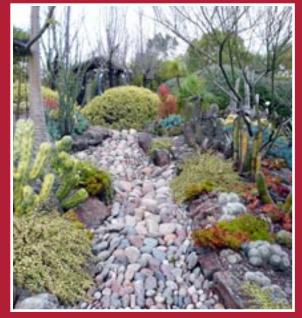


Gazette Newspaper Group Publications serving El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

#### **VOLUME 9 NUMBER 37**

#### FEBRUARY 19-25, 2009

#### Water conservation gardens



The Water Conservation Garden has nearly five acres of displays that showcase water conservation through a series of beautiful themed garden displays. See page 2 for more information. Photo by Diana Saenger

#### What's new in autos?



See Dave Stall's column on the new Columbia Electric Trucks on page 12.

#### What's new in theaters?

Read about 'The International' and 'Friday the 13th' by Diana Saenger and Michael Black in the Class Act

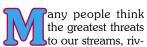


### Flood control on patrol



The El Cajon Flood Control Crew is shown cleaning up storm water debris that had been caught in a special trap, or sea curtain, following the heavy rains. Photo by Monica Zech

#### by Monica Zech



pollutants from getting past East County and eventually to the beaches.

Members of the Flood Con- role in

every storm event. It's great to know the Flood Control Crew is there to play an important role in reducing the amount

They clean the sea curtain after

were collected. That's enough debris to fill 172 large dump trucks.

As residents of the commu-



ers, and beaches come from businesses or industries that might pollute as part of doing business, however, the true source of much of our water pollution originates in residential areas where rains and irrigation wash the pollutants into storm drains. Fortunately, Flood Control Crews work daily to keep most of these

trol Crew work in the Public Works Wastewater Division, in the City of El Cajon, and begin their work very early in morning, while most are still in bed.

The Flood Control Crew of El Cajon consists of John Gigliotti, Eddie Bowsman, John Wilson and Ted George. of pollution dumped into the flood control channels as part of the many City services.

In fact, the importance and necessity of the Flood Control Crew was emphasized this past year, after the heavy rains, when over 1,720 cubic yards of silt, leaves, branches, weeds, trash, and organic material nity, we also play a vital role in reclaiming and preserving our streams, rivers, and beaches for wildlife, recreation, drinking water, and overall quality of life. We must all strive to do our part in helping out the Flood Control Crew by trying to prevent common pollutants from entering the storm drains.







### Local News & Events







### **Cox Conserves Heroes to uncover unsung champions**

by Diana Saenger

n Monday Feb. nearly 100 local dignitaries, conservationists and local residents turned out at the Water Conservation Garden at Cuyamaca College to hear about water conservation and tour the five acres of beautiful Mediterranean plantings and a variety of venues. Cox Communications Senior VP Bill Geppert and Channel 4 San Diego's Jeanne Rawdin announced a new awards program that along with the Trust for Public Land (TPL) and Think Blue will uncover San Diego County's unsung environmental and conservation champions.

"We're focused on raising the awareness of water conservation and Cox is committed to reducing Cox San Diego's annual carbon footprint by 20 percent by 2017," Geppert said. "We want to inspire the community to conserve



Water Conservation Garden exhibit of different grasses and how much water they consume. Photo by Diana Saenger

our natural resources and recognize those who make a difference.

Cox Conserves Heroes is an awards program created by Cox Enterprises and The

Trust for Public Land (TPL) that honors Heroes who work to create, preserve, improve or enhance the shared outdoor places in our communities. Phase One is the nominations to select the Hero, and each community is encouraged to nominate eco-friendly individuals. A Hero should be someone who has helped to create, protect and/or care for an outdoor place available for public relaxation, reflection or recreation by the community.

Phase Two, the TPL will screen the initial applicants down to a pool of 20. The Heroes Judging Circle, a panel of civic leaders within the conservation field, then selects the top finalists. For Phase Three, the voting, finalists are profiled on the Cox Conserves Heroes website and in local media, during which, the public is asked to vote online for their favorite. Each finalist is encouraged to spread the word and ask friends, family and co-workers to vote. At the conclusion of the voting period, the finalist with the most votes will be selected as the Cox Conserves Hero for his or her market. A donation will be made to the Hero's environmental charity of choice.

Individuals of all ages are eligible to become Cox Conserves Heroes. Anyone can nominate his/herself or someone else. Heroes and their projects must meet the following criteria:

A Hero should be someone who has helped to create, protect and/or care for an outdoor place available for public relaxation, reflection or recreation by the community.
The activity or project must be located within the community as defined by the local Awards • Program (select the market near you to learn more).
The Hero's story should inspire others to act.



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• The activity should be something that anyone could do.

• The activity cannot be pre-existing, such as a recycling program.

• The activity cannot be required by one's job.

For more information about the Cox Heroes and how to enter or vote visit www.coxconservesheroes.com.

See GARDENS page 4







#### - LOCAL NEWS & EVENTS



In an effort to get residents excited about their library, the Lakeside Branch of the San Diego Library is hosting an evening of Bingo on Feb. 25 at 6 p.m. Pictured above are Scott Adams and Don Boden, local Farmers Insurance Group agents who donated a book cart full of prizes to be given away at the bingo games. Accepting the prizes for the library is Erica Miller, assistant customer service supervisor. Contact the Lakeside Library for more information on Bingo night.

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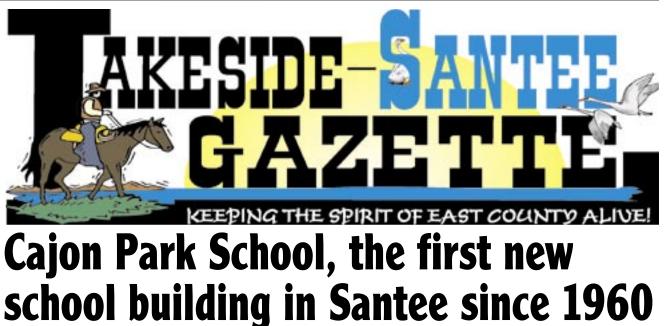
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#### he Santee School District and contractor Barnhart, Inc. announce the completion of the \$10-million, 18-classroom addition to Cajon Park School in Santee that houses 450 students in grades 5 through 8. The 32,823 SF, two-story building opened last month adjacent to the existing 42,000 SF Cajon Park School campus currently undergoing \$6.7 million in modernization covering K-4 classrooms, offices, library/ technology center, kitchen and bathrooms. The new Cajon Park junior high addition is the first new classroom building for the Santee School District since 1960, part of a \$165million school modernization program approved by voters in November 2006. Barnhart, Inc. is overseeing construction and construction management Cajon Park School has opened the doors of the 18-classroom addition. This is the first new for the modernization of nine school building in Santee in 49 year. elementary schools in the Santee School District .

tee School District . Designed to meet standards for green building construction, the new school building's energy-conserving features control the amount of sunlight entering the rooms and electricity needed to power light fixtures. Drought-resistant plants cut down water use while recycled ceramic tile and carpeting

Santee School Superintendent Dr. Lis Johnson said, "Modernization of our school sites and new construction of the Cajon Park Junior High creates world-class educational facilities and learning environments for our students."

