an assortment of landscaping stones, pebbles, rocks and sands.





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. 2009-021013**  
FICTITIOUS BUSINESS NAME(S): True Shield Insurance Services  
Located at: 1636 Dupont Drive, Lemon Grove, CA 91945  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: JW & RG Insurance Services, Inc. 1636 Dupont Drive, Lemon Grove, CA 91945  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 21, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022581**  
FICTITIOUS BUSINESS NAME(S): The Fitzgiguez Group  
Located at: 3725 Lotus Drive, San Diego, CA 92106  
This business is conducted by: Husband and Wife  
The first day of business was: February 1, 2009  
This business is hereby registered by the following: 1. James M. V. Fitzpatrick 3725 Lotus Drive, San Diego, CA 92106; 2. Rita Rodriguez 3725 Lotus Drive, San Diego, CA 92106  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 04, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021218**  
FICTITIOUS BUSINESS NAME(S): Marjan Stone Inc.  
Located at: 9746 Prospect Ave., Santee, CA 92071  
This business is conducted by: A Corporation  
The first day of business was: July 22, 2009  
This business is hereby registered by the following: 1. Marjan Stone Inc. 9746 Prospect Ave., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 22, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018846**  
FICTITIOUS BUSINESS NAME(S): The Firm  
Located at: 589 N. Johnson #202, El Cajon, CA 92020  
This business is conducted by: A General Partnership  
The first day of business was: June 3, 2009  
This business is hereby registered by the following: 1. Robert Cocom 589 N. Johnson #202, El Cajon, CA 92020; 2. Cortney Ray 423 Rezko Way, Bonita, CA 91902; 3. Eryn Taylor 4181 Florida St. #6, San Diego, CA 92104; 4. Jose Jimenez 6416 Friars Rd. #203, San Diego, CA 92108  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 26, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020775**  
FICTITIOUS BUSINESS NAME(S): T and M Diesel  
Located at: 5431 Lake Murray Blvd. #10, La Mesa, CA 91942  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Antonio Colon 5431 Lake Murray Blvd. #10, La Mesa, CA 91942; 2. Melissa Ruiz 5431 Lake Murray Blvd. #10, La Mesa, CA 91942  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021806**  
FICTITIOUS BUSINESS NAME(S): Hot Dog Heaven  
Located at: 30537 Bay Hill Dr., Temecula, CA 92592  
This business is conducted by: Joint Venture  
The business has not yet started.  
This business is hereby registered by the following: 1. Karen Piovarcsik 30537 Bay Hill Dr., Temecula, CA 92592; 2. Eric Cannon 30537 Bay Hill Dr., Temecula, CA 92592  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067057-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: GHAYDAA SHAMEL HABABA FOR CHANGE OF NAME PETITIONER: GHAYDAA SHAMEL HABABA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
GHAYDAA SHAMEL HABABA TO:  
GHAYDAA GORGIS HABBABA  
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 September 23, 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 AUGUST 07, 2009.  
East County Gazette – GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00068174-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: HARRY LOUIS CARONNA FOR CHANGE OF NAME PETITIONER: HARRY LOUIS CARONNA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
HARRY LOUIS CARONNA TO: HENRY LOUIS CARONNA  
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 SEPTEMBER 23, 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 JULY 28, 2009.  
East County Gazette – GIE030790 8/06, 8/13, 8/20, 8/27, 2009

**NOTICE OF DIVORCE ACTION IN THE CIRCUIT COURT OF MOBILE COUNTY ALABAMA DOMESTIC RELATIONS DIVISION**  
**CASE NO. DR 2009 500729.OO B**  
PLAINTIFF: DEJUAN J. NETTLES VS. DEFENDANT: KATRINA S. FLIPPIN  
KATRINA S. FLIPPIN (Defendant), whose whereabouts is unknown, must answer the plaintiff's Petition for Divorce and other relief by SEPTEMBER 14, 2009 or, thereafter, a Judgment by default may be rendered against him/her in the above styled case. The defendant's written answer must be filed with the Court and a copy mailed to the plaintiff's attorney of record at the address provided below.  
Done this 1<sup>st</sup> day of JULY, 2009  
Jo Jo Schwarzauser, Circuit Clerk  
Attorney for Plaintiff: Malcolm B. Conway  
800 Downtowner Blvd. Ste 110, Mobile, AL 36609 (251) 272-1257  
East County Gazette – GIE030790 7/23, 7/30, 8/06, 8/13, 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF SHIRLEY ANN JACKSON.  
CASE NUMBER: 37-2009-00151764-PR-LS-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of SHIRLEY ANN JACKSON, SHIRLEY ANN FURRH, SHIRLEY ANN WALTON. A PETITION FOR PROBATE has been filed by TAMMY DAUGHERTY in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that TAMMY DAUGHERTY 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: AUGUST 20, 2009 AT 9:00 A.M. IN DEPT. PC-1, 5<sup>TH</sup> FLOOR, LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner AUTUMN D. SPRINGFIELD 12074 CALLE DE LEON #49, EL CAJON, CA 92019 (619) 977-9379.  
EAST COUNTY GAZETTE –GIE030790 July 30, Aug. 6, 13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020748**  
FICTITIOUS BUSINESS NAME(S): a.) Diego's Adult Residential Care Facility b.) Diego's Entertainment  
Located at: 13130 Beechtree St., Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: June 1, 2006  
This business is hereby registered by the following: 1. Shana L. Haugum 13130 Beechtree St., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009.  
East County Gazette- GIE030790 7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022382**  
FICTITIOUS BUSINESS NAME(S): El Cajon Meat Market New, Inc.  
Located at: 575 E. Main St., El Cajon, CA 92020  
This business is conducted by: A Corporation  
The first day of business was: August 1, 2009  
This business is hereby registered by the following: 1. El Cajon Meat Market New, Inc. 575 E. Main St., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 03, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

