



Adoptable pets . . .page 19

#### INSIDE THIS ISSUE

Local .....	4-6
Health .....	8
Motorsports ....	10-13
Legal Notices...	14-16
Best Friends .....	18
Class Act....	Section B

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**VOLUME 10 NUMBER 2** **JUNE 18-24, 2009**

### Cajon Classic Cruise trophy winners



See page 10 & 11  
for Cajon Classic  
Cruise trophy  
winners each week.

### Movies in the Park

'Indiana Jones and The Kingdom of the Crystal Skull' will be the next movie playing at Viejas Outlet Center Movies in the Park on Tuesday evenings at 7:30 p.m. on the grass.



### What's new in theatres?



Read about  
'Imagine That '  
and  
'The Proposal'

by Diana Saenger  
and Michael Black  
in the Class Act  
Entertainment  
Section



# Youth inspired to help



Jeanne and Mark Rawdin selling T-shirts to raise money to save the children in Africa. See page 2 for full story. Photo: courtesy

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# Local News & Events

## Youth inspired to help children

by Diana Saenger

Let's face it; the world is needy. Every day there's one organization after another seeking to change the world, fix the environment or help those in need. At a fundraiser in March by the International Institute of Human Factor Development (IIHFD) to build an academy in Ghana, Africa, Quinn and Mark Rawdin took what they saw to heart and put a plan into action.

Jeanne Rawdin, a producer for the Cox Channel 4 San Diego Insider show and frequent segment reporter for NBC39, attended the fundraiser with her three children Marl, Quinn and Hannah. The evening was mesmerizing complete with a bright yellow moon glowing on a star-lit ceiling of the packed auditorium. Smells reminiscent of Africa wafted through the air as inspirational music provided

a heartbeat for Point Loma Professor and founder of the IIHFD, Senyo Adjibolosoo, shared native tales to a group of young kids surrounding him on the stage.

The video presentation of how Adjibolosoo and La Mesa businessman Jason Jenkins, CEO of Causeworth Insurance and the IIHFD, met and began their crusade to improve the human quality with a school that will generate *Honest* and *Compassionate* leaders who will transform lives, captivated all.

Rawdin was surprised when she got home to discover how enthralled her two boys, Mark and Quinn, were with the evening. There were particularly inspired by Jenkin's 6-year-old son Hunter. The Gazette reported a story on young Hunter earlier in the year about how he handmade and wrote books to sell so he

could buy toys for the children in Ghana.

"When my boys saw how Jason's son made those books, the wheels started turning on how they themselves could help build a school for the children in Ghana," Rawdin said. "They wanted to come up with another way to raise money, too. I suggested they could make artwork for T-shirts, and we could print and sell them."

After several designs and a warning from Mom that they, not her, would have to do most of the work, the boys got busy creating their designs. Mark's design, shown here in the picture, reflects a burst of color on a map of Africa, with a simple but heartfelt message – Save Children in Africa.

The first batch of shirts that came off the press are nearly sold out, and to date the boys' project has earned \$323. Along with cards Rawdin printed explaining about the Human Factor Leadership Academy, Mark made a big poster with his own explanation, too.

"This is the type of education we should be providing for our kids," Jason Jenkins said. "To see these young boys take the initiative to reach out should inspire all of us to do more for others."

Rawdin, who herself has



Mark (left) and Quinn showing T-shirt designed to help raise funds for children in Africa

been instrumental in spreading the word about the Human Factor Leadership Academy by producing a show about Adjibolosoo and Jenkins on *San Diego Insider*, is naturally proud of her sons.

"In a way it's sort of a 'pass-

ing it on" theme," she said, "and one Senyo continues to hope will inspire many hands to touch this project."

For more information about the Human Factor Leadership Academy visit [www.humanfactorla.org](http://www.humanfactorla.org)

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## Volunteers needed for summer duty for summer duty at meals-on-wheels

Meals-on-Wheels, Greater San Diego invites volunteers from all over San Diego County to join them in making a difference this summer in the lives of local seniors. Direct service organizations like Meals-on-Wheels see a decrease in volunteers during the summer months because of planned vacations and the change in summer schedules for families and college students. However, volunteers and their contributions help keep costs low for Meals-on-Wheels, which is already facing a decrease in monetary support because of economic factors affecting our region.

The impact that Meals-on-Wheels has on the people it serves goes far beyond the

wholesome meals it provides. Meals-on-Wheels' staff and its volunteers often develop friendships with the seniors as well as providing regular nutrition and daily contact. In addition to the meals, volunteers also provide a safety check, to ensure that senior clients are safe and well. Without continued meal delivery, many seniors would not have a connection to the outside world.

Daily delivery routes vary in length and location so volunteering is easy and convenient. Volunteer opportunities are also available for families, retirees, community groups, students, schools, and businesses. Volunteers are typically needed Mondays through Saturdays. To learn more about

the volunteer opportunities in your area, please contact the following staff members:

East County: Marian Mann  
(619) 447-8782

San Diego Metro: Ruthanne  
Michaelson (619) 295-9501

South County: Chequita  
Falls (619) 420-2782

North County: Charlotte Fan  
(760) 736-9900

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 volunteer information can be found at [www.meals-on-wheels.org](http://www.meals-on-wheels.org) or call (800) 5-SENIOR.



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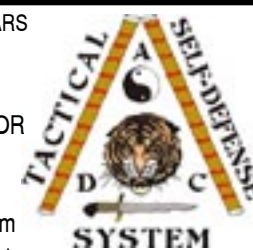
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## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

El Cajon Highlights

By Monica Zech

## Groundbreaking for El Cajon Public Safety Center next week

**E**l Cajon City officials will gather for the groundbreaking of the new Public Safety Center on Tuesday, June 23, 10:30 a.m. at 100 Civic Center Way. This very special occasion was made possible by the generous support of the people who call El Cajon their home. Their foresight in approving Proposition O in November 2004, to fund the Public Safety Center project, will create a community treasure for decades to come. The building will be 119,400 square feet with 212,750 square feet of parking garage, which will be located on 5.7 acres at 100 Civic Center Way, adjacent to City Hall.

The Public Safety Center will be a state-of-the-art facility comprised of a joint police/fire Emergency Operations Center, community meeting room, modern communications center, expanded jail, and an indoor firing range. The center will house all police operations in one location for the first time in many years and will facilitate enhanced public service for our community.

## New El Cajon Landmark lights up the city

On Wednesday night dozens attended the official lighting of the new downtown El Cajon archway. Mayor Mark Lewis, Councilmembers Bob McClellan and Jillian Hanson-Cox, and City staff were on hand, along with several members of the El Cajon Historical Society, including President Rick Hall, and 99-year-old Eugene Vacher, who did the honors of officially turning on the lights of the archway. Also in attendance was Vice President Jonna Waite, and Eldonna

Lay, curator of the Knox House on Park and Magnolia.

The ceremony took place just after 8 p.m. following the downtown weekly Classic Car Show. If you haven't seen our beautiful downtown landmark, it's located on West Main Street, just west of Magnolia Avenue. An interesting feature – the back lighting of the white lettering will change colors with the temperature. When the temperature is below 65 degrees the lighting changes to red, when it's above 65 degrees the lighting changes to blue.

## Fireworks in El Cajon!

Make your plan - there will be fireworks in El Cajon! The annual 4<sup>th</sup> of July Picnic and Fireworks will again be held at Kennedy Park, located at 1675 East Madison Avenue. The picnic starts at 12 noon and the fireworks will begin at 9 p.m. Disabled parking will be available at the event. Arrive early and keep in mind that parking is limited at the park itself. Please be careful and patient when leaving after the fireworks are over; and watch for pedestrians and heavy traffic in and around the area. Note: All City offices will be closed on Friday, July 3, in observance of Independence Day (July 4).

