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# INSIDE THIS ISSUE

 Local
 2-6

 Class Act
 10

 Health
 11

 Motorsports
 12

 Legal Notices
 13

 Classifieds
 14

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VOLUME 9 NUMBER 36

**FEBRUARY** 12-18, 2009

### Miss San Diego County



Lakeside's 18year-old Robin Senne has been crowned Miss San Diego County. She is a senior at El Capitan High School. Her platform issue she will be promoting is the Waterwise Kids Club, an educational program she formed in 2003. The program teaches elementary school children to be stewards of the planet as they conserve water. Robin told her

supporters "I've been preparing for this night since I was 13 years old and it's like a dream come true." For more on Robin Senne see page 2.

### What's new in autos?



See Dave Stall's column on the new 2009 Dodge Caliber SRT4 on page 12.

### What's new in theaters?



Read about
'Push' and 'Pink Panther 2'
by Diana Saenger and
Michael Black
in the Class Act
Entertainment section



# 'Gotta Have Heart'



Raphi and Reni Carr participated in the "Gotta Have Heart" event at Sophie's Gallery last weekend as Sophie's celebrated the 10 year anniversary of the Gallery. See more information on page 5. Photo courtesy of Sophie's Gallery







# Local News & Events

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# DJ brings life to East County through radio waves

by Diana Saenger

huck Taylor needs little introduction to East County residents and businesses. He arrived in Alpine with his wife Terry and daughters Sherri and Heather, and has been a whirlwind ever since for the good of his neighbors.

Among Taylor's volunteer efforts are seats on the Alpine Planning Group as chairman, the Alpine Little League board of directors, Alpine Chamber Business to Education Committee, the Alpine Incorporation Committee, and he's the past president of the Pop Warner league. With his election to the Alpine Union School Board he was instrumental in assisting in the building of the new Joan MacQueen Middle School. He's also the Chairman of the Board of Parkland For Alpine Youth.

Taylor grew up in Evanston, Illinois where he enjoyed hanging around a local radio station while in high school. He couldn't believe his luck in 1955 when at the age of 16, he was offered a Saturday morning on-air spot on Chicago station, WNMP.

"The show was called Ask A Teen," Taylor said. "I was just thinking it would be a great way to meet girls, so I said yes. Pretty soon I was hooked, and wanted to learn more about the radio business."

He went to college and earned a degree in Broadcast Journalism. Learning the ins and outs of being a DJ took Taylor to stations everywhere from Richmond and Norfolk, V.A., Wilmington and Ashville, N.C., to Trenton, N.J. and eventually Chicago, Il. Then there was a little side trip to London.

"I went to work on a pirate ship," said Taylor with his genuine big smile. "At that time the BBC wouldn't allow rock 'n roll to be played on the airwaves. So I found this man who bought a ship and we'd go out in the ocean and play the music the kids wanted to hear - including that from a new group called the Beetle's. They opened in a bar in London called the Yellow Submarine, and I got to meet them. It was quite memorable. And, so was I. I wore green velvet bell bottoms, silver boots, a Nehru jacket, and I had hair down to my shoulders."

Alpine looked like the perfect retirement spot and that's where Taylor and his family headed in 1978. Amidst all the other activities and organizations Taylor became involved in the radio station KRLY, 107.9 FM. Now he gets to do what he loves best; talk abut radio and promote things for kids, like Little League baseball games, school functions and the Quiz Kids show partnered with the Alpine School District.



Chuck Taylor on the air. Photo credit: Courtesy

"My grandfather believed wholeheartedly in giving back to the community you live in," Taylor said. "And he didn't have any money. I admired his attitude and this radio station allows me to continue that philosophy."

Kids have always been close to his heart and Taylor and his wife enjoy being near their four grandchildren, Brock, Brandon and Brittany. His mission to see kids participate in wholesome activities grew stronger after his grandson Zachary died from a car accident while driving to school. Since then, Chuck and family have worked tirelessly to stiffen teen driving training and licensing laws.

Alpine's 107.9 FM features Breakfast with Chuck - Mon-Fri. 7-9 a.m.; The East County Underground with Steve Hunyar delivers interviews and commentaries about East County businesses and the economic trends - Wed. 6-7 p.m.; Local Sports with Dana Zeno (Coach Dana) – Mon-Fri. 7 - 9 a.m.; Steppin' Out in East County with Gazette entertainment editor Diana Saenger talking about each weekends upcoming events, movies and more - Thurs. 8:20 a.m.

107.9 FM is located at 2065 Arnold Way, (619) 445 1079. Chuck says stop in and say hi.

### Miss San Diego County

Saturday, Jan. 31, a standing room only crowd at San Diego State University's Don Powell Theater cheered as the Miss San Diego Scholarship Association crowned the 60th Miss San Diego County...she is 18 year old, Robin Senne of Lakeside. Pageant Director, Kati Enea, announced that Senne will receive a \$2,000 college scholarship. She will go on to represent all of San Diego County in the 2009 Miss California Pageant, an official preliminary pageant leading to the Miss America Pageant.

The Miss America Organization (MAO) is the largest supplier of Scholarships for women in the world. Annually the MAO awards over 42 million dollars in scholarships.

Miss Senne plans to use her scholarships to help obtain a degree in Mass Communications and pursue a career in the entertainment industry. For information regarding the Water Wise Kids Club go to: www.waterwisekidsclub.org for information regarding the Miss San Diego Scholarship Organization go to: www.misssandigo.org



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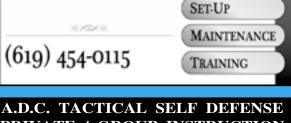
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### LOCAL NEWS & EVENTS





# Lakeside's Roundup of events

by Patt Bixby

### **Dates to remember**

**¬eb. 18**; Lakeside Planning Group (Community Center). The meeting will be devoted to the discussion of the SDG&E Sunrise Powerlink. SDG&E representatives will be present. Lakeside Community Center,

Feb. 25: SDG&E will present and informational forum on the Sunrise Powerlink. The public is encouraged to participate. 5 p.m.

### **Lakeside Community** Expo

The Lakeside Chamber of Commerce in association with the Lakeside Optimists Club and the El Capitan Stadium Association presented the

Lakeside 2009 EXPO. In spite just two of the many busiof a rainy Saturday, the second annual Lakeside EXPO was a great success, said Lakeside Chamber of Commerce President Steve Menefee. The first year (2008) of the EXPO 50 businesses, organizations and groups signed up to participate. This year 78 booths were reserved. The weather did not stop a large number of people from attending the event.

El Capitan High School's Jazz band, LMS Orchestra and show choir along with TDS soloist show cased the talents of Lakeside's youth. Joel Anderson's office provided timely information while local restaurant offered tasty samples. Wal- Mart passed out reusable bags and bottled water. There were a number of organizations who participated including off road coalition. Alpine Rock and Block and Day Dreams Day Spa were

nesses who were a very big part of the EXPO.

The Chamber is already gathering information for an even bigger EXPO in 2010.

### Santee review

### **Miss Santee Pageant**

The Miss Santee, Miss Santee Teen Pageant and Miss Santee Princess will be held on Friday, March 6, starting at 6:30 p.m. at Sonrise Community Church, 8805 North Magnolia Avenue in Santee in conjunction with the Miss La Mesa and Miss La Mesa teen pageant. Additional information is available by contacting the Santee Chamber of Commerce office at (619) 449-6572 or stopping by the office located at 10315 Mission Gorge Road.

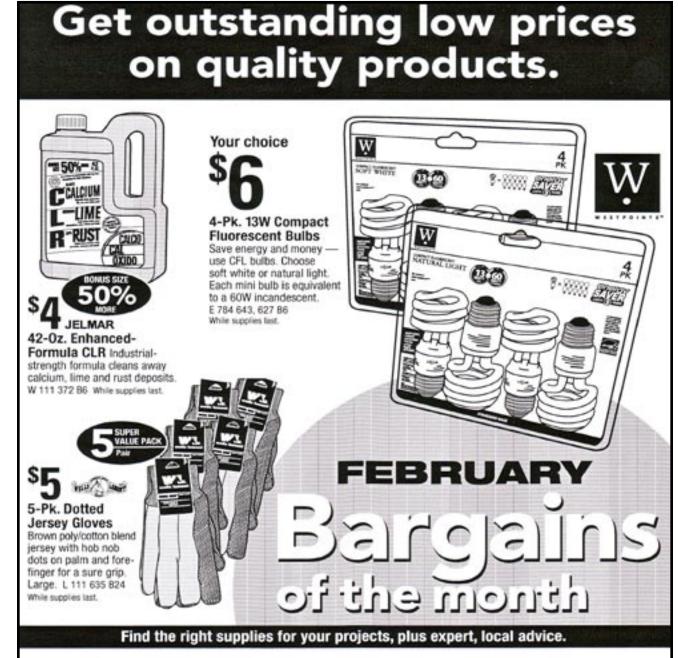
### 20th Annual Street Fair/Business Expo

The annual Street Fair Business Expo is a Santee event that is close to home and is designed to showcase Santee businesses, City of Santee programs and several fun activities for children. The Street Fair Business Expo will be held on Saturday May 30, on Riverview Parkway. The hours are 10 a.m. to 9 p.m. Interested parties can contact the Santee Chamber of Commerce Office at (619) 449-6572 for an application form. Antique gasoline engines will be on display and a bloodmobile will be on site to receive blood donations. Several stage shows featuring groups of all ages from the Santee Recreation Department, the YMCA and other community groups are scheduled.

