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VOLUME 10 NUMBER 4 **JULY 2 - 8, 2009**



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 Photos by Kathy Foster

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Local News & Events

Alley Cat Summer Fest

A consortium of El Cajon community art groups, museums, restaurants, and other downtown businesses is staging *Alley Cat Summer Fest 2009*, an incredible event to remember for 5,000+ local residents, on Friday, July 17, 4 p.m. – 9 p.m., and Saturday, July 18, 9 a.m. – 10 p.m., downtown El Cajon.

St. Madeleine Sophie's Center (SMSC), who is presenting the event, describes this festive weekend as a time when *El Cajon comes alive* with community spirit, support, and a collective focus on the pulse of any great city – its people, businesses, and amazing heart!

Alley Cat Summer Fest is one of SMSC's community-integrated art opportunities available to the adults with developmental disabilities who attend SMSC's *Sophie's Gallery*, which is supported in part by the *California State Council on Developmental Disabilities*.

This year's SMSC event will feature prominent artists,

including a juried art show sponsored by *Friends of East County Arts, Inc.*, a classic car show, a job fair sponsored by the *El Cajon Career Center*, boutique vendors, a battle of the bands for teens, *Concerts on the Green* (Friday and Saturday), *Jr. Crew*, a *Kids Zone*, a beer garden sponsored by the **German American Club**, a special *Little and Large* presentation of jewelry and sculpture created by artists throughout San Diego, sponsored by the *San Diego Museum of Art* and *San Diego Visual Arts Network*, and much more. [Stay tuned at www.alleycatsummerfest.org](http://www.alleycatsummerfest.org).

SMSC appreciates their sponsors of Alley Cat Summer Fest 2009; namely, Mrs. Gloria Rimland and Mark Rimland of Edgware Gallery in Kensington; San Diego National Bank; Video Fact; Motoworld; and the Friends of East County Arts, Inc. Sponsorships are still available. Call Cheryl Einsele 619-442-5129, ext. 3332. This event is also supported in part by the California State Council on Developmental Disabilities.



Art seen on 'Alley Cat Walk'.

Young women receive the 'Spirit of Leadership Award'

The Jenna Druck Foundation has been identifying and training America's future women leaders for 13 years with its highly acclaimed Young Women's Leadership Program. The foundation received hundreds of nominations from the community and is proud to announce the 250 young ladies that have been hand-selected to receive this special award. Recipients were chosen for demonstrated and emerging leadership potential in the areas of community building, academics, the arts, family leadership, sports, as well as the category of the undiscovered leader. These young women will benefit from community acknowledgement for their remarkable vision, dedication and courage for being leaders in their own lives and in the community.

The "Spirit of Leadership" Middle School Conference aims to help these girls discover and strengthen the unique gifts, dreams and talents that lie

within them, providing them with the tools to become better leaders working toward a better future for all of us.

In the East County area alone we received many nominations of extraordinary young girls. The following girls from East County area have been nominated and selected for this unique, life-changing opportunity:

Ellen Adkins
Nicole Barns
Desiree Bridgers
Ashley Bridges
Sarah Casey
Stephani Castorena
Jamesha Clark
Julia Covington
Taylor Dillon
Brooklynn Early
Tatiana Ferreyra
Haley Ford
Annabel Greskowiak
Jaiden Holder
Kiley Hubbard
Kayla Hyvonen
Sierra Ingraham
Anna Kerr

Emily Lopez
Mady McAfee Snook
Ahmonique Miller
Samantha Newman
Anissa Orozco
Jen Pollock
Felicia Porter
Desirre Robinson
Rachel Tickner
Tashay Webber
Britta Welsh
Keliyah Williams

The "Spirit of Leadership" award recipients are invited to the annual one-day conference that has empowered, inspired and changed the lives

of thousands of young women. This year's conference will be a celebration infused with core leadership training including a keynote session by transformational trainer, author and founder of "Motivating the Teen Spirit", Lisa Nichols. Girls will also experience their first "power lunch" with strong women leaders from the community who volunteer as mentors for the day. This fun and enlightening event opens many doors for young girls and offers them the opportunity to meet and make friends with middle school girls from throughout the county.

Celebrate American Freedom

Are you "taxed" enough already? Concerned about future tax increases??