## Lend A Hand event in June with An E-Waste Collection

Help clean up our neighborhood and/or clean out that garage or storage unit, too. The El Cajon Community Development Corporation is holding their June Lend A Hand event on Saturday, June 27, from 9 to 11 a.m. on East Douglas Avenue, between Magnolia Avenue and Claydelle Avenue. Come and have some "Fun in Downtown El Cajon" for two hours on Saturday with El Cajon residents, business owners, and community-minded individuals as they come together to remove trash and graffiti. The event will also feature a Going Green Special E-waste

Day! Bring your electronic waste from 8 a.m. - 3 p.m. and Electronic Recyclers International will be there to collect your e-waste, including cell phones, batteries, computers, televisions, and laptops. The CDC has also partnered with the San Diego Rescue Mission. They will be collecting any discarded usable items, including your working electronics, furniture, household articles, baby items, or clothes. Remember, your donations are tax deductible! Thank you for improving the quality of life in Downtown El Cajon! Call (619) 401-8858 for more information.

## Help save the Mother Goose Parade – be a sponsor

Without public support the 63<sup>rd</sup> Annual Mother Goose Parade may not happen on November 22, if additional funding is not acquired. With the current state of the economy the usual funding is not coming in as in the past, so the Mother Goose Parade Association is asking for the public's help by being a parade sponsor, making a personal donation, or by taking part in the June 19<sup>th</sup> Mother Goose Golf Tournament. To send a donation please mail to: Mother Goose Parade Association, P.O. Box 1155, El Cajon, CA 92022. For information on sponsorship, or to register for the golf tournament, call (619) 444-8712.

## Alley Cat Summer Fest in July

Mark your calendars for July 17 and 18 for the Annual Alley Cat Summer Fest Art Walk! This fun event will feature prominent artists, entertainment, sidewalk vendors, live music, a classic car show, a motorcycle run, and a job fair. Returning this year will be the juried art show, sponsored by Friends of East County Arts, Inc. Enjoy delicious food, beautiful artwork, and a special presentation of jewelry and sculpture sponsored by the San Diego Museum of Art and San

Diego Visual Arts Network. It's family fun with something for everyone. Proceeds benefit Sophie's Art Gallery and Public Art. For more information call (619) 422-5129.

## Next Concerts On The Green

This Friday, June 19, Sue Palmer is here with her Boogie Woogie music for the next Concerts On The Green! These exciting concerts are free and held every Friday from 6 to 8 p.m. now through September 4, at the Prescott Promenade, at 211 East Main Street. Come early, have dinner, and then sit back and enjoy the music! See the full schedule of concerts planned for 2009 by going to the El Cajon Community Development Corporation's website at [www.downtownelcajon.com](http://www.downtownelcajon.com) or call (619) 401-8858.

## Senior Follies Begins On June 19<sup>th</sup>

The 3<sup>rd</sup> annual Senior Follies returns June 19<sup>th</sup> through June 28<sup>th</sup> as CCT Musical Theater pulls out all the stops! Senior Follies is a musical revue that will transport audiences back to the best music and dance of the twentieth century. From Ragtime to Big Band, from Swing to Barbershop, this show has it all! Enjoy elaborate sets, beautiful costumes, dazzling lighting, and unbelievable talent. The event will be held at the East County Performing Arts Center, a premier facility with state-of-the-art technology, located at 210 East Main Street. Call (619) 588-0206 or (800) 696-1929 for ticket information or visit their website at [www.cctmusicaltheater.com](http://www.cctmusicaltheater.com).

Keep me informed of your community events by placing me on your mailing or e-mail list. If there is an event in the City of El Cajon to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci-el-cajon.ca.us](mailto:mzech@ci-el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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## — LOCAL NEWS &amp; EVENTS —



## Lakeside Round Up of events

### by Patt Bixby Golf Tournament

Lakeside Chamber of Commerce 4<sup>th</sup> Annual Scholarship Golf Tournament will be held June 26, 2009 at Barona Creek Golf Club. Contact the Lakeside Chamber of Commerce to participate. Proceeds benefit the Lakeside Chamber of Commerce and scholarship funds to further the education of Lakeside area high school students. The Chamber number is 619-561-1031.

### Eucalyptus Hills Landowners Association Homeowners meeting

The June 10 Eucalyptus Hills Landowners Association Homeowners meeting was attended by nearly 250 people. The annual meeting held at the Lakeside Farms Elementary school featured speakers from the Lakeside Fire Department, Santee Sheriff's Department and Lakeside Water District.

Deputy Fire Marshal/Fire Captain Victor Gonzales advised homeowners "Eucalyptus Hills has unique threats unlike anywhere else in Lakeside." Gonzales, who has spent his 27 years career in Lakeside and who has been stationed in the Hills, said "the key is prevention. Handle problems before they get too big- use common sense. The house address should be visible and clearly marked so responders can find the location quickly."

Fire is physics. Its science, fuel, topography and weather, said Gonzales. By having a defensible space the resident will give the fire department the best chance to do their job.

Two fire stations in Lakeside are nearly 50 years old. One is in Eucalyptus Hills on Valle Vista and the other is the Riverview Station. Both fire stations need to be upgraded

with the best location to protect the vast majority of people as a priority.

The corner of Lakeside Ave. and Channel Rd. is the new location replacing the Eucalyptus Hills Station which will be sold. The proposed date to open the new station is 2011. For further information visit [www.lakesidefire.com](http://www.lakesidefire.com)

Santee Sheriffs Department Deputy Tim Johnson told the Eucalyptus Hills Homeowners they are living in a good area comparably speaking. Deputy Johnson was asked why Lakeside doesn't appear to have a lot of coverage. Johnson explained the City of Santee contracts with the Sheriffs and they have requested 10 Sheriffs. The county board of supervisors deals with the unincorporated areas.

One problem the Sheriffs deal with in the Hills is the rambling streets which makes it even more important to have residence addresses clearly marked, said Johnson. Crime prevention Specialist Alyssa Dean told the homeowners she is available to speak to neigh-

borhood watch groups. Email her at [Alyssa.dean@sdsheriffs.org](mailto:Alyssa.dean@sdsheriffs.org)

The group was advised Captain Patricia Duke is in favor of Lakeside having a Sheriffs Sub-Station of it's own.

Chairwoman Dianne Jacob has been in favor of a Lakeside Sub-Station for a number of years.

A representative from the Lakeside Water District explained there are a number of reasons for pipe breaks which have occurred in Eucalyptus Hills; tree roots and pipe failures. There are 18 miles of pipe in the hills.

The question was asked why the water is becoming so hard. Water is brought in from the Colorado River so there are more minerals in it. The County Water Authority is the primary water source for Lakeside.

To join or contact the Eucalyptus Hills Landowners call 1-760-789-0070 or write to PO Box 803, Lakeside, CA 92040.

### Dates to Remember

**June 23:** San Diego County Sheriff's Tween Citizen Academy.

**June 26:** Lakeside Chamber of Commerce Scholarship Golf Tournament. Sign up online at [www.lakesideca.com](http://www.lakesideca.com)

**June 28:** Lakeside Day at the Del Mar Fair. Call Lakeside Chamber for more information (619) 561-1031.

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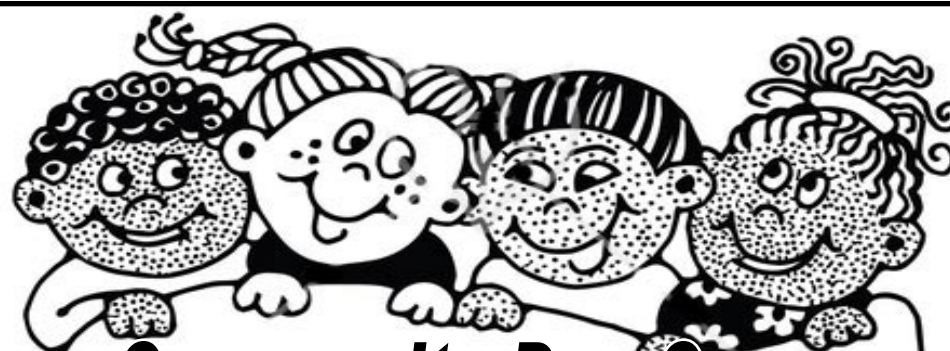
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# Alpine happenings ...

