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VOLUME 10 NUMBER 12 **AUGUST 27-SEPTEMBER 2, 2009**

Barona celebrates 39th annual Powwow

Friday, Sept. 4
 Gourd Dancing - 6pm
 Grand Entry - 7pm

Saturday & Sunday, Sept. 5-6
 Gourd Dancing - 1pm & 6pm
 Grand Entry - 7pm
 Supper Break - 5pm - 6pm
 49 Contest after Saturday evening session

Special Contests - Saturday Night
 Men's Fancy Dance

Hand Drum Contest
 Sunday afternoon



The Barona Band of Mission Indians will celebrate their 39th Annual PowWow Sept. 4-6 on the Barona Indian Reservation baseball field next to the Community Center. Over \$60,000 in prize money will be awarded in several dancing contest categories. All drums and dancers are welcome, and admission is free. For more information call (619) 443-6612 ext. 120 or visit www.barona-nsn.gov. Photo by Debbie Norman

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Local News & Events

Viejas Bowl set to open in fall

Viejas announced plans today for a new, boutique bowling center, to be called Viejas Bowl, at the Viejas Outlet Center, across from the award winning Viejas Casino.

The new development boasts 15,667 square feet of space and will include 12 United States Bowling Congress certified lanes and numerous flat screen TVs for sporting and other events. Other features are planned and will be announced at the opening

of the center. Construction is underway and Viejas Bowl is scheduled to open in late fall. It will be located on the east end of the Viejas Outlet Center, across from the popular, new Fun Zone Arcade, providing an "entertainment zone" with an array of options for all ages.

"We are excited about this new addition to the entertainment lineup here at Viejas," said Tribal Chairman Bobby L. Barrett. "Viejas Bowl will be casual, but upscale and will provide a new, afford-

able entertainment option for families in the area. We'll have comfortable couches and a fun lounge feel, which will fit into the Viejas theme and represents the next step in offering a diverse entertainment complex."

Viejas CEO Lyn Baxter said, "Viejas Bowl is our latest move toward creating a true "lifestyle center" at the Viejas Outlet Mall. This is the direction many traditional retail centers are going, especially as they explore new approaches in this challenging economy. Fortunately, Viejas Outlet Center's transformation to a "lifestyle center" is already well underway, with the addition of a day spa, Movies in the Park, Farmers Market and the ice rink, which has been a huge hit. Viejas Bowl is the latest, and probably our most dramatic, move toward the "lifestyle center" approach. So far, our customers have definitely embraced it and we think Viejas Bowl fills a void in East County."



Rendering of new Viejas Bowl lanes.

Viejas Bowl will be open seven days a week and will be available for children and adults of all ages. More information on hours and prices will be announced soon.

Located directly off I-8 on Wil-

lows Road, just 35 miles east of San Diego in Alpine, Viejas Casino has been voted San Diego's BEST CASINO ten years in a row and offers thousands of slots, over 80 table games, bingo, off-track wagering and six restaurants, including the contemporary V Lounge.

For more information on Viejas Casino visit www.viejas.com or call 1-800-847-

6537. Viejas Outlet Center features 255,000 square feet of shopping space and is home to America's favorite brand names stores, as well as great restaurants and, coming in fall 2009, Viejas Bowl, one of the newest family entertainment venues in the San Diego area. For more information on Viejas Outlet Center, visit www.shopviejas.com or call (619) 659-2070.

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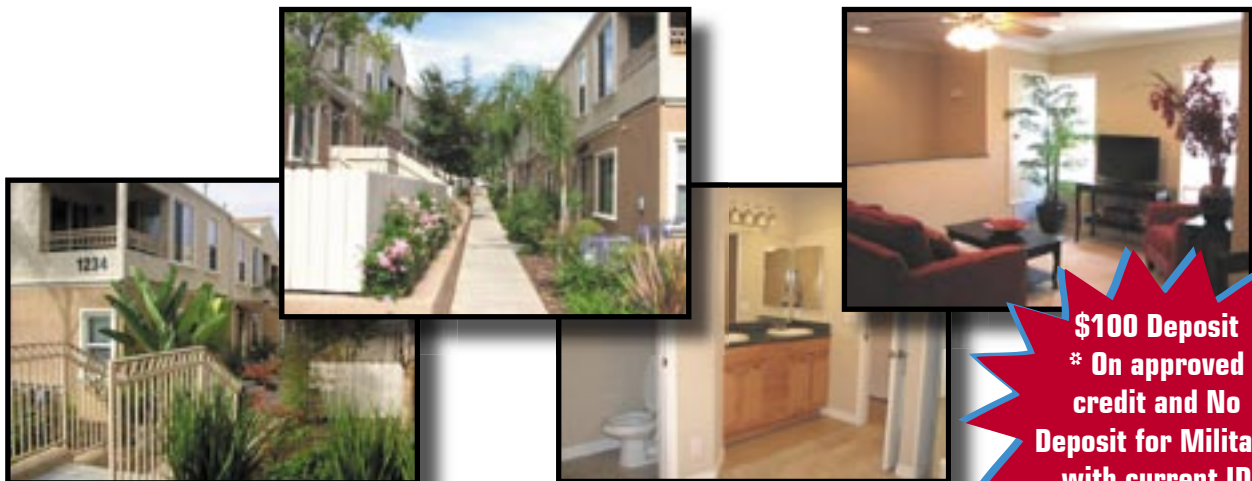
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Fall Recreation Guide & City
Newsletter is here!

The City of El Cajon Newsletter and Recreation Guide is now available online and at your local recreation center. It's a fun way to keep the kids busy this fall with all the great activities

with something for all ages. In the newsletter section see updates on City projects and City services. Keep in mind the Fall Recreation Guide & City Newsletter will not be coming to your mailbox. Visit our website at www.ci.el-cajon.ca.us and look under "What's New" or again, pick-up a hard copy at any of our recreation centers.

local tobacco retailer licensing ordinances in order to reduce illegal sales of tobacco products to minors. El Cajon City Councilmember Gary Kendrick said he was very happy about the report and challenged neighboring cities to adopt the same tough ordinances to protect the health of our youth.

El Cajon leading the way to reduce tobacco sales to minors

Prior to Tuesday's City Council meeting, Communities Against Substance Abuse (CASA), held a news conference in front of the Council Chambers to announce the latest results of a Youth Purchase Survey. The survey found that, thanks to Tobacco Retailer Licensing, since 2004 - tobacco sales to minors dropped 88 percent in the City of El Cajon. More than 60 communities in California have adopted strong

Last police forum Thursday

Have your questions ready for the last of four El Cajon Police Department Community Neighborhood Forums that began Monday, Aug. 24. The forums covered 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. Each forum covered such topics as traffic, graffiti, gangs and how to establish a Neighborhood Watch program. The last sector to be covered tonight is Sector 9 - Thursday night, August 27 - 6 - 7:30 p.m. at Merid-

ian 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 and go to "What is my sector." For more information please contact Lt. Jim Redman at (619) 579-3364.

Watch for major roadwork on streets in El Cajon

Work began Monday on a major resurfacing project that will affect several major streets in El Cajon. Watch for road crews on Fletcher Parkway, working from Westwind Drive down to Graves Avenue. Once that is complete, work will begin on Cuyamaca and some adjoining streets such as Tyrone Street, Aldwych Road and Murray Drive. This will then be followed by work on Chase Avenue. Motorists traveling through these areas can expect some possible delays. The streets mentioned will receive an overlay of high-tech rubberized asphalt, which is much more durable and reduces road noise. Funding for the \$3,379,000 project came from Transportation Development Act funds, Redevelopment Agency funds, TransNet funds, and TransNet-ARRP (Federal Stimulus funds). Please reduce your speed in all areas of construction and watch for traffic control. For more information please call the City of El Cajon Public Works Department at (619) 441-1653.