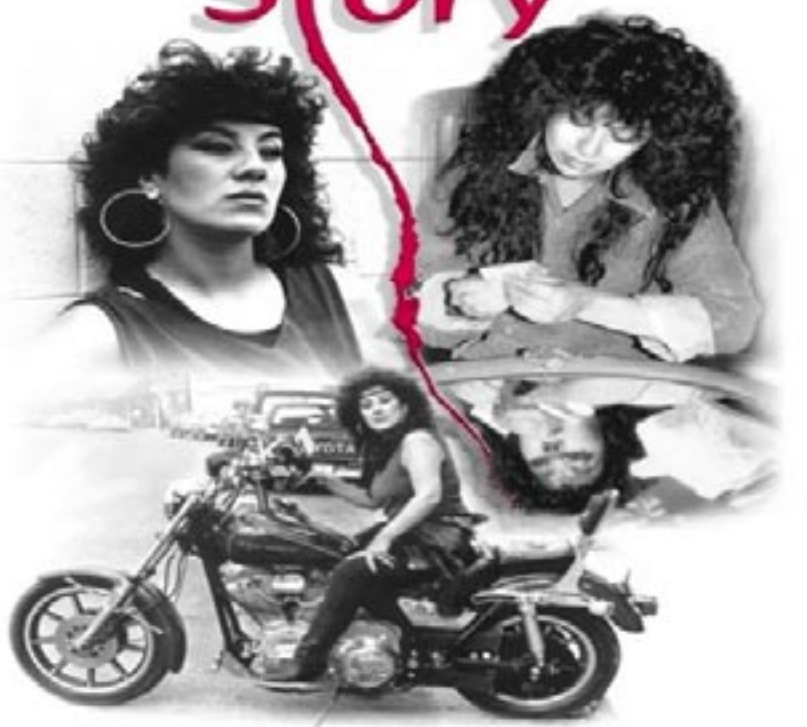
**NOTICE OF PETITION TO ADMINISTER ESTATE OF BOBBY DEAN BOUCHELL. CASE NUMBER: 37-2009-00151706-PR-PW-CTL** To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of BOBBY DEAN BOUCHELL. A PETITION FOR PROBATE has been filed by JYNX ANN BOUCHELL in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JYNX ANN BOUCHELL 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.  
A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 25, 2009 AT 9:00 A.M. IN DEPT. PC-2, LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner THOMAS F. MILES 71956 152 WEST PARK AVENUE, SUITE 145, EL CAJON, CA 92020 (619) 588-5000  
EAST COUNTY GAZETTE –GIE030790 July 30, Aug. 6, 13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020446**  
FICTITIOUS BUSINESS NAME(S): T Wealth Pros  
Located at: 9804 Bonnie Vista Dr., La Mesa, CA 91941  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Ana Turnage 9804 Bonnie Vista Dr., La Mesa, CA 91941 2. Timothy Turnage 9804 Bonnie Vista Dr., La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790 7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022657**  
FICTITIOUS BUSINESS NAME(S): All Pro Patio and Sunrooms General Contractor  
Located at: 12451 Janet Kay Way, 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. Dale R. Swadley 12451 Janet Kay Way, El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 05, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020728**  
FICTITIOUS BUSINESS NAME(S): Touch N Go Skin Care  
Located at: 2936 Via Del Caballo Blanco, Bonita, CA 91902  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Kristen N Meyers 2936 Via Del Caballo Blanco, Bonita, CA 91902  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009.  
East County Gazette- GIE030790 7/23, 7/30, 8/06, 8/13, 2009

# A Mother's Story



By Dr. Luauna Stines

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**ORDER TO SHOW CAUSE FOR**  
**CHANGE OF NAME**  
**CASE NO. 37-2009-00067519-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF:  
ISAAC MENDEZ individual and ON BEHALF  
OF MINOR MONICA ISABEL RIVERA FOR  
CHANGE OF NAME  
PETITIONER: ISAAC MENDEZ individual, and  
ON BEHALF OF MONICA ISABEL RIVERA  
HAS FILED FOR AN ORDER TO CHANGE  
NAME FROM:

ISAAC MENDEZ  
TO: ISAAC MENHER  
AND: MONICA ISABEL RIVERA  
TO: MONIKA ISABELLE MENHER  
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 September  
23, 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  
JUNE 26, 2009.