**Luau & Great Duck Race**

**T**he delicious aroma of spicy barbecue will mark the 3rd Annual Luau at the Ranch and Great Duck Race in Alpine!

The fund raiser to benefit Alpine school students on Saturday, June 20, will feature the 1st Luau Barbecue Rib Cook Off between local organizations at the historic Campbell Creek Ranch, Alpine's "Island Paradise" for the adult event.

Presented by the nonprofit Alpine Chamber Community Foundation, the luau also will celebrate the inauguration of

Honorary Mayor Bob Ring, manager of Albertsons supermarket in the lovely foothills community.

"We're going to give samples of the mai tais and margaritas as we greet people," said Colin Campbell, owner of Cal Pacific Mortgage in Alpine and co-chairman of the Education Committee of the Alpine Mountain Empire Chamber of Commerce. "We're going to have leis for each and every guest."

During the past six years, Chamber members have helped raise more than \$60,000 through the luau and other events to provide programs and

equipment that aren't covered by budgets at Alpine's public schools.

The annual benefit from 5 to 8 p.m. at 3535 Alpine Blvd. will include music, dancing, a grand prize raffle, a no-host bar, plenty of free parking and tours of the rural ranch.

A \$10 entry in the Great Duck Race could mean a \$500 prize for the winner whose rubber duck floats to first place. Winners don't have to be present to win.

Luau seats may be reserved for \$40 donations, which are partially tax deductible. Each ticket includes five rib-tasting

tickets with all the dinner fixings.

For more information about the 3rd Annual Luau at the Ranch, call the Chamber at (619) 445-2722, visit [www.alpinechamber.com](http://www.alpinechamber.com), or go to the Chamber office at 2707 Alpine Blvd.

**Family Fun Night**

Thursday, June 25, 5:30 - 7:30 p.m. "Family Fun Night" at Descanso, Alpine & Pacific Railway, 1266 Alpine Heights Road, Alpine, will be hosting a Complimentary "After 5 Business Networker" Mixer. Refreshments will be served. To RSVP call or email [Kelly@alpinechamber.sdcxmail](mailto:Kelly@alpinechamber.sdcxmail).

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[www.my107.9.com](http://www.my107.9.com)**MY 107.9 FM IS  
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Come by every Monday for the month of June at MY 107.9 FM and show us if you have what it takes to be an on-air personality. If you are over the age of 18 come to our studio located at 2065 Arnold Way, #104 in Alpine during the hours of 8am-noon. Our phone number is 619-445-1079.

**MOUNTAIN EMPIRE - CAMPO KIWANIS  
2009**

## Barn Dance

**At The Star Ranch in Campo****Featuring the  
"Pine Creek Posse"  
Country Dance Band****SATURDAY June 20th 2009****BBQ @ 7:00 PM DANCE 8:00 PM to 1:00 AM**

Adults over 21 with ID only, please!

**NO HOST BAR****ALL PROCEEDS BENEFIT KIWANIS PROJECTS**

Raffle at 10:00 pm

**Tickets: \$8.00 in advance  
\$10.00 at the door****Dinner: \$10.00****ALL PROCEEDS BENEFIT  
KIWANIS PROJECTS**Advance Tickets Available From  
Kiwanis Members and Campo  
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Our insurance does not allow alcohol to be brought in by patrons. Kiwanis cares about your safety ... **DON'T DRINK and DRIVE!** Designate a sober driver!  
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# For Health's Sake

## Health bits, education and screenings

### Senior Programs

**S**harp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214.

### How do I do this? Caregiving at home

Learn & practice the basics of hands on care for a loved one at home from a Registered Nurse. Learn about safe transfers, personal care, proper body mechanics and more! Saturday, June 20, 9 a.m. to 1 p.m. at the Sharp Grossmont Hospital Brier Patch Campus, Classrooms 13 & 14, 9000 Wakarusa St., La Mesa. Cost \$10. Reservation required. Call 1-800-827-4277.

### How to talk to your health care provider

Discover the tools to be successful when talking with your doctor or other health care provider at this free presentation. Learn strategies for choosing a provider, good

communication skills during office visits and the importance of pre-planning. Free Vials of Life, Advance Directives and more are available. Monday, June 22, 10-11:30 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277

### Free blood pressure screening

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

Sharp Grossmont Hospital Brier Patch Campus, Senior Resource Center, 9000 Wakarusa, La Mesa on Tuesday, July 7, 9:30 – 10:30 a.m.

### Staying Fabulous in Your 40s

Sharp Grossmont Hospital hosts a seminar for women in or approaching their 40s. A gynecologic specialist addresses topics such as heart health, hormone therapy, diabetes, and gynecologic conditions. Snacks and beverages will be provided.

This event takes place on Monday, July 6, from 6 to 7

p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa Street, La Mesa 91942. Free to the public. Seating is limited and registration is required. Please register at 1-800-82 SHARP (1-800-827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

### East County's Healthcare Leader

What are the leaders of Sharp HealthCare and Sharp Grossmont Hospital doing to ensure clinical excellence in this current economic environment? How will proposed budget cuts impact care? Learn about services, upgraded facilities and plans for Grossmont's future. Friday, July 24, 9 to 10 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa.

This free presentation includes a continental breakfast at 8:30 a.m. provided compliments of Grossmont Hospital Foundation. Reservation required. Call 1-800-827-4277.

### Hearing Help Workshop

#### Are digital hearing aids for everyone?

This free workshop, presented by an audiologist, will help those who are struggling with hearing loss to understand the advancements in digital hearing aid technology. Monday July 27, 11 a.m. - 12 noon at the Grossmont Healthcare District, Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

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

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, Safe Return and more. Call (619) 740-4214 for details.

## Can hypnosis cure?



by Judy Callihan Warfield

**I**f you are battling a medical or psychological disease or issue and a Hypnotherapist tells you that they can CURE it please do yourself a favor and run! By law a Hypnotherapist is not allowed to diagnose, prescribe, or cure any issue which may have a medical or psychological origin. A reputable Hypnotherapist is required to send a referral to your physician who is treating your issue in order to confirm that issue has in fact been diagnosed by a physician and to advise your physician that they are working with you on this issue. This requirement is for the protection of you, the client.

Can Hypnosis assist you? ABSOLUTELY! A properly trained Hypnotherapist can

compliment your prescribed medical protocol and assist you in your efforts to regain your health. Let's say you are battling Cancer. Hypnosis can not cure Cancer. However, it can help you reduce your stress level so your immune system is not as depressed. Most people battling Cancer also need help with their sleep patterns and Hypnosis can assist with that. If you are then able to reach those deeper levels of REM sleep where your body has a higher chance of recuperation and renewal that's a good thing. If you are going thru Chemotherapy and/or Radiation sometimes it affects your appetite and ability to taste. Hypnosis can assist with both of these so you can better fuel your body for strength.

When you are deep in battle against a disease it is easy to get trapped in negative thought patterns. Hypnosis is a fast, effective, and drug free method to recognize those negative patterns and reframe your thinking to a more positive note.

Again, Hypnosis does not cure, however it can provide you with other support tools so that you can give it the best fight you can with all of the resources available.



### Health... Just Common Horse Sense

by Dr. Donald Adema

**I**f you like your doctor you can keep your doctor. Well, that presidential promise sent shivers up and down my spinal column! Mrs. A and I were listening to the news at the same time as we were driving home from a busy day of patient care and both about swerved off the freeway after the reporter dropped the bomb. Dinner was digested poorly and sleep was at stressed intervals. Here are some of the thoughts and questions that challenged a night of restorative (not hardly) sleep.

