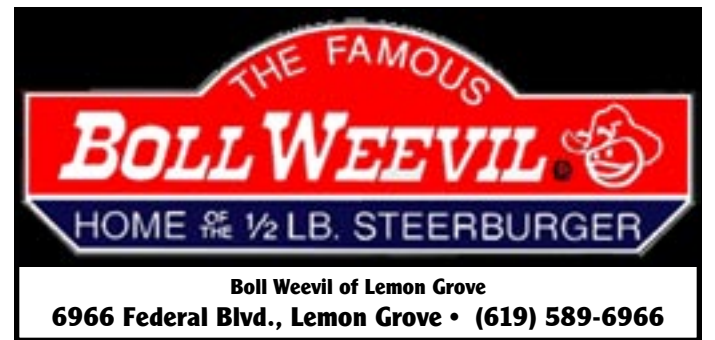




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VOLUME 9 NUMBER 35

FEBRUARY 5-11, 2009

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Adopt your pet for Valentine's Day! See page 15 for a few adoptable pets. Or visit Camp Bow Wow, 1677 N. Marshall Ave., Ste. A in El Cajon on Saturday, Feb. 7, 11 a.m. to 3 p.m. for a big adoption event. Several rescues and shelters will be on hand with lovable pups seeking their forever homes — Lab Rescuers, San Diego Spaniel Rescue, Chihuahua Rescue, FOCAS, Aussie Rescue of San Diego, Greyhounds 2Go, Barking Lot and many more.

What's new in autos?



See Dave Stall's column on the new 2009 Jeep Wrangler Unlimited Sahara 4x4 on page 12.

What's new in theaters?



Read about
'Coraline'
by Diana Saenger
in the Class Act Entertainment section

Kicking back at Santee Lakes



CALLING ALL PHOTOGRAPHERS! The Gazette is having a photo contest for all East County residents. Here's a chance to win \$25 and see your photo on the front page of the Gazette. Photos must be taken in East County at a local event, park, etc. Send photos to: editor@ecgazette.com. Must be 300 dpi and be accompanied with photo description, your name and phone number and a signed "permission to print." One winner will be chosen each month. Pictured above is little Caleb kicking back at Santee Lakes. Photo by Briana Thomas

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Bits and pieces around East County

Miss Santee and Miss La Mesa

Applications are being accepted for contestants for the Miss Santee 2009, Miss Santee Teen 2009, Miss La Mesa 2009, Miss La Mesa Teen 2009 pageants.

The pageant is March 6 at Sonrise Community Church but are looking for young women now. It is a wonderful opportunity for girls to serve their communities and there is scholarship money involved. The Miss La Mesa and Miss Santee Pageants are held together in the same show to help off set the costs of the production (the pageants are non profit organizations).

The Pageants are open to ladies 13 to 26 years of age. There will also be a "Princess Pageant" program for young girls where everyone is a winner in both cities. Ages 6-12.

E-mail us at: missanteepageants@yahoo.com to get your pageant information.

After-School programs

The San Diego Chapter of After-School All-Stars announces the launch of its Sports Club program in all six elementary and two middle schools in the Lemon Grove School District. The program provides students with opportunities to learn a variety of sports, as well as compete with other schools in league play, free of charge.

Based on a foundation of discipline and teamwork, the After-School All-Stars Sports Club program encourages students to remain physically active while developing skills and qualities such as communication, leadership and motivation. All youth are encouraged and given opportuni-

ties to participate, regardless of skill level.

"Numerous studies have shown that involvement in sports can promote physical, social and intellectual well-being among youth," says Marti Hess, executive director of After-School All-Stars San Diego. "By implementing the All-Stars Sports Clubs, we hope to encourage a sense of personal achievement, identity and satisfaction that the students can carry with them in their everyday lives."

The Sports Club programs' coaches are funded through the school district's after-school budget. With the help of Chargers' linebacker Shaun Phillips' All-Stars Sack Attack donation program and local sponsors, After-School All-Stars provides the equipment and referees, coordinates the league play and purchases uniforms and trophies for the children.



Miss Santee Heather DePriest and Teen Santee Lizele Lingasin.

The All-Stars Sports Club programs are offered to students at the following schools in Lemon Grove School District: Lemon Grove Middle School, Palm Middle School, Mount Vernon Elementary, Golden Avenue Elementary, San Altos Elementary, Monterey Heights Elementary, San Miguel Elementary and Vista La Mesa Elementary.

After-School All-Stars seeks to provide comprehensive out-of-school programs that keep kids safe while continuing to nurture their minds. Through programs that incorporate academic assistance, independent learning, enrichment activities and sports, kids benefit from increased confidence and success in all areas of their lives—at home, in school and in the community.

Kiwanis Club of La Mesa Soap Box Derby

In the seventh year of its Soap Box Derby program, the Drew Ford and the Kiwanis Club of La Mesa will hold two days of Rally Races on Saturday, March 7 and Sunday, March 8. The back-to-back races lead to the Annual La Mesa Soap Box Derby in June. Winners of that contest are sent to the National Derby in Akron, Ohio, in July.

About 35 to 40 youngsters from cities throughout Southern California, Arizona and Nevada are expected to participate in the two days of racing down Junior High Drive adjacent to La Mesa Middle School. Nearby Highwood Park will be the staging area and picnic grounds. Being held in cooperation with the City of La Mesa, the rally races are designed to provide drivers with experience and gamer points.

Youngsters ages 8 to 17 wishing to enter should contact La Mesa Kiwanis Derby Chairman Dennis Wilkes at 619-469-7353 or online at dwilkes1@cox.net for entry information.

"Each driver must participate in the building of his or her own racer from a kit ordered from Derby Headquarters in Akron," Wilkes said, adding that sponsors are being enlisted to underwrite the cost of the car kits for those unable to afford the price tag which starts at \$650.