East County Gazette – GIE030790  
8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020844**  
FICTITIOUS BUSINESS NAME(S): a.) EEC  
Auto Parts Group b.) Mercedes Parts.com  
Located at: 6035 Lake Murray Blvd., La  
Mesa, CA 91942  
This business is conducted by: A  
Corporation  
The first day of business was: January  
1, 2001  
This business is hereby registered by the  
following: 1. Mercedes Parts.com Inc. 6035  
Lake Murray Blvd., La Mesa, CA 91942  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 17, 2009  
East County Gazette- GIE030790  
8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020626**  
FICTITIOUS BUSINESS NAME(S): a.)  
Starrlight Media b.) Starrlight Photography  
Located at: 2652 69th St., Lemon Grove,  
CA 91945  
This business is conducted by: An  
Individual  
The first day of business was: July 1, 2008  
This business is hereby registered by the  
following: 1. Diana Starr 2652 69th St.,  
Lemon Grove, CA 91945  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 16, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

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**Recorder's Office)**  
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NOTICE OF TRUSTEES SALE: TS No.  
09-04-533 Title Order No. 3206213606  
APN No. 489-140-86-00. YOU ARE  
IN DEFAULT UNDER A DEED OF  
TRUST DATED 06/12/06. UNLESS  
YOU TAKE ACTION TO PROTECT  
YOUR PROPERTY, IT MAY BE SOLD  
AT A PUBLIC SALE. IF YOU NEED AN  
EXPLANATION OF THE NATURE OF  
THE PROCEEDINGS AGAINST YOU,  
YOU SHOULD CONTACT A LAWYER.  
On 08/20/09 at 10:00 A.M., Lender's  
Foreclosure Services as the duly  
appointed Trustee under and pursuant  
to Deed of Trust, recorded on 07/07/06  
as Document No. 2006-0481023 Book  
XX, Page XX of Official Records in  
the Office of the Recorder of SAN  
DIEGO County, California, executed  
by: JACOBA NORTH FIRST LLC, A  
CALIFORNIA LIMITED LIABILITY  
COMPANY PREFERRED BANK,  
as Trustor WILL SELL AT PUBLIC  
AUCTION TO THE HIGHEST BIDDER  
FOR CASH (payable at time of sale  
in lawful money of the United States,  
by cash, a cashier's check drawn by a  
state or national bank, a check drawn  
by a state or federal credit union, or  
a check drawn by a state or federal  
savings and loan association, business  
in this state). At: EAST COUNTY  
REGIONAL CENTER, BY STATUE,  
250 E. MAIN STREET, EL CAJON, CA  
all right, title and interest conveyed to  
and now held by it under said Deed of  
Trust in the property situated in said  
County, California describing the land  
therein: Parcel 1: The Northerly 72.00  
feet of the Southerly One-Half of the  
Northerly 264.00 Feet of Lot 1 in block  
9 of resurvey of plate of tract No. 1,  
being in the southwest portion of the  
"S" tract of Rancho El Cajon, in the city  
of El Cajon, County of San Diego, State  
of California, according to map thereof  
No. 355, filed in the office of the county  
recorder of San Diego County, July 24,  
1886. Also that portion of the Easterly  
12.00 feet of 1st Street, now vacated  
and closed to public use, which adjoins  
said property on the West. Excepting  
therefrom the Easterly 150 feet thereof,  
the Westerly line of said easterly 150  
feet being parallel with the Easterly line  
of Said Lot 1. Parcel 2: The Southerly 60  
feet of all those portions of Lot 1 in block  
9 of the resurvey and plat of tract No. 1,  
being in the Southwest portion of the "S"  
Tract of Rancho El Cajon, in the city of  
El Cajon, County of San Diego, State  
of California, according to map thereof  
No. 355, filed in the office of the county  
recorder of San Diego County, July 24,  
1886, described as follows: That portion  
described in quitclaim deed to the city  
of El Cajon, recorded November 15,  
1957 in book 6834, Page 413, of official  
records, set out as follows: commencing  
at the Northeasterly corner of Lot 1 in  
said block 9; Thence southerly along the  
Easterly line of said Lot 1, A distance of  
264 feet; Thence Westerly along A line  
parallel with and 264 feet Southerly  
from the Northerly line of said lot 1,  
A distance of 150 feet to the point of  
beginning; Thence North 02 49' 45"  
West, A distance of 132.15 feet to A  
line which is parallel with and 132 feet  
Southerly from said Northerly line of said  
lot 1; Thence westerly along said Parallel  
Line, A Distance of 20 feet; Thence  
South 02 49' 45" East, A Distance of  
132.15 feet to said line parallel with