When the government sets up a system, will all the Medicare and Medicaid funds be progressively funneled to their system? You may like your doctor but if the government does not pick him or her, the choice is gone.

When the government sets up a system, will one size fit all? In other words, will medication and procedure needs be limited to save tax dollars? Examine the Canadian socialized medical system and learn why many Canadians seek care in the USA. Will choices other than what the government has to offer be restricted and eventually banned?

Will creative research be stifled as rewards are limited to save tax dollars? Will physicians quietly withdraw as the risk is not covered by the economic return? Will the physician be allowed to apply research findings?

How long will the lines of American patients be in an American socialized medical system? (I guess grouping American and socialized together is no longer a foreign concept.) Will there be a new government agency checking on citizenship status? Will the government have to reveal all expenditures as the individual doctor and health care system must at all times?

Okay, that is enough to encourage a sleeping aid for awhile. Time to contact your local state and national officials. Time to start working on a voice in the 2010 elections. Stay tuned.

## Laughter is the Best Medicine

### I owe my mother

1. My mother taught me TO APPRECIATE A JOB WELL DONE. — "If you're going to kill each other, do it outside. I just finished cleaning."

2. My mother taught me RELIGION. — "You better pray that will come out of the carpet."

3. My mother taught me about TIME TRAVEL. — "If you don't straighten up, I'm going to knock you into the middle of next week!"

4. My mother taught me LOGIC. — "Because I said so, that's why."

5. My mother taught me MORE LOGIC. — "If you fall out of that swing and break your neck, you're not going to the store with me."

6. My mother taught me FORESIGHT. — "Make sure you wear clean underwear, in case you're in an accident."

7. My mother taught me IRONY — "Keep crying, and I'll give you something to cry about."

8. My mother taught me about the science of OSMOSIS. — "Shut your mouth and eat your supper."

9. My mother taught me about CONTORTIONISM. — "Will you look at that dirt on the back of your neck!"

See MOTHER page 19




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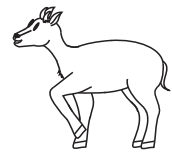


# Newspaper Fun!

www.readingclubfun.com

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Free entry forms are on our website.



## For Dad on Father's Day

### Things to do...

#### With Dad -

- swim
- relax
- movie
- picnic
- long talk
- hike, stroll
- go-kart rides
- miniature golf
- do something new
- wash, wax, buff car

#### For Dad -

- make him feel welcome as he comes home from work
- chip in for cool sunglasses
- coffee, quiet, newspaper
- make a card or cake
  - clean, wash car
  - breakfast in bed
  - hang hammock
  - clean playroom
  - take out trash
  - shine shoes

Father's Day is a special day. It is a time to show Dads everywhere how much we care about them. Here is a list of things to help you think about something special that you can do to celebrate Father's Day. Read the list. Could these surprises also be done on another day to treat your father?

C'mon...stop playing video games long enough to at least make Dad a nice Father's Day card!

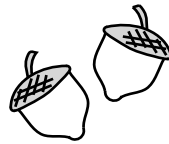
Every dad does things differently. Each has his own style. When you finish this puzzle you will have a list that tells about Dads.

1. Study each picture. Write the beginning letter of each picture in the box.
2. Next, unscramble the words (they begin with the letter in the box).
3. One word in each group does not tell anything about fathers. Cross out that word. The first one is done for you.



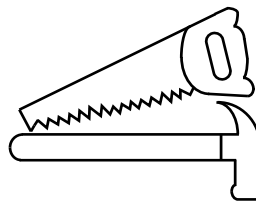
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rfai = fair  
nif = ~~fin~~



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mdnola =  
gnimzaa =



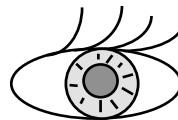
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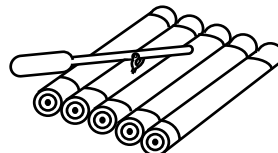
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nadsmheo =  
khon =



=

engeercit =  
gaere =  
lef =



=

cersa =  
dsaer =  
trboo =

Can you find and circle all these words that tell about Dads?

hardworking  
listening  
helpful  
strong  
loving  
there  
caring  
handsome  
gentle  
kind  
firm  
fun

Getting to the Top of Things!

My Dad wears more than one hat. He teaches fire safety and is a volunteer fireman too!



HARDWORKING  
FYISOUYFEOUT  
HEWFOPOMCARING  
EHMIMOYRWSTUSN  
LISTENINGPSIPI  
PUTRDCVEINTELV  
FUNIHBNITEIASO  
ULGOUTHHEREMUQL  
LNOILKAORTNVWS  
IKYEUTEPAQESNR

## Enter the Reading Club Fun Book Giveaway

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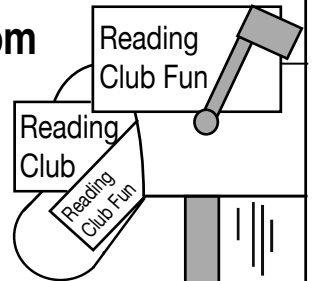
This summer we will give away dozens of books to encourage kids to read. 4 easy steps to enter!

1. sign on to our free reading club:

[www.readingclubfun.com](http://www.readingclubfun.com)

2. print out the entry form
3. have Mom, Dad or other adult (over 18) fill out the form and sign it
4. mail in your signed form to:

Reading Club Fun  
P.O. Box 646  
Canton, CT 06019



One entry per person per week. Up to 1 entry for 3 different children will be accepted in each envelope. (Hey, we all need to save money.) Entry forms will be included in the book giveaway for the week they are received: June 1st to Friday, August 28, 2009 the date of the final drawing. (Void where prohibited by law.) No P.O. Boxes accepted. Prizes returned by the U.S. Postal Service will not be remailed. Visit [ReadingClubFun.com](http://ReadingClubFun.com) for more details.



Stars and Stripes — WEDNESDAY, JULY 1



(Left) El Cajon CDC's Best of Show Winner: Dan Hinkle and his 1958 Desoto



(Right) Harley-Davidson's Motorcycle Winner: Daniel Sutton and his 1937 BMW

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**June 3, 2009 T**

2009 Season Schedule:

June 24	NASCAR Up Close
July 1	Stars and Stripes
July 8	OFF Road Madness
July 15	Cajon Speed Week
July 22	Bike Night
July 29	T-Buckets Galore
August 5	National Night Out
August 12	Funny Car Frenzy
August 19	Charger Steve's Starz Carz
August 26	Revisit the Horseless Carriage
September 2	British Invasion
September 9	Keep on Truckin'
September 16	Woody-Surf's Up!
September 23	Thunder on Main
September 30	Closing Night
October 28	Trunk or Treat
December 9	Parade of Lights



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El Cajon CDC's Winner: Ray & Lynn Dowd and their 1940 Ford Convertible



El Cajon CDC's Winner: Tim Hawkins and his 1965 Ford Mustang Fastback



Kleanwerx's Winner: John Mayhew and his 1970 Dodge Charger



Protective Weather Structures' Winner: Richard Como and his Home Grown Hot Rod



El Cajon CDC's Winner: Pat Rowlen and his 1967 Chevy



Toyota of El Cajon's Winner: The Donahue Family's 1969 Penske Camaro

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# MOTOR AND SPORTS

## 2010 Chevy Equinox



Inside front of the 2010 Chevy Equinox. Photos by Dave Stall

by Dave Stall

I just returned from Detroit last week as a guest of GM. They had me and a hand full of journalists drive the

all new 2010 Chevy Equinox through the back hills of Michigan just outside Ann Arbor. It was a beautiful trip but the real reason I went was to see what GM had to say since they just

filed for Bankruptcy and this was their first press event since then. Well it turned out just as I figured, they were all upbeat and ready to keep building cars and trucks, the only difference was the company would be leaner-meaner and keep striving to build world class cars and trucks we will want to buy.