There will be an opportunity for visitors to register for an assortment of prizes that will be awarded on Saturday afternoon between 5 and 6 p.m. Visitors need not be present to win. During the time the parents are viewing booth exhibits, there will be activities for the children. Admission is free.

### Santee Day at the Fair

The entire community is welcome to attend "Santee Day" at the San Diego County Fair on Saturday, June 20. Santee community and business exhibits will be on display. The exhibit time is 10 a.m. to 5 pm. The exhibit location will be in the San Diego Pavilion area in the middle of the racetrack. For more information call the Santee Chamber office at (619) 449-6572.



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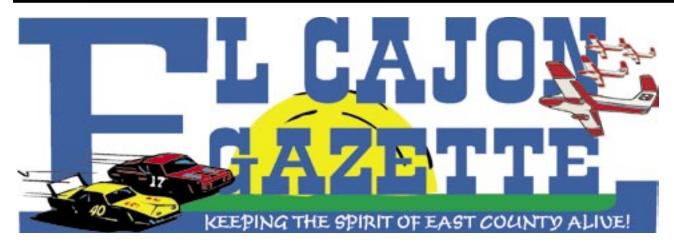
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### **LOCAL NEWS & EVENTS -**



# El Cajon City Highlights



"Airbrushed Lunch Boxes" class at Sophie's Gallery art studio. Photo by Monica Zech

by Monica Zech City of El Cajon Public Information Officer

### **Holiday closure**

n Monday, Feb. 16, City and County Offices will be closed in observance of President's Day.

Special Reminder - Don't forget Valentine's Day is this coming Saturday, Feb. 14.

### First Neighborhood Forum

The City of El Cajon Community Development Department will be holding five neighborhood forums for each of the five districts outlined in the Downtown Specific Plan. The first scheduled meeting is this Thursday evening.

The following district meetings all begin at 7 p.m. and will be held at the Ronald Reagan Community Center, located at 195 East Douglas Avenue.

- Thursday, Feb. 12 Historic Heart of the City District #1
- Wednesday, Feb. 18 Transit and Business District #2
- Thursday, Feb. 26 Lifetime Learning District #3
- Wednesday, March 4 -
- Marketplace District #4
- Thursday, March 12 Community Recreation District #5

Community Development staff will be hosting these forums and providing an update on the new Downtown Specific Plan, focusing on one of the five planned districts as listed above. If anyone lives, works or has a business within these districts please join us and provide thoughts and suggestions.

### **El Cajon Community Development Corporation** receives a special award

Congratulations to El Cajon CDC President Claire Carpenter and her staff in receiving a WalkSanDiego Golden Footprint Award. According to WalkSanDiego, the Golden Footprint Award recognizes individuals, organizations, and projects that promote walkability and enhance the pedestrian environment in San Diego County. Through their commitment to a walkable design, award winners serve as an example to others throughout the region. Why was the El Cajon CDC selected? The CDC has contributed to the new Downtown El Cajon Specific Plan that provides developers with recommendations for land uses and development standards that encourage mixed-use development for pedestrian-friendly services. The CDC created and distributed a pedestrian-friendly walking map with quarter mile, half mile, and one mile walking routes around Downtown El Cajon encouraging community members, local employees and visitors to enjoy a stroll around their Downtown. They also produced and distributed a public art walk map showcasing both new and historic outdoor treasures enhancing the urban environment for pedestrians.

### **FREE Disaster Preparedness** Classes

If anyone missed the first Community Emergency Response Team (CERT) class - don't worry, start with the second class scheduled for February 21. Now is the time to learn how to better protect yourself and your family in the event of a disaster. There is space available for the current academy and the next academy starting on May 30. The East County CERT program offers free disaster preparedness instruction for ages 16 and up. Here's the complete CERT schedule for 2009:

### Academy - #1

Feb. 7- Disaster preparedness/CERT organization - just completed

Feb. 21- Disaster Medical/ Triage

March 7- Fire Extinguishers/Light Search and Rescue classroom

March 21- Fire Extinguishers/Light Search and Rescue hands on

April 4 - Disaster Psychology/HazMat/Terrorism

April 18 - All inclusive manipulative/review

### Academy - #2

May 30 - Disaster preparedness/CERT organization

June 13 - Disaster Medi-

June 27 - Extinguishers/Light Search and Rescue classroom July 11 - Fire Extinguishers/Light Search and Rescue hands on

July 25 - Disaster Psychology/HazMat/Terrorism

August 6 - All inclusive manipulative/review

Pick the academy that best fits your schedule and call to register at (619) 441-1737. Please leave your name and best contact phone number. Classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. The class location for registered CERT students is 8054 Allison Avenue, Fire Station 11, in La Mesa. Classes are taught by members of the El Cajon, La Mesa and Santee Fire Departments. Visit www.elcajonfire.com for more information about CERT. Any classes missed may be made up during the following academy.

### **Upcoming El Cajon Police Community Forums update**

The first El Cajon Police Community Forum was held in November of 2008, where members of the community had a chance to voice their concerns on such topics as crime, gangs and traffic. If anyone missed the opportunity to be heard, there are smaller Sector Forums tentatively scheduled for the following areas:

- Sector 7 Feb. 23 6 p.m. - Bostonia School - 1390 . Broadway
- Sector 9 Feb. 24 6 p.m. Holy Trinity Church - 509 **Ballard Street**
- Sector 10 Feb. 25 6 p.m. Cajon Valley Middle School - 550 E. Park Avenue
- Sector 6/8 Feb. 26 6 p.m. - United Methodist Church - 772 S. Johnson Avenue

Notice the last three sector meetings have been rescheduled. If anyone is wondering what sector of El Cajon they live in see the sector map found at www.elcajonpolice.org. If the sector dates are not convenient, plan to attend the next El Cajon Police Community forum scheduled for May 4, 6 to 7:30 p.m. at the Ronald Reagan Community Center located at 195 E. Douglas Avenue.

Police Chief Pat Sprecco is

inviting all residents to come to any of these forums and discuss the important issues that face our community. For more information contact Lt. Jim Redman at (619) 579-3364.

### Sophie's Gallery celebrates their 10<sup>th</sup> year

The St. Madeleine Sophie's Gallery is celebrating their 10th Anniversary with a special art exhibit from now until March 6. The art gallery is located at 109 Rea Avenue near Magnolia Avenue. Stop by and see all the beautiful artwork on display and for purchase. Proceeds benefit St. Madeleine Sophie's Center (SMSC), an organization helping people with developmental disabilities and their families. For more information on Sophie's Gallery and other fun events planned, call (619) 593-2205 or visit www.stmsc.org.

Sophie's Gallery recently held a very successful "Airbrushing Lunch Boxes" art class on Saturday, Feb. 7. There was a great turnout. Thank you to all who took part in the class - including some of our own City employees!

### **Housing Workshop planned**

The Center for Social Advocacy is holding a Housing Workshop on Feb. 26, from 6:30 to 8:30 p.m. at Bostonia Center, located at 1049 Bostonia Street. Topics to be discussed include security deposits, notices to vacate, rent increases, illegal evictions, shared housing, fair housing and landlord mediation. For additional information call (619) 444-5700.

### Miss El Cajon Pageants

Applications are still being accepted for the Miss El Cajon and Miss Teen El Cajon Scholarship pageants. This is a great opportunity to represent your community, meet new people and receive college scholarships. The pageants are open to ladies aged 13 to 24 years old. The application deadline is Feb. 28. Both pageants are scheduled for March 28, 7 p.m., at the East County Performing Arts Center. For tickets or sponsorship call (619) 938-3477.

### **Lend A Hand**

Lend A Hand's February Saturday Morning Clean-up is set for Feb. 28, from 9 to 11 a.m. at Palm and South Sunshine Avenues. It's an opportunity to join other community-minded individuals and volunteer some time to remove trash and graffiti in our local neighborhoods. Over 90 people volunteered in January. Recycle San Diego will be there to collect electronic waste including cell phones, batteries, computers, televisions, and laptops. The Lend A Hand program has also partnered with the San Diego Rescue Mission. They'll be collecting any usable items no longer needed, such as working electronics, furniture, household articles, baby items, or clothes. Remember, donations are tax deductible. For more information contact Christina Burke at (619) 401-8858 or visit the ECCDC website at www. downtownelcajon.com.

Note: Please keep me informed of community events by placing me on your mailing or email list. If you have an event in the City of El Cajon to be shared, contact Monica Zech, Public Information Officer for the City of El Cajon, via email at <u>mzech@ci.el-cajon.</u> 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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### Get on the map

The Alpine & Mountain Empire Chamber is now taking reservations for advertising space on the new soon-to-be published 2008-2010 area map of Alpine and the communities of Descanso, Pine Valley and Campo. For more information, see http://intranet.alpinechamber.com, or call or email Kelly@alpinechamber.sdcoxmail.com.