and distant 264 feet southerly therefrom  
said Northerly line of said Lot 1: Thence  
Easterly along said parallel, line to the  
true point of beginning. Also that portion  
described in Quitclaim deed to the City  
of El Cajon, recorded November 15,  
1957, in book 6834, page 408, of Official  
records, set out as follows: Beginning  
at the Southwest corner of the Easterly  
150 feet of the Southerly 132 feet of  
the Northerly 264 feet of said Lot 1;  
Thence Northerly along A line parallel  
with and 150 feet Westerly from the  
easterly line of said Lot 1, A distance  
of 132 feet to the Northwest corner of  
said Easterly 150 feet to the Southerly  
132 feet of the Northerly 254 feet of  
said Lot 1; Thence westerly along a line  
parallel with and 132 Southerly from he  
northerly line of said Lot 1, A distance  
of 6.70 feet to the Northeasterly corner  
of that portion of said Lot 1 described in  
deed tot the City of El Cajon, recorded  
June 21, 1957, in Book 6631, Page 524  
of Official Records; Thence South 02  
49' 45" East, along the Easterly line of  
said Land, A distance of 132.15 feet to  
the point of beginning. The above two  
parcels are now known as Lot 1 of North  
First Townhomes, in the City of El Cajon,  
county of San Diego, State of California,  
according to map thereof No. 15636 filed  
in the office of the County Recorder of  
San Diego County on October 29, 2007.  
The property heretofore described is  
being sold "as is". The street address  
and other common designation, if any,  
of the real property described above  
is purported to be: 469 N. 1st Street,  
El Cajon, CA 92021. The undersigned  
Trustee disclaims any liability for any  
incorrectness of the street address and  
other common designation, if any, shown  
herein. Said sale will be made, but  
without covenant or warranty, expressed  
or implied, regarding title, possession,  
or encumbrance, to pay the remaining  
principal sum of the note(s) secured  
by said Deed of Trust, with interest  
thereon, as provided in said note(s),  
advances, if any, under the terms of the  
Deed of Trust, estimated fees, charges  
and expenses of the trustee and of the  
trusts created by said Deed of Trust, to-  
wit: \$1,347,536.82 Estimated. Accrued  
interest and additional advances, if any,  
will increase this figure prior to sale. The  
beneficiary under said Deed of Trust  
heretofore executed and delivered to the  
undersigned a written Declaration of  
Default and Demand for Sale, a written  
Notice of Default and Election to Sell.  
The undersigned caused said Notice of  
Default and Election to Sell to be recorded  
in the county where the real property is  
located and more than three months have  
elapsed since such recordation.

Dated: July 24, 2009

LENDER'S FORECLOSURE SERVICES  
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2158 Durfee Avenue, El Monte, CA  
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Sylvia L. Ramos, Senior T.S.O.  
East County Gazette- GIE030790  
7/30, 8/06, 8/13, 2009

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**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020388**

FICTITIOUS BUSINESS NAME(S): a.)  
Summit Real Estate Services b.) Summit  
Real Estate  
Located at: 2219 Cecelia Terrace, San  
Diego, CA 92110  
This business is conducted by: A  
Corporation  
The first day of business was: January 27,  
2007  
This business is hereby registered by the  
following: 1. Goforth Capital Group, Inc 2219  
Cecelia Terrace, San Diego, CA 92110  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020734**

FICTITIOUS BUSINESS NAME(S): Sealine  
Cab  
Located at: 9809 Settle Rd., Santee, CA  
92071  
This business is conducted by: General  
Partnership  
The first day of business was: April 20, 1992  
This business is hereby registered by  
the following: 1. Aram Hamesalh 9809  
Settle Rd., Santee, CA 92071 2. Rokhosh  
Hamesalh 9809 Settle Rd., Santee, CA  
92071  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 16, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-021816**

FICTITIOUS BUSINESS NAME(S): a.) SEO  
Sales Force b.) Online Sales Direct  
Located at: 1573 Summerdown Pl.,  
Encinitas, CA 92024  
This business is conducted by: A  
Corporation  
The business has not yet started.  
This business is hereby registered by  
the following: 1. HW Limited Inc., 1573  
Summerdown Pl., Encinitas, CA 92024  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 28, 2009  
East County Gazette- GIE030790  
8/06, 8/13, 8/20, 8/27, 2008

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-021771**

FICTITIOUS BUSINESS NAME(S): San  
Diego Engine Balancing  
Located at: 10734 Kenney St. #E, Santee,  
CA 92071  
This business is conducted by: Husband  
and Wife  
The first day of business was: January 2,  
2009  
This business is hereby registered by the  
following: 1. David J. Arce 8726 Granite  
House Lane, Santee, CA 92071; 2. Sandra  
Y. Arce 8726 Granite House Lane, Santee,  
CA 92071  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 28, 2009  
East County Gazette- GIE030790  
8/06, 8/13, 8/20, 8/27, 2008

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020468**

FICTITIOUS BUSINESS NAME(S): Phoenix  
Promotional Products  
Located at: 12233 Higgins Terrace,  
Lakeside, CA 92040  
This business is conducted by: Husband  
and Wife  
The business has not yet started.  
This business is hereby registered by  
the following: 1. Andrea C. Hunter 12233  
Higgins Terrace, Lakeside, CA 92040  
2. Christopher M. Smith 12233 Higgins  
Terrace, Lakeside, CA 92040  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

## Ask Dr. Luauna Stines



*Dear Dr. Luauna, This letter is  
very important; I am only 41 years  
old. Years back I told myself I would  
not have sex until I was married. But  
time when on and it seemed harder  
and harder. I met so many beautiful  
women who I thought I loved, one  
thing led to another, I gave in and  
had sex. One day I felt sick, and  
each day I felt worse, I finally went  
to the doctor. They thought I had  
a cold, so they sent me home with  
medicine. Thinking I would be up*