Cajon Park School principal Marcia Ginn-May said the new classroom building has made a significant difference in the learning environment for students and that teachers and staff are now "renewed and rejuvenated." Ground breaking for the project was in April of 2008 with the new junior high building completed in December and modernization work to be completed by April 2009.

Barnhart staff working on the classroom addition and modernization program include: Anton Greenville, EVPfield operations, Grace Chan, Project Manager and Jason Plitz, Superintendent.

Barnhart, Inc.(<u>www.barn-</u>

hartinc.com), headquartered in San Diego, is a wholly owned subsidiary of Heery International, a 1,500-person architecture, interior design, engineering, facility management, program management and construction management firm based in Atlanta. Barnhart and Heery combined represent the fourth largest educational builder in the nation, according to Engineering News Record magazine.

Water Conservation Gardens ...

**Continued from page 2** The Water Conservation Garden has nearly five acres of displays that showcase water



PAGE 4

conservation through a series of beautiful themed gardens, such as a native plant garden and a vegetable garden, as well as how-to displays such as mulch and irrigation exhibits. Admission is free, and the Garden can be viewed on a self-guided tour, or through one of our programs.

Programs include: Four to six classes per month for the general public, including landscaping, gardening, and art offerings; Training in water conservation for professional landscapers.

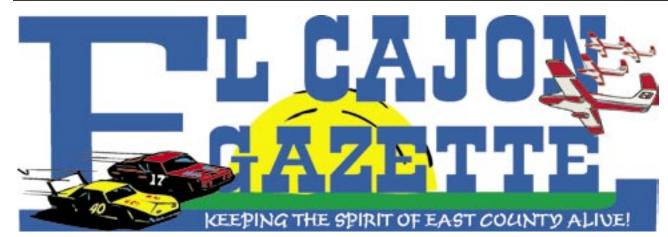
School tours; Regularlyscheduled adult group tours; Tours by appointment; Large educational special events and Outreach programs, including a speaker's bureau.

The Water Conservation Garden is located at 12122 Cuyamaca College Drive West,

#### Cox Senior VP Bill Geppert addresses crowd at Cox Conserves Heroes announcement. Photo by Diana Saenger

El Cajon, CA. It's open daily, 9 a.m. to 4 p.m. and Wednesdays until 7:30 p.m. – some holidays excepted – with and extended summer hours for June, July and August. For more information about the Water Conservation Garden go to http://www.thegarden.org.

#### GAZETTE LOCAL NEWS & EVENTS –



### **El Cajon City Highlights**



Flood Control Crew takes control of flood waters in El Cajon. Photo by Monica Zech

by Monica Zech City of El Cajon Public Information Officer

#### Spring City Newsletter coming soon

The City of El Cajon Newsletter and Recreation Guide will be available by March 9 at your local recreation centers, City Hall, and libraries. See updates on City projects and a guide of all the wonderful programs offered by our Recreation Department. You can also view the Newsletter online at <u>www.ci.el-cajon.ca.us</u> and look under "Recreation."

#### Neighborhood Forum to discuss the Downtown Specific Plan is Wednesday

We had a great turnout for the first forum last week covering District #1 on Feb. 12. If you missed it, don't worry, more forums are planned for Department, Redevelopment and Housing Department, and the El Cajon Community Development Corporation, is hosting these forums. They'll be providing an update on the new Downtown Specific Plan, focusing on one of the five planned districts listed above. If anyone lives, works or has a business within these districts join in the discussion - resident's thoughts and suggestions are welcome.

#### Disaster Preparedness Classes

If anyone missed the first Community Emergency Response Team (CERT) class on Feb. 7, no problem, a second class is scheduled for Saturday, Feb. 21. These classes are free, but what is learned is priceless in protecting oneself and one's family during a disaster. Space is still available for the current academy and the next academy beginning May 30. The East County CERT program offers disaster preparedness instruction for ages 16 and up. The complete CERT schedule for 2009 is listed below:

#### 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/Hazardous Materials/Terrorism

April 18 - All inclusive manipulative/review

#### Academy - #2

May 30 - Disaster preparedness/CERT organization June 13 - Disaster Medi-

cal/Triage June 27 - Extinguishers/Light Search and Rescue classroom

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

July 25 - Disaster Psychology/Hazardous Materials/Terrorism

Aug. 6 - All inclusive manipulative/review

Pick the academy that best fits your schedule and call to register at (619) 441-1737. 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

#### El Cajon Police Community Forums start Monday

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 you missed your 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

The last three sector meetings were rescheduled. If anyone is wondering what sector of El Cajon they live in, see the sector map found at <u>www.</u> <u>elcajonpolice.org</u>. 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.

#### Housing workshop planned

The Center for Social Ad-

vocacy 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 opportunities call (619) 938-3477.

#### Free Electronics Recycling

The public is invited to an electronics recycling event to be held on Saturday, Feb. 21, 9 a.m. to 3 p.m. at PETCO Park, located at 100 Park Boulevard in downtown San Diego. Electronics accepted are televisions, monitors, laptops, computers, phones and much more. Visit <u>www.eworldrecy-clers.com/events/faq.html</u> for a complete list of the items they'll accept at this event.

#### Lend A Hand in February

Lend A Hand's Februarv Saturday Morning Cleanup 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 your time to remove trash and graffiti in our local neighborhoods. Over 90 people volunteered in January! Recycle San Diego will be there to collect your 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 there collecting any usable items you no longer need, such as working electronics, furniture, household articles, baby items, or clothes. Remember, your donations are tax deductible. For more information

please contact Christina Burke at (619) 401-8858 or visit the El Cajon Community Development Corporation website at <u>www.downtownelcajon.com</u>.

#### FREE CPR Lessons in March

The American Red Cross will be holding their annual CPR Saturday on March 14 at the San Diego Concourse – Golden Hall, located at 202 C Street in San Diego. Hours are 7 a.m. to 1 p.m. Free adult CPR training for all ages, safety training for children ages five to eleven, and a blood drive will also be held. For more information please call (858) 309-1369 or visit at <u>www.</u> <u>sdarc.org</u>.

**Homebuyers Fair** 

Attention current or future homebuyers, you're invited to the San Diego County Association of Realtors' 4<sup>th</sup> Annual Homebuyers Fair planned for Saturday, March 21, from 9:30 a.m. to 1:30 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. For more information please call (619) 441-1673.

#### Are you registered for the Reverse 9-1-1 System

The Reverse 9-1-1 System was very successful in notifying residents to evacuate during the 2007 Wildfires in the County. Register your cell phone and/or email address with AlertSanDiego, the Reverse 9-1-1 program, by going to www.ReadySanDiego.org.

Also learn what you need to do before, during and after a disaster by going to their website. At the bottom of the opening webpage you will see a link to Living Safe, by clicking on this link you can download a Family Disaster Plan.