### **Father-Daughter Sweetheart Dance**

Associated Pageants of Alpine present the annual Father-Daughter Sweetheart Dance Friday, Feb. 13 at the Alpine Community Center from 6 to 8 p.m.

It will be an evening of music with a live DJ, dancing, games refreshments, raffles and a gift for each special girl.

Come early and have a free portrait taken with your sweet-

Evening is only \$30 for both father and daughter. Additional guests (daughters) ages 6-13 \$10 each.

This event is a sell-out each year — respond soon. Limited to first 125 couples. Reservations are needed.

Tickets are available at the Alpine Community Center, 1830 Alpine Boulevard or call (619) 390-0061.

### Community Center Valentine's celebration

The Kiwanis Club of Alpine, and the Alpine Community Center will hold a Valentine's Celebration on Saturday, Feb. 14 at the Community Center, 1830 Alpine Boulevard. Dinner, Prime Rib and Chicken, will be served at 7 p.m. and cocktails at 6 p.m. Cost is \$35. There will be music by "The Ideals."

### Alpine Tree Town USA

Planning for Alpine Tree Town USA will take place on Wednesday, Feb. 18 at 5:30 p.m. at the Chamber office. Preparation for the April 25 celebration and tree planting ceremony. If interested call Carlette Anderson at (619) 445-5716.

### Don Cockayne, the 24th President for the Kiwanis Club of Alpine, will be missed

**D**on Cockayne joined the Alpine Kiwanis Club in April of 1970. At this time Cockayne was a Travelodge Representative. He later drove a Trans-continental Tractor Trailer. During his term as Kiwanis President )1973-74) he purchased the first Ambulance for The Volunteer Alpine Fire Department. Curly Collier recalls that at this time he was on the Fire Board when they purchased a used Ambulance from the Santee Fire Department for \$5,000. This was quite an undertaking for the then small Club, but the Kiwanis have always thought big in their endeavors.

After Cockayne's term as President, he continued to be an active member, participating in as many fundraisers as his work would allow. Later on, after Cockayne retired from truck driving, over three million miles driven, he became The Clubs Interclub Chairman for many years. One of his favorite tasks during the Club's Annual Easter Pancake Breakfasts was to mix the pancake batter.

Don Cockayne was killed in a traffic accident on January the 30th in L.A. He will be greatly missed by this Club — he always had a ready smile for all members and guests.

This Club will honor Don Cockayne's memory with a plaque at the Kiwanis Club of Alpine/Womans Club of Alpine Gazebo and Memorial.

God Bless Don Cockayne and his wonderful family,

Dan Foster, President of The Kiwanis Club of Alpine,

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# I ASS DINING & ENTERTAINMENT GUIDE

# Move away from any urge to see the disastrous 'Push'



Chris Evans and Dakota Fanning star in Push. Photo credit: Summit Entertainment

### Review by Diana Saenger

he only thing interesting about Push is Dakota Fanning, who continues to push the envelope in terms of her roles. A disaster to watch, this movie deals with high tech killers operating in a fatal environment of psychic espionage.

Nick Gant (Chris Evans), a second-generation telekinetic, is called a "Mover," because he can transport objects though space with his mind. His skills are in demand by a questionable government agency known as the Division. Nick wants nothing to do with the group since its operatives were responsible for his father's death. Nick has moved to Hong Kong but barely manages to stay one step ahead of the Division.

It's hard to believe a rescuer arrives in the form of a 13-year-old, but that's what happens when Cassie Holmes (Dakota Fanning) pops into Nick's apartment and

announces she's a "watcher." She can see the future and documents it with drawings in a little black book. Cassie is against the Division, for they have her mother hidden away because she's the best watcher in the world.

Add in Stitches (psychic healers), Sniffs (trackers), Shadows (who use their minds to physically hide things), Bleeders (who shatter things like ear drums by screaming), Shifts (who can transform the appearance of objects),

and finally Wipers (who can erase someone's memory). Throw all of these together running amok on the streets of Hong Kong and you have the equivalent of seven pinball games being played inside one machine at the

Studio: Summit

Entertainment

teen drinking

Pink Panther 2

**Pictures** 

Studio: Columbia

Gazette Rating: D

MPAA: "PG" for some

mild language and

suggestive humor, brief

Who Should Go: Fans of

the 2006 film with Steve

Gazette Rating: D

MPAA: Rated "PG-13"

violence and action,

brief strong language,

for intense sequences of

smoking and a scene of

Who Should Go: sci-fi fans

who care nothing about

I've always been a fan of Djimon Hounsou's work, but for me his role as Division Agent Henry Carver is the most unbelievable performance I've seen him deliver. Other cast members come and go so quickly they're insignificant. Any direction by Paul McGuigan is undetectable, but considering the horrific script this might be understandable. Fanning (The Secret Life of

same time.

Bees) charms in her role with a maturity of someone twice her age, but unfortunately even this talented young actress can't save Push from being shoved off my to-see list.

# 'Pink Panther 2' — an unwarranted sequal



Steve Martin and Jean Reno star in Pink Panther 2. Photo credit: Peter Iovino/ Columbia Pictures

### Review by Michael Black

here is absolutely nothing new Pink Panther 2 offers in originality or substance. The target audience for the reinvented

> Pink Panther series is anyone - mainly children – who has never seen the originals (1963, 75, 76) starring the great comedic Peter Sellers. Pink Panther 2 reprises Steve Martin in role of Inspector Clouseau from the 2006 Pink Panther film.

A series of high profile burglaries take place involving some of the world's most prized treasures, and Clouseau is picked

to be part of an international detective dream team. Chief Inspector Charles Dreyfus (John Cleese), who despises Clouseau, is against sending him because of his bumbling antics. Clou-

seau meets up with the world's leading investigating experts, Pepperidge (Alfred Molina). from Great Britain, Vincenzo (Andy Garcia), a wealthy businessman from Italy, Kenji (Yuki Matsuzaki), an electronics specialist from Japan, and Sonia (Aishwarya Rai), a researcher and criminology expert from

If that isn't enough noted actor's names to throw around, add in Academy award-winners Lily Tomlin and Jeremy Irons to the mix, maybe hoping to mask the lacking plotline. Emily Mortimer returns as Clouseau's secretary, Nicole Nuveau, who serves the film's romantic storyline.

Once you've have seen Sellers as the bumbling Inspector Clouseau, watching Steve Martin in the role is somewhat of a dire joke, and in my opinion, a dishonor to Peter Sellers who will always be the one and only Inspector Clouseau.

Pink Panther 2 is the same boring, overused setup that all the Pink Panther films tend to use. Inspector Clouseau gets an impossible assignment, makes himself look like a fool and at the end miraculously solves the case. Within the 90 minutes are a few chuckles that would make a younger audience laugh but to experienced movie veterans, laughs are lacking.

### **COMIC CORNER**

### OUTZKIRTS By: David & Doreen Dotson







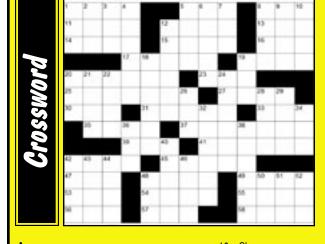


OWEN OWL BY LUKE NEYNBORFF









**Across** A wager (2 wds.) Directory (abbr.) Miles per hour Jacob's son **Tableland** 13 Anger Dregs Adjoin Down Cycles per second Totals Cleverness of wit

Ship initials

Not this 30 Dab Island nation Basin

Sports event Role Big Apple (abbr.)

Spice

45 Large zoo animals Frosty 48 Mongolian desert 49 Lotion brand 53 Colony insect

54 Same 55 Shine 56 Find 57 Headed 58 Carpets

Down

Entire Stinger Adam's wife

First month of Jewish calendar Financial obligation 46 Car manufacturer

Lab animal Opp. of intense

Elbow

Ms. Stewart A big number Fire remains Clairvoyance Bang down Peter, for short Incite (2 wds.) Crest

Particle Melody Pin Container Vane direction Fire supplier Constrict Prejudice

Teen skin ailment Computer memory Same cite as previous Girl

Flightless bird Cheat \_\_ A Small World...

# For Health's Sake

# Tips and ideas for healthy lifestyle

attling the number one killer in America, the East County YMCA offers healthy and enjoyable ways to combat cardiovascular diseases through living a heart healthy lifestyle. The Cameron Family YMCA in Santee and the Davis Family YMCA in La Mesa

invite community members to start exercising and eating healthy to ensure your heart will beat strong for years to come.

At the Davis and Cameron Family YMCA facilities, there are plenty of fun heart healthy activities for families and individuals. Activities include swimming, gymnastics, dancing, group exercise rooms, a Pilates® Reformer Training Studio and a cardio and strength training center. In order to maintain a healthy heart, doctors recommend exercising 20 to 30 minutes, at least three to four times a week and exercising every other day will help create a regular exercise schedule.