More traffic control areas

Since June 2009, continuing through the fall of 2010, work on the Jamacha Pipeline will continue. Intermittent lane closures can be expected within the City of El Cajon and in the unincorporated

community of Rancho San Diego in the County of San Diego. This work will involve installing approximately 5.1-miles of 36-inch steel pipe to transport drinking water. The pipeline will connect Flow Control Facility No. 14 located at the intersection of Lexington Avenue and Third Street in the City of El Cajon to the Otay Water District's Regulatory Reservoir Complex in Rancho San Diego. Streets expected to have restrictions include Third Street, Dumar, Waterloo, Gustavo, Brabham, Via Rancho San Diego and Fury Lane in Rancho San Diego. Lane closures may occur on Jamacha Road from Gustavo in El Cajon to Brabham in Rancho San Diego. Traffic control and parking restrictions may remain in effect through the extent of the entire project, even though actual pipeline work is ongoing in other areas. Night work will take place along Jamacha Road south of the City of El Cajon as directed by the California Department of Transportation (Caltrans). For more information about the impacted areas, community meetings, traffic updates, or detours call (619) 670-2552.

Concerts On Green wrapping up

Enjoy one of the last two Concerts On Green in El Cajon on Friday, August 28, with The Coolrays playing Beach Boys music. This is one of the last two free weekly summer concerts for this season featuring live music from 6 to 8 p.m. on the Prescott Promenade, at 211 East Main Street in Downtown El Cajon. Concerts are hosted by the El Cajon Community Development Corporation. The very last concert is Friday, Sept. 4, with FX5 playing Variety music. 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.

Lend A Hand is August 29

Join your neighbors and local groups to make a difference in our City by helping to remove trash and graffiti in our community. The next Lend A Hand Saturday morning clean up is Aug. 29 from 9 to 11 a.m. at the corner of South Johnson Avenue and Grant Avenue. This is a great way to teach your children how to care for the community and inspire others to get involved. By investing in your neighborhood you help reduce crime, fill the street with positive activity, spread community pride and earn volunteer hours. The El Cajon CDC will also accept your non-working electronics for proper disposal at the clean up and

See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Annual Barona Powwow

Each year the Barona Band of Mission Indians hold a Powwow at the Barona Baseball Field on the Barona Indian Reservation in Lakeside. Tribes from all over come to participate in the three day event (September 4-6). There is prize money and dancing in all categories.

For reservations or information call (619) 443-6612 ext. 120.

6th Annual Bob Alvord Friend to all BBQ Scholarship Dinner.

The Bob Alvord Friend to All BBQ Scholarship Dinner will feature a Deep Pit BBQ (Beef) with Famous (Alvord Style) beans. The Aug. 29 dinner will feature the Opti-Bar. All proceeds go to the scholarship fund maintained through the optimist Club of Lakeside serving the youth of Lakeside since 1949.

Tickets are \$10 for adults,

kids under 6 are free. Dinner will be served from 5:30-8 p.m. at 12584 Mapleview, Lakeside (Rodeo Grounds). The old Alvord Crane logo t-shirts will be for sale for \$15.

Skatepark for Lakeside?

A skate-park for Lakeside — how do you feel about the idea? Over the past few years this question keeps coming up. A group of about 30 people have decided to move forward to fill this recreational void with a safe, sanctioned place for skaters. The average skater is between five and 24 years of age. These skaters have no where to skate that is sanctioned so they use public and private property which often upsets business owners and the public.

Members of the County Parks and Recreation, Sheriff's Dept, Lakeside School District, Lakeside Chamber of Commerce, Woman's Club of Lakeside and Community members have met for the past two months to form a committee to research the feasibility of a Lakeside skate-park. There are a number of questions to be answered before the project can move forward.

Location- where should the skate-park be located? Three locations are under discussion; the Ballpark, the strip of land across from the Elks Club on Woodside Ave. and Lindo Lake Park. Funding- there needs to be a realistic budget. The group discussed the Tony Hawk Foundation which funds grants. The Hawk Foundation accepts grants twice a year, in October and March. It was decided there was too much work to be done by October so they will aim for March 2010. Design- County Parks and Recreation members have information on other skate-

parks from Ocean Beach to El Cajon.

There was much discussion about the type of Park the kids would use the most. There are basically two types; of parks manned and unmanned and free style and structured.

Four committees are being formed; Location, Design, Marketing and Funding. The public is welcome. Skaters input will be an important part of the discussion. The group meets the second Tuesday of the month 6:30-8 p.m., 11633 Woodside ave.

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Highlights ...

Continued from page 4
San Diego Rescue Mission will be present to turn your usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, working electronics to the event. Please RSVP to Rebecca Reyes, Community Development Assistant, at (619) 401-8858.

9/11 musical tribute

Make plans to see Secrets In The Sand on September 11. It's a musical tribute to the heroes of 9/11 at 7 p.m. at the East County Performing Arts Center, located at 210 E. Main Street. \$15 general admission, \$13 active military. Visit www.secretsinthesand.com for more

information or to purchase your tickets online.

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 - and stay informed. For Public Safety Center updates, please call (619) 441-5524.

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, 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 & EVENTS —



Alpine happenings ...

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Week of Sept. 16 - 20: Half price on all paperback novels

Week of Sept. 23 - 27: Half-price on all History.

End of the Month 1/2 Price Sale: Sept. 26 and 27.

Library Bookstore is located at 2554 Alpine Blvd. Open: Wednesday 10 a.m. to 7 p.m., Thursday - Saturday 10 a.m. to 5 p.m., Sun. 10 a.m. to 4 p.m.

Service Awards, known as ALPS. Presented by the Alpine Mountain Empire Chamber of Commerce, this year's new and improved event will have a different nomination process and a less formal atmosphere at the awards celebration on Wednesday, Sept. 23, at the Viejas DreamCatcher Lounge. Call the Alpine Chamber for more information at (619) 445-2722 or get application online at www.alpinechamber.com.

Nominate 'Best of Alpine' now

Do you know a person, organization or business that has helped make Alpine a better place to live, work or play during the past year? Now is the time to "Treasure Our Volunteers" and honor the "Jewels of Our Community" by nominating them for the 15th Alpine Leadership and Public

Time to run for Honorary Mayor!

Is this the year you would like to run for Honorary Mayor of Alpine? File by filling out the application for the annual good-natured contest, presented by the Alpine Mountain Empire Chamber of Commerce online at www.alpinechamber.com.

CPR Class

Would you know how to respond if your child stopped breathing? Set up a neighborhood CPR class with Save-A-Heart "The CPR Pros". Call (619) 445-4569.

Who's Who at the Market in the Park



Lynnae Bennett in her Mark Kay booth at the Viejas' Farmer's Market

by Diana Saenger

Vendors continue to bring a cornucopia of items to the Viejas Outlet Center. The Farmer's Market runs from 3 - 7 p.m. with fresh produce, enticing food products and other diverse items from vendors. Located near the stores and restaurants in the grass of the concert area, the vendors appreciate talking about their product.