"Rally races are really important for kids who hope to go all the way to Akron," declared Wilkes. "Kids get familiar with the procedures and gain confidence. There's no substitute for experience."

Registration will begin at 6:30 a.m. each day. Each day's derby is scheduled to start at 9 a.m. and continue in single and double elimination brackets until about 5 p.m.

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— LOCAL NEWS & EVENTS —



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Lakeside's Roundup of events

by **Patt Bixby**

Dates to remember

Feb. 5, 12, 19, 26; Lakeside Farmers Market.

Feb. 7; Lakeside EXPO.

Feb. 11; Design Review Board Meeting.

Feb. 18; Lakeside Planning Group (Community Center).

Lakeside Community Expo

Don't miss out on a chance to network with Lakeside businesses, organizations and groups at the second annual Lakeside EXPO.

The Lakeside Chamber of Commerce, in association with

the Lakeside Optimist's Club and the El Capitan Stadium association, proudly presents the second annual Lakeside Community EXPO from 9 a.m. to 3 p.m., Feb. 7 at the Lakeside rodeo Grounds.

Lakeside Farmers Market

The new Lakeside Farmers Market had doubled in size by the third week, with

some vendors selling out by 2:30 p.m.

The market is open from 2 to 6 p.m. Not only does the market offer fruit, eggs and vegetables, there are crafters with hand made soap, jewelry and pillows for sale.

EBT cards are accepted, said a representative from the Farm Bureau.

Santee "Meet Your Neighbors"

The Santee Branch of the San Diego County Library, 9225 Carlton Hills Blvd., announces the continuation of the monthly speaker series. The Series, Meet Your Neighbors, is designed to provide Santee residents with the opportunity to meet community leaders, discuss Santee issues, goals and plans.

On Feb. 19 at 6:30 p.m., Allen Carlisle, Santee Park and Recreation Manager, will discuss Santee Lakes and proposed developments.

All programs begin at 6:30 p.m. and will be held in the Santee Library. All library programs are free and open to the public, although seating may be limited. For more information call (619) 448-1863.

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— LOCAL NEWS & EVENTS —



El Cajon City Highlights



Address change for El Cajon City Hall

Same building – different address. The new address for El Cajon's City Hall is now 200 Civic Center Way. This actually became official on July 22, 2008, when the El Cajon City Council adopted a resolution to change the name of Julian Avenue to Civic Center Way. The new street signs noting the change were installed last week. Those coming to City Hall should enter from Civic Center Way. These changes were made in preparation for the building of the new Public Safety Center to be built adjacent to City Hall, which is scheduled to be completed toward the end of 2011. Once the Public Safety Center is built, the address for this facility will be 100 Civic Center Way. The Post Office has been notified and will deliver all mail with either address for a period of one year. If you have any questions or concerns, call the City Manager's Office at (619) 441-1716.

by Monica Zech
City of El Cajon Public
Information Officer

Free Disaster Preparedness classes start this Saturday

Are you and your family prepared for disaster? We still have space available for the first of our two free disaster preparedness Community Emergency Response Team (CERT) academies for 2009 starting on Saturday, Feb. 7. The East County CERT program offers this free disaster preparedness instruction for ages 16 and up. Here's the full schedule for 2009:

Academy - #1
Feb. 7- Disaster preparedness/CERT organization
Feb. 21- Disaster Medical/Triage
March 7- Fire Extinguishers/Light Search and Rescue classroom
March 21- Fire Extinguishers/Light Search and Rescue hands on - At HTF
April 4 - Disaster Psychology/HazMat/ Terrorism
April 18 - All inclusive manipulative/ review - At HTF

Academy - #2
May 30 - Disaster preparedness/CERT organization
June 13 - Disaster Medical/Triage
June 27 - Extinguishers/Light Search and Rescue classroom
July 11 - Fire Extinguishers/Light Search and Rescue hands on - (At HTF)
July 25 - Disaster Psychology/HazMat/ Terrorism
Aug. 6 - All inclusive manipulative/ review - (At HTF)

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.

These classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. Class location for "registered" CERT students will be at 8054 Allison Avenue, Fire Station 11, in La Mesa. The HTF location is 1301 N. Marshal in El Cajon for the hands-on training. We limit our classes to 35 per academy, non-residents are welcome. Please, for safety concerns, we ask you do not bring babies or children to our classes. Any classes missed may be made up during the

following academy. Classes are taught by members of the El Cajon, La Mesa and Santee Fire Departments.

Neighborhood Forums to discuss Downtown Specific Plan

The City of El Cajon Community Development Department will be holding neighborhood forums for each of the five districts outlined in the Downtown Specific Plan. These following district meetings begin at 7 p.m. and will be held at the Ronald Reagan Community Center, located at 195 East Douglas Avenue.

• Thursday, Feb. 12 – His-

toric 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.

Upcoming El Cajon Police Community Forums

The 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 following areas:

- Sector 7, Feb. 23 at 6 p.m. at Bostonia School, located at 1390 Broadway
- Sector 9, - location to be announced
- Sector 10, - location to be announced
- Sector 6/8, - location to be announced

Due to rescheduling the last three sector meetings will be announced in the next column. You can also check the City's website for the updated list at www.ci.el-cajon.ca.us. If you are wondering what sector of El Cajon you live in please see the sector map at www.elcajon-police.org. If the sector dates

are not convenient, you can plan to attend the next large 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 please contact Lt. Jim Redman at (619) 579-3364.

Sophie's Gallery celebrating 10th year

The St. Madeleine's Sophie's Gallery is celebrating their 10th Anniversary with a special art exhibit from Feb. 6 to March 6. The art gallery is located at 109 Rea Avenue near Magnolia Avenue. On Saturday, Feb. 7, Sophie's Art Gallery will hold a class on Airbrushing Lunch Boxes. You'll be able to decorate a "vintage" style lunch box using airbrush techniques made easy during the hours of 10 a.m. to 3 p.m. The cost for this class is \$30, but they have a two for one special, so bring a friend for free!