Note: Please keep me informed of your community events by placing me on your mailing or email list. If anyone has an event in the City of El Cajon that they would like to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via email at <u>mzech@ci.el-cajon.ca.us</u> or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.



the remaining districts – and you can attend more than one. The next neighborhood forum for District #2 of the Downtown Specific plan is on Wednesday, Feb. 18. Each of the five districts outlined in the Downtown Specific Plan will be reviewed at separate meetings – the schedule is listed below. All the following district meetings begin at 7 p.m. and are held at the Ronald Reagan Community Center, located at 195 East Douglas Avenue.

• 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

Staff from the City of El Cajon's Community Development

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### **Alpine happenings**

#### Get on the map

he Alpine & Mountain Empire Chamber is now taking reserva-

tions 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 Kellu@alpinechamber.sdcoxmail.com.



#### **Albertsons Annual Community Fair**

Albertson's Annual Community Fair will be held Saturday, Feb. 21, from 10 a.m. – 4 p.m. at 2955 Alpine Blvd. Sponsored by the Alpine & Mtn. Empire Chamber of Commerce. Complimentary vendor tables/chairs are available. If anyone is interested in participating, call or email Kelly@alpinechamber. sdcoxmail.com to RSVP.

#### **Senior Wellness**

Senior Wellness Fair & Mammogram Day presented by Mountain Health Community Services, Inc., will be held Wednesday Feb. 25 from 10 a.m. - 2 p.m. at Mountain Empire Community, 976 Sheridan Way, Campo. Mammograms from 8:30 a.m. - 3:30 p.m., free lunch 12 noon - 1 p.m. Contact Carol Lewis at (619) 445-6200 X165.

#### **Youth Choir**

Community Youth Choir (CYC) new session begins weekly singing classes on Tuesdays at 5:30 p.m, at Christ The King Episcopal Church, 1460 Midway Dr., Alpine, CA 91901. Recital is on April 3. Call Terri at (619) 723-0309 or 445-8968 or see www.ChristTheKingAlpine.org

#### **Community Sidewalk** Sale

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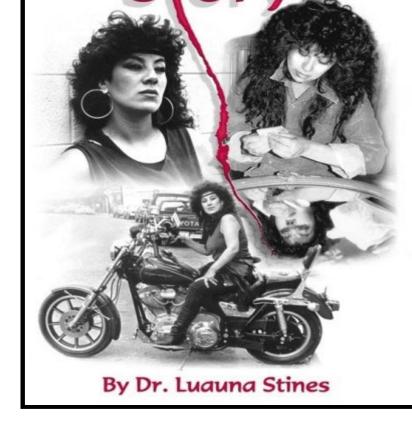
Community Sidewalk Sale hosted by Longs Drugs and in partnership with the Alpine & Mtn. Empire Chamber of Commerce will be held on Saturday, March 7, 9 a.m. - 5 p.m.Located at the Alpine Creek Town Center, 1385 Tavern Road, Alpine. Complimentary spaces available. Must bring a table/chairs. If interested in participating in this event, call or RSVP Kelly@alpinechamber. sdcoxmail.com.



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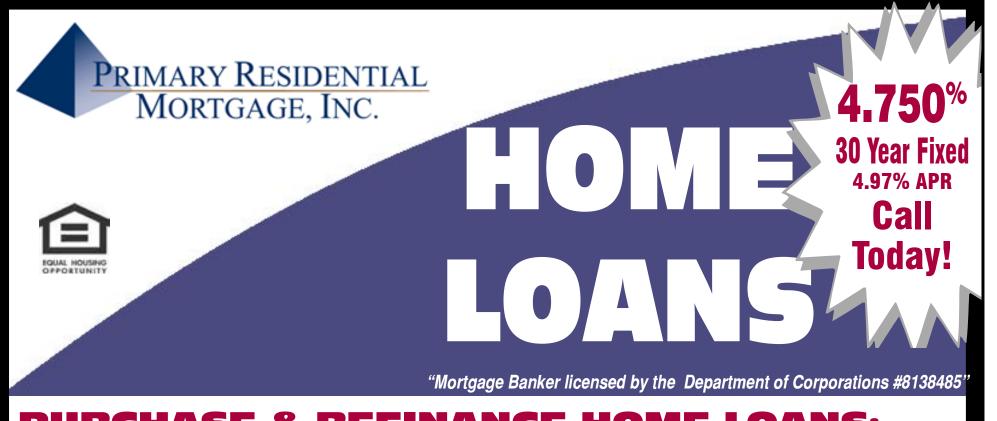
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#### "After 5 Business **Networker**" Mixer

Wednesday, March 25, 5:30 - 8 p.m. Alpine Family Medicine, 1620 Alpine Blvd., Ste. 119, will be hosting a Complimentary "After 5 p.m. Business Networker" Mixer. Refreshments will be served. If anyone plans to attend, RSVP to Kelly@alpinechamber.sdcoxmail.com.

#### **Free Monthly Family Fun Nights**

Friday, March 27, 6 – 8 p.m. Free Monthly Family Fun Nights at the Mountain Empire Community Center, 976 Sheridan Road, Campo. For more information, call Carol Lewis at (619) 445-6200x165.