East County Tea Party

Saturday, July 4

11am to 2:30 pm at Renette Park
935 Emerald Ave., El Cajon. Hosted by Rick Amato,
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ecteparty@gmail.com

FIREWORKS!

EAST COUNTY

Santee: Town Center Community Park Ballfields
9 p.m. 9400 Cuyamaca

El Cajon: Kennedy Park, 9 p.m.

Spring Valley Park

9 p.m. Spring Valley Swap Meet. The fireworks will be launched from the Swap Meet parking lot. Spring Valley Park is best spot to watch display.

La Mesa Lake Murray

9:15 p.m. All-day Music Fest takes place at park.

Ramona: Olive Peirce Middle School

9 p.m. Grounds open at 5 p.m. for town picnic including food booths and games.

NORTH COUNTY

Rancho Bernardo: Webb Park

9 p.m. Webb Park 11000 Avena Place. The Annual Rancho Bernardo Spirit of the 4th Festival & Parade runs from 7:00 a.m.- 9:30 p.m.

San Marcos: Bradley Park

9 p.m. Food and music are part of the celebration happening earlier in the day. 465 S. Rancho Santa Fe.

Vista: Brengle Terrace Park

9 p.m. Daylong festivities. 1200 Vale Terrace Drive.

Camp Pendleton: Del Mar Beach

9 p.m. All day activities including music, food and games.

Escondido: Grape Day Park

9 p.m. Afternoon festivities, including game and food booths, music and entertainment. 321 N. Broadway.

Carlsbad: Legoland

8:30 p.m. included with admission.

SAN DIEGO

Coronado: Glorietta Bay

9 p.m. Day-long festivities with the annual Coronado Independence Day parade at 10 a.m.

La Jolla Cove

9 p.m. Fireworks are best be seen from La Jolla Cove, Scripps Park and La Jolla Shores.

Mira Mesa Recreation Center

9 p.m. Food, rides, games and entertainment in Mira Mesa Community Park during the day. 8575 New Salem Street.

Mission Bay Yacht Club

9 p.m. 1251 Carmel Place - West Mission Bay.

Ocean Beach Pier

9 p.m. Ocean Blvd. & Newport Ave.

Mission Bay: Paradise Point Resort

9 p.m. 1404 Vacation Road, Mission Bay - This event is held on July 3.

San Diego Bay

9 p.m. Fireworks will be discharged simultaneously from four barges placed strategically around the bay off Shelter Island, Harbor Island, the Embarcadero area and Seaport Village.

Mission Bay: Sea World

9:30 p.m. (July 3-July 5) Viewing also available along Crown Point, and all around the Sea World and Mission Bay area.

San Diego County Fair: Del Mar Fairgrounds

9 p.m. included with admission.

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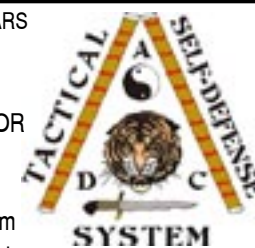
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El Cajon City Highlights

by Monica Zech

City of El Cajon 4th of July Fireworks

The City of El Cajon, thanks to a generous donation from Waste Management, will have their annual fireworks show and picnic at Kennedy Park, located at 1675 East Madison Avenue. The day begins at 12 noon with a picnic, followed by fireworks at 9:00 p.m. Disabled parking will be available at the event. Parking is limited in the area so plan to arrive early. Please be careful and patient driving through this area, especially after the fireworks; and please watch for pedestrians and heavy traffic.

Note: All City offices will be closed on Friday, July 3, in observance of Independence Day (July 4).

Special plans for Alley Cat Summer Fest – July 17 & 18

There are big plans for the upcoming the Annual Alley Cat Summer Fest Art Walk being held July 17 and 18! This summer event features prominent artists, entertainment, sidewalk vendors, live music, a classic car show, a motorcycle run, and a job fair. The juried art show is back, sponsored by Friends of East County Arts, Inc. Come for the 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. This exciting event has something for everyone. Proceeds this year will benefit Sophie's Art Gallery and Public Art. For more information please call (619) 422-5129 or visit their website at www.alleycatartfest.org.