Antiques galore

The monthly San Diego Antiques and Collectible Show is Wednesday, Feb. 11, 2 to 7 p.m. at the Ronald Reagan Community Center located at 195 E. Douglas Avenue. About 50 vendors take part in this special monthly fun event. There is a \$2 admission fee, but free admission passes can be found at several of the El Cajon downtown stores.

What's playing at The East County Performing Arts Center

Tickets are now on sale to see the Christian Youth Theater's (CYT) production of "HONK!" scheduled from Feb. 27 through March 8 at the East County Performing Arts Center located at 210 East Main Street. This play is based on Hans Christian Andersen's *The Ugly Duckling*. For ticket information call (619) 588-0206 or visit their box office at 1545 Pioneer Way.

El Cajon Harley's Grand Re-Opening

You're invited to the Grand Re-Opening party of El Cajon Harley Davidson on Saturday, March 28, at 621 El Cajon Boulevard. See the new expanded facility, plus enjoy the food and music. For more information

call (619) 444-1123 or visit www.elcajonharley.com.

Miss El Cajon Pageants

Applications are still being accepted for the Miss El Cajon and Miss Teen El Cajon Scholarship pageants. It's 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.

Lend A Hand in February

Lend A Hand's February Saturday Morning Clean-up is set for Saturday, Feb. 28, from 9 to 11 a.m. at Palm Avenue and South Sunshine Avenue. This is a great time to join other community-minded individuals and volunteer your time to remove trash and graffiti in our local neighborhoods. Recycle San Diego will be present to collect your electronic waste including cell phones, batteries, computers, televisions, and laptops. The Lend A Hand program is 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 www.downtownelcajon.com.

Car Show schedule is set

Opening night of the 9th Annual Cajon Classic Cruise car shows will be Wednesday, May 13, with closing night on September 30. Visit the El Cajon Community Development Corporation website for more information at www.downtownelcajon.com.

Note: Please keep me informed of any 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, please contact Monica Zech, Public Information Officer for the City of El Cajon, via email at mzech@ci.el-cajon.ca.us or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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Alpine happenings ...

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.sdcxmail.com.

Hot Topics

Tuesday, Feb. 10, 7:15 - 8:30 p.m. Business Networking Breakfast "Hot Topics" at Fuller Hall, 2225 W. Victoria. The speaker will be Captain Heringer of the Alpine Sheriff's Station. The cost is \$15 per person. \$20 at the door. Vendor tables are available for \$10. RSVP to Kelly@alpinechamber.sdcxmail.com.

Business Networking

Thursday, Feb. 12, 5:30 - 8 p.m. California Bank & Trust, 2250 Alpine Blvd., will be hosting the first Complimentary "Business Networking" Mixer of the year. Refreshments will be served. Vendor tables are available for \$15, call or email Kelly@alpinechamber.sdcxmail.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 sweetheart.

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.

Kiwanis & Alpine 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 p.m. and cocktails at 5 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.

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.sdcxmail.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.Christ-TheKingAlpine.org

Community Sidewalk Sale

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.sdcxmail.com.

"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 5:00 Business Networker" Mixer. Refreshments will be served. If anyone plans to attend, RSVP to Kelly@alpinechamber.sdcxmail.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.

Events wanted

Have an event to share with the community of Alpine? e-mail: editor@ecgazette.com or mail to: P.O. Box 697, El Cajon, CA 92022 or fax (619) 444-5779.

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DINING & ENTERTAINMENT GUIDE

'Coraline' — too scary for young kids



Coraline (voiced by Dakota Fanning) travels through a portal between worlds in the stop-motion animated 3-D adventure *Coraline*. Photo Credit: LAIKA Entertainment / Focus Features

Review by Diana Saenger

Animated movies are getting more sophisticated all the time. Considering the years and efforts that go into making them, we're fortunate to see a few gems every year. The newest animated film to hit the big screen is *Coraline*, a scrappy story about a young girl, adapted from Neil Gaiman's book. Unfortunately, I didn't find this one a gem.

Coraline (voiced by Dakota Fanning) is a youngster who has just moved with her parents to an old large house in a disolute area. She wanders the neighborhood of sparse trees, ultimately running into Wybie (voiced by Wylie Bailey Jr.), a boy hoping to spook Coraline. He's even more intent on this when she responds to him with an insolent attitude. Wybie's grandmother, she learns, owns the house she lives in.

Because Coraline's parents (voices by Teri Hatcher and John Hodgman), both writers, are constantly at their computers, she's repeatedly robbed of their attention. And who can't identify with that scenario today? So Coraline is left to her own discoveries. When she detects a small door in the living room and opens it, she finds a brick wall. But at night in her dreams the door opens -- and Coraline crawls through a tunnel to discover the Other World where another set of parents adore her and dote on her. Her father talks and plans things to do with

Coraline; her mother fixes her beautiful meals.

"Beware what you wish for" is a motto Coraline doesn't understand at first. The only difference Caroline sees in the Other World involves parents having buttons in place of eyes. There's an impish feral cat (voiced by Keith David) and a few goofy characters like Mr. Bobinsky (voiced by Ian McShane), Miss Spink (voiced by Jennifer Saunders) and Miss Forcible (voiced by Dawn French) that inhabit the story. But they are far outnumbered by the gruesome witches and abnormalities they create in

Coraline's parents and others.

The more I watched this film, the more I gasped at its darkness and obvious scariness for young children. The idea of a child's mother being kidnapped by a witch and then turned into an evil mother posing to that child as the most wonderful mother he or she ever wanted, could, I believe, have worked. Kids dig scary things these days, but this movie gets too explicit, bombarding the screen with a darker aspect every minute. Merely thinking of watching someone remove your eyes, then sew on buttons to replace them, appears very creepy. Another frightening aspect of the film comes when Coraline discovers three small ghost children who are imprisoned by the witch in the Other World. Their destiny lies with her.