*in a few days, I only got worse; the doctors did more tests,  
and to my surprise, I am dying of AIDS! I was shocked,  
angry, and confused; I could not believe it, a few years have  
passed, and now I can talk about my sickness.*

*My body is dying, within the year I will be dead. The  
reason I am writing you, Dr. Luauna, please tell those  
reading your column don't be foolish like I was. Wait until  
marriage before having sex! I must tell as many people as  
I can, you NEVER think such a thing could happen to you,  
I was not a homosexual. I have made peace with God and  
I know I am forgiven; but it is easy to forget you reap what  
you sow. I hope this letter helps someone think twice before  
they make the same mistake I did, thank you Dr. Luauna.  
Signed, Dying Soon in San Diego, CA*

### Dear Dying Soon,

Your letter I am sure will touch thousands! Thank you  
for sharing; there are so many people in your condition  
who do not share because of fear and shame. Who better  
to give warning? We live in this fast paced, promiscuous  
world, where television, magazines, and radio's songs paint  
sex as a casual romp in the sack. They never share the  
other side, sexually transmitted diseases, herpes, syphilis,  
gonorrhea, AIDS; and the list goes on and on. Let's not  
forget all the unwanted babies who have no home, or the  
millions of babies who are killed in an abortion clinic. I  
want to thank you for sharing, if one person takes to heart  
what you wrote, you have won the victory. Jesus loves you,  
dear friend, know you are special! With Jesus as your Lord  
and Savior; you have peace, the peace this world does not  
understand. Psalm 91:1-16

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, Sta-  
diums, 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 ac-  
credited as a full gospel University to train up men and women  
to help us reach the world for Jesus.



## — LEGAL NOTICES —



**City of El Cajon**  
Request for Proposals (RFP)  
Inviting Applications for the  
Homeless Prevention and Rapid  
Re-Housing Program (HPRP)

**REQUEST FOR PROPOSALS  
WILL BE AVAILABLE  
AUGUST 13, 2009 THROUGH  
AUGUST 28, 2009**

The City of El Cajon is issuing a Request for Proposals (RFP) with the availability of \$519,686 in Homelessness Prevention and Rapid Re-housing (HPRP) funds. The HPRP program is funded by the U.S. Department of Housing and Urban Development (HUD) under the American Recovery and Reinvestment Act of 2009 (ARRA). The primary purpose of the HPRP program is to provide persons who are at risk of becoming homeless with temporary financial assistance to prevent them from becoming homeless, and also to provide persons who are homeless with housing relocation and stabilization services. HPRP funds are available on a one-time basis and must be used by May 19, 2012.

NOTICE IS HEREBY GIVEN that the City of El Cajon is currently accepting proposals for eligible activities under the Homeless Prevention and Rapid Re-Housing Program. Proposals may be by submitted by eligible non-profit organizations that are recognized lead agencies by the Regional Continuum of Care Council, which is the HUD approved local Continuum of Care Council for the San Diego County region. A general description of eligible activities can be found in the RFP document.

The City of El Cajon is requiring that interested parties review the HPRP Regulations at <http://www.hud.gov/recovery/hrp-notice.pdf>. Each applicant will be required to certify that a knowledgeable and accountable representative has read the HPRP regulations in order to submit an application that is compliant with the subject regulations. No diversions from the activities allowed by HPRP regulations will be considered for funding.

Agencies may request a copy of the RFP by submitting a written request at the City of El Cajon, Redevelopment and Housing Department, 200 Civic Center Way, El Cajon, CA 92020, or by calling (619) 441-1710. When requesting a copy of the RFP by phone, please provide your name, agency name, address, phone number, and e-mail address. A copy of the RFP will be sent via e-mail.

**ELIGIBLE PUBLIC SERVICES:** For funding consideration, proposed projects must meet the eligibility requirements identified in HPRP regulations. Agencies and organizations responding to the RFP must complete the funding application and required attachments. Technical assistance regarding this RFP can be provided by contacting Mr. Xavier Velasco, Senior Management Analyst, Redevelopment and Housing, 200 Civic Center Way, El Cajon, or at (619) 441-1786.

**DEADLINE:** All interested agencies must complete and submit their proposals using the City's funding application by 4:00 P.M., on Friday, August 28, 2009, at the City of El Cajon, Redevelopment and Housing, 200 Civic Center Way, El Cajon, California 92020. Late submittals will not be accepted.

East County Gazette- GIE030790  
08/13, 08/20/09

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-020805**  
FICTITIOUS BUSINESS NAME(S): Studio H32  
Located at: 8283 La Mesa Blvd., La Mesa, CA 91941  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. David Fox 145 Skyview Lane, Oceanside, CA 92056; 2. Tiffany Fox 145 Skyview Lane, Oceanside, CA 92056  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009



**CITY OF EL CAJON  
NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT:  
HVAC MAINTENANCE AND REPAIR  
SERVICES**

**BID NO. 009-10**

**BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on September 8, 2009**

**BIDS TO BE OPENED AT:  
2:00 p.m. on September 8, 2009**

**PLACE OF RECEIPT OF BIDS:  
City Hall  
1st Floor, Guest Relations Desk  
200 Civic Center Way  
El Cajon, CA 92020**

NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.