The East County Family YMCA offers a personal fitness program designed for the beginning exerciser or anyone who has been away from exercise for awhile. Led by certified trainers, the personal fitness program is also a great way for individuals who are looking for guidance and structure in order to successfully begin a regular exercise program. The program is unique to the YMCA of San Diego County, and includes both cardiovascular and strength training exercises. The YMCA's certified trainers evaluate the perfect level for an individual's ability and then

monitor the progress, making step-by-step progressions along the way. The program is free and only available to YMCA members.

To learn more about the fitness classes, other wellness programs, and memberships offered by the East County Family YMCA, please visit <u>eastcounty.ymca.org</u>.

The East County Family YMCA is a not-for-profit organization dedicated to improving the quality of human life and to helping all people reach their fullest potential through development of the spirit, mind and body. The East County Family YMCA operates the John A. Davis Family YMCA in La Mesa and the Cameron Family YMCA in Santee, as well as the McGrath Family YMCA Sports Complex in Rancho San Diego. The new McGrath Family YMCA is under construction and is set to open in early 2010. For more information, please visit eastcounty.ymca.org.

## Laughter is the Best Medicine

### **Seniors**

A distraught senior citizen phoned her doctor's office. 'Is hit true,' she wanted to know, 'that the medication you prescribed has to be taken for the rest of my life?'

'Yes, I'm afraid so,' the doctor told her.

There was a moment of silence before the senior lady replied, 'I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS.'

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia, he asked to speak to

'Yes, Dad, what is it?'

'Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife.'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in ine for.

Health... Just Common

Horse Sense

by Dr. Donald Adema

Living in the mountains of San Diego offers all the weather of the globe in 45 minutes of travel. Wonderful heavy rain in Santee, a quick trip to Descanso with a beautiful dusting of snow ending with blizzard conditions that have a few horses a bit unsettled were all accomplished in less than 24 hours. And, if all that was too challenging, I could have shifted to Pacific Beach for more of a warm rain and a quick ray of sunshine. We are blessed.

However, there is a price to pay. Since early December of 2008, we have had a cold early wet winter, quick Santa-ana wind driven pseudo-summer, winter, back to the devil winds, spring for a day and then winter, back to the wind driven summer and now a winter with low elevation snow. Feeding horses tonight in a blizzard similar to what I experienced in college in Michigan was invigorating, at best.

"My sinuses are crazy and my ears will not unplug when I come down the mountain." A travel down the 8 fwy is a rapid decent for all, no matter where the on-ramp is located. The rapid decent does not immediately lead to an infection but a constant, rapid mucous membrane swelling defense mechanism. A defense mechanism that, if repetativley accessed, will be ripe and ready for a secondary viral or bacterial infection. To quote one of my menoapausal hippie patients, "Bummer."

Prevention of a secondary infection involves supporting the immune system to negate the need for an antibiotic. Daily anitoxidants, good daily exercise that supports deep air exchange, additional immune support, and maybe simply tripling your vitamin C intake is good for starters. Or, how about considering a little bit of a slower decent. My trip down the mountain today at a little above the speed limit involved at least four drivers attempting to push my F-250 into the Highway patrol's alert radar. Fortunately, they could fit in my pick-up bed so the threat was only annoying. One offender was eventually escorted to an off-ramp by colorful lights. The early morning laughter encouraged a quicker altitude adjustment. Keep it simple. 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.



### **GROSSMONT HEALTHCARE DISTRICT ASKS:**

# WHO IS YOUR HEALTHCARE HERO?

### **SUBMIT A NAME**



The Grossmont Healthcare District is asking the public to complete nomination forms for East County residents whose volunteer efforts are advancing the delivery of quality healthcare.

### NOMINATE A WORTHY VOLUNTEER:

- Frontline caregiver
- Member of support group or service or community group
- Educator, pastoral care provider, grant writer
- First responder, allied health professional
- Volunteer transportation, Auxiliary members
- Members of advocacy or policy organizations
- Junior volunteers (healthcare-related)
- Employees of health-related organizations who volunteer overand-above their regular employment duties

For more information and nomination forms (both in English and Spanish), visit **www.grossmonthealthcare.org** or phone the GHD offices at **(619) 825-5050**.

DEADLINE for submission of nomination forms is 3pm, Fri., Feb. 27, 2009. Forms can be faxed to (619) 825-5051.

Grossmont Healthcare District, a public agency formed in 1952 to build Grossmont Hospital, supports various health-related community programs and services in San Diego's East County region.

# MOTORASPORTS

# 2009 Dodge Caliber SRT4



2009 Dodge Caliber SRT4 driver's console. Photos by Dave

**Bumper-To-Bumper** 

with Dave Stall

Dave: I'm trying to decide what kind of car I should get

for my daughter at graduation this June. She is a straight A

student and I feel she deserves a great car. My problem is my

budget is around \$15,000 but she has hinted she wants a new

Mustang convertible with a stick shift and a V8 engine. I'm

not sure where she got the idea of a stick shift and V8 but it

really doesn't matter I can't afford a car like that not to men-

tion the insurance. She will be going off to College next year

and will be out of state. Any advice you can give me would be deeply appreciated. Chris, El Cajon.

Chris: Kids, what do they think were made of, money?

I was brought up with the mind set that if you want it bad

enough you can go out and earn it! I would buy her a new

small compact car with a lot of warranty coverage and one

that gets great gas mileage. Take a look at the Ford Focus,

Hyundai Accent, Nissan Versa, Volkswagen Rabbit, and Chev-

rolet Aveo just to mane a few. They will fit your budget, get

good mileage and some have better warranties then others

but you can always put a factory extended warranty on any

of them. She may not like your suggestion, but at least she

will have a selection to choose from. The only one who is

**Dave:** Where is the best place to buy a new car, the Credit

Union Sale or directly from the dealer? I have also heard that

if you go to the Fleet Department of a dealership they will give

you even a better deal and what about the internet? I hear

dealership have a separate department for internet customers

only. I am totally confused, I want a new car, would like a

Melissa: Welcome to the new world of buying a new ve-

hicle. Traditionally the Credit Union is your best bet but today

with dealerships scrambling to sell new vehicles you can shop

around for the best deal within the dealership and for what

you're going to pay, shopping is the best idea. Just remember

you're in charge of the purchase so don't let anyone push you

around. There is one other way to get a great deal on a car

especially if you're not real picky as to what you get and that

is the "Ad Cars". An ad car is usually only one or two on the

lot for the low price they advertise in the paper, one price,

and one color option but if your first to put your name in the

hat you can get a great deal. Usually you will have to get to

the dealership before it is open and there is usually someone

good deal but where should I go? Melissa, Del Mar.

really going to be bummed is her boyfriend!

by Dave Stall

f a little "ump" is needed in the "grocery getter," then the Caliber SRT4 may be the answer. I got this tester from Dodge Direct and have been driving it for a week. So far, the best thing about the Caliber are the seats, they wrap around the driver and passenger like they know who they are. Manually adjusted updown-forward-backwards and very comfortable. The dash is well down as far as keeping one informed. For added comfort, a sliding center console armrest, nice. There is even a rechargeable, removable flashlight for those tough nights in the dark. Power windows and door locks. tire pressure monitoring system, outside temperature gauge are all included. At night, a light lime light background on the instrument cluster is pleasant. My

SRT4 was a six-speed manual (the only way to go). Very smooth shifting, but I felt six speed was a little too tall. Keep the revs up and the transition to six-speed was responsive but one has to keep their foot in it, which is not a bad thing.

There is plenty of storage space in the SRT4 and the only option missing was navigation and funny thing, I didn't

Handling was superb, thanks to 4-wheel anti-lock brakes, electronic stability control, and 225/45R19 BSW Performance Tires. Under the hood is a 2.4-liter four cylinder putting out 185 horsepower at 6,000 rpm and a torque reading of 265 pound-foot at 2,000 rpm thanks to a turbocharger that gives all the performance when it is needed. All this, and it still

in the city and 27 on the open

Driving the Caliber SRT4 was very enjoyable. The outside looks is a little edgy for my taste, but when behind the wheel, all that went away thanks to the under hood performance and the killer sound system. This SRT4 came with a dream sound system, Dodge calls it the Kicker/SRT Livin' Loud Audio System. It consisted of 13-Kicker SRT High Performance Speakers, 200watt Kicker SRT Subwoofer, 322-watt Kicker SRT Amplifier, and 2 Articulating Liftgate Speakers, Wow — what a sound system.

Flip the rear hatch door up

and fold down the second row seats and there is plenty of cargo space for the trips to the big box stores.

The engine was a little noisy and a better exhaust system would have cured that problem, but as a 5-passenger "grocery getter" you may find it hard to find a better example. Take a ride out to Carl Burger Dodge in La Mesa and take one for a spin and see if I'm on target.

Got a question or comment for Dave Stall? Go to www.davestall.com, click on the contact button or listen live on KCBQ AM 1170 from 3 to 5 pm on Saturday and Motorsports on Sunday, KCBQ 1170 from 12 noon

# **Aztecs shoot down** Air Force 65-34

by Chuck Karazsia

ust what in the Mont-Just what in the Promer ezuma Mesa is going on at Cox Arena home of the San Diego State Aztecs?