One can't find fault with the film's visual look. The stop-motion animation is incredible. Director Henry Selick (*James and the Giant Peach*, *The Nightmare Before Christmas*) is no stranger to imaginative and visually appealing films. Desiring a different look for the movie than the artwork in the book, Selick brought Japanese illustrator and designer Tadahiro Uesugi on board as a concept artist. The visuals are superb. Adorable mice, flowers that morph into faces, Mr. Bobinsky's circus characters and Miss Spink and Miss Forcible's dogs are delightful elements that appear in Coraline's world; but only momentarily. The darker elements are present far more often.

While watching this movie I couldn't help thinking it's *Invasion of the Body Snatchers* for kids. I wouldn't let any of my children under 12 see this version of *Coraline*.

Crossword

Across	Down
1 Computer part	1 Chest wood
4 South southeast	2 Large instrument
7 Hertz	3 Expression
10 Determines how heavy	4 Southwest by west
12 West by north	5 Compass point
13 National Association for the Advancement of Colored People	6 Tails
15 North of the Beehive State	7 Calorie
16 Mattress	8 Whitened
17 Muslim's God	9 Computer input device
18 Summer skin color	10 Intelligence
19 Kitten's cry	11 Greek author
21 Sward	13 Lowest point
23 Tip	14 Doctoral degree
24 What the cowboy did to the steer	20 Change
26 Types	22 Yes
28 Canal	25 Brand of dispensable candy
30 Upkeep	27 Pay
31 Genius	29 Bedspread feather
34 Excited state	30 Slavonic language
36 Travel around	31 West southwest
40 Part of a min.	32 That woman
41 Perish	33 Frozen water
42 America	35 Blemish
43 Small bird	37 Possessive pronoun
45 Get	38 Avail
47 Guitar finger marker	39 Lab animal
48 Roman iv	44 Football assoc.
50 Great	45 Explosive igniter
52 Hand heels	46 ___ hoop (child's toy)
54 Grassy areas	47 Hardly any
57 Mongrel dog	49 Z
58 Electroencephalograph (abbr.)	51 Bungle
60 Lout	52 Eye opening
61 Boxer Muhammad	53 Range
63 Small bunch of flowers	55 Callow
65 Gray sea eagle	56 Partly frozen rain
67 Handbill	57 Time zone
69 Jewelled headdress	59 Money
70 Large number	60 Upon
71 Roof overhang	62 Tax agency
72 Caustic substance	64 Anger
73 Duo	66 Scull
74 Still	68 Rest

Concerts at Viejas' DreamCatcher

Continuing its reputation for world-class entertainment, the DreamCatcher at Viejas is a premiere destination for concerts and events. Nestled inside the full-blown casino: the entertainment venue is spacious but intimate: offering an up-close experience with top entertainment groups. The DreamCatcher at Viejas is inside the Viejas Casino at 5005 Willows RD: Alpine (8-East to Willows Road Exit in Alpine). There is paid valet or free self-parking available.

Currently on-going Sundays through March 29, 5 to 9 p.m. is The David Patrone \$10,000 Swing Dance Competition featuring nationally acclaimed swing bands, and an hour long swing dance lesson!

Check out the DreamCatcher at Viejas full entertainment schedule at: <http://www.viejasentertainment.com/calendarList.php> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

DreamCatcher at Viejas concert schedule:

- Feb. 6: 8 p.m., [Scott Weiland](#)
- Feb. 8: 8 p.m., Viejas Dancers, Rising Star
- Feb. 8: 5-9 p.m., Swing Competition - [The Hollywood Combo](#)
- Feb. 13: 8 p.m., DJ 2Rille, Inside Out, Viejas Dancers
- Feb. 14: 8 p.m., Ascension, Vieja Dancers
- Feb. 15: 5-9 p.m., Swing Competition - [The Stilettoes](#)
- Feb. 20: 8 p.m., Viejas Dancers, Rising Star, Polyester Express
- Feb. 21: 8 p.m., Viejas Dancers, KYXY 80's Night w/ Freeze Frame
- Feb. 22: 5-9 p.m., Swing Competition - [Dean Mora](#)
- Feb. 26: 8 p.m., 12 a.m., Club V
- Feb. 27: 8 p.m., DJ 2Rille, Inside Out, Viejas Dancers
- Feb. 28: 8 p.m., New Face Showcase KSON
- March 1: 5-9 p.m., Swing Competition - [Carl Sonny Leyland Trio](#) plus [James Harman](#) and [Nathan James](#)

Note: Ticket prices range from \$5 up and some concerts are free.

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For Health's Sake

Three ways to stick to your gym membership

by Dr. Warren Willey

Would you like to stay motivated and use that gym membership for more than three months? Gym memberships seem to be the easy answer to losing weight since money will be withdrawn from our accounts whether we show up or not, we'll formulate a habit of exercising if we can just stick with it for a few days, and the environment lends itself to success (who wants to look like the Michelin Tire Man around all of those hard bodies?). Many of us join, particularly at the beginning of the year, with the best of intentions. But, as anyone in the health club industry will tell you, membership falls off by the end of March when new members have become discouraged by their failure to meet their weight loss goals. That's unfortunate since it doesn't have to be the case. Here are three ways to stick with your gym

membership when others are quitting – and reap the benefits of good health for life:

1. Understand the role of your diet in weight loss. Exercise alone is not very effective for weight loss. You need to learn how to eat. The real reason the dreaded scale does not budge with your serious exercise endeavor is the fact that our bodies are homeostatic wonders. They will find balance no matter what we do to them, to what environment they are exposed, or what stressors they are placed under. With the induction of exercise into a daily regimen, calories are utilized (as we hoped and wished). We have been repeatedly informed that weight loss is a function of calories in to calories out. You are bound to gain weight with more calories being consumed than utilized, and you will lose weight when caloric expenditure exceeds intake – i.e. the purpose of our gym membership. Unfortu-

nately, our bodies quickly figure this out and subconsciously (or not) start to consume more calories to make up the difference. Homeostasis is one of nature's durable laws – like taxes, it is unavoidable. Your body's ability to maintain its current condition is surprisingly powerful. Unless you work on your diet, you'll lose your motivation to continue your exercise because you won't get the results that you seek. You need to understand how food effects you in terms of total caloric intake, the macronutrients involved (protein, carbohydrates, and fat) if you really want to reach your weight loss goals. When you take into account the big picture of the supremacy of food and the hormonal response to food, the importance of diet and weight loss becomes apparent. The homeostatic mechanism adjusts, and you start to meet your goals.