That brings me to the 2010 Equinox. Did they deliver as to what they promised? I would say yes, and it has nothing to do with the trip it had everything to do with the vehicle. Thirty miles per gallon, power, and an SUV this size? Amazing, sure they did it with a six speed automatic transmission and a four cylinder that develops 182 horsepower and 172 pound foot of torque. Wondering is there enough horsepower coming out of this four cylinder? Yes there is. Okay, it is not neck snapping, but if driven as we all should I found the four cylinder very responsive got to freeway speed with no problem and that is with myself and a GM guy that hadn't missed a meal ever!

We traveled all over the back country and experienced hard turning, rain storms and light flooding and not know the area I had no problems at all.

The Equinox came with Navigation but if Navigation is not wanted, it can be ordered without. I like that and it is not buried in a "package" when the buyer wants one

thing but has to buy three to get it!

There is three trim levels LS, LT, LTZ, two engines, the four cylinder as mention earlier and the optional V6 that will get 264 horsepower and 222 pound foot of torque, two automatic six-speed transmissions, one for the V6 and the other for the four cylinder. The V6 will get you in the fuel mileage range of 25 on the freeway and 18 miles per gallon in town.

The interior is done with a family in mind; entertainment for back seat riders is not in the head rest but a flip down model that I think works better that a roof flip down or even a head rest model. Why one asks? If it is a flip down on the back of the front seats no one can drive up from behind and be distracted by watching the movie in the car ahead.

Another feature I thought was worth mentioning is the automatic rear door. On many SUV's when the rear door is open folks can't reach the door to close it, so a strap is installed. But on the Equinox, one can set the door electrically to open up as high as they want it to, nice touch.

Safety was another area Chevy worked on. All the airbags inside the vehicle have sensors in the doors that will help deploy curtain airbags in the event of an accident. OnStar is standard, Blue Tooth connection, XM Radio you get



Inside front of the 2010 Chevy Equinox. Photos by Dave Stall

traction control, stability control it is really a great SUV.

If there was a down side to this vehicle it is something I have been complaining about

for years, their base warranty. Three year, 36,000 miles. So I guess the buyer should buy a service contract if they keep it longer than three years 36,000 miles!



The back storage area of the 2010 Chevy Equinox.

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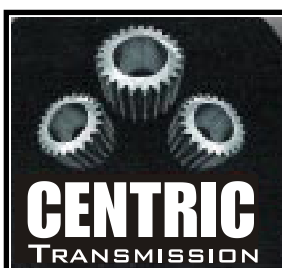
**Saturday, June 27 from 9 a.m. to 1 p.m.**

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### Bumper-To-Bumper with Dave Stall

**Dave:** Back when I was a kid my dad insisted on having a hide-a-key tucked somewhere under his car so in the event he locked himself out of the car he could get in. I would like to follow his lead but the car I'm driving has a key fob that is bigger than the hide-a-key holder. Plus if that hide-a-key falls off the hiding place replacement key fob is around \$300. What would you recommend? Carl.

**Carl:** That is a dilemma; I have thought about it myself (all my cars have hide-a-keys hidden under my cars). The other problem is trying to find a piece of metal you can attach the hide-a-key too. The only thought I have is to find a leather pouch that can be tied to the undercarriage of your car. I would wrap the key fob in aluminum foil so as to protect it from the elements and find a place to secure it with a zip tie. I would also pull the key fob out from under the car occasionally to make sure it has not been damaged and it still works. Some of those expensive key fobs have a door key blank that slides in and out of the electronic key fob that would surly fit in a hide-a-key box.

**Dave:** What is your take on all these machines that have been advertised on TV and in magazines that allow you to make your own Bio-Diesel? I have a Ford F-350 diesel truck I use to tow my toys and family out to the desert but I don't know if I can afford to go back out to the desert next season due to the high price of diesel. Larry.

**Larry:** I have looked into a few of the system and they are pretty expensive, \$8,000 to \$10,000. I think it would take a long time to recoup your investment if you're only using the truck to go to the desert a few times a year. Then there is the collection of product to make Bio-Diesel, where are you going to get it? Is there going to be a smell in the neighborhood? I am waiting to see if city municipalities will even allow you to make Bio-Diesel in your garage or back yard. If you don't go to the desert every weekend then do like most people do and budget for trips to the desert like we do when we want to go on vacation. I would wait and see what shakes out, right now everyone driving a diesel is in a panic and a lot of companies are trying to take advantage of a very bad situation.