In his tenth year as men's head basketball coach, Bill Fisher's team has won fourstraight guiding the school's program to their best start ever in Division I basketball after 22 ballgames. SDSU (17-5, 7-2 MWC) is currently tied with Utah for first place atop the Mountain West Conference.

Utilizing a variety of offensive and defensive weapons including immediate stealth-like three point bombs, and a smothering defense, the Aztecs completely dominated Air Force. The Falcons were outshot, out-rebounded, and out-everything. The Aztecs never trailed and the closest Air Force got was 3-2. This came after Kyle Spain sank an opening three-pointer 23 seconds into the game.

"It was nice to get out of the gate with back-to-back three's "Kyle hit one and Richie hit one" commented head coach Fisher after the game.

Saturday was no contest from start to finish. Unlike years past when Air Force was a threat, the Falcons have lost 10-straight and are 0-9 in conference play.

Against Air Force SDSU had three of their own score in double figures. With two of their starters sidelined (Lorenzo Wade and Tin Sheldon) the Aztecs still ruled the court in most every statistical category. Three Aztecs scored in double figure led by senior Billy White who turned in career high 15-points, six boards four assists.

Head coach Fisher praised White by saying, "He did a nice job of using his size and athleticism to survey the scene. He took his time and made not only athletic plays, but intelligent plays. He's so athletic. It helps his confidence. Billy knows he played well tonight."

The backcourt duo of point

guards of Richie Williams and D.J. Gay were also spectacular, both in double figures as they combined for 22-points, 5-rebounds, and six-assists.

Former Steele-Canvon standout Aztec senior Richie Williams etched his name in the record books surpassing Brandon Heath for first place on the all-time conference career steals list.

SDSU head coach Steve Fisher finished the evening by saying, "I think we felt pretty good about ourselves early. We defended well, but even when they had open looks they (Falcons) struggled to make shots tonight. It was a really good total effort and I'm proud of

The Aztecs first three shots made were all three-pointers. Coach Fisher responded to that by saying, "What that did was help ignite the crowd. The crowd was really loud and supportive. We helped create that with the way we started the game."

"The score said you shouldn't worry. We really worry all the time. Air force is tough minded. This is a good ball club that is struggling to make shots. For us this is a really good home victory. We didn't get sticky. We didn't get selfish. I was pleased with that," said Fisher.

"Richie (Williams) played so well on both ends of the court. He moved quickly to help out defensively. He is so quick to find that open man offensively. We feed off of what he does. He broke our school record tonight for conference record in steals. It couldn't happen to more of a terrific, competitive basketball player who has turned into the heart and soul of our team.'

The Aztecs have big road games upcoming in Albuquerque (New Mexico), in Fort Worth (TCU) but none more important than Wednesday's match up in Salt Lake City against Utah with an expected 12,000 capacity crowd with sole possession of first place on the line.

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- WE FILE WITH THE (just one block west of the County Recorder's Office)

or call (619)444-5774

YOU'RE DONE!

**FICTITIOUS BUSINESS NAME** STATEMENT NO. 2009-002711

FICTITIOUS BUSINESS NAME(S): Show Time Productions Located at: 1804 Garnet Ave. #459, San Diego, CA 92109 This business is conducted by: An Individual

The business has not yet started. This business is hereby registered by the following: 1. Kim Bellesiles 1804 Garnet Ave. #459, san Diego, CA 92109 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 28, 2009

East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003394

FICTITIOUS BUSINESS NAME(S): Not **Triangles Productions** Located at: 1775 Monte Vista Rd., El Cajon, CA 92020

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Steven Topham 1775 Monte Vista Rd., El Cajon, CA 92020 This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego County on February 03, 2009

FICTITIOUS BUSINESS NAME

STATEMENT NO 2009-0033074

FICTITIOUS BUSINESS NAME(S): Sugar

Located at: 507 Danny St., El Cajon, CA

The business has not yet started.

St., El Cajon, CA 92021

County on January 30, 2009

This business is conducted by: An Individual

This business is hereby registered by the fol-

lowing: 1. John Cowan Weaver 507 Danny

This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego

East County Gazette- GIE030790

2/12, 2/19, 2/26, 3/5, 2009

92021

East County Gazette- GIE030790 2/12, 2/19, 2/26, 3/5, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002308 FICTITIOUS BUSINESS NAME(S): Got

Located at: 9274 Lakeview Terrace, Lake-

side, CA 92040 This business is conducted by: An Individual The first day of business was: January 23,

This business is hereby registered by the following: 1. Kimberly Pitner 9274 Lakeview Terrace, Lakeside, CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 23, 2009

East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039329

FICTITIOUS BUSINESS NAME(S): Midnight

Located at: 1255 E. Main St., Unit A, 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: Ban Abbod 11915 Avenida Marcella. El Cajon, CA 92019

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008.

East County Gazette- GIE030790 1/22, 1/29, 2/05, 2/12, 2009

### FICTITIOUS BUSINESS NAME

FICTITIOUS BUSINESS NAME(S): Rock Pointe Services Located at: 8870 La Mesa Blvd., La Mesa

This business is conducted by: A Corpora

The first day of business was: November 1. 2001 This business is hereby registered by the

following: 1. Donsar Corp. 8870 La Mesa Blvd., La Mesa, CA 91941 This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego County on January 28, 2009 East County Gazette- GIE030790

2/05, 2/12, 2/19, 2/26, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003541

Construction Located at: 8137 Winter Gardens Blvd., Lakeside, CA 92040

This business is conducted by: A Corpora-The business has not yet started.

This business is hereby registered by the following: 1. G.A. Abell Inc., 8137 Winter Gardens Blvd., Lakeside, CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 04, 2009 East County Gazette- GIE030790

2/12, 2/19, 2/26, 3/5, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002681

FICTITIOUS BUSINESS NAME(S): a.) Twin Oaks Family Dentistry b.) Twin Oaks Located at: 230 F. Street Suite D, Chula

Vista, CA 91910

This business is conducted by: A Corporation The first day of business was: June 1, 2004 This business is hereby registered by the following: 1. Babak Hosseini , DDS, MS, Inc. 230 F. Street, Suite D, Chula Vista, CA 91910

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 28, 2009

East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003517

FICTITIOUS BUSINESS NAME(S): Assets-Claims Research and Recovery Located at: 649 W. Washington Ave., El Caion, CA 92020

The business has not yet started. This business is hereby registered by the following: 1. Lona Cathryn Clifton 649 W. Washington Ave., El Cajon, CA 92020; 2. Martin K. Freer 649 W. Washington Ave., El Cajon, CA 92020 This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego County on February 03, 2009 East County Gazette- GIE030790

2/12, 2/19, 2/26, 3/5, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003424

FICTITIOUS BUSINESS NAME(S): a.) ART DOM Painting & Decoration b.) ART DOM Fine Wall Finishes Located at: 1924 Dehesa

This business is conducted by: A Corpora

This business is hereby registered by the following:

Art-Dom Italian Plasters Co. 1924 Dehesa Rd., El Cajon, CA 92019 This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego County on February 03, 2009. East County Gazette- GIE030790

2/12, 2/19, 2/26, 3/05, 2009

### FICTITIOUS BUSINESS NAME

FICTITIOUS BUSINESS NAME(S): East County Biz Center

This business is conducted by: An Individual The first day of business was: January 1,

This business is hereby registered by the following: 1. Nancy North 270 E. Douglas, El Caion, CA 92020

Smith Recorder/County Clerk of San Diego County on February 06, 2009 East County Gazette- GIE030790 2/12, 2/19, 2/26, 3/5, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003526 FICTITIOUS BUSINESS NAME(S): Hub-

Located at: 453 W. Douglas Ave., El Cajon, CA 92020

This business is conducted by: Husband and Wife

The business has not yet started. This business is hereby registered by the following: 1. Wendy D. Norton 12188 Pagosa Lane, Lakeside, CA 92040; 2. Mark R. Norton 12188 Pagosa Lane, Lakeside,

CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego

East County Gazette- GIE030790 2/12, 2/19, 2/26, 3/5, 2009

### STATEMENT NO. 2009-003900

Located at: 270 E. Douglas Ave., El Cajon, CA 92020

2008

This statement was filed with Gregory J.

County on February 03, 2009

### Got a question for Dave? Contact him at www.davestall.

there taking names to be put on the list. Good luck!

# 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

CITY OF EL CAJON



**PUBLIC NOTICE** NOTICE OF PUBLIC HEARING ALLOCATIONS FOR EV 2009-10 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM,

the HOME PROGRAM, and POTENTIAL **REALLOCATION OF** PRIOR YEARS CDBG AND HOME FUNDS **INCLUDING PROGRAM INCOME** 

Under Title I of the Housing and Community Development Act of 1974, as amended, the City of El Cajon invites citizens to participate in the preparation of the FY 2009-10 One Year Action Plan. The One Year Action Plan consists of the proposed activities to be funded through both the Community Development Block Grant (CDBG) and HOME programs. The CDBG funds are for community development improvements to benefit low and moderate income residents, and the HOME funds are to assist in providing affordable housing opportunities. The City anticipates receiving over \$1,000,000 in CDBG funds and over \$700,000 in HOME funds for fiscal year 2009-10 (July 1, 2009 - June 30, 2010). In addition, the City may reallocate any available remaining funds, including any available program income.