2. Find an "accountability buddy". A friend, a loved one, your co-worker, a personal trainer may be conscientious for your success. We all know the strength in numbers. This most certainly applies to exercise as well. Long term compliance to exercise protocols has demonstrated that support network and/or group participation are essential for success.

3. Monitor your progress correctly. Trusting the scale as the only measure of your success (or failure) is like asking your doctor to fix your toilet. He or she might be able to do it, but you can certainly be more prudent in your choice. With your new found exercise effort, you need to follow both objective and subjective data. Objective data is information that is impartial or independent of the user's frame of mind or input. This would include blood pressure, cholesterol levels, cardiovascular endurance,

muscle strength, how your clothes are changing, blood sugar, and most importantly, body composition (lean mass and fat mass). A lot of us tend to gain weight with an exercise program. Are we getting fatter, or leaner? Is that weight muscle or fat? Tracking your body composition is an excellent way differentiates the two and allows you to see your progress on a more objective level. Subjective Data is information that is biased or inclined by the user's state of mind or perception. This set of data includes energy levels, cognitive abilities, moods, hunger, how one is sleeping, sexual vigor and satisfaction, etc. If you monitor your exercise labors by following this information, you are much more likely to stick to your gym membership for the long run.

Once you've understood the role of your diet in weight loss, found someone to share your exercise with and correctly track how it is effecting you, you'll find yourself meeting with successes that you can measure and appreciate. These will come in the form of not only the attainment of the body you desire, but the health you have sought as well. You'll find that your gym membership becomes a necessary and enjoyable part of taking care of yourself...now, and for the future. And you'll become as committed to that gym membership as you are to every other important relationship and responsibility that are part of your life.

Dr. Warren Willey is the medical director of the nationally recognized, physician directed, Walk In Weight Loss program and author of *What Does Your Doctor Look Like Naked: Your Guide to Optimum Health* (Tate Publishing). Visit him online at www.walkinweightloss.com, and www.eatright4u.com.



Health... Just Common

Horse Sense

by Dr. Donald Adema

This is the year of accumulating continuing education units to maintain board certification. Fortunately, this may be accomplished in one month. It means some time away from the office, but to get it done quickly gives us leisure time over the next two years to explore original information and lecture a little myself. The two conferences this month are very different in content.

The first conference is the traditional yearly meeting of the state Osteopathic society. Sadly, over the last few years it has mirrored the Harvard Primed conference in format and sponsorship. The supposedly more holistic medical philosophical approach is leaving those roots and enjoying pharmaceutical blessing, support, and money. Recall, the Harvard conference continues to have more and more integrative sponsorship and exposure. What is happening to the Osteopaths?!

But, I require fifty hours in the CEU category that this conference provides and it is in Palm Springs and Mrs. A and I may play hooky now and then. Well, that was the plan. Suprisingly, I was asked to be a moderator on the key day of the presentations. No truancy would be tolerated and it would be a longer day than one in the office. So, I called my cadaver mate from med school, Dr. Deckert, and was guided into professional responsibility. (She may owe me a dinner after the fact.) Trish reminded me that this could be an opportunity to blend in a little integrative knowledge during question and answer periods. If you do not see me again, start checking the John Doe lists in the desert areas.

The second conference is on homonal replacement from a compounding perspective and features some of the world-wide leading physician researchers on the topic. Not just covering female health (Thank you Oprah!), but also presenting strategies for adrenal fatigue, male menopause, and hypothyroid. It is great to witness the enthusiasm of the compounding pharmacist in the background. Truly creative energy and they actually smile when addressing the crowd or answering questions. Medicine by fear is not allowed. However, the politics of the approach requires brave strategies. My kind of stuff!

So, get ready for some new content and comments on the old. "Me thinks 2009 is going to be a bumpy ride." 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.

Recovery groups

Recovery groups for men and women seeking freedom from addiction and codependency. Fridays at 7 p.m. Celebrate Recovery, First Lutheran, 867 S. Lincoln Ave., El Cajon. (619) 444-7444. www.recovery4u.ccj

Laughter is the Best Medicine

Football

A man in a Steelers jersey had 50-yard line tickets for the Super Bowl in Tampa Florida. As he sits down, a man comes down and asks if anyone is sitting in the seat next to him. "No," he says, "The seat is empty."

"This is incredible," said the man. "Who in their right mind would have a seat like this for the Super Bowl and not use it?"

"Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first game we haven't gone to together since we got married in 1949."

"Oh, I'm sorry to hear that. That's terrible. But couldn't you find someone else -- a friend or relative, or even a neighbor to take the seat?"

The man shakes his head. "No, they're all at the funeral."

Submitted by Keith Babcock of El Cajon.

Have a funny joke or "antidote." Send it to Laughter, East County Gazette, P.O. Box 697, El Cajon, CA 92022 or e-mail: editor@ecgazette.com.