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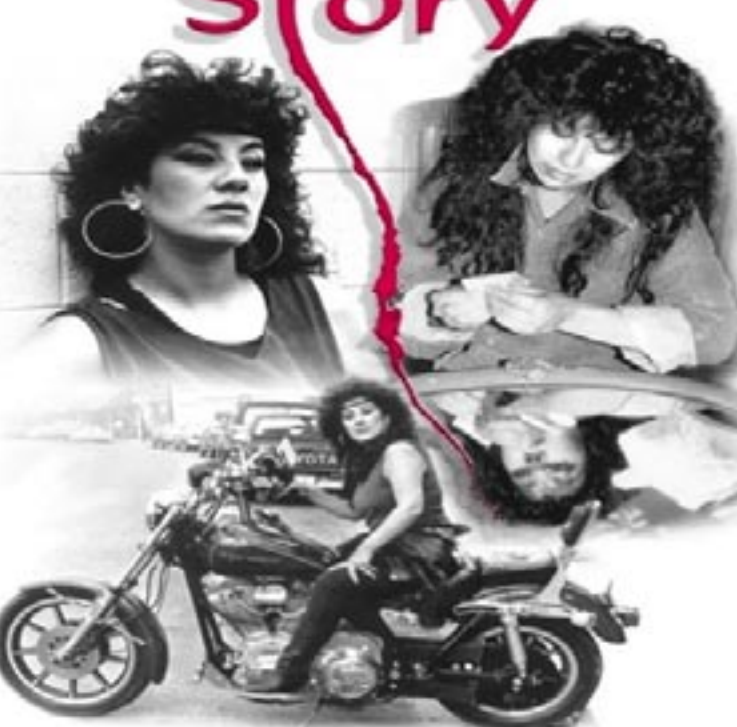
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-017025**  
 FICTITIOUS BUSINESS NAME(S): Hot Rod Junkie  
 Located at: 2102 Jarama Ct., El Cajon, CA 92019  
 This business is conducted by: Husband & Wife  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Paul Aiken 2102 Jarama Ct., El Cajon, CA 92019 2. Kris Aiken 2102 Jarama Ct., El Cajon, CA 92019  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 09, 2009  
 East County Gazette- GIE030790 6/18, 6/25, 7/02, 7/09, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015764**  
 FICTITIOUS BUSINESS NAME(S): AD HOC BYTE  
 Located at: 1124 Las Flores Dr., Carlsbad, CA 92008  
 This business is conducted by: An Individual  
 The first day of business was: May 1, 2009  
 This business is hereby registered by the following: 1. Alaa Muqaitash 1124 Las Flores Dr., Carlsbad, CA 92008  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009.  
 East County Gazette- GIE030790 6/04, 6/11, 6/18, 6/25, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015838**  
 FICTITIOUS BUSINESS NAME(S): a.) 1&1 Design b.) 1&1 Studio  
 Located at: 8565 Summerdale Rd. #224, San Diego, CA 92126  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Yinghui Feng 8565 Summerdale Rd. #224, San Diego, CA 92126  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016612**  
 FICTITIOUS BUSINESS NAME(S): One On One Realty  
 Located at: 917 Kempton St., Spring valley, CA 91977  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Arlene P. Tangalin 917 Kempton St., Spring valley, CA 91977  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016755**  
 FICTITIOUS BUSINESS NAME(S): SD Quality Care  
 Located at: 11386 Westonhill Dr., San Diego, CA 92126  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Katherine Newcomb 11386 Westonhill Dr., San Diego, CA 92126  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 05, 2009  
 East County Gazette- GIE030790 6/18, 6/25, 7/02, 7/09, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-017078**  
 FICTITIOUS BUSINESS NAME(S): Wallenstein Jones & Associates  
 Located at: 12190 Cuyamaca College Drive E. #1505, El Cajon, CA 92019  
 This business is conducted by: An Individual  
 The first day of business was: June 9, 2009  
 This business is hereby registered by the following: Marie Hilaire 12190 Cuyamaca College Drive E. #1505, El Cajon, CA 92019  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 09, 2009  
 East County Gazette- GIE030790 6/18, 6/25, 7/02, 7/09, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015342**  
 FICTITIOUS BUSINESS NAME(S): Spa House  
 Located at: 2730 Isham Springs Ct., Spring valley, CA 91977  
 This business is conducted by: An Individual  
 The first day of business was: May 22, 2009  
 This business is hereby registered by the following: 1. Angela Hunt 2730 Isham Springs Ct., Spring valley, CA 91977  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 22, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016293**  
 FICTITIOUS BUSINESS NAME(S): Anchor Funding Inc Escrow, Anchor Funding Inc Escrow Division  
 Located at: 3750 Convoy St. #320, San Diego, CA 92111  
 This business is conducted by: A Corporation  
 The first day of business was: May 22, 2009  
 This business is hereby registered by the following: 1. Anchor Funding Inc 3750 Convoy St. #320, San Diego, CA 92111  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016398**  
 FICTITIOUS BUSINESS NAME(S): Jonopal, Inc.  
 Located at: 830 Broadway Unit 26, El Cajon, CA 92021  
 This business is conducted by: A Corporation  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Jonopal, Inc. 830 Broadway Unit 26, El Cajon, CA 92021  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016276**  
 FICTITIOUS BUSINESS NAME(S): a.) CDA Natural Stone and Tile b.) CDA Interiors  
 Located at: 14235 Jennings Vista Trail, Lakeside, CA 92040  
 This business is conducted by: An Individual  
 The first day of business was: June 1, 2009  
 This business is hereby registered by the following: Jesse Stockmoe 14235 Jennings Vista Trail, Lakeside, CA 92040  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016053**  
 FICTITIOUS BUSINESS NAME(S): JAJOVO Enterprise  
 Located at: 1465 E. Lexington Ave. #1B, El Cajon, CA 92019  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Eric J. Vogt 1465 E. Lexington Ave. #1B, El Cajon, CA 92019  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 29, 2009  
 East County Gazette- GIE030790 6/18, 6/25, 7/02, 7/09, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016624**  
 FICTITIOUS BUSINESS NAME(S): a.) American Loan Modification Group b.) American Loan Mod Group  
 Located at: 1660 Hotel Circle North, Ste. 700, San Diego, CA 92108  
 This business is conducted by: A Corporation  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Axis Finance, Inc. 7040 Avenida Encinas #104-271, Carlsbad, CA 92011  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015792**  
 FICTITIOUS BUSINESS NAME(S): a.) AMHP b.) AMHP NAMI San Diego Rep Payee for Social Security Beneficiaries  
 Located at: 4480 30<sup>th</sup> St., San Diego, CA 92116  
 This business is conducted by: A Corporation  
 The first day of business was: January 1, 1993  
 This business is hereby registered by the following: National Alliance on Mental Illness- San Diego (NAMI San Diego) 4480 30<sup>th</sup> St., San Diego, CA 92116  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014512**  
 FICTITIOUS BUSINESS NAME(S): Babi's Bakery  
 Located at: 910 E. Washington Ave., El Cajon, CA 92020  
 This business is conducted by: A General Partnership  
 The business has not yet started.  
 This business is hereby registered by the following: 1. Shawn Doud 610 S. Mollison Ave. #D, El Cajon, CA 92020; 2. Giorgi Naoom 3073 Golf Crest Ridge Rd., El Cajon, CA 92019  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 14, 2009.  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014751**  
 FICTITIOUS BUSINESS NAME(S): GET 2 IT PROPERTY SOLUTIONS  
 Located at: 874 Galapago St., Spring Valley, CA 91977  
 This business is conducted by: An Individual  
 The first day of business was: May 18, 2009  
 This business is hereby registered by the following: 1. Doris Avery 874 Galapago St., Spring Valley, CA 91977  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 18, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016645**  
 FICTITIOUS BUSINESS NAME(S): Crossfit Pride  
 Located at: 1991 Friendship Dr., Ste. E, El Cajon, CA 92020  
 This business is conducted by: An Individual  
 The first day of business was: June 1, 2009  
 This business is hereby registered by the following: Caren Ross 1991 Friendship Dr., Ste. E, El Cajon, CA 92020  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016304**  
 FICTITIOUS BUSINESS NAME(S): a.) East County Performance Workshop b.) Swap King Performance  
 Located at: 2883 Buena Vista Ave., Lemon Grove, CA 91945  
 This business is conducted by: An Individual  
 The first day of business was: June 1, 2007  
 This business is hereby registered by the following: 1. Shire Cain 2883 Buena Vista Ave., Lemon Grove, CA 91945  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009  
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00066920-CU-PT-EC**  
 IN THE MATTER OF THE APPLICATION OF: ZINA TOMA RAMIREZ ON BEHALF OF RICARDO VICENTE RAMIREZ FOR CHANGE OF NAME PETITIONER: ZINA TOMA RAMIREZ ON BEHALF OF RICARDO VICENTE RAMIREZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM: RICARDO VICENTE RAMIREZ TO: GIOVANNI VICENTE RAMIREZ  
 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, on JULY 29, 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 MAY 29, 2009.  
 East County Gazette – GIE030790 6/11, 6/18, 6/25, 7/02, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067033-CU-PT-EC**  
 IN THE MATTER OF THE APPLICATION OF: TRAVIS PRESTON JAY FOR CHANGE OF NAME PETITIONER: TRAVIS PRESTON JAY HAS FILED FOR AN ORDER TO CHANGE NAME FROM: TRAVIS PRESTON JAY TO: TRAVIS PRESTON HUGHES  
 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-14, on JULY 15, 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 JUNE 04, 2009.  
 East County Gazette – GIE030790 6/11, 6/18, 6/25, 7/02, 2009

## Dear Dr. Luauna Stines



**Dear Dr. Luauna,**  
 I have no father, my mother has faithfully raised five of us kids by herself, our father left a long time ago. Sometimes when Father's day comes I get so angry. Should I look for my father? All five siblings are of age. Signed, Fatherless on Father's Day, San Diego, CA.

**Dear Fatherless on Father's Day,**

You really are not fatherless, why don't you get you a good father's day card, scratch out the word "Father" and write "Mom," it could read, "Happy Father's Day, Mom!" Your mother deserves a trophy, a plaque, a nice dinner, a bouquet of flowers and so much more. She is a champion and faithful when your father was not. Take a look at the good things on Father's Day, your mother was the best father that you could find.

Sometimes we have to let go, there is a scripture in the Bible that says, "Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

Do not get stuck in what you do not have, rejoice that God has given you a good mom. When Father's Day comes just remember, she was both, enjoy her with all your heart and reward her because I am sure at times, it was really hard for her, and thank God that He has given you a good mother on Father's Day! Philippians 3:13-14.

Submit questions to: [questions@drluauna.com](mailto:questions@drluauna.com)

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207  
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[www.atouchfromabove.org](http://www.atouchfromabove.org)  
[www.amothersstory-thebook.com](http://www.amothersstory-thebook.com)

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

- **Television:** A weekly public access program airing from San Diego across to the east in Atlanta, GA.

- **Radio:** A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)

- **Mission America:** Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.

- **Mission Africa:** We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.

- **Christian University & Seminary:** In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.

- **Prayer Mountain & Local Church Services:** A place for Christians to get away and pray. Healing and Worship Services along with regular scheduled prayer meetings.