NOTICE IS HEREBY GIVEN that a public hearing will be held at 7:00 p.m. on Tuesday, February 24, 2009, in the City Council Cham bers located at 200 East Main Street in El Cajon. The purpose of the public hearing is to provide El Cajon citizens with the opportunity to voice their opinions on, and participate in the development of the City's program to use the federal CDBG and HOME funds. This is the first of two public hearings to be held. The second public hearing will be April 14,

The City Council will allocate CDBG and HOME funds for FY 2009-10 at this time. Areallocation of existing funds plus any available program income may also occur. Public input is welcome and encouraged on the proposed use of these funds. Citizens may participate in written form prior to the public hearing or orally during the hearing. Written comments must be submitted to the Redevelopment and Housing Department no later than 5:00 p.m. on Wednesday, February 17, 2009. All comments and/or other inquiries should be forwarded to the Redevelopment and Housing Department, 200 Civic Center Way, El Cajon CA 92020 or call (619) 441-1710.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you require assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763 as far in advance of the meeting as possible.

East County Gazette- GIE030790 02/05, 02/12, 02/19/09

### **ORDINANCE NO. 4924**

AN ORDINANCE REPEALING CHAPTER 10.36 OF TITLE 10 OF THE EL CAJON MUNICIPAL CODE TO ELIMINATE MANDATORY BICYCLE LICENSING IN THE CITY OF EL CAJON.

THE CITY COUNCIL OF THE CITY OF EL CAJON DOES ORDAIN AS FOLLOWS:

SECTION 1. Chapter 10.36 of Title 10 of the El Caion Municipal Code, consisting of sections 10.36.010 through 10.36.120, inclusive, is hereby repealed.

SECTION 2. This ordinance shall take effect thirty days following its passage and adop-

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 10th day of February, 2009,

**AYES** Lewis, Hanson-Cox, Kendrick, McClellan, Wells

NOES: ABSENT: DISQUALIFY: None

MARK LEWIS

Mayor of the City of El Cajon\_

ATTEST:

KATHIE RUTLEDGE, CMC

I hereby certify that the above and foregoing

is a full and true copy of Ordinance No. 4924 of the Ordinances of the City of El Caion. California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 10th day of February, 2009.

/s/ Kathie Rutledge, CMC, City Clerk East County Gazette- GIE030790

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

### ORDINANCE NO. 4923

AN ORDINANCE APPROVING AMEND-MENT OF SPECIFIC PLAN 51 TO REMOVE PROPERTY FOR COMMER-CIAL DEVELOPMENT LOCATED ON THE NORTH SIDE OF OAKDALE AVENUE WEST OF NORTH SECOND STREET, AND ADDRESSED AS 1278 OAKDALE AVENUE.

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

SECTION 1. On December 18, 2007, the City Council held a public hearing on a request by Thomas Paden to amend Specific Plan 51 for the purpose of removing the property located on the north side of Oakdale Avenue west of North Second Street, and addressed as 1278 Oakdale Avenue (APN: 489-310-020) (the "Property") from those regulations. The Property currently includes a motel, a restaurant, and an automotive service use. The applicant has complied with all recommended pre-ordinance conditions of approval set forth in Planning Commission Resolution No. 10466 and the amended mylar adjusting Specific Plan 51 has been received by the City.

SECTION 2. The City Council finds that the proposed amendment of Specific Plan 51 to remove the Property from Specific Plan 51 is consistent with and will still promote the systematic execution of the General Plan, in that future development of the Property will still be subject to applicable General Plan goals, policies and the General Retail Commercial land use designation

SECTION 3. The City Council hereby amends Specific Plan 51 to remove Assessor Parcel Number 489-310-020 from the plan.

SECTION 4. This ordinance shall be effective thirty days following its passage and

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 10th day of February, 2009, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells

NOES: None ABSENT: None DISQUALIFY: None MARK LEWIS

Mayor of the City of El Cajon\_

KATHIE RUTLEDGE, CMC

is a full and true copy of Ordinance No. 4923 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 10th day of

/s/Kathie Rutledge, CMC, City Clerk East County Gazette- GIE030790

### FICTITIOUS BUSINESS NAME

STATEMENT NO. 2009-001044 FICTITIOUS BUSINESS NAME(S): Sprint Capital Advance Located at: 566 Telegraph Canyon Rd. #H, Chula Vista, CA 91910 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Jessica E. Blanchard 566 Telegraph Canyon Rd. #H, Chula Vista, CA 91910 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 12, 2009

East County Gazette- GIE030790 1/29, 2/5, 2/12, 2/19 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039384

FICTITIOUS BUSINESS NAME(S): The Haircut Zone #2 SD Located at: 9732 Campo Rd., Spring Valley, CA 91977 This business is conducted by: Limited Liability Company The business has not yet started. This business is hereby registered by the following: Bobes, LLC 6135 S. Rainbow Blvd., Ste. 100, Las

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego

County on December 30, 2008 East County Gazette- GIE030790

1/29, 2/5, 2/12, 2/19 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002680

FICTITIOUS BUSINESS NAME(S): a.) Twin Oaks Family and Cosmetic Dentistry b.) Twin Oaks Periodontics c.) Twin Oaks Periodontics and Implant Dentist Located at: 230 F. Street Suite D, Chula Vista, CA 91910

This business is conducted by: An Individual The first day of business was: June 1, 2004 This business is hereby registered by the following: 1. Babak Hosseini 230 F. Street, Suite D, Chula Vista, CA 91910 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego

County on January 28, 2009 East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

### CITY OF EL CAJON



### NOTICE INVITING SEALED BIDS

NOTICE IS HEREBY GIVEN that on March 12, 2009, at the hour of 2:00 P.M., at the City Hall, first floor, 200 East Main Street, El Cajon, California 92020, the City of El Cajon will open bids for the following public project:

### PROP 1B - LOCAL STREETS **RESURFACING - VARIOUS LOCATIONS ENGINEERING JOB NO 3265**

RID NO 026-09Reference is made to the specifications for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded free from the city website at http://www.ci.el-caion.ca.us or obtained at the office of the Purchasing Agent for a fee of \$10.00 (plus \$4.95 for postage if mailing

### PRE-BID CONFERENCE

On February 26, 2009, a pre-bid conference will be held in the City Hall, 5th floor, 200 East Main Street, El Cajon, California, at

Interested contractors are invited to attend.

Contractor and Subcontractors shall pay California general prevailing wage rates. 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. Any successful bidder who intends to use a craft or classification 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 made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, 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.

A Performance Bond and Labor and Material Bond, each in an amount equal to 100% of the contract, shall be executed by the successful pidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public

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

Bids shall be submitted online or delivered to the Purchasing Agent at the 1st floor front counter of City Hall, 200 East Main Street, El Cajon, California 92020. If online bidding is used, bidder's security and other required documentation must be received within 24 hours of the opening of the bids. At the time fixed for receiving bids, all bids 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

NOTE: No bid will be accepted from a contractor who has not been licensed in accordance with the provisions of Chapter 9. Division 3, Section 7000 et.seq., of the Business and Professions Code.

02/12/09East County Gazette- GIE030790 02/12, 02/19/09

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00064004-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: ARKAN ZAYA ROFAEL PATRUS FOR CHANGE OF NAME PETITIONER: ARKAN ZAYA ROFAEL PATRUS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ARKAN ZAYA ROFAEL PATRUS

TO:ARKAN ZAYA JANKEEL THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, on April 1, 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 February 6, 2009.