COMIC CORNER

OUTZKIRTS

By: David & Doreen Dotson

OWEN OWL

BY LUKE NEYNDORFF



Donald Adema, DO
(Board Certified Family Practice)

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MOTOR_{AND}SPORTS

2009 Jeep Wrangler Unlimited Sahara 4x4



2009 Jeep Wrangler interior. Photos by Dave Stall

by Dave Stall

One either likes a Jeep or they don't! Why? Because of the ride, — most people don't like the ride due to its quick response. Me? I like it. But Jeep wasn't listening to me and came out with the four door version of the Wrangler. It rides better and after an off road excursion I'm a

believer that the new long wheel based Wrangler is everything an off roader would want, power handling and versatility.

Dumping the traditional straight six cylinder and opting for a V6 that produces 202 horsepower at 5200 rpm and a torque reading of 237 pound-foot will be a plus on the free-way and ups the torque from

165 to 202, should be a bonus in the off road configuration.

I have driven the 2-wheel and now the 4-wheel model and if I had my choice I would go for the 4-wheel drive version. I liked the way it handled on and off road there is decent room inside even for a 6-foot 1-inch driver pushing 200 pounds. The back seat is a little tight but flip down the seats and you have tons of cargo space.

My Sahara was very well equipped and I liked the way the rear door opened and the window flips up (be careful the rear window is spring loaded). I would have liked the spare tire to open to the street instead of the curb a safety issue with me personally.

My tester was painted a beautiful Sunburst Orange Pearl with gray interior. There was a great center console with plenty of storage room, the seats were very comfortable with manual controls, and visibility was good thanks to the side door glass. Could have had a back up sensor system for those tough spots we get ourselves into.

All the safety bells and whistles are included: advanced multi-stage front airbags, electronic stability control, traction control, electronic roll mitigation system, 4-wheel disc brakes and hill start assist (trust me this is a great feature). The Jeep Sahara is still a true Jeep, Dana heavy duty rear axles, Command Trac Shift On The Fly 4-Wheel Drive, heavy duty suspension with gas shocks, skid plates all in the right places, and two tow hooks up front and one in the rear.

But this Sahara does not skimp on creature comforts. Included are: A/C, 368-watt AM/FM/CD/Sirius radio, power windows and door locks, reclining and height adjustable front seats, very informative instrument cluster, and best of all, even though it is an option, with the hard top, a convertible soft top which, may get in the way when loading items in the rear. Also the hard top has two removable panels above the driver and passenger for that sunroof look.

The down side to the Wrangler has always been fuel mileage and the V09 isn't any better, 15 in the city and 19 on the open road. But if off roading is important, it

would be hard to find a better equipped vehicle for a base price of \$28,320 to my tester price of \$32,975.

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when I bring you another vehicle for the East County!

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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. 2008-038356
FICTITIOUS BUSINESS NAME(S): Bonos 206 Raging
Located at: 5953 Lubbock Ave., La Mesa, CA 91942
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. Justin Mika 5953 Lubbock Ave., La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 15, 2008.
East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/05 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 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

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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. 2009-001475
FICTITIOUS BUSINESS NAME(S): Blue Deuce Cycles
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 92013. 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

CITY OF EL CAJON NOTICE OF INVITING SEALED BIDS

NOTICE IS HEREBY GIVEN that on **February 24, 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:

FLETCHER PARKWAY RELIEF SEWER ENGINEERING JOB NO 3258 BID NO.025-09

Reference 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-cajon.ca.us> or obtained at the office of the Purchasing Agent for a fee of \$12.00 (plus \$4.80 for shipping if requested).

PRE-BID CONFERENCE

On February 17, 2009, a pre-bid conference will be held in the City Hall, 5th floor, 200 East Main Street, El Cajon, California, at 10:00 A.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 delinquent or unfaithful in any former contract with the City.

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.

Dated: January 27th, 2009

/s/ Colin Dawson
Purchasing Agent

East County Gazette- GIE030790
01/29, 02/05/09

CITY OF EL CAJON

PUBLIC NOTICE NOTICE OF PUBLIC HEARING ALLOCATIONS FOR FY 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 Chambers 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, 2009, at 3:00 p.m.

The City Council will allocate CDBG and HOME funds for FY 2009-10 at this time. A reallocation 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00080938-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF: KIMBERLY ROXANNE KING FOR CHANGE OF NAME PETITIONER: KIMBERLY ROXANNE KING HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

KIMBERLY ROXANNE KING TO: KIMBERLY ROXANNE EVERS
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 February 24, 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 7, 2009.

East County Gazette - GIE030790
1/15, 1/22, 1/29, 2/05, 2009

Bumper-To-Bumper with Dave Stall

***Dave:** I have an after market alarm on my 2000 Chevy Tahoe and just lately it will open all the doors except the passenger side. The problem is I bought the truck used and I don't know what kind of alarm it is so I don't know where to take it. I all ready tried to take it to the Chevy dealer and they said they couldn't help me. I could remove it I guess, but I like the unlocking of the doors feature. Any help would be appreciated. Don, Lakeside*

Don: Sounds like the locking actuator is defective on the passenger side. You should be able to tell what kind of system it is by looking for some identification on the key fob. If not you will need to stop by a company that does alarms and stereo's, they should be able to identify what system you have and even repair it or send you to a company that can. If you have problems finding a shop in your area call me at 760-715-5507.

***Dave:** I heard you the other day on your Saturday radio show talking about a tire sealant product that will not harm alloy wheels, what was the name of the company? I had a Corvette with alloy wheels and the tire stuff I had put in ruined all four rims, it took a couple of years but they were all pitted and would not hold air anymore. I tried to sue the sealant company but I found out they had a disclaimer on their can I didn't read. Very expensive mistake! Paul, El Cajon.*

Paul: The company is called Ride-On; go to www.ride-on.com for more information and a list of stores you can get it in. I have used it and have had no problems and they guarantee that it will not harm alloy wheels. It is very easy to install and they have a handy pump and sealant package that fits perfect in your trunk take a look. It doesn't work on motorcycles just to let you know.