This week's Farmer's Market vendor spotlight is on Lynnae Bennett, Independent Senior Sales Director for Mary Kay. Mary Kay Ash showed others how to live and how to give. She gave hope to women who lacked opportunity, self-esteem and financial support. Now her legacy of love lives on through The Mary Kay Foundation, which she began in 1996. The company's mission is to eliminate cancer and to end the epidemic of violence against women. Bennett joined the company nine years ago.

"I was looking to stay home, and the flexibility and income possibilities of Mary Kay sounded just right for me," Bennett said. "We put God first, family second and our jobs third in our family. Mary Kay has helped me maintain those goals."

Approximately 500 women worldwide have become Independent National Sales Directors, the highest status within the independent sales force. Mary Kay develops, tests (but never uses animals), manufactures and packages the majority of its own products at its state-of-the-art plants in Dallas and China. Mary Kay scientists regularly consult with independent dermatologists and other medical experts around the world. The company website, <http://www.marykay.com/lynnaben-net/default.aspx> has many fascinating facts and offers and has a free virtual makeover option.

"This is really fun to do," Bennett said. "But customers can also call me for a one on one free consultation, and I'll come to them. I process their orders immediately and either hand deliver them or have them shipped to their door. Women can also have home parties and earn free products."

Bennett believes in Mary Kay to provide one of the highest anti-aging skin care products on the market.

"But it's not just about lipstick for me," she said. "I have a passion for what I do, and it's more about the growth of a woman and how she feels when she looks her best."

Bennett can be contacted at (619) 722-7047 and found at the Farmer's Market on Tuesdays 3 - 7 p.m. at the Viejas Outlet Center.

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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.

Project C.A.R.E. Community Action to Reach the Elderly

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.

How to talk to your doctor during difficult times

Do you have trouble talking about certain topics? How do you have a conversation about sensitive subjects, like end of life care or a serious diagnosis? Hear from Dr. Margaret Elizon-

do, Associate Medical Director, Sharp HospiceCare about the importance of end-of-life care planning. Learn how to discuss vital issues with your health providers, family and friends Wednesday, Sept. 16, 5:30 - 7 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

How do I do this? Caregiving at home

Learn & practice the basics of caring for a loved one at home from a registered nurse. Program includes learning how to safely transfer, provide personal care, proper body mechanics & more!

Saturday, Sept. 19, 9 a.m. - 1 p.m. at Sharp Grossmont Hospital's Brier Patch Campus, 9000 Wakarusa, Rooms 13 & 14, La Mesa. Cost \$10. Registration required. Call 1-800-827-4277.

Think pink — Breast cancer awareness and early detection

Learn about why early detection is so important, how to do breast self-exams and what treatment options are available from Donna Thompson, RN, BSN, Sharp Grossmont Hospital's Certified Breast Health

Navigator on Tuesday, Sept. 22 from 1 - 2:30 p.m. at the Grossmont District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

Free blood pressure screening

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

Sharp Grossmont Hospital Brier Patch Campus, Senior Resource Center, 9000 Wakarusa, La Mesa on Tuesday, Sept. 1, 9:30 - 11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Sept. 18, 9:30-11 a.m.

Project C.A.R.E.

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.

Laughter is the Best Medicine

My duck is dead

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head. Sadly and said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever.

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I am sorry, but as I said, this is most definitely, 100 percent certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.

The duck's owner, still in shock, took the bill. "\$150??" she cried, "\$150 just to tell me my duck is dead??"

The vet shrugged, "I am sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, its now \$150.

Submitted by Laird Griffiths of Lakeside.

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



Medicine and politics by fear; are we there at too many levels? This comment/question was presented to my staff and I yesterday and we all have not stopped pondering the implications since the brief but powerful patient interaction. It is amazing that all of us listened to the same radio broadcast on the way in to the office commenting on our new leadership's warnings on the H1N1/swine flu. All were dismayed, disappointed and disgusted.

Too date and after reviewing non political predictions, this is a mild flu with less than predicted deaths. The population most dominant in the mortality number are the twenty to forty year old age range. When that impacted group are further studied, they fit the fast food built, steroid enhanced and Starbuck breakfast crowd that have poor restorative sleep patterns. They also too often have one speed, warp, and only truly sleep after hitting an unexpected asteroid and then drop in total exhaustion, borderline vaporization. Their adrenal rescue system is dead or maybe was never developed. Many of them already have a chronic condition or two and succumb at an alarming rate to the secondary necrotizing pneumonia.

Warning Will Robinson, before you consent to the hastily developed vaccine, please earnestly review the objective research on its efficacy and potential side effect profile. And, please, please, please start increasing your antioxidants and immune support supplementation now. And, wash your hands, wash your hands, and wash your hands. Do not be a sheople. 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.

Coping With Teen Substance Abuse

Living with a teen who has a substance abuse problem can take an emotional, mental and physical toll on an entire family.

With special care, patience and coping strategies, parents can help meet the challenge of overcoming drug or alcohol abuse. Some tips include:

- Find support for the whole family. This includes family counseling as well as seeking out guidance counselors, religious leaders and friends.
- Educate the family about the condition and the treatment. Understanding the condition can help parents make wiser choices, including how to recognize early signs of substance abuse.
- Recognize that relapses may occur. According to the experts at Eckerd Academy, this does not necessarily mean that treatment has been ineffective. For example, a recovering teen will need similar structure or rules when he or she returns home.

For more information, contact (800) 914-3937 or visit www.eckerdacademy.org.

Solutions for puzzles on page 14



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— CLASS ACT DINING & ENTERTAINMENT —

'The Time Traveler's Wife' lacks emotion

Review by Diana Saenger

I often get annoyed when a movie is classified as a chick flick simply because of its romantic plot. And I'm bothered when people assume all females will enjoy it. Actually, romance fans expect more from romantic films. They're aware of plot contrivances and have higher expectations. As past president of a large chapter of Romance Writer's of America for two years, I know this to be true.

Looking forward to *The Time-Traveler's Wife*, I wondered how anything could go wrong with an intriguing time travel twist, a romance, and great actors such as Rachel McAdams and Eric Bana. That's a question I had to keep asking myself after seeing the movie and feeling disappointed.

Time travel, a mechanism used in stories for centuries, can add exciting elements to a plot if it's done well. So a quarter of the way through

this movie, I was okay with learning that Henry (Bana) has been stuck as a time traveler for years. That his clothes disappear right before he's to travel and that he gets a hint it will happen was also acceptable to me.

Those concerns aside, I settled down for the romantic plot. Henry meets the love of his life, Clare (played delightfully by young Brooklyn Proulx, *The Lazarus Project*) at age six and eight. While he

knows her future, the young girl finds him an intriguing guest to her meadow picnic and has no idea he will one day marry her.

When Clare (Rachel McAdams) is grown, she meets Henry again; unaware they met earlier in her life. After a few disappearing acts while they date, he must eventually tell her the truth. To me, Clare accepts this concept rather nonchalantly. In the beginning she's not extremely troubled



Rachel McAdams and Eric Bana star in *The Time-Traveler's Wife*. Photo credit: Alan Markfield / Warner Bros. Pictures

about Henry disappearing unexpectedly. However, one of the underlying themes in this movie involves the absence of fathers – for both Henry and Clare, so as the years move on, Clare begins to resent their arrangement.