Reference is made to the specifications for said work, on file in the office of the Purchasing Agent, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded from the City's website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or may be obtained at the office of the Purchasing Agent for a non-refundable fee of \$7.00 (plus \$4.95 postage if mailing is requested).

The plans and specifications show general information only. It shall be the bidder's responsibility to examine the project site(s) in order to determine the exact existing conditions, and the character and extent of the work to be performed. The bidder's omission, or failure to visit the project site(s) and acquaint itself with existing conditions shall in no way relieve the successful bidder from obligations with respect to the Contract. Submission of a bid shall be prima facie evidence of the bidder's compliance with this requirement.

Mandatory Pre-Bid Conference and Site Visit. There will be a pre-bid conference and site walk through as part of the bid process. Bidders are to report to the First Floor Lobby, El Cajon City Hall, 200 Civic Center Way, El Cajon, CA 92020 promptly at 10:00 a.m. on Tuesday, August 25, 2009. Allow approximately 2-1/2 hours to cover all sites.

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

All bids submitted shall be accompanied by a check in the amount of one thousand dollars (\$1,000.00) made payable to the City of El Cajon. The security may be in the form of cash, a certified or cashiers check (NO OTHER FORM OF CHECK IS ACCEPTABLE), or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

The Contractor shall provide the City with an executed non-collusion affidavit.

Bids shall be delivered to the Purchasing Agent at the 1st Floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, they will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been

delinquent or unfaithful in any former contract with the City.

/s/ Dede Porter  
Purchasing Agent  
August 13, 2009  
East County Gazette- GIE030790  
08/13, 08/20/09

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-022530**

FICTITIOUS BUSINESS NAME(S):  
Proselyte Trucking  
Located at: 13857 Melody Rd., Jamul, CA 91935  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Mario A. Armas 13857 Melody Rd., Jamul, CA 91935  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 04, 2009.  
East County Gazette- GIE030790  
8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-019694**

FICTITIOUS BUSINESS NAME(S): a.) King Companies b.) King Auto Detailing c.) King Towing  
Located at: 15215 Creek Hills Rd., El Cajon, CA 92021  
This business is conducted by: An Individual  
The first day of business was: July 1, 2009  
This business is hereby registered by the following: 1. Riley Pollock 15215 Creek Hills Rd., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 07, 2009.  
East County Gazette- GIE030790  
8/06, 8/13, 8/20, 8/27, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-020332**

FICTITIOUS BUSINESS NAME(S): A and A Real Estate Services  
Located at: 9820 Maine Ave., 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. Angela Andrews 9312 Los Coches Rd., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-018611**

FICTITIOUS BUSINESS NAME(S): Queens Capital Group  
Located at: 1375 E. Main St., El Cajon, CA 92021  
This business is conducted by: A Limited Liability  
The business has not yet started.  
This business is hereby registered by the following: 1. Queens Capital Funding, LLC 4475 Conrad Drive, La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 24, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**To place  
your ads  
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**

## — OBITUARIES —



**Dorothy Lyons  
July 20, 1960- July 29, 2009**

Dorothy was like a very bright, colorful butterfly, always fluttering around, always had something to do. She loved the outdoors being full of sunshine.

She was a special sister, loving wife, mother and grandmother. With lots of friends!

Born July 20, 1960 in Butte, Montana, passed away at 49 years old on July 29, 2009. Survivors are; two sisters, Cheryl and Phyllis; husband, Mike; one son, Issac Jr., one grandson, Connor.

Services will be at El Cajon Mortuary 684 S. Mollison Ave., El Cajon on August 14<sup>th</sup> at 2 p.m.

**YMCA...**

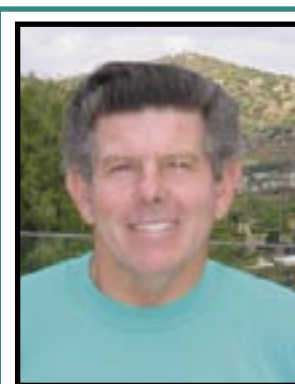
**Continued from page 6**

Center and multiple Group Exercise Studios. There will also be a Member Lounge and Child Watch services while members work-out.

"We want the entire community to know we are coming and to start getting excited for their new local YMCA," said Steve Rowe, Executive Director/Vice President, East County Family YMCA. "At the YMCA we are all about building and supporting communities. Our new facility in Rancho San Diego branch brings more resources and opportunities to kids, teens, adults and seniors of this community. We are very grateful to our donors, local businesses, volunteers, elected officials and the community at-large for making this dream a reality."

The East County Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of the spirit, mind and body.

For more information on the new McGrath Family YMCA, visit [www.eastcounty.ymca.org](http://www.eastcounty.ymca.org).