Help us save the Mother Goose Parade

Together we can help save a tradition in El Cajon! The 63rd Annual Mother Goose Parade is in need of sponsors, otherwise the parade scheduled for November 22 may not happen. With the current state of the economy, the usual funding has not been coming in as in the past. To help raise funds for the parade, some area businesses will have specially marks mason jars at the counter to collect your extra change. The Mother Goose Parade Association is also asking for the public's help by being a parade sponsor or by making a personal donation to the Mother Goose Parade Association, P.O. Box 1155, El Cajon, CA 92022. For information on sponsorships, call (619) 444-8712.

Concerts on The Green will be back July 10

The scheduled Concerts On The Green for Friday, July 3rd, has been canceled due to the July 4th holiday weekend. Concerts will resume on Friday, July 10 with Diamond Is Forever, a Neil Diamond tribute. The concerts are free and will be held every Friday (except July 3) from 6 to 8 p.m. now through September 4, at the Prescott Promenade at 211 East Main Street. Have dinner at any of the great nearby restaurants and enjoy the music! For the full schedule of concerts for 2009 go to the El Cajon Community Development Corporation's website at www.downtownelcajon.com or call (619) 401-8858.

Antique Show in El Cajon

Have you been to the monthly Antique Show yet? The next Antique & Collectible Show is Wednesday, July 8. This unique and fun event is from 2 to 7 p.m. at the Ronald Reagan Community Center located at 195 E. Douglas Avenue. There are close to 50 vendors bringing in some beautiful antiques, including artwork, furniture, clothing and jewelry. Stop by to browse through all the amazing displays. Call (619) 441-9050 for more information.

Fair Housing issues

Fair Housing is a right protected by Federal and State laws. Each resident is entitled to equal access to housing opportunities regardless of race, color, religion, sex, national origin, disability, familial status, marital status, age, ancestry, sexual orientation, source of income, or any other arbitrary reason. If you have been the victim of housing discrimination, please contact the Center for Social Advocacy

at (619) 444-5700.

San Diego County and its cities invite you to participate in a Fair Housing Survey. To take the survey online, please visit www.sandiegofairhousingurvey.org or copies can be picked up at the City of El Cajon, Redevelopment and Housing, 3rd Floor, 200 Civic Center Way, (619) 441-1710.

Serve your community, paint a utility box

El Cajon promotes local artwork by encouraging local talent to share their artistic skills by painting tired utility boxes. Vibrant artwork helps deter unsightly nuisance from our neighborhoods and create beautiful spaces for everyone to enjoy. Get your artwork recognized in Downtown El Cajon by painting a utility box! Donating your time to this meaningful activity will make you a part of the beautiful Downtown landscape for years to come.

If you would like to share your artistic talent with the residents and visitors of Downtown El Cajon, visit the El Cajon Community Development Corporation website at www.downtownelcajon.com to learn all about the process, rules, and guidelines. Then contact [Christina Burke](mailto:Christina.Burke@ci.el-cajon.ca.us), Community Development Coordinator, at (619) 401-8858 to get involved.

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

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The 63rd Annual Mother Goose Parade is an endangered species.
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— LOCAL NEWS & EVENTS —



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Lakeside Round Up of events

by Patt Bixby

Chamber mixers

Lakeside Chamber of Commerce mixers have become networking bonanza for local businesses and organizations. The number of people attending the mixers has grown from a few regular Chamber members to 50 or 60 people. Attending a Lakeside mixer is a chance to pass out business cards and share business information with potential customers.

The ELKS Club and High-

way Lions Club hosted the June mixer held at the ELKS club, 11633 Woodside Ave. The ELKS Club is a not-for-profit organization while the Highway Lions Club is a service organization. Both organizations work to help children of the community. The ELKS Club and Highway Lions are always looking for members, people who are willing to donate time to help the children of their community. If you have one hour to a number of hours to serve the community, please call the ELKS at (619) 390-4951 or the Highway Lions at (619) 749-1102.

Chamber President Steve Menefee thanked everyone for their continued support of the monthly business mixers. The chamber mixer for August will be a Padre game.

Become a Lakeside Chamber of Commerce member and enjoy the benefits of monthly business mixers along with many other services the Chamber has to offer. Contact the Chamber at 561-1031 for further information.

Skate park

A skate park for Lakeside?