Most time-travel fans don't need to know the specifics of how it works. They know it's usually different for various products. That said, the process does need to make some sense inside the film where it's included. Therefore, I had more questions than answers when I left *The Time-Traveler's Wife*. For me it was a "if-he-could-do-this-then-why-not-now" type thing.

Not having read Audrey Niffenegger's novel from which this film was adapted by Bruce Joel Rubin, who gave us a terrific film about a man time traveling in *Ghost* (1990), I

can't compare the movie to the book. And although I adore Hailey McCann playing the couple's time-traveling daughter, I was ready for the movie to end way before the introduction of this subplot -- which didn't ring true with the beginning of the film.

Those looking for outstanding performances from Bana (*Star Trek*, *The Other Boleyn Girl*) and McAdams (*State of Play*) may also be disappointed. While they're lovely to look at, I never felt any emotion in their characters, especially considering they never knew if or when they would see each other again.

The Time-Traveler's Wife isn't a great choice, but considering what's currently playing in theaters, and if watching people get scalped or blasting each other to bits doesn't entice you, this film could be a viable option.

'Shorts' — too confusing



Leo Howard, Trevor Gagnon and Rebel Rodriguez star in *Shorts*. Photo Credit: Van Redin / Warner Bros. Pictures

Review by Haley Price

Shorts is an out-of-order short film series of episodes about a Wishing Rock that lands in Black Falls Community. Every adult who lives there works for Black Box World Wide Industries Incorporated. Black Box is a do-it-all communication device that's becoming world wide, but the Back Box has done nothing for 11-year-old Toe Thompson (Jimmy Bennett) who just wants to make some friends.

Everything changes for Toe when the Wishing Rock lands in his community. The first short in *Shorts* is about a brother and sister who decide to have a staring contest. This becomes a reoccurring bit throughout the movie which only adds to the confusion of what's going on. In the next short Toe is the school target for bullies like the Black Box owner's children, Helvedica (Jolie Vanier) and Cole (Devon Gearhart) who chase Toe, throw him in trash

See 'SHORTS' page 17

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— CLASS ACT DINING & ENTERTAINMENT —

Janet's Cafe continues success with another location



Janet Lynch behind the counter at Janet's Café & Deli in Santee

by Diana Saenger

Janet's Café has been a household name since Ed and Janet Lynch started their first restaurant in 1995 in El Cajon. Shortly after they opened another branch in Rancho San Diego. They eventually sold that one and sold the Greenfield Drive Janet's to her sister. By this time, Janet's Montana Café, the couple's larger restaurant in Alpine, was in full operation. Broadening their entrepreneur profile once again, the Lynch's have just opened Janet's Café & Deli in Santee.

The new location is located in the Carlton Oaks Plaza in Santee, and nestled in a shady strip-mall among other businesses. With several intimate booths and a counter inside and tables outside shaded under a roof, the Café has the feel of a quick getaway or a leisure-over-coffee affect. Anyone who knows the reputation of Janet's, knows there is nothing small about their food quality, menu items – which is the full menu offered at Alpine – or portion sizes.

It was no surprise for Janet that she would one day end up at the Greenfield Drive restaurant wearing an apron. "Both my mom and my sister were waitresses there, and I started helping out when I was 14," Lynch said. "I took to it right away; just loved everything about the business –the food, people and staying busy."

Today she and hubby each manage multiple tasks. "Ed takes care of the payroll, paper work, business side of the restaurant and the ordering," she said. "This allows me to concentrate on the menu, overseeing the food prep and being out front where I can keep an eye on things and network with customers."

This business model has worked well for the Lynchs. Both restaurants share employees depending on work flow. Visit online websites about restaurants or talk to area patrons and reviews and comments by the dozens attest to Janet's "best breakfast," "best food" "best homemade bakery items." Breakfast items include omelettes, waffles, French toasts, wraps, cinnamon rolls, sticky buns, large muffins and south of the border options. Lunch items include sandwiches, burgers, fresh salads, fruit, soups and some heartier choices.

The Santee Café is open until 2:30, but Alpine is open seven nights a week as well serving traditional chicken, seafood and steak dinners along with some of Janet's home style dinners including meat loaf, pork chops and liver and onions. Even though as with most businesses, the Lynchs are dealing with increased gas, food, and overall expenses in general, they are determined not to cut quality.

"We're still in business where

many others aren't because we plan ahead and never compromise the quality of our food," Lynch said. "Our regular customers know they get what they pay for and that keeps them coming back, and them and us, happy."

More expansion ideas are in the works for Janet's. "Both of my children, Kristen and Aaron have worked in our restaurants while growing up," she said. "I'm ready for some time off to spend with my grandchild so I'll be bringing in Kristen to run the Santee Café, and we're looking for another location to open for Aaron to run."

Janet's Café & Deli in Santee is located at 9225 Carlton Hills Blvd. (619) 749-1786 and open 6:30 – 2:30 p. m. daily. Janet's Montana Café in Alpine is located at 2506 Alpine Blvd, (619) 659-3874 and open Mon. 6 a.m. – 2 p.m., Tues. – Sat. 6 a.m. – 9 p.m., Sun. 6 a.m. – 8 p.m. Both restaurants have daily specials, a children's menu, offer gift certificates and Janet's Montana Café has indoor and outside seating as well as a large back room.



The picturesque Janet's Montana Café in Alpine has plenty of seating indoors and out. Photos by Diana Saenger



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 September 16..... Woody-Surf's Up!
 September 23..... Thunder on Main
 September 30..... Closing Night
 October 28..... Trunk or Treat
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The El Cajon CDC's Winner Jerry Lacy and his 1956 Chevy Del Rey



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2010 Ford F-150 Raptor



2010 Ford F-150 Raptor climbing the hill.

by Dave Stall

For all those Raptor fans who have been waiting patiently for the truck of their dreams, it has arrived! I had an opportunity along with a dozen or so journalists to head out to the birthplace of the 2010 Ford F-150 Raptor, Borrego Springs. Yes it was 115 degrees in the shade but when a truck has to be tested in its element, then who cares about heat!

Let me set the stage. Ford SVT Team (Special Vehicle Team) started out with a well equipped F-150, and then they hooked up with Fox Shoks out of Santee California and put 60 plus hours of shock tuning out in the desert, 60 hours tuning a shock absorbers? Well guess what? Ford and Fox got what they wanted; a truck that can be driven on the street and then when the off road calls all there is to do is drop the tire pressure and hit it!

The 2010 Raptor comes with a 5.4-liter 3-valve EFI V8 engine that produces 320 horsepower and 390 foot pounds of raw torque at 3,500 rpm, and it comes with a 6-speed automatic transmission. A 400 horsepower version is on the way, but why? The Raptor sits on a box frame that give the truck all the rigidity it needs in the rough stuff. The tires are BF Goodrich LT315/70R-17 All Terrain tires that worked like a champ. There are also coil-on-shocks, (Fox Shoks) long spindle, double wishbone independent, aluminum lower control arms with SVT scripted in the arms, nice touch and it comes with forged upper steel arms that are all in the front end. In the rear — a Hotchkiss-type non-independent live leaf springs and out board Fox Shoks with a reservoir shock to handle the terrain.

Of course it comes with an upgraded interior, Raptor specific and with a great gauge package, which includes all the gauges one would need to hit the desert with confidence. For the guy who likes options

Raptor gives a four switch hard wired connector for all extra things like lights, winch etc. etc. all located in the center console.

I can go on and on about all the bells and whistles one will find in the Raptor but what I really want to tell about how it handles on the open road, desert, and one mother of a mountain we had to climb up, and then climb down!