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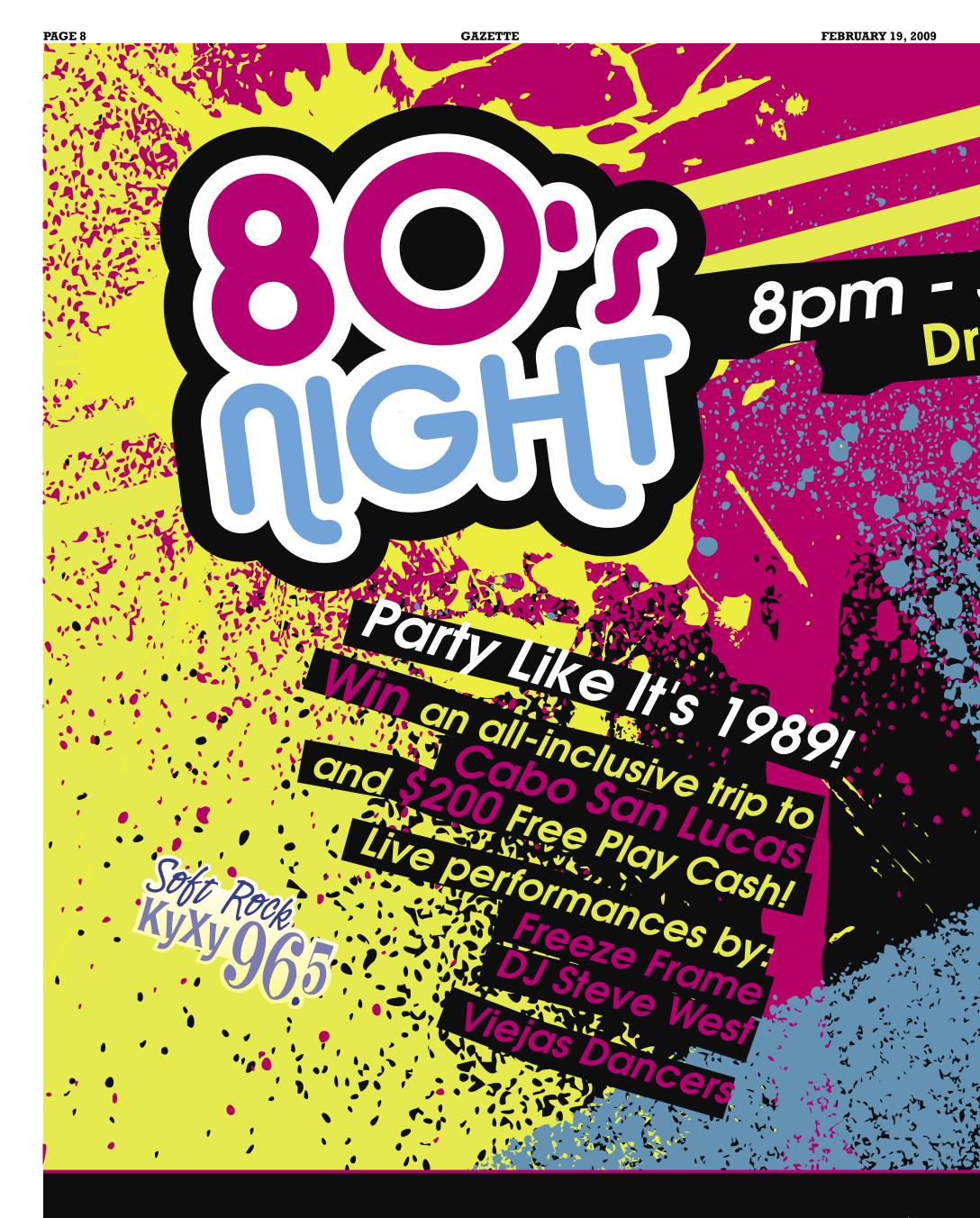
KELLI KRUEL 10 YRS. EXP. LYNNE HOFFMAN 21 YRS. EXP. CHRISTINE WAITS 17 YRS. EXP. CHRIS WILEY 17 YRS. EXP.

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e lucky V Club member

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### VIEJAS CASINO OUTLET CENTER

#### PAGE 10





Clive Owen stars in The International. Photo credit: Columbia Pictures/Beverly Blvd.

Review by Diana Saenger

here's more bad news about a bank. only this one is fictional. It's the International Bank

disheartened that even the heavyweight talents of Clive Owen and Naomi Watts

of Credit and Commerce

(IBCC), the biggest villain

in The International. I was

The International Studio: Columbia Pictures Gazette Rating: C-

MPAA: "R" for some sequences of violence and language Who Should Go: Fans of Armin Mueller-Stahl

Friday the 13th **Studio:** Paramount Pictures Gazette Grade: F MPAA: "R" for strong bloody violence, some graphic sexual content, language and drug material. Who Should Go: Friday the 13th fan

couldn't pull this thriller out of the doldrums.

Owen plays Interpol agent Louis Salinger. He's working undercover with a partner who dies right before a transaction is about to go down. Louis must now find "who done it," and he enlists the help of Manhattan Assistant District Attorney Eleanor Whitman (Watts). These two are soon deep into their investigation, but what they do -- and where they are -- is a constant puzzle.

The story sends the investigators globetrotting through about five European countries plus New York City. In each destination there's a multitude of shadowy characters. Who are they and whose side are they on? No one knows. The entire plot is as thick as molasses. Since you have no idea what's it's really about, you're left to watch the two main characters. Unfortunately, because we know practically nothing about Louis and Eleanor, it's tedious and boring.

on screen. Impressive here in his delivery, he has little to work with. Although Watts is a fine actress, her character lacks any passion or emotion. A short scene where she's at home with her husband and child only adds more confusion to this convoluted story. Armin Mueller-Stahl plays the movie's one interesting character, Wilhelm Wexler, a former colonel in the East German secret police who's somehow mixed up with the bank, its killers, mafia and drug lords.

While it's hard to find fault with Tom Tykwer's (Run Lola Run, Perfume) direction, I think newbie screenwriter Eric Singer bit off more than he could chew with this script. However, there's one long exciting scene in the middle of the film. It's a big gun battle that takes place in n New York City's Guggenheim Museum.

Still, The International is so confusing I would rather stand in a long bank line than have to watch it again. Originally scheduled for release last year, I Owen is always captivating can see why it was held back.





Danielle Panabaker stars in Friday the 13th. Photo credit: **Paramount Pictures** 

#### **Review by Michael Black**

n 1980 audiences were introduced to Jason Voorhees, a serial killer who some say looked like a hydrocephalic pinhead. The original 1980 movie, Friday the 13th, was panned by critics but young teens have created a cult following of the film, keeping the series alive for three decades. After 10 more sequels, the 11th is here.

The reboot of the series retells the story of the Camp Crystal Lake serial killer who wears a red wings' hockey mask to cover up his deformities. The target audience is the same - young male teenagers who want to see topless girls and root for a killer who slaughters dumb teens.

Jason Voorhees' mother, Pamela (Nana Visitor), is angry and kills almost all of the camp counselors for letting her boy drown in Crystal Lake. The last surviving counselor kills Pamela. Jason, who was thought to be dead, sees his mom's death and hears her last words to kill all that come near Camp Crystal Lake.

Zoom to present day where a group of teens are looking for a place to camp for the weekend and have fun. Unaware that Jason is about to derail their plans, Whitney (Amanda Righetti), Mike (Nick Mennell), Richie (Ben Feldman), Amanda (America Olivio), and Wade (Jonathan Sadowski) find a spot right next to the lake.

When she doesn't return by six weeks, Whitney's brother Clay (Jared Padalecki) tirelessly searches for her long after the authorities have given up. He runs into rich teen snob Trent (Travis Van Winkle) and friends Jenna (Danielle Panabaker), Bree (Julianna Guill), Chewie (Aaron Yoo), Chelsea (Willa Ford), Lawrence (Arlen Escarpta), and Nolan (Ryan Hansen). Jenna is the only one who cares about Clay and helps him look for his missing sister. Jason finds the group and starts taking them out one by one in gruesome ways.

Friday the 13th once again takes advantage of young impressionable teens with low grade entertainment ploys such as topless women - three out of five of the actresses - marijuana smoking and lots of simulated graphic deaths. The main reason why Friday the 13th is being rebooted is because the mindless movie drones of society supported the reboot of Texas Chainsaw Massacre in 2003 and 2006, and now the filmmakers hope to make a killing (pun intended) at the box office again.

by Diana Saenger

t's only days away until Hugh Jackman opens the 81st Academy Awards by Academy of Motion Picture Arts and Science on Sunday, Feb 22. Who will win, and who should win has been the topic of conversations nationwide since the close of films shown in 2008.