Can it become a reality? That will be the question asked at the July 14 informal meeting at the ELKS Club at 11633 Woodside Ave. The meeting will be hosted by the Highway Lions, said Club member Jerry Mosier. The meeting will be a discovery meeting with an opportunity for the public to discuss their feelings about a skate park/family park in Lakeside. Mosier said the public will have a chance to discuss a possible location, insurance, and cost of supervision of the park.

Everyone is welcome. The meeting will begin at 6:30 p.m. on July 14, 2009.

Santee leaders disappointed in Board of Supervisors approval to expand Las Colinas

Mayor says city will continue to fight

On Wednesday, June 24, the San Diego County Board of Supervisors approved the plan to replace and expand the Las Colinas Detention Facility from 15 acres to 45 acres and certified the final environmental impact report (EIR) for the facility. The vote was approved 4-1 with Supervisor Dianne Jacob opposing the expansion. As a result of the vote, a new jail could be operating by 2014.

"While we are not surprised, we are disappointed that the County Board of Supervisors chose to approve the expansion of Las Colinas," said Santee Mayor Randy Voepel. "We have worked hard to become the thriving city we are today. This expansion will occupy 18 percent of our downtown and will significantly handicap the city of Santee and its citizens."

During the meeting, nearly 30 individuals adamantly spoke out in opposition of the proposed expansion with

only two individuals speaking in favor.

Many of the opposition speakers expressed concerns about the safety of the residents, the financial impacts on Santee businesses now and in the future, as well as the misuse of tax funds.

"Everyone is concerned about the rights of the inmates but what about the rights of Santee residents?" said Gail Ramer, a resident of Santee.

Supervisor Jacob also expressed significant objections to the proposed project. "I am very concerned about the fiscal issues. We don't have a complete economic analysis of the alternatives. We don't know if this is the best cost-effective decision and that concerns me," said Jacob. "This is bad for Santee, bad for the County and bad for San Diego County taxpayers."

The city of Santee staunchly opposes the expansion and contends that the County's project objectives are skewed and narrowly applied so that it appears the proposed expansion

sion of the existing Las Colinas location in Santee is the only viable option to the County's female inmate needs.

"As a result of the County steadfastly refusing to have a meaningful discussion with the City and look at the alternatives to expanding the jail in our downtown, Santee has no option but to continue the fight," Voepel said.

During the hearing, presentations were made by San Diego County Assistant Sheriff Al Guerin and County staff members Esther Daigneault with the County's Department of Public Works and April F. Heinze with the County's Department of General Services, who provided an overview of the proposed plan and discussed the EIR and its implications.

County staff noted that expanding Las Colinas at its current site in Santee does not meet all of the project objectives, but still maintained that it would be the preferred site. County staff also stated that "construction of the project at the proposed location would result in significant unmitigable

impacts to cultural resources and traffic and transportation."

See LAS COLINAS page 16

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Alpine happenings ...

'Chamber networking breakfast

Tuesday, July 14, 7:15 – 8:30 a.m. Business Networking

Breakfast "Hot Topics" at Fuller Hall, 2225 W. Victoria. The cost is \$15 per person. \$20 at the door. Guest speaker is Roberto Monaco – InfluenceOlogy Workshop. InfluenceOlogy mission is to help sales professionals, business leaders and organizations to improve sales and leadership performance. **RSVP to Kelly@alpinechamber.sdcx-mail.com.** See <http://www.alpinechamber.com> for bio.

enceOlogy mission is to help sales professionals, business leaders and organizations to improve sales and leadership performance. **RSVP to Kelly@alpinechamber.sdcx-mail.com.** See <http://www.alpinechamber.com> for bio.

"The Pageant of the Masters: The Muse" Living pictures – incredibly faithful art recreations of classical and contemporary works with real people posing to look like the art. See <http://www.alpinechamber.com> for more information.

Farmer's Market

Farmer's Market in the Park at Viejas Outlet Center. Opening this summer on Tuesdays through Aug. 25, 3:30 – 7:30 p.m. Movies in the Park on Tuesdays from June 16 – Aug. 11, 2009, at 7:45 p.m. For more information, contact Diane@AVibrantWorld.com.

For more information regarding the Alpine & Mtn. Empire Chamber of Commerce, see our website www.alpinechamber.com.