We started in San Diego, tires pumped up and two journalists to a Raptor, and off we went south through Chula Vista, to Jamul, then up through Ramona then Julian (sorry no pie stop) then down onto the desert floor. We stayed the night at the Borrego Ranch Resort, had dinner, went to bed early and got up early to beat the sun and headed to the open desert but first our tech team dropped the tire pressure to 28 psi and the first challenge was to drive the Raptor up to 70 miles per hour in the sandy river beds with lots of whoops. We had an SVT engineer riding with us to answer any questions we may have. My SVT engineer was Hether, a Ford Noise, Vibration and

Harshness Engineer, and let me tell you she should get an A+ for her and her team's effort. My tester was quiet and solid on the open road as well as the desert. Then we went to the rock crawl portion of the event. Locking into low four wheel drive up the mountain we went, lots of shale and lose rocks and throw in a little sand and the pucker power increases, then we get to the top of the mountain (all I could see out the windshield was sky!) Our desert master, Larry Rae guided our truck to the edge of the mountain, had us engage Ford's Hill Decent and his last words were, "If you touch the brake pedal you owe me a beer!" At that moment the Raptor dropped over the ridge and I stood on the floor board as if I was standing up! The Raptors Hill Decent kicked in and down the grade we went, slow and sure, once at the bottom flick off the Hill Decent button and you're back tearing through the desert. (No I didn't owe him, a beer!)

I will have more information on my weekly radio show on KCBQ 1170 Saturdays from 3 to 5 pm; I will get SVT to call in.

The truck starts out at \$38,995 plus tax and license and there is no competition, none. If there was a negative it would be the test drive at the dealer. Unless he has a lot of sand in the back yard drivers won't get the idea SVT had when the started the project back in 2006, but if a desert trip is made in a Raptor, it will be bought! It is the first purpose built vehicle that has hit a bull's eye!

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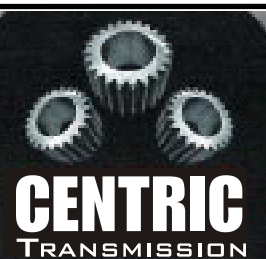
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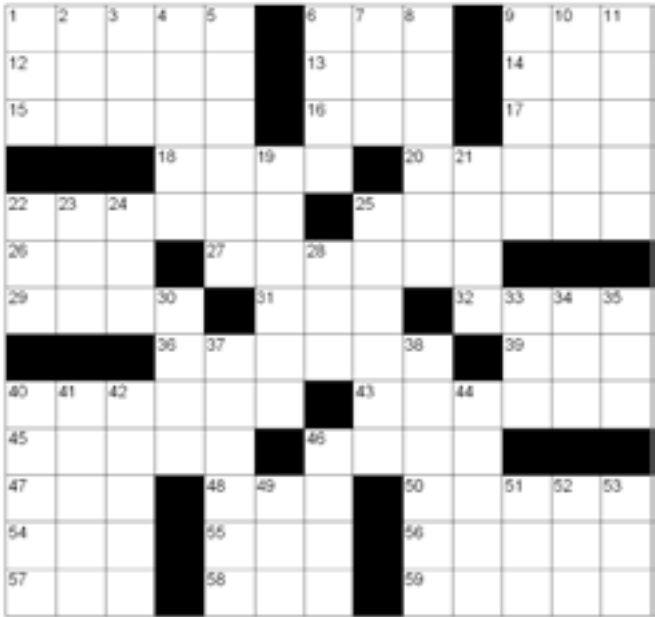
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Crossword Puzzle



- Across
- 1 Shake

6 Snack

9 Clock time

12 Musical production

13 Grain

14 Spr.. month

15 Flowering herb

16 Rock group

17 Central Intelligence Agency

18 Greek god of war

20 Minor

22 Calculate

25 Depends on

26 Not against

27 Sprinkles the lawn

29 Charts

31 Nervous system

32 Every

36 Slogans

39 Hotel

40 Scandals

43 Mrs. Clinton's middle name

45 Ledge

46 Volcano

47 Grow older

48 Mole

50 Gunpowder need

54 Clip

55 That girl

56 Take away

57 Central daylight time

- 58 Adorn
- 59 Used a keyboard
- Down
- 1 Snake

2 United Parcel Service

3 Lay

4 Damage

5 Herb

6 Goofs

7 Popeye's yes

8 Toughen

9 Spiny plants

10 Venom

11 What waiters carry

19 Acts out

21 Otherwise

22 Revolutions per minute

23 Epoch

24 Police officer

25 Vacation spot

28 Dynamite

30 Self-righteous

33 Tree

34 Certified public accountant

35 Actor

37 City

38 Poem

40 French money

41 Stiff

42 Skilled

44 Food group

46 Ogled

49 Doctoral degree

51 Spigot

52 Vane direction

53 Scarlet

Word Search

Back to School

Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

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E E E F Y Q P J N X E N O B W
N B I P E N S A D D L K O X R
C O R R T R L S P L U K H P I
E O F S E M L U N E R L C B T
G K G C T I A T N O R T S E I
N S E V C R R T W C E M A L N
X S E N Y A O E H S H C N L G
S T E S J T M P T Z H K Q S F
T P T J U O W S S E L Q K Y T
V K F Z H B V H R D Q X C Q N
R E A D I N G S D W W M K Q V

- ☐ ART
- ☐ BELLS
- ☐ BUSES
- ☐ CLASSROOMS
- ☐ FRIENDS
- ☐ HOMEWORK
- ☐ LIBRARY
- ☐ LUNCH
- ☐ MATH
- ☐ NOTEBOOKS
- ☐ PAPER
- ☐ PENCILS
- ☐ PENS
- ☐ PLAYGROUND
- ☐ PRINCIPAL
- ☐ READING
- ☐ RECESS
- ☐ RULES
- ☐ SCHOOL
- ☐ SCIENCE
- ☐ SPORTS
- ☐ TEACHERS
- ☐ TESTS

Solutions on page 6

Independent

Subaru

Repair & Service

Elite Auto Service

1618 N. Magnolia Ave.

El Cajon

(619) 448-3500

Foreign - Domestic - Light Truck

OUTZKIRTS By: David & Doreen Dotson

LOOK WHAT I GOT ON SALE AT THE STORE. THEY WERE .50 A PIECE.

BUT, YOU AND I HATE THAT KIND OF SOUP.

I KNOW. THAT'S WHY I ONLY BOUGHT EIGHT CANS.

OUTZKIRTS.COM

Arithmetic Apples for the Teacher...

Can you fill in the missing math symbol or number to make each equation correct?

1. 6 + 6 = 12

2. 7 - 5 = 2

3. 10 x 1 = 10

4. 12 ÷ 3 = 4

5. 5 x 6 = 30

6. 42 ÷ 7 = 6

7. 101 - 1 = 100

8. 37 - 7 = 30

9. 30 ÷ 6 = 5

10. 9 x 6 = 54

11. 89 - 14 = 75

12. 55 ÷ 33 = 1.666...