Here are my predictions as a syndicated film critic on who I think will win and who I would like to see win for some of the major categories.

**BEST PICTURE** Nominations: The Curious Case of Benjamin Button Frost/Nixon



WHO I WOULD LIKE TO WIN – Danny Boyle for his superb direction. The film cost \$15 million to make and as of Feb. 17 has netted \$138 million worldwide.

**Diana's Oscar picks** 

#### **BEST ACTOR**

Nominations: Richard Jenkins - The Visitor Frank Langella - Frost/Nixon Sean Penn - Milk Brad Pitt - The Curious Case of Benjamin Button Mickey Rourke - The Wrestler

WHO WILL WIN - Mickey Rourke in The Wrestler

**Mickey Rourke** in The Wrestler, Credit: Niko Tavernise/Fox Searchlight

Heath Ledger in

The Dark Knight,

**Credit: Warner Bros. Pictures/ Stephen** 

Vaughan/TM & © DC

Comics

#### **BEST ACTRESS**

Nominations: Anne Hathaway - Rachel Getting Married Angelina Jolie - Changeling Melissa Leo - Frozen River Meryl Streep - Doubt Kate Winslet - The Reader



Kate Winslet in The Reader, Credit: The Weinstein Company

WHO WILL WIN - Melissa Leo in Frozen River.

WHO I WOULD LIKE TO WIN - Kate Winslet in The Reader. Winslet's performance as a young, pretty woman who falls in love with someone nearly half her age, but later in life is involved in a world changing event, is stunning. She's polished in every heart-breaking scene. I was also mesmerized by the film Frozen River and Melissa Leo's performance as a single mom faced with desperate circumstances and lured by fast money from smuggling humans across the Canadian border. I'd be happy with either actresses' win.



Milk The Reader Slumdog Millionaire

WHO WILL WIN - The small independent film Slumdog Millionaire has taken the world by storm, and I predict it will win.

Slumdog Millionaire.

WHO I WOULD LIKE TO WIN – My favorite film of the year is The Reader, a film about love and overcoming past guilt with a phenomenal performance by Kate Winslet. However, I'm so proud of Danny Boyle's direction of Slumdog Millionaire and the performances of young Dev Patel and Freida Pinto, that I would be thrilled to see it take home the Oscar.

#### **BEST DIRECTOR**

Nominations:

Danny Boyle - Slumdog Millionaire Stephen Daldry - The Reader David Fincher - The Curious Case of Beniamin Button Ron Howard - Frost/Nixon Gus Van Sant - Milk WHO WILL WIN - Danny Boyle & Loveleen Tandan for Slumdog Millionaire. Filming partly in Mumbai was a challenging task that Boyle mastered.



Danny Boyle, Credit: Ishika Mohan/ Fox Searchlight



scene. Credit: Ishika Mohan/ Fox Searchlight

WHO I WOULD LIKE TO WIN – This is a tough category as each actor in this category is superb, but Rourke gives the best performance of his career to date as Randy "The Ram" Robinson, a once popular wrestler 20 years after his prime. Rourke is my pick. But I was disappointed to see Daniel Craig's name missing from this list. I think his performance in Defiance was his best portrayal to date.

#### **BEST SUPPORTING ACTOR**

<u>Nominations:</u> Josh Brolin - *Milk* Robert Downey Jr. - Tropic Thunder Philip Seymour Hoffman – Doubt Heath Ledger - The Dark Knight Michael Shannon - Revolutionary Road

WHO WILL WIN - Heath Ledger -The Dark Knight

WHO I WOULD LIKE TO WIN – Heath Ledger. Again a tough category. One has to eliminate the death of Ledger as a contributing factor of his nomina-

tion, and I believe all those that vote have done that. His performance as the Joker in *The Dark Knight* took the character and the role in an entirely unique and thrilling direction. He deserves this award.

#### **BEST SUPPORTING ACTRESS**

Nominations: Amy Adams - Doubt Penélope Cruz - Vicky Cristina Barcelona Viola Davis - Doubt Taraji P. Henson - The Curious Case of Benjamin Button Marisa Tomei - The Wrestler



Mickev Rourke & Marisa Tomei in The Wrestler, Credit: Niko Tavernise/Fox Searchlight

WHO WILL WIN - Marisa Tomei - The Wrestler

WHO I WOULD LIKE TO WIN - Marisa Tomei for The Wrestler. All of these nominees deserve this award. When the nominees are equally deserving, I look at their current nominated performance against their body of work and search for the performance that is the most unusual and unexpected of their career. For me, that is Tomei.

The Oscars take place Sunday evening, Feb. 22 on ABC. You can read instant winners as well as winner comments on Gazette entertainment editor Diana Saenger's website, www. reviewexpress.com

### For Health's Sake

### **Health bits and pieces**



William Valencia, Absolutely **DanceSport Dance Studio**, **Certified Wheelchair Dance** Instructor with wheelchair dancers.

#### Wheelchair users learn to ballroom dance in a creative, fun setting

ree, 8 weeks of In-structional Ballroom Wheelchair Dancing Sharp Grossmont Rehab Center is hosting free Instructional Ballroom Wheelchair Dancing. Attend one or several of the dance sessions on Thursdays, Feb. 19 through APril 9 from 12 noon to 1 p.m. at the Grossmont Rehab Center, 5555 Grossmont Center Drive in La Mesa.

Any age individual using manual or motorized wheelchairs who would love to wheelchair dance, with or without an able-body partner.

The physical benefits of wheelchair dancing assist with the maintenance of balance, flexibility, range of motion, coordination and enhanced respiratory control. Wheelchair dancing promotes social interaction, independence and a healthy, active lifestyle.

Space is limited, call (619) 740-4104 to register and for directions. Get ready to roll!



#### 'Alternative Medicine' discussion

The Grossmont Healthcare District's Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St., La Mesa, will host a free senior discussion group on "Alternative Medicine," a presentation from Margaret Coyne, library researcher, from 10 to 11 a.m. on Wednesday, Feb. 25. The public is invited to attend.

Handouts on different alternative medical methods, including homeopathy and meditation, will be provided and healthy refreshments will be served, according to Kathy Quinn, library director.

The Herrick Library, which opened in 2002, is operated by the Grossmont Healthcare District, a public agency that supports health-related community programs and services in San Diego 's East County .

For more information, phone the library at (619) 825-5010 or visit www.herricklibrary.org.

Captain Heringer of the Alpine Sheriff's Station, addressed the Alpine and Mountain Empire Chamber's Hot Topics Breakfast group last week talking about Training, Tools, Technology and Tactics on Law Enforcement. He reported home and car break-ins are up in the Alpine vicinities.

#### Meals-On-Wheels

Meals-on-Wheels, Greater San Diego was awarded a \$100,000 grant from the California Wellness Foundation.