East County Gazette - GIE030790 2/12, 2/19, 2/26, 3/05, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002246



Cajon, CA 92019 This business is conducted by: An Individual The first day of business was: January 23,

2008 This business is hereby registered by the following: 1. Dorothy A. Metzger 12069 Calle de Medio #106. El Caion. CA 92019 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 23, 2009

East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001587 FICTITIOUS BUSINESS NAME(S): Afford-

Located at: 4161 Woodland Drive, La Mesa CA 91941

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Kevin P. Mccafferty 4161 Woodland drive, La Mesa, CA 91941 This statement was filed with Gregory J Smith Recorder/County Clerk of San Diego County on January 16, 2009

East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

### CASE NUMBER 37-2008-00067183-CU-**BC-EC SUMMONS (CITACION JUDICIAL)** NOTICE TO DEFENDANT: (AVISO AL DE MANDADO): EATON DEVELOPMENT CO.,

INC., a California business organization, form unknown; LAS BRISAS LIVING, LLC, a limited liability company; and DOES 1 THROUGH 200, Inclusive. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): CURRIE GENERAL ENGI-NEERING, a California corporation. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to ar your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Helf Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org). the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una lla mada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/ selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presenun formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra guitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Avuda de las Cortes de California. (www.courtinfo.ca.gov.selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALI-FORNIA. East County Division. 250 East Main St., El Cajon, CA, 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Albert F. Quintrall Esq., SBN 58066 Quintrall & Associates, LLF 1550 Hotel Circle North, Suite 120, San Diego, Calirfornia 92108. Date: (Fecha) September 25, 2008 Clerk (Secretario) By: S. Viets,

> East County Gazette GIE030790 February 12, 19, 26, March 5, 2009

Deputy (Adjunto)

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000330

FICTITIOUS BUSINESS NAME(S): Fall In Love With Your Life Located at: 8810 Cherry Hills Rd., Santee CA 92071

This business is conducted by: Limited Liability Company The first day of business was: March 5, 2003

This business is hereby registered by the following: Women's Experience, LLC, 8810 Cherry Hills Rd., Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 06, 2009 East County Gazette- GIE030790

1/22, 1/29, 2/05, 2/12, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001879

FICTITIOUS BUSINESS NAME(S): Eco Pool Services Located at: 7959 Western Trails Dr., El Cajon, CA 92021 This business is conducted by: A Corpora-

The first day of business was: January 21, 2009 This business is hereby registered by the following: CWC Cash Enterprises, Inc., 7959

Western Trails Dr. Fl Caion, CA 92021 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 21, 2009

East County Gazette- GIE030790 1/29, 2/5, 2/12, 2/19 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002933

FICTITIOUS BUSINESS NAME(S): ML Jackson Construction Located at: 3963 Via Palo Verde Lago Alpine, CA 91901

This business is conducted by: An Individual The business is not yet started. This business is hereby registered by the following: 1. Mitchell Lloyd Jackson 3963 Via Palo Lago, Alpine, CA 91901 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego

County on January 29, 2009 East County Gazette- GIE030790 2/05, 2/12, 2/19, 2/26, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001490

FICTITIOUS BUSINESS NAME(S): SUN-SET MOBILE MUSIC Located at: 8240 Parkway Dr. #208A, La Mesa, CA 91924

This business is conducted by: An Individual The first day of business was: March 14,

This business is hereby registered by the following: Dominic Meyer 8506 East County Dr., El Cajon, CA 92021 This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego County on January 15, 2009 East County Gazette- GIE030790

1/22, 1/29, 2/05, 2/12, 2009

### FICTITIOUS BUSINESS NAME

STATEMENT NO. 2009-000727 FICTITIOUS BUSINESS NAME(S): Skytoy Located at: 585 Anderson Road, Alpine,

CA 91901

This business is conducted by: Limited Liability Company The first day of business was: January 7,

2009 This business is hereby registered by the following: Roxy Management Group, LLC 101 Convention Center Drive, Suite 700, Las Vegas, NV 89109

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 08, 2009

East County Gazette- GIE030790 1/22, 1/29, 2/05, 2/12, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039384

FICTITIOUS BUSINESS NAME(S): The Zone #2 SD Located at: 9732 Campo Rd., Spring Valley,

CA 91977 This business is conducted by: Limited Liability Company The business has not yet started. This business is hereby registered by the

following: Bobes, LLC 6135 S. Rainbow Blvd., Ste. 100, Las Vegas, NV 89118 This statement was filed with Gregory J.

Smith Recorder/County Clerk of San Diego County on December 30, 2008 East County Gazette- GIE030790

1/29, 2/5, 2/12, 2/19 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001475

FICTITIOUS BUSINESS NAME(S): Blue

Located at: 10739 Woodside Ave., Santee CA 92071 This business is conducted by: Co-Partners The business has not yet started.

This business is hereby registered by the following: 1. Kerry L. Henke 10134 Holborn St., Santee, CA 92071 2. Stan Villanueva 1362 E. Lexington Ave., El Cajon, CA 9201 3. Elizabeth A. Henke 10134 Holborn St., Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 15, 2009. East County Gazette- GIE030790

1/22, 1/29, 2/05, 2/12, 2009

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00063559-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: JENNIFER LEIGH DENT SHAVER FOR CHANGE OF NAME PETITIONER: JENNI-FER LEIGH DENT SHAVER HAS FILED FOR AN ORDER TO CHANGE NAME FROM: JENNIFER LEIGH DENT SHAVER

### JENNIFER LEIGH DENT 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 E-15, 4<sup>TH</sup> FLOOR, on MARCH 4, 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 JANUARY 9, 2009. East County Gazette - GIE030790

1/22, 1/29, 2/05, 2/12 2009

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00081035-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: CAREY GLEN WILLIAMS FOR CHANGE OF NAME PETITIONER: CAREY GLEN WILLIAMS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

CAREY GLEN WILLIAMS

### MELISSA ANN DAVIS

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101. Department D-25, on MARCH 3, 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 JANUARY 9, 2009.

East County Gazette - GIE030790 1/22, 1/29, 2/05, 2/12 2009

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

CASE NO.37-2009-00063702-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: CHRISTINA PROULX ON BEHALF OF ARIANA CANDELARIA GONZALEZ FOR CHANGE OF NAME PETITIONER: CHRIS-TINA PROULX ON BEHALF OF ARIANA CANDELARIA GONZALEZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ARIANA CANDELARIA GONZALEZ

ARIANA CANDELARIA PROULX THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East sion, 250 E. N CA 92020. Department 15. 4TH FLOOR, on MARCH 11, 2009 at 8:30 a.m.) to show cause.

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

if any, why the petition for change of name

prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JANUARY 20, 2009.

East County Gazette - GIE030790

### 2/05, 2/12, 2/19, 2/26 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002588 FICTITIOUS BUSINESS NAME(S): Winning in Small Claims Court

Located at: 4860 Old Cliffs Rd., San Diego, CA 92120 This business is conducted by: An Individual The first day of business was: January 1,

2009

This business is hereby registered by the following: 1. Rachel Costantino 4860 □ Old Cliffs Rd., San Diego, CA 92120 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego

County on January 27, 2009 East County Gazette- GIE030790

2/05, 2/12, 2/19, 2/26, 2009

# Classified Ads

### On Wheels

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### AND IT WILL RUN AS LONG AS IT TAKES TO SELL IT!

(3 lines plus photo, extra lines \$2 ea. Private parties only, no dealerships)



1968 Chevy Impala, 2 Dr. Custom H.T. Orig., rare classic. 85K miles, stored 25 yrs. Nos. matching blue printed. 327/400 T.H. Auto, a/c, p/s, p/b. Ralley whls. 100% comp. CA car. You paint, minor upholstery. \$5500 Must sell! Call Now!! 619-647-4443



The Perfect Ranch Mini Truck 1990 Daihatsu, 4x4, dumps, low mi., starting at \$5495 obo 619-444-4464. This will blow away Gators, Rhinos, and the like. 42 hp., 660cc, climb like a cat! See at: www.littlefiretruck.com

Must sell--brand new 2006 Honda VTX 1300, 2100 miles, beautiful. Asking \$8500 or reasonable offer. Call Mark 619-726-8668 day or 449-5541 night.



1992 Terry Resort 19 ft. Sleeps 4 to 6. Self contained. New tires \$5000 OBO 619-442-9760



New Year, Own your own Business Almost new Auto Detailer Asking \$3700 Call for details after 6:30 619-334-1280 619-820-0437



1973 Thing- New engine (1776). New tires/Rims. New disk brakes. Asking \$6500 Call Ray at 619-818-0893

Car Tow Dolly, like new (heavy duty w/light bar), electric brakes. Half off, \$600. 619-262-6049

"HEY HARRY!"

1976 El Dorado Cadillac Conv. Low miles, orig 31,000m. \$18,000 OBO. Call



2001 DODGE RAM, 1500, 5.9L, Tow Pkg., Snug Top, XInt. Cond.. \$5,000 OBF. (619) 473-0459.



Electric baby Chopper w/ training wheels. New battery Asking \$200 OBO Good for 5-8 yr. old. Call 442-9760 or



1976 Travco Classic 270 27' Motorhome, good paint 500 miles on engine, 20 miles on transmission, new brakes, tires approx. 5000 miles. New water heater, 4 side hydraulic leveler jacks, air awning \$8800 ORO 610-561-6087



89 Chevy 4 Door 4x4 Dually 50,000 miles on new motor, 6 new tires, new trans, \$3000. Good ranch truck w/tow pac's, Flow master exhaust, Gear Vendor gear splitter. (520) 457-3247



1992 Jeep Wrangler, 6cyl, 5 spd, new 31" tires, alum wheels, 2" lift, >softtop, low mileage, A/C. "NICE"! \$5,995 firm, Glenn @ 619/507-4350

by Thomas Ebert



"If you're parked out front you might want to put more money in the meter!"