Answers:

6. 7	7. 12
5. 25	11. 75
4. 3	10. 6
3. 10	9. ÷
2. 5	8. -
1. 12	7. 100

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

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Ave., El Cajon
(just one block
west of the County
Recorder's Office)
or call
(619) 444-5774

NOTICE OF APPLICATION FOR A PERMIT TO CONSTRUCT
East County Substation Project

Date: August 10, 2009 CPUC Application No.: 09-08-003

Proposed Project: San Diego Gas & Electric Company (SDG&E) has filed an application with the California Public Utilities Commission (CPUC) for a permit to construct (PTC) the East County (ECO) Substation Project (Proposed Project). As proposed by SDG&E, and further described in the Proponent's Environmental Assessment (PEA), the Proposed Project includes the following elements:

- Construction of a new 500/230/138 Kilovolt (kV) substation (ECO Substation);
- Loop-in of the existing 500 kV Southwest Powerlink (SWPL) transmission line into the new ECO Substation, which will require installation of transmission structures outside of the fenced substation area, but within the existing SWPL right-of-way (ROW) and ECO Substation property;
- Construction of a new, approximately 13.3-mile-long, 138 kV transmission line from the ECO Substation to the Boulevard Substation, including the placement of an optical ground wire to provide critical communication services and lightning protection;
- Rebuild the existing Boulevard Substation to 138/69/12 kV on a new parcel of land adjacent to the existing substation to accommodate switch racks, air-insulated buses, transformers, circuit breakers, disconnect switches, a control shelter, protective relays, and communication equipment. The existing 69/12kV substation will be dismantled and removed after the new substation is placed in service;
- Construction of a microwave communication relay system comprised of a new tower and control building at the ECO Substation; rebuild of the existing SDG&E Communication Facility at White Star, and the leasing of existing T1 lines from San Diego County.

The Proposed Project is needed to facilitate interconnection of renewable generation in southeastern San Diego County and to improve reliability for the existing electric transmission system in the Mountain Empire region of San Diego County.

Environmental Assessment: SDG&E has prepared a PEA that includes the analysis of potential environmental impacts created by the construction and operation of the proposed substation and associated facilities. The PEA concludes there are no unmitigable environmental impacts to the area as a result of the Proposed Project.

Electric Magnetic Field (EMF) Management: SDG&E will employ measures to reduce public exposure to EMF in accordance with CPUC Decisions 93-11-013 and 06-01-042 and SDG&E's "EMF Design Guidelines for Transmission, Distribution, and Substation Facilities." SDG&E has filed copies of its Magnetic Field Management Plan for this Proposed Project as part of its Application.

Public Review Process: SDG&E has applied to the California Public Utilities Commission (CPUC) for a Permit to Construct and has asked for approval without hearings. Pursuant to the CPUC's Rules of Practice and Procedure, within 30 calendar days of the date of notice that this Application appears in the CPUC calendar, you may protest and request that the CPUC hold hearings on this Application. If the CPUC, as a result of its investigation, determines that public hearings should be held, notice shall be sent to each person or entity who is entitled to notice or who has requested a hearing. Please contact the following people should you require any information regarding this project.

Allen K. Trial AND Attorney for SDG&E 101 Ash Street, HQ12 San Diego, CA 92101	Linda Wrazen AND SDG&E Regulatory Affairs 8330 Century Park Court, CP 32D San Diego, CA 92123	Director, Energy Division California Public Utilities Commission 505 Van Ness Avenue San Francisco, CA 94102
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CPUC PROCESS

If you would like additional information on the CPUC process or would like to attend hearings (if held) and need assistance, you can contact the Public Advisor's Office (PAO). You may also send your comments to the PAO at the following address: Public Advisor's Office, 320 West 4th St., Ste. 500, Los Angeles CA 90013 or send an e-mail to: public.advisor.la@cpuc.ca.gov. Any letters received from you will be circulated to each Commissioner and will become part of the formal correspondence file in the application. In your letter, state that your comments are regarding Application No. A.09-08-003.


FOR FURTHER INFORMATION

You may request additional information or obtain a copy of the application and related exhibits by writing to: Linda Wrazen, Regulatory Case Administrator for SDG&E, 8330 Century Park Court, San Diego, CA 92123. SDG&E will provide a copy of the application, including the public testimony, upon request. SDG&E's application and attachments may be inspected at the CPUC's Central Files Office, 505 Van Ness Ave., San Francisco, CA 94102. A copy of the application and any amendments may be inspected at the SDG&E business offices listed below:

436 H St. Chula Vista, CA 91910	336 Euclid Ave., Suite 502 San Diego, CA 92102
104 North Johnson Ave. El Cajon, CA 92020	440 Beech St. San Diego, CA 92101
320 W. Mission Ave. Escondido, CA 92025	2604 El Camino Real, Ste. B Carlsbad, CA 92008
2405 Plaza Blvd. National City, CA 91950	

Copies of this application are available on the SDG&E Web site at: www.sdge.com/regulatory/cpuc.shtml.

Copies of this notice will be available for viewing and printing on the SDG&E Web site at: www.sdge.com/billinserts/regulatory.shtml.




ORDINANCE NO. 4933

AN ORDINANCE APPROVING
AMENDMENT OF SPECIFIC
PLAN NO. 291 REMOVING ASSESSOR'S
PARCEL 387-190-06 FROM SPECIFIC
PLAN NO. 291 PROJECT AREA
FORRESTER CREEK DEVELOPMENT

The City Council of the City of El Cajon does ordain as follows:

SECTION 1: The City Council held a public hearing on August 11, 2009, to consider an amendment to Specific Plan No. 291 for the purpose of removing Assessor's Parcel No. 387-190-06 from Specific Plan No. 291 project area.



ORDINANCE NO. 4934

AN ORDINANCE APPROVING ZONE
RECLASSIFICATION NO. 2267
REZONING A PORTION OF ASSESSOR'S
PARCEL 387-190-06 FROM OPEN SPACE
(OS) TO MANUFACTURING (M)
ZONE FORRESTER CREEK
DEVELOPMENT

WHEREAS, the City Council held a public hearing on August 11, 2009, to consider Zone Reclassification No. 2267 in which it was requested that the northern portion of Assessor's Parcel No. 387-190-06 be rezoned from Open Space (OS) to Manufacturing (M) zone; and

WHEREAS, this application was submitted in conjunction with companion applications General Plan No. 2009-02, Amendment of Specific Plan No. 291, Planned Unit Development No. 337, and Tentative Subdivision Map No. 651 for the purpose of constructing a 463,000 square foot industrial / warehouse development, known as the Forrester Creek Development, with associated parking and landscaping on this 31.5 acre site located at the northwest corner of Cuyamaca Street and Weld Boulevard; and

WHEREAS, the City Council has approved the zone reclassification request.

The City Council of the City of El Cajon does ordain as follows:

SECTION 1. Based on the record as a whole the City Council finds as follows:

A. Environmental Impact Report No. 85 (EIR) was prepared for the Forrester Creek Development to evaluate the potential environmental impacts of this project; which EIR was certified by El Cajon City Council Resolution No. 93-09, at its August 11, 2009 meeting, prior to taking any action on Zoning Reclassification No. 2267.

B. The City Council adopted Resolution No. 94-09 on August 11, 2009 amending the general plan land use designation on the northern portion of the property from Open Space to Industrial Park.

C. Changing the zoning on the northern portion of the property from Open Space (OS) to Manufacturing (M) zone is in the public necessity and convenience and general welfare because it will bring the zoning on the northern portion of the property consistent with the amended land use designation of the same property, and eliminate the potential for residential development on this property, which is in close proximity to Gillespie Field Airport; and

D. The various land uses authorized in the Manufacturing Zone are consistent and compatible with the objectives, policies, general land uses, and programs specified in the Industrial Park general plan land use designation governing development of this property. In particular, the proposed rezoning will facilitate implementation of General Plan Goal 4 to establish and maintain quality industrial areas, and facilitate the development of Forrester Creek Industrial Development across the entire property.