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TO PLACE YOUR LEGAL AD

CALL (619) 444-5774

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. 2009-001475
FICTITIOUS BUSINESS NAME(S): Blue Deuce Cycles
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 92013. 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

CITY OF EL CAJON

NOTICE OF INVITING SEALED BIDS

NOTICE IS HEREBY GIVEN that on **February 24, 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:

FLETCHER PARKWAY RELIEF SEWER ENGINEERING JOB NO 3258 BID NO.025-09

Reference 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-cajon.ca.us> or obtained at the office of the Purchasing Agent for a fee of \$12.00 (plus \$4.80 for shipping if requested).

PRE-BID CONFERENCE

On February 17, 2009, a pre-bid conference will be held in the City Hall, 5th floor, 200 East Main Street, El Cajon, California, at 10:00 A.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 delinquent or unfaithful in any former contract with the City.

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.

Dated: January 27th, 2009

/s/ Colin Dawson
Purchasing Agent

East County Gazette- GIE030790
01/29, 02/05/09

CITY OF EL CAJON

PUBLIC NOTICE

NOTICE OF PUBLIC HEARING ALLOCATIONS FOR FY 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 Chambers 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, 2009, at 3:00 p.m.

The City Council will allocate CDBG and HOME funds for FY 2009-10 at this time. A reallocation 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00080938-CU-PT-CTL

IN THE MATTER OF THE APPLICATION OF: KIMBERLY ROXANNE KING FOR CHANGE OF NAME PETITIONER: KIMBERLY ROXANNE KING HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

KIMBERLY ROXANNE KING TO: KIMBERLY ROXANNE EVERS

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 February 24, 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 7, 2009.

East County Gazette - GIE030790
1/15, 1/22, 1/29, 2/05, 2009

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

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: JENNIFER LEIGH DENT SHAVER HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JENNIFER LEIGH DENT SHAVER
TO:
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, 4TH 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
TO:
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.37-2008-00089705
IN THE MATTER OF THE APPLICATION OF: CINDY LEE HANES FOR CHANGE OF NAME PETITIONER: CINDY LEE HANES HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

CINDY LEE HANES
TO:
CINDY LEE WILLIAMS
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 February 25, 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 7, 2009.

East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 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, 2008
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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00081022-CU-PTCTL
IN THE MATTER OF THE APPLICATION OF: HABIB SAYED ASHRAFZAI FOR CHANGE OF NAME PETITIONER: HABIB SAYED ASHRAFZAI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

HABIB SAYED ASHRAFZAI
TO:
HABIB SAYED KAGHAZ
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 February 26, 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 8, 2009.

East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00063603-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: DENISE DIGIOVANNI AND MARCELLO DIGIOVANNI ON BEHALF OF ANGELA DIGIOVANNI FOR CHANGE OF NAME PETITIONER: DENISE DIGIOVANNI AND MARCELLO DIGIOVANNI ON BEHALF OF ANGELA DIGIOVANNI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ANGELA DIGIOVANNI
TO:
ANGELINA DIGIOVANNI
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, 4TH 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.
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 13, 2009.

East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 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: CHRISTINA PROULX ON BEHALF OF ARIANA CANDELARIA GONZALEZ HAS FILED 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, 4TH 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

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

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LEGAL AD
CALL
(619) 444-5774**

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039329

FICTITIOUS BUSINESS NAME(S): Midnight Cafe
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 STATEMENT NO. 2009-000766

FICTITIOUS BUSINESS NAME(S): Hopeless Industry
Located at: 10054 Prospect Ave. Ste. R, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Felipe Mullen 1477 Broadway Ave. Apt. B, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 9, 2009

East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000632

FICTITIOUS BUSINESS NAME(S): Global Trends
Located at: 8724 Washington Ave., La Mesa, CA 91941
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Anatoly Olgart 8724 Washington Ave., La Mesa, CA 91941; 2. Irene Olgart 8724 Washington Ave., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 8, 2009

East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 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. 2008-039360

FICTITIOUS BUSINESS NAME(S): a.) Life's Chariot Unlimited b.) Living Water Residential
Located at: 13217 Aurora Drive #13, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: November 22, 2008
This business is hereby registered by the following: Sandra D. Kretschmar 13217 Aurora Drive, #13, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008

East County Gazette- GIE030790
1/08, 1/15, 1/22, 1/29, 2009

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. 2009-002681

FICTITIOUS BUSINESS NAME(S): a.) Twin Oaks Family Dentistry b.) Twin Oaks Dentistry
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. 2009-002246

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 Cajon, 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): Affordable 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

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. 2009-000330

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. 2009-001014

FICTICIOUS BUSINESS NAME: Mazin Wireless
Located at: 935 W. Mission Ave. Ste. F, Escondido, CA 92025
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Mazin Younis 2454 Hilton Head Pl. # 2065, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 12, 2009

East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 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. 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 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. 2009-002714

FICTITIOUS BUSINESS NAME(S): Rock Pointe Services
Located at: 8870 La Mesa Blvd., La Mesa, CA 91941
This business is conducted by: A Corporation
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. 2009-002680

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

CREST/DEHESA/GRANITE HILLS/HARBISON CANYON SUBREGIONAL PLANNING GROUP P. O. Box 21489, El Cajon, CA 92021-1489

PLANNING GROUP MEETING P R E L I M I N A R Y AGENDA/PUBLIC NOTICE

DATE: 7 pm., February 9, 2009
PLACE: Crest Community Building, 113 North Park Drive, Crest

- 1. Call to order/Pledge of Allegiance/Roll call/Approval of January 12, 2009 meeting minutes/Expense Reimbursement requests.**
- 2. Announcements.**
- 3. Open forum followed by Group Forum:** An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- 4. Committee Reports:**
 - (a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).
 - (b) Subregional Community Boundaries Committee (Walls).
- 5. Private project proposal:**
 - (a) None
- 6. Public Project Proposal:**
 - (a) Planning Area Community Plan
- 7. Unfinished Business:**
 - (a) None
- 8. New Business:**
 - (a) Removal of Microwave Tower on Alta Lane, Crest (Ulm)
 - (b) Discussion of semi-trucks and trailers on Mountain View and La Cresta Roads (Ulm)

9. Adjournment

Notice: February, March and April 2009 meetings will be held at Crest Community Building, in Crest.