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

The funding will support the core operational services such as volunteer coordination, client services and logistics. Specifically, the funds will be used in the following manner:

• Formulation, preparation, and packaging of meals designed to address differing nutritional needs among the senior population;

• Transportation of prepared meals, primarily by volunteers, and by paid staff; and

· Volunteer driver recruitment, training and management

Meals-on-Wheels is the only non-profit organization in the San Diego region to home-deliver two meals a day, seven days a week (including holidays), providing modified diets, to seniors, age 60 and older, throughout San Diego County. Approximately 2,200 seniors are Meals-on-Wheels clients. Meals-on-Wheels delivers more than 400,000 individual meals each year from 21 food drop sites throughout San Diego County. Meals are delivered to these 21 sites Monday through Saturday; Sunday meals are delivered with the Saturday meals. Volunteers pick up the food from their local drop sites to deliver to the seniors.

To volunteer, to make a financial donation or to learn more about signing up a senior for meal delivery service, please visit the Meals-on-Wheels, Greater San Diego web site at http://www.meals-on-wheels. org or call (800) 5-SENIOR.

#### **About Meals-on-Wheels Greater San Diego**

Meals-on-Wheels, Greater San Diego contributes to the overall well-being of seniors by providing regular nutrition and daily contact with a caring volunteer. Additional information can be found at www.meals-on-wheels.org or call (800) 5-SENIOR.

#### Laughter is the Best Medicine

#### Clean can be funny

woman came home, screeching her car into the drive-Away, and ran into the house. She slammed the door and shouted at the top of her lungs, 'Honey, pack your bags. I won the lottery!

The husband said, 'Oh my God! What should I pack, beach stuff or mountain stuff?'

'Doesn't matter,' she said. 'Just get out.'

A Polish immigrant went to the DMV to apply for a driver's license. First, of course, he had to take an eye sight test. The optician showed him a card with the letters

'C Z W I X N O S T A C Z.' 'Can you read this?' the optician asked.

'Read it?' the Polish guy replied, 'I know the guy.'

\* \* \* \*

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army. On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair.

On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth.

On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years.

#### **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 over-and-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.

### MOTORANSPORTS **Columbia Electric Trucks — little mega haulers**



A look at the inside of the Columbia Electric Truck. Photo by **Dave Stall** 

#### by Dave Stall

ith gas prices creeping up to the \$4 range this may be a perfect review for the folks that need a vehicle for short range, not run on gas but able to haul up to 1,068 pounds.

Cottonwood Electric Cart Service in El Cajon is the authorized dealer for Columbia Mega. Powered by deep cell batteries with a life expectancy of 5 to 6 years and a top speed of 25 miles per hour. The Columbia will allow you to travel city streets with ease or on your ranch or trailer park. The Columbia has become a popular vehicle for College's and municipalities that need to save money on campus vehicles.

The Columbia is 100 percent electric powered, environmentally friendly and there is six body styles to choose from. There is a choice of an enclosed van with a rear and side door opening or there is the pick up truck model. If a dump system is needed, no problem. Drop sides a must? No problem Columbia has it. Maybe you need a Refuse Hauler, what is a refuse Hauler? A trash truck that dumps.

Pretty cool if you ask me.

Driving the Columbia is a snap. Turn the center knob to reverse, forward and release the hand brake and you're off. Complete with turn signals, steering wheel lock for security, ignition key, hazard lights, seat belts, inside rear view mirror, center storage pocket, tinted glass, dashboard maintenance alert indicator and single point battery watering system. Talking with Cottonwoods tech, Will, he said the number one problem with electric carts is lack of water in the batteries, this system makes maintenance simple.

Choice of three colors, hubcaps, sun visors, strobe light, windshield wipers and washer, outside mirrors and a heater defroster all standard. What more could you ask for? The thing I like about the Columbia other than the fact it is made in the good old USA, Reedsburg Wisconsin to be exact, is that the vehicle is designed to operate as a true work vehicle. In fact, USD is using them and when I had Columbia on KUSI last Saturday, we ran into Mayor Sanders and he is looking to

of dollars by switching to the Columbia. Also on the Columbia is real world components, solid state regenerating braking system, front wheel drive, rack and pinion steering, disc brakes up front and drum in the rear, McPherson Strut/Coil suspension up front and Coil/Shock

system in the rear, 145/70R13

tire and wheel package and the

switching all the small mainte-nance vehicles to Columbia's.

Studies have shown that a

company can save thousands

#### **Bumper-To-Bumper** with Dave Stall

Dave: I own a 1962 Chevy two door hardtop. I have had the engine and automatic transmission rebuilt about 6 years ago and everything is fine except the other day when I was planning to take it to a hot rod swap meet it wouldn't start. The key turned but no sound not even a click. I went with a buddy and when we got back I tried it again and she started. A few days later it wouldn't start again. I noticed the ignition key was pretty sloppy when you stuck it in so I replaced the ignition switch, still wouldn't start so I replaced the starter, still nothing. I'm at wits end, do you have any ideas? Craig, El Cajon.

Craig: Now that you have stopped throwing parts at your car I think a little diagnosis is in order. It sounds like the neutral safety switch is out of adjustment or defective. Try starting it in neutral and when you try to start it in park push the shifter a little father to the left or if it is an SS push the handle forward to see if that allows it to start. You can also crawl under the car with a test light and follow the 12 volt current and see where it stops or does it go into the switch but not out. Could also be the ignition wiring harness, remember she is 46 years old and last but not least make sure all the ground straps are clean and tight.

Dave: I drive a 1989 Chevy 3/4 van and I have been hearing a thud, thud sound coming from what I thought were my tires. Upon inspection I found the left rear tire had a split right at the sidewall and tread and a section of the tread was worn smooth, but the rest of the tire looked brand new, in fact all the other tires looked brand new as well. I use this van to show dogs and it doesn't get driven much and the tires are 6 years old but only have around 2,000 miles on them. Here is where my question comes in, I took the van back to Discount Tire where I bought the tires originally and they prorated the bad tire and insisted on replacing the three other tires stating they were weather cracked and unsafe for the open road. Is this statement true or did I get ripped off by Discount Tire! I paid for the other three tires at a discounted rate. Mechelle, Alpine.

Mechelle: Well since I can't see the tires you had on your dog van I made a few calls and found out that tires will break down due to weather cracking when not used and the life expectancy of a tire is 6 to 8 years so I feel they probably did you a favor since you haul dogs around in that van and having a tire failure at freeway speeds could be ugly.

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

chassis is made of aluminum for strength and lightness.

Now the big question? What does the Columbia Mega cost? Well they start at \$16,000 and go up from there; personalize these trucks to ones liking thanks to Cottonwoods extensive parts department.

Stop by 800 El Cajon Blvd

(Across from Cunningham BMW) and visit with Gil Salazar his phone number is (619) 440-2127. Easy financing is available, help the environment and look at a Columbia and see if it fits your work model.

Got a car question or comment? Go to www.davestall. com

#### Team USA reached semi-finals in 'USA Sevens' rugby tournament

#### by Chuck Karazsia

Billed as the largest at-tended single rugby tournament event in the United States, 'USA Sevens' rugby tournament in San Diego provided a multi-cultural international flavor that was highly competitive and fun for the whole family.