ATTEST:
KATHIE RUTLEDGE, CMC
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4933 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 25th day of August, 2009.

/s/ Kathie Rutledge, CMC, City Clerk

"Exhibit A" is on file and available for viewing in the City Clerk's office (619) 441-1763.

East County Gazette- GIE030790
08/27/090



ORDINANCE NO. 4934

AN ORDINANCE APPROVING ZONE
RECLASSIFICATION NO. 2267
REZONING A PORTION OF ASSESSOR'S
PARCEL 387-190-06 FROM OPEN SPACE
(OS) TO MANUFACTURING (M)
ZONE FORRESTER CREEK
DEVELOPMENT

ATTEST:
KATHIE RUTLEDGE, CMC
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4934 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 25th day of August, 2009.

/s/ Kathie Rutledge, CMC, City Clerk

"Exhibit A" is on file and available for viewing in the City Clerk's office (619) 441-1763.

East County Gazette- GIE030790
08/27/09

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**
CASE NO.37-2009-00068628-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
GILBERT BRITTO AND YOLANDA BRITTO
ON BEHALF OF MINORS GILBERT DIEGO
GARCIA AND MARADENE GRACE GARCIA
FOR CHANGE OF NAME
PETITIONER: GILBERT BRITTO AND
YOLANDA BRITTO ON BEHALF OF MINORS
GILBERT DIEGO GARCIA AND MARADENE
GRACE GARCIA HAVE FILED FOR AN
ORDER TO CHANGE NAME FROM:
GILBERT DIEGO GARCIA
TO:
GILBERT DIEGO BRITTO
AND: MARADENE GRACE GARCIA
TO: MARADENE GRACE BRITTO
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 OCTOBER
14, 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 21, 2009.
East County Gazette – GIE030790
8/27, 9/03, 9/10, 9/17, 2009

FICTITIOUS BUSINESS NAME
STATEMENT
NO. 2009-022211

FICTITIOUS BUSINESS NAME(S): a.) Hudson Safe-T-Lite Rentals, Inc. b.) Prest-O-Lite Barricades Co., Inc.
Located at: 777 Gable Way, El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: April 6, 1959
This business is hereby registered by the following: 1. Robcar Corporation 777 Gable Way, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 31, 2009.
East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

To place your
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Located at: 777 Gable Way, El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: April 6, 1959
This business is hereby registered by the following: 1. Robcar Corporation 777 Gable Way, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 31, 2009.
East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

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FICTITIOUS BUSINESS NAME(S): a.) Hudson Safe-T-Lite Rentals, Inc. b.) Prest-O-Lite Barricades Co., Inc.
Located at: 777 Gable Way, El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: April 6, 1959
This business is hereby registered by the following: 1. Robcar Corporation 777 Gable Way, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 31, 2009.
East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

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This business is conducted by: A Corporation
The first day of business was: April 6, 1959
This business is hereby registered by the following: 1. Robcar Corporation 777 Gable Way, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 31, 2009.
East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

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ONCE YOU STOP
BY OUR OFFICE,
YOU’RE DONE!

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-024201 FICTITIOUS BUSINESS NAME(S): Jessie's Painting Located at: 8372 Bashan Lake Ave., San Diego, CA 92119 This business is conducted by: An Individual The first day of business was: August 1, 2009 This business is hereby registered by the following: 1 Jessi Chavez 8372 Bashan Lake Ave., San Diego, CA 92119 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 20, 2009. East County Gazette- GIE030790 8/27, 9/03, 9/10, 9/17, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022706 FICTITIOUS BUSINESS NAME(S): a.) Sleep Clean Mattress Sanitizing b.) Sleep Clean Sanitizing Located at: 7915 Longdale Dr., Lemon Grove, CA 91945 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Michele Patton 7915 Longdale Dr., Lemon Grove, CA 91945 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 05, 2009. East County Gazette- GIE030790 8/27, 9/03, 9/10, 9/17, 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	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021816 FICTITIOUS BUSINESS NAME(S): a.) SEO Sales Force b.) Online Sales Direct Located at: 1573 Summerdawn 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 Summerdawn 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
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‘Shorts’ ...

Continued from page 10
cans and throw rocks at him. The last rock thrown is the Wishing Rock. When Toe picks it up he wishes for friends and gets tiny, powerful UFOs with little aliens in them.

This leads to the next short which is a flashback about how the rock’s original owners – Loogie (Trevor Gagnon), Lug (Rebel Rodriguez) and Laser (Leo Howard) – acquired it. The Wishing Rock appeared after a storm, and it created a rainbow. Loogie went outside with his brothers and picked it up. He wished for a fort and man-eating alligators. This leads to the brothers having one crazy and suspenseful adventure. This is my favorite part of the movie. Then they catapult the Wishing Rock to a place where Cole and his friends throw it at Toe. So confusing!

In the next short Nose Nose-worthy (Jake Short) and his dad (William H. Macy), a doctor, are germ freaks. Nose gets the Wishing Rock from his tutor, which is Toe’s big sister, Stacey (Kate Dennings). She got the rock from outside his house.

How it got there you find out by going backwards in the next short. When Nose wishes that one of his dad’s whacky germ-free experiments would actually produce something, he doesn’t know that a little something from the rock is still hanging around and his wish results in creates an unfriendly monster.

When the adults get the rock in the next short, everything starts to go wrong. The last short needs to be seen for one-self. Again it’s out of order and I was tired of having to work to figure things out.

Although the movie’s theme of “be careful what you wish for” is kind of funny when taken literally, I didn’t like it because it’s out of order, doesn’t make sense, is unquestionably weird and confusing. With gross things like the booger monster, this movie is definitely a guy movie. I do think it has some cool special effects like the fort and the crocodiles.

However, overall I found *Shorts* was not very good.

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. 2009-023953 FICTITIOUS BUSINESS NAME(S): Done Got It Located at: 9326 Emerald Grove, Lakeside, CA 92040 This business is conducted by: Husband and Wife The first day of business was: February 2, 2009 This business is hereby registered by the following: 1. Teresa M. Ponce 9326 Emerald Grove, Lakeside, CA 9204; 2. Rene M Ponce 9326 Emerald Grove, Lakeside, CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 18, 2009. East County Gazette- GIE030790 8/27, 9/03, 9/10, 9/17, 2009
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NOTICE
LAKESIDE UNION SCHOOL DISTRICT
Provisional Appointment to the Board of Education

The Lakeside Union School District announces a vacancy on the Board of Education. In accordance with Education Code 5091, the Board will receive applications from August 17 through noon on September 2, 2009. Applicants must be at least 18 years old of age, reside within the boundaries of the Lakeside Union School District, a United States citizen, and a registered voter (Ed Code 35107). The appointee shall assume all powers and responsibilities as a member of the Lakeside Union School District Board of Education from the date of appointment through November 2010. Please send completed applications to Stephen B. Halfaker, Ed.D., Secretary to the Board of Education, 12335 Woodside Avenue, Lakeside, CA 92040.

At the September 9, 2009 Special Board Meeting, the Board shall interview candidates. Each candidate will have three minutes to present qualifications for appointment. The Board then shall publicly discuss the qualifications of each candidate and make its selection, following Robert’s Rules of Order.