Public real estate meeting

Thursday, July 9, 6:30 – 7:30 p.m. Alpine Mountain Empire Chamber of Commerce presents our public real estate meeting with guest speaker Gary H. London (President of the London Group Realty Advisors, Inc) nationally known strategic consultant and real estate economist. The event is being held at Chase Bank, 1271 Tavern Road. Call or RSVP by email to Kelly@alpinechamber.sdcx-mail.com.

Lions, Tigers & Bears

Saturday, Aug. 22, 5:30 – 8 p.m. Lions Tigers & Bears presents "Sunset Wine Tasting '09". Call to RSVP at (619) 659-8078. See <http://www.alpinechamber.com>

'The Pageant of the Masters'

Wednesday, Aug. 26, join the Alpine Soroptimists for

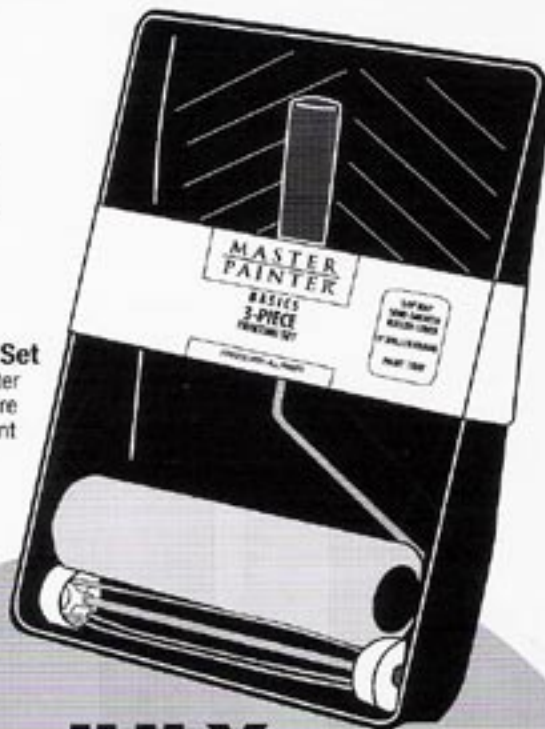
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Senior Programs

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

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.

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.

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.

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 advance-

ments 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.

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.

Chow down — power up!

Did you know that people who skip breakfast are more likely to struggle with weight...eat more during the day...and snack the night away? It's true! In fact, studies have even linked healthy breakfasts with less chronic disease, increased longevity and better health.

As kids, we were told, "Breakfast is the most important meal of the day." Well, guess what? It is! Turns out that starting your day with a good breakfast boosts your energy, increases your attention span, and lifts your sense of well-being. Here's how it works.

Many folks don't eat breakfast because they don't feel hungry. They don't feel hungry in the morning because they eat well into the night before. When they go to bed, the body is busy digesting all that food. Digestion then goes into a slower gear during the hours of sleep and that means there's still food in the stomach when they wake in the morning. Our poor tummy's need rest too. A tired stomach is in no mood to digest a big breakfast. Add to that the fact that when you get up the next morning your blood sugar level is at its lowest point in the day. Glucose is the basic fuel for the brain and central nervous system. That's why a good breakfast actually makes you happy and keeps you from the morning grumps.

Here are some quick and delicious morning meals that take a few minutes to prepare and even travel well, wrapped in paper or foil.

Peanut Butter & Cheese Cereal Roll-Ups

Spread Jarlsberg slice with

some peanut butter and roll up; press top and bottom into crushed cereal. Serve with apple, pear or other favorite fruit.

Breakfast Quesadilla

In lightly oiled skillet, scramble 2 eggs (using one or both yolks). Add diced tomato, scallion, handful of baby spinach or arugula and 1 tablespoon Boursin cheese. Roll up in tortilla.

Tasty Morning Toast

Toast waffles, cinnamon raisin bread or English muffin. Spread about 2 teaspoons apple butter or fig jam on each half and top with a few thin slices cooked pear (optional); sprinkle with pecans. Place ½ slice cheese (Gruyere, Swiss, Cheddar or Jarlsberg work nicely) on each muffin half and run under broiler to melt.

Vary the ingredients on the toast: use cooked crisp bacon and cooked tender apples; top with cheese and broil until melted. Or, butter slice of bread and smear with mustard; top with slice of cooked lean ham or Canadian bacon, a pineapple slice and slice of cheese. Broil until cheese melts.