1970 Chevy Impala Custom HT 350 Engine, AC Green/ Blk top, minor body work, great buy. \$5600 OBO. 619-766-4527

'39 Ford Delux sedan Lots of Custom work Good street rod project, Lots of extras 15k invested, asking 12k obo 619-561-2253



2005 Chrysler 300 Limited V-6 Leather, cd, heated seats, on board computer, very clean, runs and looks great, need cash only \$17,950 Hurry! Linda 619-252-1174



95 rare Pontiac Firebird Conv't. Excl cond. Real classic, loaded, 6 cyl, auto, sil/blk, 20 mpg, many new parts, very sweet. \$5,500 OBO 760-583-9661



20 ft. car hauler, new tires, new deck. \$2600 firm, 619-402-5718



86 GMC Quad cab 1 ton dually. 454-T400 Headers- cam. Runs xint. \$2000 619-440-4596



2003 Beaver-Monterey (diesel pusher)
— \$129,900.00. 3 slides, loads of amenities, well taken care of must see to appreciate. O. Peters (619) 985-0456.



REDUCED to \$25,000 Fifth Wheel RV, 2003 Keystone Montana. 32' + with slide outs. Less than 2000 miles pulled. Excellent condition. 2A/Cs, TV/DVD/Stereo surround, queen bed, microwave oven, garden tub/shower, celing fan, day/night shades, ducted heat, awning, outside shower. Enclosed underbelly, non-smoker owner, extra propane tanks. Can deliver. Contact 619-561-1855 or Leasure3@yahoo.com.



1996 Ford Thunderbird V8 46,800 miles. One owner, like new \$5000.00 619-440-4790



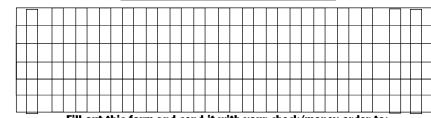
Goft Cart and Charger. Windshield, head and tail lights. Looks like new. Blue w/gold trim. \$2,490.619-414-8020.

## CLASSIFIED ADS

### BEST BUY IN TOWN

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Fill out this form and send it with your check/money order to:
The Gazette, 201 S. Sunshine Ave., El Cajon, CA 92020
(Remember photos are only \$5 extra!)

Call for Business Rates



1997 24' Haulmark Elite II enclosed race trailer , a/c, oak cabs, wt walls, check flr, flour int. Its, winch w/ remote control, work bench/tool chest, 120/240 voltage, ext quartz Its, deck with alluminum ladder, newer goodyears . used twenty times. They cost about \$20,000.00 now. asking \$10,500.00 see to app. Bill 619 977-3490



1942 Dodge Sedan- Runs as good As it looks. Recent tires, paint, upholstery, brakes and engine work. \$12,000. 619-463-3519



1996 FORD F150XL Shell, bedliner 4x4, New Waranteed Transmission, 2 Full Size spares 5.0 V8, Automatic, clean, dependable, MUST SEE \$3,999 OBO (619) 766-4506 lots of records and receipts



1997 Jeep Cherokee Grand Laredo. \$3,500. (619) 468-2687.



96 Ford Minibus- Handicap Access Power stroke diesel, dual air \$6000 619-729-8234



97 Ford E350 Extended cargo van. Tinted windows, power stroke diesel, air. \$6500 619-729-8234



2008 Ford Club Wagon. Polar white, gray trim, grey leather interior. Great for weekend get-a-ways and camping with a full queen bed. 4 leather captain's chairs, all power, dual a.c.'s, mag wheels, etc. Flawless inside and out. 27,800 miles with all service records, and original invoice. We are retiring and going R.Ving full time. We are asking \$24,750 and will consider offers. Balance of 50,000 Powertrain Warranty. Call Don at (858) 208-9438.

# APARTMENTS FOR RENT

El Cajon Apt.

Sunset View Apts.

Beautiful 1 & 2 br w/ 1&2 ba.

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**Publishers: Debbie and Dave Norman** 

Editor: Debbie Norman
Office Manager: Briana Thomas
Assistant Office Mgr. Brittany Watson
Entertainment Editor: Diana Saenger
Photographers: Michael Black, Kathy Foster
Writers: Patt Bixby, Diana Saenger, Michael Black,
Chuck Karazsia, Nan Arthur
Cartoonists: David & Doreen Dotson, Michael Black, Thomas Ebert
Columnists: Dr. Donald Adema, Monica Zech (City of El Cajon)
Advertising: Briana Thomas, Patt Bixby, Kathy Foster, Tom Schaefer

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# Our Best Friends

# Dog bites when taking treats ... ask a trainer

by Nan Arthur. CDBC, CPDT, KPA CTP

Dear Trainer.

s you always suggest, I'm taking my newly adopted, 5-year-old poodle mix to a training class that uses food rewards, but my dog grabs the food so hard it hurts! When we are at home, she still bites, but not as hard as when we are outside of the house, and it's the worst at our class. I've actually come away from one of the classes with my finger bleeding. Is this stress, or something else, and what can I do to get it to stop. Ouch!

Signed, Hamburger for Fingers

Dear Hamburger,

This is a topic that has come up several times in the past few years of writing this column, so I will address it again. I would also like to send Kudos to you for adopting an older dog, and attending a positive reinforcement training class. That deserves a double pat on the back!

You guessed correctly that this biting is somehow related to stress, and for what it is worth, it is a great indicator that your dog needs some additional assistance when you are out of the house. Not all dogs have such clear gauges as to their emotional well-being, and the fact that your dog does, is a great starting point to not only help her deal with environmental stressors, but to work through the hard mouth problem when she takes the food rewards.

### Stress via humans:

There is always a bit of social pressure on the humans with their dogs in any class environment, and unfortunately, that anxiety can lead to your dog also feeling anxious. One of the most common social pressures for humans is the disappointment with not having "Lassie" or the ideal dog. As humans, we care what people think about how our dogs behave, and even I tend to take it personally when one of my dogs doesn't behave in a manner that I would prefer when out in public, and I know

It's important to keep re-

minding yourself that dogs are dogs, and they are doing what is important to them to feel safe at any given moment. If you can remember to take lots of deep breaths that your dog can hear, this will help both of you calm and relax more. Also, keep in mind that others in your class are probably feeling the same way you are. After all, that is why you are in a class in the first place—to teach your dog better social manners.

### Problem solving the biting

As I said, taking the food rewards that hard is your dog's response to environmental stressors. If you could identify exactly what is stressing your dog, it would be easy to just eliminate the problem, or go to work on desensitizing it. However, many of the things that cause this problem are compounded issues and difficult to identify, so teaching your dog a better way to take the treats is a solution. You should, however, think about teaching your dog some core foundation skills, such as automatic eye contact, or a default down, so she has a base skill to fall to when she is stressed. You may even learn these in your group class, but the idea is to have at least one rock-solid behavior that your dog can choose when she is anxious. That way, she is not left in limbo wondering what to do-often when the biting gets harder.

### Teach a lick behavior to get the treat

One of the easiest ways to teach your dog not to bite so hard is to teach your dog to lick to get the reward after she has completed the behavior you are working on. You will want to teach this at home first so she can learn it in a low-distraction environment, which will make it easier to transfer when you go to class.

In the early stages, your dog needs to learn this part as a separate behavior. Once she has learned to lick to get her reward, you can add the training exercises that you are working on for your class.

You will begin with 3-4 treats in your hand. Show your dog what you have, then close your hand to cover the treats just in front of your dog's nose so she

can sniff and check it out. It's much more difficult for dogs to bite a closed fist than extended fingers.

I recommend leaving a small opening between your thumb and forefinger where your dog can stick her tongue trying to lick out the treats in your fist. As soon as your dog licks, mark that behavior with a click if you are using a clicker, or a word, such as, "Yip," and open your fist to allow your dog to get the other treats from your flat palm.

Repeat the above for about 5-10 trials and tell her, "All done," or another release word. Once you have good success with her licking to make your hand open, you can then add a trained behavior, such as sit, or down before the presentation of your treat hand. After you have this lick behavior paired with the reward for training you will want to practice it in lots of different locations, including going somewhat outside of your dog's comfort zone to help generalize this delivery system. Once you have a few days of practice under your belt, it should be easy to transfer to your class.

### Other things that can

- Take more breaks during training sessions to play with your dog using a favorite toy, or do some quiet massage to help her calm down
- Move your dog to another spot in the training class. Most instructors will readily agree to have you move your dog further away from the other dogs, or in a location that will allow your dog a better range of view to feel safer
- Have much better treats so your dog is able to focus on you during class. I usually suggest having a variety of things to help keep the stress down. Chicken, hamburger, cheese and baby food are among some of my favorites
- Teach your dog to catch treats that you toss
- Drop your treats on the ground for her to pick up (you will get the extra bonus of her doing a calming behavior of sniffing the ground which helps dogs relax)
- Remember that calmness

on your part will help your dog be calm

If you are still unable to get your dog to take the rewards more gently, you may want to consider doing private lessons

until your dog has a better foundation for the skills she will need to work in a group class, and/or speak with your instructor about how to decrease the stress for your dog during class.

Nan Arthur, CPDT www.wholedogtrainig.com

If you have a question about your cat or dog, please contact me at: dogmomca@wholedog training.com

Four Paws Flying Coonhound Rescue and Friends needs fosters and/or adopters for 5 purebred Weimaraner puppies. They are 3.5 months old and the rescue is trying to get them into homes to make up for the late start they have gotten in life. The puppies are underweight and are being treated for parasites. If you are interested in fostering or adoption, please contact Rebecca at: (619) 851-1129.



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