**Lakeside has  
suffered a sudden  
loss of one of  
its finest  
community leaders,  
Harold Hilliker.**

**The following is  
information on his  
Celebration of Life:**

**Harold Hilliker's family and friends will  
celebrate his life on  
Sunday, August 16, 2009  
4:00PM  
Lakeside Rodeo Grounds.  
If Harold touched your life,  
please join us to share your stories  
and joy  
and celebrate his life with us.**

**In lieu of flowers,  
the family suggests donations to the  
following organizations:**

**Danny Benson Memorial  
Scholarship Fund  
PO Box 2002  
Alpine, CA 91903**

**Boys and Girls Club of East County  
8820 Tamberly Way  
Santee, CA 92071**

**Cancer ...**

**Continued from page 8**

shopping for a new pair of sunglasses, look for ones that have broad UV protection that absorb at least 99% of UV rays.

**5. Get regular check-ups.**

Wellness exams, or cancer screening exams, are medical tests done when you are healthy, and you don't have any signs of illness. They make sure that cancer is found at its earliest, most treatable stages. The chances of surviving colorectal, breast and cervical cancers are higher if found early. In addition to finding cancer early, screening exams for colorectal and cervical cancers also can remove abnormal cells that may turn into cancer. Doing this prevents cancer altogether.

Many states and counties offer free or low-cost screening exams for men and women who qualify. To learn about

what your state offers, call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER.

For additional information, visit [www.mdanderson.org](http://www.mdanderson.org)/focused.

Michele Forman, Ph.D., professor in M. D. Anderson's Department of Epidemiology  
Forman has 32 years of nutritional epidemiology research in international and national settings. She developed and validated culture-specific food frequency questionnaires and infant feeding surveys. She conducted clinical nutrition research in hormones, micronutrients and biomarkers of dietary response. Most of her research career has been spent studying health disparities. She is on editorial boards of nutrition and epidemiology journals and has more than 120 peer-reviewed publications, seven book chapters and four editorials.



Puzzles & Comics

**OUTZKIRTS** By: David & Doreen Dotson

YOU KNOW, BUD'S AT AN AGE WHEN HE MIGHT WANT A SPORTS CAR?

CAROL, BUD HAS HAD THE SAME TRUCK FOR ALMOST TWENTY YEARS AND...

WE'VE BEEN MARRIED AND IN THE SAME HOUSE FOR OVER TWENTY-THREE YEARS.

BUD IS A STEADY EDDY, NOT A FLASHY DASHY.

**OWEN OWL** BY LUKE NEVNDORFF

HOOT! HOOT! HOOT!

HOOOT! HOOOT! HOOOT!

OWEN, YOUR LAST HOOTS HAVE A LOT MORE LOVE IN IT!

**Through the eyes of a child**

Wacky World

HAS THE WORLD GONE MAD?

©Brent Norman

Cartoon by Brent Norman, age 9. Does your child like to draw cartoons? Send them to: [cartoons@ecgazette.com](mailto:cartoons@ecgazette.com) for possible inclusion in the East County Gazette.

**Editorial Cartoon**

**Planned Economy or Planned Destruction?**

This cartoon is from the Chicago Tribune 1934. Look at the plan of action and remember the adage, "Those who do not remember the past are doomed to repeat it."

**Crossword Puzzle**

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71

**Across**

1 Part of a min.

4 Spite

9 Much

14 Sticky black substance

15 Listlessness

16 Tiny skin holes

17 Ripen

18 Prevent

19 Struck

20 Evenly

22 Swarm

24 Soft white cheese

25 Depicted

27 Adjoin

31 Soup

32 Weighted fishnet

33 Avail

34 Expiring

36 Irregular

38 Giant's wife

40 Gentle breeze

42 Swings gently

43 Moses' mountain

44 Conger

45 Run away and marry

47 Naught

51 Eden dweller

53 Oaths

54 Baker's need

55 Fake butter

57 Stay away

59 Fruit

62 Painter Freida

65 Zero

66 Computer characters

67 Remember the

68 "To the right!"

69 Dada

70 A Hindu's red dot

71 Goof

**Down**

1 Supplies with workers

2 Baby eagle

3 Start

4 Tender beef

5 Look up to

6 Compass point

7 Possessive pronoun

8 Glove's cousin

9 Niche

10 Ma

11 Professional

12 Permit

13 Compass point

21 Tasteless

23 Ram's mate

25 Cozy rooms

26 Cheat

28 Keep afloat

29 Russia

30 Ball holder

32 Bro.'s sibling

35 Aye

36 Government agency

37 Rhinoceroses' nickname

38 Uncollected

39 Joyful

40 Uses a zipper

41 Vane direction

42 Ocean

43 Plant

45 Evening

46 Gaze (2 wds.)

48 Penalize

49 Disputant

50 Disposable horn

52 Film

56 Den

57 matter

58 Text

59 Space

60 America

61 Parody

63 Boxer Muhammad

64 Movie 2001's talking computer







# Our Best Friends

## New and interesting products for dogs ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Readers,

As you know, I like to keep you informed of new and fun products for dogs and cats and there are several that have come across my desk and into my bag-o-tricks lately, so I thought you might like to know about them.