REEL FACTS

The Time-Traveler’s Wife
Studio: Warner Bros. Pictures
Gazette Rating: C
MPAA: “PG-13 for thematic elements, brief disturbing images, nudity and sexuality.
Who Should Go: Bana or McAdams fans


Shorts
Studio: Warner Bros. Pictures
Gazette Grade: C -
MPAA: “PG” for mild action and some rude humor.
Who Should Go: Guys ages six to 12

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_____ one year _____ two years

Ask Dr. Luauna Stines



Dear Dr. Luauna, My son just turned 13 years old; and there has been a drastic change in his behavior. He’s very defiant, angry for no reason, and he has started dressing like a gangster; sagging his pants, insisting on wearing a red bandana, and doing strange signs with his hands. I’ve heard him using foul language and listening to loud angry music, this is not normal for him. Help! What should I do? Signed, Desperate Mother in El Cajon, CA.

Dear Desperate Mother,

There is an old proverb which says, “You become with who you walk,” and “Bad company corrupts good morals.” Some psychologists would say your son is just going through a stage, expressing himself, and that he will grow out of it. But I say, we have to face reality, since there are 30,000 gangs in the United States of America and over 850,000 members; I say it is time for drastic measures.

With so many young people dying everyday because of the influence of gang violence, this is nothing to play with. You might consider pulling him out of the school, there are two options: home schooling, or a good Christian school.

Also find a good Christian youth group, meet the youth leader and allow your son to attend. If you are not attending a good Bible preaching church, it’s time to start. You must set the example; you must surround yourself and your son with positive influence.

Please do not procrastinate in this matter, I just did a funeral not too long ago for an 18 year old girl and I know of a young boy who was only 15 years of age who was shot and killed right outside his door because of gang violence. Too many parents ignore the signs of warning and their child ends up in prison or dead, this is not a small matter. Contact me if you need more information. *Read these scriptures I Corinthians 15:33, Proverbs 13:20*

Submit questions to: 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

www.ataouchfromabove.org www.amothersstory-thebook.com

Dr. Luauna is an Evangelist. Following is a list of her ministry activities:

- **Television:** A weekly public access program airing from San Diego across to the east in Atlanta, GA.
- **Radio:** A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)
- **Mission America:** Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.
- **Mission Africa:** We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.
- **Christian University & Seminary:** In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.
- **Prayer Mountain & Local Church Services:** Sunday 8:30 a.m. and 10:30 a.m., 16145 Highway 67, Ramona, CA 92065

Our Best Friends

Cat is urine spraying... ask a trainer

by Nan Arthur,
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Dear Trainer,

I have two cats that I got around the same time, one is a 7 year old spayed female who is a real love bug, and the other is a 2 year old neutered male that is kind of wild and very active. The younger cat is always chasing and attacking the older one, and now I think the female is spraying urine on the wall, if that's possible. I didn't think females could spray, but it sure seems like it because the urine is on the walls, not on the floor. What can I do to stop this and how do I get the area clean so it doesn't smell?

Signed,
Crazy Cats

Dear Crazy,

Before we talk about behavior, it's really important to make sure both of your cats have a clean bill of health, including blood work to eliminate any potential underlying health issue. Cats that are over 5 years, such as your female are more subject to disease and illness and should have check ups every 6 months, including yearly blood panels to ensure their health and to establish a baseline.

Yes, it does sound like your female cat is spraying, and yes, they do spay. Cats often start spraying when they are anxious about territory and space, so I would guess that the female is feeling some anxiety about your rowdy male cat and his play and attack antics. Unfortunately, a busy active male that is young and an older sedate female makes for strange bedfellows. Most experts would consider that the most problematic mix

of cats and this may very well be the root of your urine spraying issue.

It's also important to note that while most spraying is steeped in territorial issues or anxiety, overall household stress can also trigger this problem. Be sure to look for other signs of stress or changes in the household or environment. Some are not as obvious as others.

The following are some things that have been associated with spraying problems:

- Visitors
- A change of routine like a new job with different hours
- Remodeling or rearranging furniture
- Moving the cat boxes
- Not having enough cat boxes
- Having the cat box in a location where the female has to walk the gauntlet past the male
- Loud noises outside
- And many more...

Solving the problem

First, be sure you are feeding your cats a very good diet and put them on a schedule if you don't do that already-- that gives you some good training times to help the male expel some energy via training, interaction and mental exercise. Feed two meals a day so the male has to eat more and fill up, which triggers cats to rest and digest their meals. When they nibble all day, they have a constant supply of energy available to them, and the male may take burn it off via going after the female cat.

Overall stress reduction is another thing you can do to dissuade your cat from marking. An easy fix is to introduce Feliway into the room. Feliway

is a pheromone product that is available online or at the pet stores. It comes in two forms, an aerosol spray or a plug-in. The pheromone smell that is only detectable by cats gives them a sense of calm when emitted into the area where the spraying has been happening. Another trick is you can take a rag or a wash cloth and stroke the female's fur all over with it to pick up her scent on the cloth. You will then use that to wipe down the areas where she has been spraying, which helps convince her that she has her scent there already. Be sure to clean those areas thoroughly first, however.

Getting the urine smell completely out of the area is not an easy task, but so important, as cats will continue to mark where they have marked in the past if they can detect their odor. Use a good enzyme cleaner for this, (I like Odor Mute) and you may even want to have a professional come out to deep clean if the urine has gotten on the carpet or flooring. Use a black light (sold at all the pet stores) to find the small traces of urine that might have been left behind.

Prevention and management

Preventing your female cat from exposure to the male's arousing interactions is the next step. Your female should not have to live in fear that she will be beat up or attacked, so you might have to change the living arrangements when you are not home to supervise. Setting the female up in a room where the door can be closed is a good solution. Make it a nice place for her to be alone, with access to water, toys and comfortable bedding. Having

a climbing tree for her can also give her a sense of security as vertical height is like adding an extra room to your house in terms of how much space cats needs. It will also give her a way to keep an eye on the other cat. Climbing trees might also help the male burn off energy and if you put it in front of a window that has an outside bird feeder, he may choose to watch that more than bother the female.

You could also add an extra litter box or two in case she is spraying because the male is blocking her travel to the current litter box location(s).

Using deterrents such as double-sided carpet tape, aluminum foil, or moving something into the areas to block her from spraying in a particular location can also help. Limit your choices to these mild aver-

sive tools as you never want to hurt or punish your cat for doing a very natural behavior that is her way of feeling safe. Besides, many studies have shown that punishing spraying often creates more anxiety and more global spraying, where as, right now; it is limited.

Calming your cat from the inside can also help with spraying issues. As mentioned, be sure your cat is eating a diet that is not adding to her anxiety via the ingredients, nor giving the male excess energy. Look for low or no grain foods to help reduce extra energy. There are also some good herbal remedies that can also help with calmness.

Exercise is another important component to help lower anxiety in cats, so be sure you are spending at least 15-20 each

day with both cats. This will help the male direct his energy away from the female, and will help the female relax and rest.

These problems can take time, (sometimes up to 6 weeks) before they are resolved, so you will want to be pro-active in managing your cat's space and activities around each other.

If you are unable to resolve the problem after putting these ideas into play, be sure to contact a veterinarian behaviorist to see if medications might be needed during the re-adjustment period.

Here are two great websites that also offer a good deal of information: <http://www.catsinternational.org/> <http://www.rawfedcats.org/> <http://www.catnutrition.org/index.php>

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