Breakfast S'More Sandwich

Using 2 Scandinavian style crispbreads, spread peanut butter (mixed with a bit of honey) on each. Layer one crispbread with thin slices of banana (or apple). Top with a touch of marshmallow fluff and finish with other slice of crispbread. Wrap in foil and warm slightly in oven.



Health... Just Common
Horse Sense
by Dr. Donald Adema

“Perfect lab does not mean perfect health.” That was initially an irritating quote of one of my preceptors in residency. But, as usual, he was correct and as it became more of a foundational premise in my practice, the patient did better. An actual appraisal of function is more efficient than a constant parameter analysis. Or, asking how the patient feels and is performing may just promote better health.

The above is too often ignored when a patient is in the hospital. A major irritation to those of us who treat patients in the real world is the constant drive to keep a blood sugar within the normal range. A range that has been continually adjusted and hence, oddly enough, requires more medication and lab intervention. All medical education points towards the need for an elevated blood sugar when the body is stressed. Truly, a hospitalization is a stressful time and rarely allows for reparative rest. To readily add insulin to ensure the abnormally tight control not only does not allow for a needed energy surge but also gives the immune system one more task away from healing. And, also allows for one more challenge to the adrenal gland and mixed message to the pancreas.

A couple of years ago I met one of the more famous diabetologists in Southern California during a hospice visit. He readily told me how frustrated he was with the ready administration of insulin to patients within and without the hospital. However, his combinations of hypoglycemic pills made my head spin. When the topic of the standard diabetic diet was toyed with, he shut down and we moved on to morphine in a hospice situation. (Could have used some after that!) He resisted discussing why the insulin becomes resistant and dwells only on what to do when it does go down. But, we will keep the battle going.

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.

Laughter is the Best Medicine

How to tell the sex of a fly

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

“What are you doing?” She asked.

“Hunting Flies” He responded.

“Oh. Killing any?” She asked.


“Yep, 3 males, 2 Females,” he replied.

Intrigued, she asked. “How can you tell them apart?”


He responded, “Three were on a beer can, two were on the phone.

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

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Patriotic Potluck

It's true — the kitchen is the heart of the home. Ever notice how people always gather there? Whether baking treats, making dinner or spending time with family and friends, the kitchen is my favorite place to be. Since my day job is Senior Culinary Specialist for the Nestlé Test Kitchens, you can bet I love to stir things up. This column lets me pass along to you some of my best recipes, tips and baking secrets.

Potlucks are a popular way to celebrate just about anything – and July Fourth is a great reason to get the friends and neighbors together for a patriotic potluck.

I'm bringing a fantastic flag

cake to this year's party – it serves a lot of people and it's easy to make. I'll let you in on two little secrets that make this cake taste extra good: instant potato flakes keep the cake tender and moist, while mini chocolate chips give you little bursts of chocolate with every bite. The colorful fruit on top not only adds great flavor, but it turns this cake into a showstopper that has guests "ooing" and "ahhing" in delight!

If you're going to a potluck party this year, I have some tips for being a good guest:

- Keep it safe: It's tricky to keep hot foods hot and cold foods cold, so make sure the food you're bringing will be



Patriotic Cake. Courtesy of Family Features

safe at room temperature. For example, on a hot summer day, vinegar-based salad dressings are a better choice than mayonnaise-based ones.

- Keep it simple: Bring dishes that are ready to serve. Asking to pop something into the host's oven for "just a few minutes" is inconvenient for the host and the guests waiting to eat.

- Keep it practical: Label your dish so that guests know what they're getting. It's also a big help if you bring your own serving utensils – the host won't be forced to hunt for something and the line won't get held up waiting.

- Keep it yours: If you need to take your serving dish home, be sure to label it. A bit of masking tape with your name on it can be discreetly placed on the dish so it doesn't get mixed up with someone else's.

For more Independence Day recipe ideas to help you celebrate, visit www.verybest-baking.com.

Happy
Independence



Day!

Celebrate with the Power of Red

The color red can liven up any entertaining occasion. And "eating red" not only adds eye-popping color to a sensational spread, it's also a color cue for good health. Why red? The deep-hued red color in fruits such as tart cherries, tomatoes and red grapes is produced by powerful disease-fighting compounds that studies show may help reduce the risk of heart disease.