This two-day event culminated when Argentina defeated favorite England 19-14, capturing the championship in the final match hosted at beautiful Petco Park last weekend.

This was the largest number of teams gathered for the most attended rugby event in the United States. Sixteen national teams competed. Matches were played every 21-minutes with game times set at 14-minutes each. 27 games were played on Saturday, and 24 on Sunday. Most of the teams played each other once. Matches started at 9:30 in the morning and concluded around dusk. In this day-long event when fans weren't watching their favorite teams play, they mingled in the crowd around the Park and the nearby Gaslamp area.

Seventeen thousand fans witnessed the USA team reach the semi-finals for the first time in history on American soil, and just their second time in International Rugby Board World Series competition.

Even with a hampered economy, ticket sales for this event were up 20 percent over last year.

Previously held at the Home Depot Center in Carson, the

cause of increased growth potential combining that with the beauty of Petco Park and the Gaslamp District a block and a half away.

"It has been a terrific partnership with the cooperation and enthusiasm of San Diego's mayor, the Padres, and Petco Park management," said USA Sevens tournament managing director Ray Peterson.

"We have grown attendance wise 40 percent in the three years we have been here and are very encouraged. I think San Diego and Southern California have finally begun to understand that this is great, high level, athletic contact competition, but it's so much more. It's a multi-cultural gathering of people. If you haven't seen it you should come down and try it. If you like sports at all give it a try. You aren't going to see anything else like it in the United States. This is the one shot you have in the year."

'They (fans) come dressed up in costumes. We have had the (pope, royal family, and last year we had twelve guys dressed up as Hooter Girls. It's crazy and part of the culture of rugby. The fans are every bit as important as what goes on the field. It's a real fun time."

"The rugby crowd (players) is a unique crowd. They have a good time and cheer each other on except when they play each other. Their sportsmanship and the crowd were magnificent.'

Fans loyal to their team hung out in different bars downtown. The mood was jovial, laughing and singing all weekend in the



tournament moved to San Diego the last three years be-

#### Gaslamp. The weather perfect for rugby was cool with overcast skies and no rain.

Sunday's quarter-final match against Kenya, saw U.S. Team rally from a 7-0 deficit to win the match 14-7, amid chants of USA, USA, USA heard reverberating throughout the confines of Petco Park.

Advancing to the semi-final the American team trailed Argentina 12-0 at the intermission only to rally back once again to take a 14-12 lead with seven minutes to go.

The Argentines dug in and scored with over a minute left controlling the ball for the remainder of the match before advancing to the championship match against England.

For more information on the tournament visit their website www.usasevens.com.

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GAZETTE

### 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



#### PUBLIC NOTICE NOTICE OF PUBLIC HEARING ALL OCATIONS 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 Caion. 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, 2009, at 3:00 p.m.

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

#### 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 CITY OF EL CAJON 10

#### 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 18 - LOCAL STREETS **RESURFACING – VARIOUS LOCATIONS ENGINEERING JOB NO 3265**

BID 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 is requested).

#### 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 2:00 P.M

#### 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 bidder 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 Contract Code

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 delinguent or unfaithful in any former contract with the City.

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002246 FICTITIOUS BUSINESS NAME(S): AC-CUVANCE

Located at: 12069 Calle de Medio #106, El 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 able Earthworks 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 hear 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 llamada 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 Avuda 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 Fast County Division 250 Fast 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 , LLP 1550 Hotel Circle North, Suite 120, San Diego, Calirfornia 92108. Date: (Fecha) September 25, 2008 Clerk (Secretario) By: S. Viets, Deputy (Adjunto)

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 Caion. 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 Caion, 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. 2009-0033074 FICTITIOUS BUSINESS NAME(S): Sugar

weet Stitches Located at: 507 Danny St., El Cajon, CA 92021

This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. John Cowan Weaver 507 Danny St., El Cajon, CA 92021 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 30, 2009 East County Gazette- GIE030790

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

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

FICTITIOUS BUSINESS NAME(S): P.E.C. 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. 2009-003526 FICTITIOUS BUSINESS NAME(S): Hub zone Doors and Hardware

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 County on February 03, 2009

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

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., El Cajon, 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. 2009-003517 FICTITIOUS BUSINESS NAME(S): Assets

Claims Research and Recovery Located at: 649 W. Washington Ave., El Cajon, CA 92020 This business is conducted by: Co-Partners 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 Caion 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. 2009-002933 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. 2009-003900 FICTITIOUS BUSINESS NAME(S): East County Biz Center Located at: 270 E. Douglas Ave., El Cajon,

CA 92020 This business is conducted by: An Individual The first day of business was: January 1,

2008 This business is hereby registered by the following: 1. Nancy North 270 E. Douglas, El Cajon, ČA 92020

This statement was filed with Gregory J. 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. 2009-002588

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

#### FICTITIOUS BUSINESS NAME

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

Located at: 9274 Lakeview Terrace, Lakeside, CA 92040 This business is conducted by: An Individual The first day of business was: January 23,

2009 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. 2009-003424

FICTITIOUS BUSINESS NAME(S): a.) ART DOM Painting & Decoration b.) ART DOM **Fine Wall Finishes** 

Located at: 1924 Dehesa Rd., El Cajon, CA 92019 This business is conducted by: A Corpora

tion

The business has not vet started. 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 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 vet 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. 2009-004462 FICTITIOUS BUSINESS NAME(S): Custom

Wiring Electrical Services Located at: 667 Ellen Lane, El Cajon, CA 92019

This business is conducted by: An Individual The first day of business was: May 17, 2007 This business is hereby registered by the

following: Brian Messenger 667 Ellen Lane, El Cajon

CA 92019 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on FEBRUARY 19, 2009.

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

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-004007

FICTITIOUS BUSINESS NAME(S): DLS Located at: 802 Grand Ave., Spring Valley CA 91977 This business is conducted by: An Individual The business has not yet started This business is hereby registered by the

Dwayne Compton 1829 K Ave. #1, National

Smith Recorder/County Clerk of San Diego

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2009-004761

Located at: 3930 Denver Dr., La Mesa, CA

FICTITIOUS BUSINESS NAME(S): The

East County Gazette- GIE030790

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

This statement was filed with Gregory J.