The first is from Puppy and Pet Products International. They make collars and harnesses that have your dog's comfort in mind. The harness is what I found to be exciting as many harnesses are complicated to put on the dog, have to be adjusted correctly and cumbersome once on the dog. The EZHarness is just that—easy and comfortable for your dog. Here is the company's promo: The EZHarness features double-padded fleece in every component that touches the pet's body, preventing chaffing or injury, and includes an elegant satin-finish nylon webbing, integrated with a 4' lead, a swivel mechanism mitigating tangling, and a fleece padded handle for the owner's comfort. The product is offered in three colors (black, red, and royal blue), and five sizes.

The fleece prevents many of the problems I have seen with harnesses and I love the built in leash. You can find out more

about the EZHarness and the EZLeash which has the fleece-lined collar built in as one unit as well at: [www.ezleash.com](http://www.ezleash.com)

For dogs that suffer from anxiety and sound phobias there is a product called the Thundershirt. The Thundershirt is easy to fit and "swaddles" dogs to help them feel less anxious. Here is their company promo: Thundershirt is a proven solution for many types of dog anxiety...thunderstorms, fireworks, crate, travel, separation anxieties and more! And for most anxieties, no training is required! Simply slip on Thundershirt and watch the symptoms disappear. Visit them at: <http://www.thundershirt.com/>

There are two other products that help with anxiety and sound issues, both in the form of CDs. The first is a book written by a veterinarian and comes with a CD of music that has been proven to help dogs relax. Their company promo is: Research conducted with 150 dogs demonstrated that Music to Calm Your Canine Companion induced deep relaxation in 70 percent of dogs in shelters or kennels and 85 percent of dogs in households. This breakthrough music is clinically demonstrated to be twice as effective as conventional classical music for reduction of canine anxiety behaviors, such as separation,

automobile, panic, etc. Their website is: <http://throughadogsear.com/> and you can order the book and CD, or just the CDs.

Did you know that dogs can laugh? Well this company has recorded their laughter and studied it and found that that laughter can actually help calm down dogs that are stressed. They have used it in shelters with great results. Visit their website for the research or to order: <http://www.petalk.org/LaughingDog.html>

The clicker leash is another inventive product that has lots of promise for people that find it difficult to hold the leash and the clicker during training. This has the clicker built right into the handle and comes with different size leash extensions. Find this product at: <http://clickerleash.com/>

A new book by a local writer Maria Larsen, "When it Reigns it Pours, Dog Tales" talks about Maria's time as a San Diego Police Officer and the variety of dogs that found their way into her heart and home during her service on the force. It's a wonderful story of the hardships of being a cop, being forced to retire with an injury that was job-related and how her dogs helped her through the different stages of those 10 years. Find her book at [www.amazon.com](http://www.amazon.com)

### For Cats:

For older cats, or cats that like lots of warmth, these beds retain your cat's body heat and helps keep them warm. This can be important for elderly or ill cats that have a hard time maintaining heat. You can find them at: <http://www.thecatandkittenstore.com/servlet/the-1197/cat-beds,-dog-beds/Detail#itemadded>

For cats that like to scratch, this is the ideal product. Pavlov's Scratch Feeder is a nicely designed scratching post, but with a twist. It also feeds your cat! When your cat uses the post, it trips a mechanism that released cat food. It's also designed not to overfeed your cat; in case that thought ran through your mind. Talk about positive

reinforcement! Shop around, but here is one site that has this product: <http://www.mk-tmkt.com/pavlovscat.html>

There you go East County!

Lots of new things for you and your pets to enjoy.

Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)

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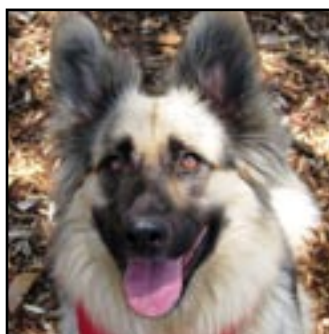
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City \_\_\_\_\_ Zip \_\_\_\_\_ one year two years

## ADOPT-A-PET

**Champ** is a 1-year old Cattle Dog/Staffy mix who weighs just 32 pounds. He's happy, friendly, loves to play with dogs, and has an endearing personality. He's smart too! He already knows how to sit, stay, come, and can do a high-5 or a high-10 on command! You'll never be short on smiles when you are around Champ. Call us to find out how he earned his name! He'll do best in a home with children 12+. Champ is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program. His \$150 adoption fee includes microchip, license, vaccinations, and neuter. Information: (858) 205-9974.



Introducing Bubba (male), Dakota (female), Freckles (male) and Shadow (male)! These cute and adorable Lab Mixes (a little pointer in one, maybe terrier in another) are looking for four families willing to dedicate the necessary time to continue to raise these puppies as highly-social, well-mannered, fun-loving dogs. All puppies are neutered or spayed, first set of vaccinations, de-wormed and have a microchip. We estimate these puppies will grow to 50 or 60 pounds. For more information call Kathy at (858) 205-9974



**Milo** is a tall, dark and handsome love. This 1-year-old Lab mix weighs 61 pounds. He is very good looking, sweet, and playful! On top of that, he is quite smart! He already knows "sit" and "shake." He would enjoy and excel at obedience classes to further his education. Need a new best friend? Call FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) for more information or to arrange a meeting: (858) 205-9974.

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