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# LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF CYRUS A. JAFFARI, also known as CYRUS JAFFARI. CASE NUMBER: P190543 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both of CYRUS A. JAFFARI, also known as CYRUS JAFFARI. A PETITION FOR PROBATE has been filed by AMERICAN RED CROSS in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JAMES H. WEST be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: JULY 16, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner Susan A. Mercure, Higgs Fletcher & Mack LLP 401 West A St. #2600, San Diego, CA 92101 (619) 236-1551

EAST COUNTY GAZETTE – GIE030790  
June 18, 25, July 2, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067055-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: VANESSA MARY HABABA FOR CHANGE OF NAME PETITIONER: VANESSA MARY HABABA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
VANESSA MARY HABABA  
TO:  
VANESSA MARY HABBABA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, on August 5, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 05, 2009.

East County Gazette – GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067056-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: SALAM SHAMEL HABABA FOR CHANGE OF NAME PETITIONER: SALAM SHAMEL HABABA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
SALAM SHAMEL HABABA  
TO:  
SALAM SHAMEL HABBABA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, on August 5, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 05, 2009.

East County Gazette – GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067058-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: MARTIN SHAMEL HABABA FOR CHANGE OF NAME PETITIONER: MARTIN SHAMEL HABABA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
MARTIN SHAMEL HABABA  
TO:  
MARTIN SHAMEL HABBABA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, on August 5, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 05, 2009.

East County Gazette – GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067057-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: GHAYDAA SHAMEL HABABA FOR CHANGE OF NAME PETITIONER: GHAYDAA SHAMEL HABABA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
GHAYDAA SHAMEL HABABA  
TO:  
GHAYDAA GORHIS HABBABA

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, on August 5, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 05, 2009.

East County Gazette – GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

Looking for Mount Miguel graduates from 1958 & 59. If you have not been contacted we are probably looking for you. 50th Reunion October 17. Contact Janice (Torgersen) Herrera 619-445-1861 or Bucky (Pendergrass) Blottin 619-440-4884 or Cathy (Stubbs) Baldwin 619-443-6726

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067177-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: TAMMI MCCALL ON BEHALF OF MINOR CHRISTIAN JAMES COOKS JR. FOR CHANGE OF NAME PETITIONER: TAMMI MCCALL ON BEHALF OF MINOR CHRISTIAN JAMES COOKS JR. HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
CHRISTIAN JAMES COOKS JR.  
TO:  
AIDEN JAMES YUSUF

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 August 12, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 10, 2009.

East County Gazette – GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

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

### NOTICE TO CREDITORS

Probate Code 19000 et seq.

In re the Matter of: William O. Kobusch, Deceased and Trustor of The William O. Kobusch Revocable Trust Declaration of Trust dated January 17, 1991

Case No. 37-2009-00151673-PR-NC-CTL

Notice is hereby given to the creditors and contingent creditors of above-named decedent, that all persons having claims against the decedent are required to file said claim with the Superior Court, at 1409 Fourth avenue, San Diego, CA 92101, and mail or deliver a copy to Pamela K. Kobusch, as Trustee of the trust dated January 17, 1991, wherein the decedent was the Trustor, in care of Ron H. Oberndorfer, Esq., 5464 Grossmont Center Drive, 3rd Floor, La Mesa, California 91942, within the later of four months after June 19, 2009, or, if notice is mailed or personally delivered to you, 30 days after the date of this notice is mailed or personally delivered to you, or you must petition to file a late claim as provided in Section 19103 of the Probate Code. A claim form may be obtained from the court clerk. For your protection, you are encouraged to file your claim be certified mail, with return receipt requested.

Dated: June 9, 2009

RON H. OBERNDORFER, ATTORNEY  
FOR PAMELA K. KOBUSCH, TRUSTEE

East County Gazette- GIE030790  
6/18, 6/25, 7/02, 7/09, 2009

### INVITATION FOR BIDS

**FIVE 2009 Ford F-250 XL's**  
**ONE 2009 Ford E-250 Super Duty Commercial**  
**ONE 2009 Ford E-150 Commercial**  
**ONE 2009 Ford Ranger Super-Cab 4x2 XL**

The bid specifications contained in the Vehicle Bid Form provide in detail the District's requirements for the vehicle. Vehicle Bid Forms are available by contacting The Lakeside Union School District in person or writing at 12335 Woodside Ave, Lakeside, CA, 92040, or by email request to [tsalz@sdcoe.net](mailto:tsalz@sdcoe.net).



### CITY OF EL CAJON NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:**  
**RESURFACING MAJOR STREETS**  
**(FLETCHER PKWY, CUYAMACA ST.,**  
**CHASE AVE.)**  
**ENGINEERING JOB NO. 3171**  
**BID NO. 005-10**

BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on July 14, 2009

BIDS TO BE OPENED AT:  
2:00 p.m. on July 14, 2009

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

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

Reference is made to the specifications and detailed drawings 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 ordered from the City website [www.ci-el-cajon.ca.us](http://www.ci-el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$15.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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

All bids submitted shall be accompanied by a check 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 price, 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, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor of subcontractors. Bids shall be delivered to the Purchasing Agent at the 1st floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, 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 Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

Dated: June 11, 2009

/s/ Dede Porter  
Purchasing Agent

East County Gazette- GIE030790  
06/11, 6/18/09



### CITY OF EL CAJON NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:**  
**OPEN SPACE WEED ABATEMENT**  
**BID NO. 006-10**

BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on June 30, 2009

BIDS TO BE OPENED AT:  
2:00 p.m. on June 30, 2009

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

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

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

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

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

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

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

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

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/s/ Dede Porter  
Purchasing Agent  
June 11, 2009  
East County Gazette- GIE030790  
06/11, 6/18/09

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# Our Best Friends

## My dog won't leave the house ... ask a trainer

by Nan Arthur, CPDT

### Dear Trainer:

I have a newly adopted dog and she is wonderful in the house. She loves my other dog, she "flirts" with the cat and has been pretty easy to train, but if I try to take her for a walk, she completely falls apart. I have to carry her out the door to even get her outside and once there, she shakes, cowers and does everything in her power to get back in the house. I would really like to take her for walks with my other dog but at this point, I would have to force her to even move. What should I do? By the way, she is just about a year old and was a stray so I don't have much information about her background.

### Signed, Agoraphobic Dog Mom

#### Dear Agoraphobic,

The good news is that your new dog is doing fine in the house and getting along with everyone, including the cat. Whatever might have happened to her to create her fears, keep in mind that behavior is just behavior, not good or bad, and it's time to move forward and work on helping her come out of her shell, or in this case, her house.

#### Where to start

The place to start is at the front door (or the door you normally exit with your dog). Place your dog on a long line and go to the front door. You can find long lines at most pet stores. Look for about a 15-20

foot length. You will be stepping outside, but your dog will remain in the house with the front door open.

Bring a chair for you to sit on, just outside of the door. This will change the picture for your dog since you are sitting. Dogs are very smart at calculating what humans are going to do, and she might think you are going to pick her up if you are standing outside while she is wearing her leash. Your job in all of this is to give your dog the choice of coming outside on her own by reinforcing all efforts and attempts of her moving toward and eventually over the threshold.

#### Using a marker

The first thing to consider is how to get the information to

your dog that she is on the right track. Using a marker signal is ideal. A marker, such as using a clicker or a word, such as, "Yip," can indicate to your dog what she was doing correctly. Once you mark or click her correct response, she gets a really yummy food treat. Be sure to follow every marker signal with a reward so your dog learns that she can "make you," mark her and the treat will follow. For more information about clicker training, the rules of using a clicker and where to buy clickers visit: [http://clickertraining.com/what\\_is\\_clicker\\_training](http://clickertraining.com/what_is_clicker_training)

Before you start, have lots of really high-value treats cut into pea-sized rewards and put them into something that you can dip into and grab a few at a time, (a treat bag or fanny pack is the easiest). High value treats include: Turkey dogs, cooked chicken or turkey, cooked hamburger, or even things like little pieces of steak, cheese, or anything your dog would love.