County on February 09, 2009.

following:

City, CA 91950

Lord Agency

91941

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 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. 2009-002680

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

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

East County Gazette GIE030790 February 12, 19, 26, March 5, 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 CANDELABIA GONZALEZ HAS EILED FOR AN ORDER TO CHANGE NAME FROM: ARIANA CANDELARIA GONZALEZ

TO:

ARIANA CANDELARIA PROULX 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, 4<sup>TH</sup> FLOOR, on MARCH 11, 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 JANUARY 20, 2009. East County Gazette - GIE030790

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

#### STATEMENT NO. 2009-002714

FICTITIOUS BUSINESS NAME(S): Rock Pointe Services Located at: 8870 La Mesa Blvd., La Mesa, CA 91941 This business is conducted by: A Corpora-

tion

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. 2009-002681

FICTITIOUS BUSINESS NAME(S); a.) Twin Oaks Family Dentistry b.) Twin Oaks Dentistry

Located at: 230 E 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

#### This business is conducted by: Limited Partnership

The first day of business was: February 17, 2009

This business is hereby registered by the following: 1. Jennifer Lord 3930 Denver Dr., La Mesa, CA 91941; 2. Scott Lord 3930 Denver Dr., La Mesa, CA 91941 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 17, 2009

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

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-003939

FICTITIOUS BUSINESS NAME(S): Rosebud Army-Navy Surplus II Located at: 642 Hollister St., San Diego, CA 92154 This business is conducted by: General

Partnership

The first day of business was: February 6, 2009

This business is hereby registered by the following: 1. Maria R. Evans 3864 Aveinda Palo Verde, Bonita, CA 91902; 2. Marsha Gonzalez 1833 Brabham St., El Caion, CA 92019

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

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

### **Classified Ads**

## **G** NEW! ONE TIME PRICE! NOW ADVERTISE YOUR



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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

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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



►On Wheels



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 990-0996



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 \$8500 OBO 619-561-6087



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





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 Convit, 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 surre 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.





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



#### APARTMENTS FOR RENT

El Cajon Apt. Sunset View Apts. Beautiful 1 & 2 br w/ 1&2 ba. Pet friendly, patios, balconies or pool units. Move in Specials, Renting now. Call 619-449-5153

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2006 Power Wheelchair Deluxe Quickie S-525 two-speed with twin ElectroCraft motors, dual batteries and factory charger. Seperate folding manual wheelchair and walker too! Cost \$5000, All 3- \$2200

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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.

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



get-a-ways and camping with a full gueen 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.

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P.O. Box 697, El Cajon, CA 92022

or e-mail us at: editor@ecgazette.com Proud members of: **Alpine Chamber of Commerce** Lakeside Chamber of Commerce **East County Regional Chamber of Commerce** San Diego East Visitors Bureau **National Federation of Independent Business** The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Caion Judicial District. The East County Gazette adjudication number:

GIE030790. March 10, 2006.

2008 Ford Club Wagon. Polar white, gray trim, grey leather interior. Great for we

GAZETTE



### Dog is chewing everything ... ask a trainer

by Nan Arthur. CDBC, CPDT, KPA CTP

#### Dear Trainer.

'm ready to get rid of my dog (not really, but I'm not happy). She is a chewing fanatic and has ruined several remote controls, my husband's glasses, the legs of several pieces of furniture, and lots of other things around the house. It's getting expensive to replace some of those things and she seems to be getting worse the last couple of weeks. We have given her several rawhides, but she doesn't seem to be that interested in those. How can we make her stop chewing? Also, my dog is a cattle dog mix and is just over a year old now.

Signed,

All Chewed Up

#### Dear Chewed,

I'm sorry to hear about your dog's oral fixation problem, but it is a common one that is often seen in dogs that are known to have higher energy, and a cattle dog certainly fits that bill. It has also been raining a lot in the last couple of weeks and many dogs in our area are feeling a little "cabin fever" by not getting out and exercising and playing as they normally would, so that might contribute to your dog's increase in her chewing activities.

#### Why dogs chew

Considering that your dog is

not necessarily qualify as separation anxiety at its most severe level, but it does match some of the symptoms.

The type of things that dogs choose to gnaw on is also a clue to solving the puzzle of ending the problem. Since your dog is choosing things that have a hard texture, it would be a natural assumption that providing her with things of a like nature will help keep her teeth off of your furniture and such.

#### What to do

Prevention is one of the first things to consider with your dog's chewing problems. When you are not able to supervise your dog, she shouldn't have access to the things that you don't want her to chew. You can achieve this by limiting her access via crates, dog runs, a laundry room, exercise pens or baby gates. Be sure to practice confining your dog before leaving her for long periods of time, and make any of these areas comfortable and cozy. You can add something with your scent to make it more pleasant for your dog as well.

Consider using a taste deterrent that you spray on things to make them taste bad. There are many types of these and you may have to try a couple of them to find one that your dog doesn't like.

• Stuffed Kongs TM that are frozen after you are done adding the different layers of food. See the Kong TM website for recipes and more ideas on how to stuff them and what to put in them.

 Bully sticks are often a favorite of many dogs, and these come in many sizes and shapes.

• Nyabones are another extra hard surface that many dogs like to chew. Check out the different sizes and styles on there website: http://www. nylabone.com/

If your dog seems uninterested in things like pressed rawhides or Nyabones, make them better! You can do this by pressing things like cream cheese into the tiny cracks and crevasses of pressed rawhides, or try dipping them in beef broth. You can also drill a couple of holes (make them big enough so your dog's teeth won't get stuck in them) in a Nyabone so you can add fun treats or gooey stuff in the holes to entice your dog to chew these.

If you are not familiar with my thoughts and feelings about diet, please visit my website's article section and read about how diet can affect behavior. In a nutshell, help your dog be calmer by feeding low or no-grain foods with no corn, wheat or soy products.

the yard and encourage your dog to find them.

Finally, for an easy mental game, throw your dog's whole meal onto the lawn or on a patio and allow her to forage around to find it. This is great

mental and physical exercise and dogs truly love to "find" their food this way.

If you find these ideas are not helping your dog, please contact a positive reinforcement behavior consultant or vour vet for other ideas on how to help your dog relax more.

Good luck,

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



Panchita, a 5-yr old German Shepherd mix, is a 50-pound girl with a ton of love to give! She is energetic, intelligent, needs a secure yard, and will be great with adults and older children. Panchita is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). For more information, call (619) 788-7880.

Jesse is a 3-year old, 38-lb bundle of FUN! This handsome brown Sharpei mix loves to run, play, and live a happy-go-lucky lifestyle. Jesse is available for adoption through FOCAS (Friends of County Animal Shelters www. focas-sandiego.org). He's waiting to meet you and shower you with kisses. For more information call (619) 788-7880.





Cinderpaw is a 6-month old female grey tabby. She came in with a broken leg after being hit by a car, is now fully recovered and looking for her forever home. Cinderpaw's adoption fee is \$100. She has been spayed, is up to date on vaccinations, microchipped and FIV/FELV tested. She is available for adoption at the FOCAS (Friends of County Animal Shelters) adoption center in the Point Loma PetSmart at 3610 Rosecrans Street. Information: (619) 685-3536 or www.focas-sandiego.org.







February 24, 2009 6 pm to 10 pm



#### Drink Specials @ The Bar

Mardi Gras Mai Tai's \$4.00

#### Marie's Menu Specials

Shrimp & Andouille Jambalaya Shrimp Po' Boy

### LA POSTACASINO

Take I-8 to the Crestwood Rd. exit. Go North. Continue 1 mile up the hill.



#### www.lapostacasino.com

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