Plus, cherries, one of today's hottest "Super Fruits," can be enjoyed year-round as dried, frozen and juice. So the possibilities of entertaining with this red fruit are endless. Cherries can add antioxidant benefits,

rich red color, and sweet-tart taste to any celebration.

Here are a few ways to add a powerful red punch to your guests' palettes, with good taste and nutrition:

- Add chopped tomatoes to your favorite dips like spinach-artichoke or ranch veggie for a colorful antioxidant kick.

- Make bamboo skewers alternating red grapes and canned pineapple chunks for a fresh party pick. Serve with a light yogurt dip.

- Serve up a sparkling red twist on the traditional cham-



Sparkling Red Cherry Punch. Courtesy of Family Features

pagne punch with 100 percent cherry juice by making Sparkling Red Cherry Punch.

- Swap cherries for cranberries or raisins in your favorite baked goods, and end the evening on a powerful note with the Power Cherry Trail Mix Cookies.

Visit www.choosecherries.com for more entertaining "eat red" recipe ideas and tips.

Tip: for a festive garnish, add a pitted tart cherry and a quartered slice of orange on a cocktail pick to each glass.

Independence Cake

Makes 20 servings

- 1 cup water
- 1 cup instant mashed potato flakes
- 2 2/3 cups all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 2/3 cups granulated sugar
- 1 cup (2 sticks) butter or margarine, softened
- 4 large eggs
- 3/4 cup milk
- 2 cups (12-ounce package) Nestlé Toll House Semi-Sweet Chocolate Mini Morsels
- 1 container (8 ounces) frozen lite whipped topping, thawed
- 2 cups sliced strawberries
- 1/2 cup blueberries

PREHEAT oven to 350° F. Grease 13 x 9-inch baking pan; line with wax paper.

HEAT water to boiling in small saucepan; remove from heat. Stir in potato flakes until moistened. Cool to room temperature. Combine flour, baking powder, salt, cinnamon and nutmeg in a medium bowl.

BEAT sugar and butter until crumbly. Add eggs one at a time, beating well after each addition; beat in potatoes. Gradually beat in flour mixture alternately with milk. Stir in morsels. Spoon into prepared baking pan.

BAKE for 45 to 55 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 15 minutes. Invert onto wire rack; remove wax paper. Cool completely. Transfer to serving platter.

FROST sides and top of cake with whipped topping. Just prior to serving, arrange strawberry slices and blueberries on top of cake to represent the American flag.

Nutrition Information per serving: 380calories; 150 calories from fat; 17g total fat; 11g saturated fat; 70mg cholesterol; 240mg sodium; 57g carbohydrate; 2g fiber; 38g sugars; 4g protein; 5% vitamin C;

Jenny Harper is Senior Culinary Specialist for the Nestlé Test Kitchens and VeryBestBaking.com.

Courtesy of Family Features

Sparkling Red Cherry Punch

Makes 8 servings

- 1 1/2 cups tart cherry juice
- 1/2 cup orange juice
- 1/2 cup orange liqueur such as grand mariner, curacao or cointreau
- 1 bottle (750 ml) champagne or sparkling wine

In a large pitcher, combine cherry juice, orange juice and liqueur. Chill at least 1 hour or up to 24 hours. Just before serving stir cherry mixture. Tilt pitcher; slowly pour in champagne. Stir gently. Serve in champagne flutes or wine glasses.

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Joseph Altig and his 2006 Pierce Chassis Modified

Sycuan Casino's Motorcycle Winner:
Rick Alvarez and his 2006 Deluxe Harley

Toyota of El Cajon's Winner:
Dave Tyler and his 1964 Mercury Comet

El Cajon CDC's Winner:
Chris Sass and his 1968 Camaro

RE Enterprises' Winner:
Mike Mitchell and his 1918 Ford T-Bucket

El Cajon CDC's Winner:
Dennis Cushman and his 1972 Chevy 4x4 Pickup

2009 Season Schedule:

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

El Cajon CDC's
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MOTORSPORTS

2009 Lexus ISF — keeping up with the Jones'



2009 Lexus ISF. Photos by Dave Stall

by Dave Stall

I'm sure everyone has heard of the old saying, "keeping up with the

Jones'," well it is alive and well in the automotive industry and the latest participant is a car from Lexus. The Lexus ISF to be exact. Now before I go