Next, you will position your chair outside of the door where you can watch your dog and her movements. Hold the long line or have someone else hold it for safety reason and observe your dog. If she looks at you, mark or click and toss her a treat. At first try to toss the treats right to her so she gets into the game without any pressure to move toward the door, but eventually, after she realizes what great treats you have, toss them a little closer to you so she has to step forward to eat them.

#### Raise the bar

Stay at the just looking outside level until your dog is consistently looking out the door. Now hold out for more actual movement toward the door. Be sure to mark or click even shifting her weight forward, as that might be all she can do in the early stages. When she can do that a number of times, hold out for a little more, such as a foot moving forward.

Continue training for no

more than 10 minutes at a time, and when you stop, tell your dog, "All done," toss one extra treat to her, and stop training. Put the chair away, close the door and take off her long line. Your dog should be a little disappointed that you stopped doing this fun game so when you come back and train some more, she should be pretty excited. You can train a few times each day, but spread the sessions out and only do short trials; from 2-10 minutes each time.

The end goal is to have your dog, on her own, step out of the door. When she is able to do that, begin to add a verbal cue, such as, "Outside," just as she is stepping over the threshold. Practice many times with her just going out the door before trying to do more, but once your dog is successful going out with your verbal cue, you can move your chair a little further out (2-3 feet from the original place) and begin to toss your treats near you so she has to

See ALARM CAT page 19



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**14863 Quail Valley Way • El Cajon**  
**(619) 561-4299**  
Monday - Friday 8 am - 6 pm, Sunday by appointment



# What I owe my Mother ...

Continued from page 8

10. My mother taught me about STAMINA. — “You’ll sit there until all that spinach is gone.”
11. My mother taught me about WEATHER. — “This room of yours looks as if a tornado went through it.”
12. My mother taught me about HYPOCRISY. — “If I told you once, I’ve told you a million times. Don’t exaggerate!”
13. My mother taught me the CIRCLE OF LIFE. — “I brought you into this world, and I can take you out.”
14. My mother taught me about BEHAVIOR MODIFICATION. — “Stop acting like your father!”
15. My mother taught me about ENVY. — “There are millions of less fortunate children in this world who don’t have wonderful parents like you do.”
16. My mother taught me about ANTICIPATION. — “Just wait until we get home.”
17. My mother taught me about RECEIVING. — “You are going to get it when you get home!”
18. My mother taught me MEDICAL SCIENCE. — “If you don’t stop crossing your eyes, they are going to freeze that way.”
19. My mother taught me ESP. — “Put your sweater on; don’t you think I know when you are cold?”
20. My mother taught me HUMOR. — “When that lawn mower cuts off your toes, don’t come running to me.”
21. My mother taught me HOW TO BECOME AN ADULT. — “If you don’t eat your vegetables, you’ll never grow up.”
22. My mother taught me GENETICS. — “You’re just like your father.”
23. My mother taught me about my ROOTS. — “Shut that door behind you. Do you think you were born in a barn?”
24. My mother taught me WISDOM. — “When you get to be my age, you’ll understand.”
25. And my favorite: My mother taught me about JUSTICE. — “One day you’ll have kids, and I hope they turn out just like you!”

Submitted by Monica Zech

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

# Dog won’t leave ...

Continued from page 18

come all the way to you to get her reward. You can close the door once she is out if she is doing well and hasn’t been running back into the house during training, otherwise just leave it open.

After your dog is able to come out of the house on her own, use that time to hang out and play in the front area. Don’t try to walk just yet, as you are only working on her trusting you and feeling comfortable being outside.

I would suggest that you

work with a positive reinforcement trainer that can help you transfer to walking on leash as there are a lot of considerations to ensure you don’t make a mistake and set yourself back in your training.

If you go slow and allow your dog to work through her fear, you should be able to build back the courage for her to feel safe outside.

Good luck!

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

## ADOPT-A-PET

Amber is an orange and white 7 pound domestic short hair cat, less than one year old. A severe injury to a hind leg resulted in amputation. She's still quick, even with just 3 legs! Amber loves to play with toys, snuggle in your lap and enjoys lots of attention. She is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). For more information, or to arrange a meeting, call (619) 685-3536.

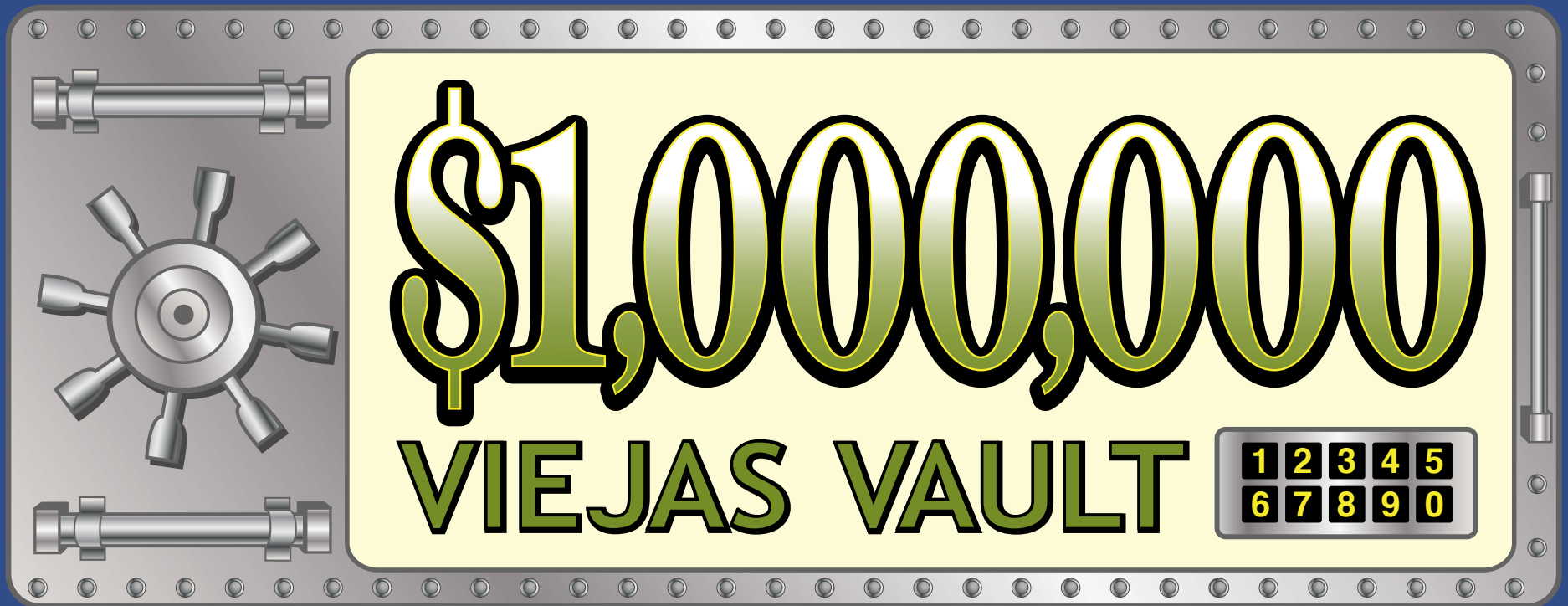


Floyd is a great looking 3-year old Doberman mix. This boy weighs a very manageable 41 pounds and has a warm, easy-going personality. He knows “sit” and he’s very gentle. He loves to play and to give kisses. Floyd’s ideal home will be a calm household with a family that will help him build confidence while he receives training and socialization. To learn more about Floyd, contact FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) at (858) 205-9974.

Susie is a 10-year old Shepherd mix with LOTS of love to give you. She is lovable, affectionate, and ideal for an easy-going family who wants a dog to hang out with. She is mellow and friendly, good on leash, and knows “sit.” Susie is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). You’re guaranteed a loving, tail-waggin’ greeting from this girl. To learn more, please call (858) 205-9974.







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