Planning Group Members:

Crest:	1. Vacant	2. Pat Ulm	3. Ralph Slagill	4. Judy Bowen
Dehesa:	5. Lorraine Walls	6. Gary Crocker	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Charles Smith	15. Mark Gabler	

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

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

Our Best Friends

Loud voices makes dog urinate ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Trainer,
We have a two-year-old Dachshund that we adopted from a Rescue when he was 9 weeks old. He is a very sweet dog, but he pees whenever my husband approaches him or if he hears loud voices. We read that this would go away when he got older, but it's still a problem, and I don't mind if he does it on the floor, but he does it on furniture as well and that we can't accept. Both my husband and I have tried everything; including clapping our hands, telling him, "No," in a loud voice and picking him up and putting him outside when he does this, but none of these things have work. Do you have any suggestions? By the way, we did take him to the vet to have his urine checked in case it was a medical problem, but everything was fine on that end.

Signed,
Doxie Drenched

Dear Drenched,
I'm glad to hear you rescued your dog, and that you have had a thorough medical check up on him. That is very important to have done before trying to modify any behavior issue. If there is an underlying medical issue that has created or adds to the behavior issue, training and behavior modification will be more difficult, if not impossible.

From what you describe, you have a couple of things that might have happened to convince your dog that he needs to send this very clear message of fear. First, it seems as though your dog has developed a fear of loud voices, and may have associated it with your husband. These two things can become connected as men tend to have deeper voices, stand more frontally and more ridged in general, and since your dog has been

reprimanded and startled for the urination problem, he may have associated that directly with your husband, and in general with loud voices.

The use of a loud, "No," can be very frightening (or at least offensive) to many dogs, and especially one that is using a submissive behavior to express his fear. Consider the following: If your dog is urinating when your husband approaches, it is most likely your dog's way of "telling" him he is scared. This response is actually a fear display that is a carry over from puppyhood, and is a puppy response to fear or conflict when they don't know what else to do. "I submit," is the message they are sending.

What happens, as in your dog's case, is that his fear starts the submissive urination behavior to tell your husband that he is worried about what he is doing. Then, when the correction of, yelling "No," is the response to his submissive urination, (even if it only happened one time) your dog will then feel a stronger need to "really" tell your husband that he is worried since the initial urination didn't get the message across, and as such, he will urinate more.

Understanding that your dog is actually trying to communicate with you is very important if you wish to help him get over this problem. With that in mind, it is important that you don't scold your dog for the submissive urination and, instead, you and your husband should take a different approach to this problem.

What to work on
The first thing you will need is to build trust between your husband and your dog. You can do this via classical conditioning, which means pairing good things with your husband.

You will want to start with enough distance between your husband and the dog where your dog isn't going to urinate if your husband walks in the room. As soon as your husband walks into the area where the dog is, begin giving your dog several really good food rewards such as tiny pieces of chicken, just for looking at your husband as he enters, and then stop feeding as soon as he leaves. Do that a number of times until you can see that your dog is anticipating the reward when your husband walks in. Your dog will be learning that when your husband is around, wonderful things happen, but when he leaves it all goes away.

After 10-20 sessions at this level, have your husband move a little closer to your dog and give your dog several high-value rewards again. Ask your husband to avoid making direct eye contact with your dog so your dog doesn't feel any pressure to acknowledge your husband's presence. Stay at this level a number of sessions, moving a tiny bit closer each round that you train. Strive to have your husband move close enough to your dog (without the urination, so go slow) that he is able to start handing your dog the food rewards himself. This might take a few weeks since this has been going on a long time, so be patience.

When your husband is able to get close enough to your dog to sit down near him, it should be without any pressure to interact with him. It will be important that your dog learns that your husband is not going to talk, lean over, pet or interact with him, just sit near and give him food rewards. This allows your dog the opportunity to initiate the interaction and with that, feel more confident that nothing bad is going to happen.

Be sure to take lots of little

breaks in-between training so your dog can process all of this, however, if you see that your dog is concerned at any point, go back to an easier level and do that part until your dog has a stronger association.

I hope this helps with your problem, but if you are still having trouble after working on this, please contact a good positive reinforcement behavior trainer to help you work through all the steps and

figure out what else your dog might need.

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

ADOPT-A-PET



This handsome boy is Jackson, a 5-year old Labrador mix who weighs 61 pounds. His gentle nature makes him the ideal family dog. Jackson is friendly, playful, and an overall happy guy. He's the perfect companion for morning walks or relaxing at home, and he's good with other dogs. Jackson is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). Information: (619) 788-7880.

Sweet Sadie is a 3-year old Pit Bull: 65 pounds of love and affection. AND, she is a talker! Yep, Sadie is very expressive and loves to say "hello." Sadie's owner was deployed, leaving her in need of an adopter. Sadie has lived with kids, loves car rides, and would prefer to be your one-and-only pet. She's available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). Information: 858-205-9974.



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.

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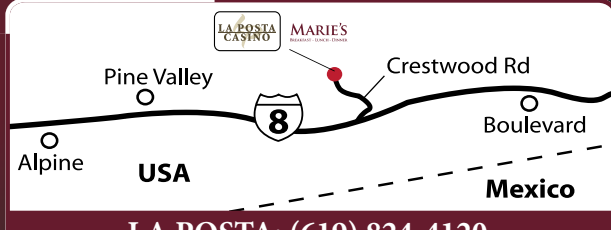
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