any farther down this road I must say it takes a special type of person to climb behind the wheel of this 416 horsepower four door sedan with aggressive sport suspension and pumping out 371 pound foot of torque. The Lexus has competition from just about everyone; Cadillac CTS-V, BMW M Series, the Mercedes AMG Package, Nissan GT-R, Corvette ZR-1 even Ford with the Mustang KR and Cobra, get my drift? Now before anyone shoots off a bunch of scathing emails to me, I'm not comparing the Lexus directly against the cars I just mentioned but every manufacture has a need for speed and Lexus had to join in.

I love a performance car as much as the next gear head and the ISF has it all; sport suspension, high performance tires, and it gets 16 miles per gallon in the city, 23 miles per gallon on the open road (if you keep your foot out of it).

What makes the ISF distinctive over the other IS models is the aggressive stance with grounds effects at all corners; 19-inch alloy wheel with flared fender wells so they would fit, sway bars, traction control, stability control and brakes that will stop on a dime and give nine cents change. Get the picture? Sliding behind the wheel, the first thing noticed is how the two-toned black and terra cotta seats grab hold of the driver and nestles him/her into a "lets hit the road position." Again very comfortable seating with plenty of adjustments to give one just the ride one's looking for. The center console was decorated in an aluminized trim treatment that was stunning, comfortable arm rest with adequate storage. The

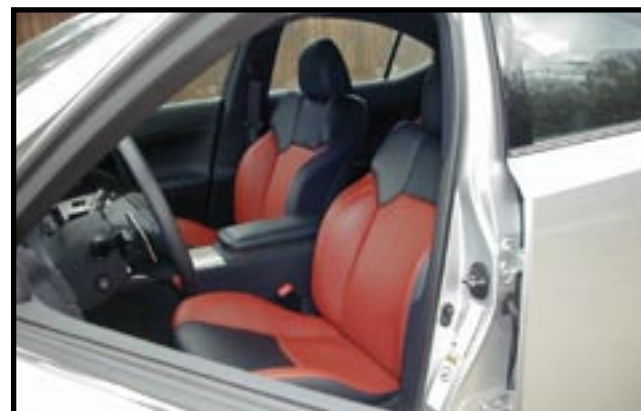
dash was laid out with the driver in mind, easy operation of the cruise control, navigation and fabulous sound system. I honestly never sat in the back seat but it looked real comfortable. I did use the trunk and it is just like the regular IS.

Another thing about this car that makes it stand out above the other Lexus ISF's, the four, count them, four exhaust tips stacked in twos on either side of the car and when the driver gives the Lexus ISF about quarter throttle the exhaust alerts him/her to the fact he/she is going to be launching in minus 10 seconds, and then if he/she dares to mash down the pedal they're gone!

Sounds like fun huh? Well if truth be known the Lexus ISF is for a very small group of enthusiasts, this is not a car for the normal point-to-point driver. What I mean by that statement is yes once one fires her up grinning begins and once one hits the road the grins get even bigger, but after about 30 minutes of playing around with all that horsepower the thrill wears off and the harsh suspension kicks in. Put this car on a smooth surface and oh my gosh! Drive around town for a while and your kidney will tell you just how much fun you

should have had. No offense to Lexus, but there are a few muscle cars out there that are faster, smoother but cost a lot more, \$56,760 is suggested price plus tax and license for

this luxury hot rod. I personally would love to have this baby in my garage, but I suggest to everyone that they put some serious miles on one before making a commitment!



Front seats of Lexus ISF.



Dash and controls of the 2009 Lexus ISF.

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Bumper-To-Bumper with Dave Stall

Dave: I listen to you on KCBQ 1170 on Saturday at 3 pm. So I thought I would send you a question that has been bothering me, here goes. I brought my 94 Saturn to my local Saturn dealer earlier this year and paid \$90 for a complete Diagnostic Test. The light on dash has 2 icons indicating 50/50 coolant needed. I was advised that they had found a leak and I must keep this coolant refilled which I have been doing religiously. There never has been a leak on garage floor but I have to refill about every 35-45 mi to keep the icon from flashing. This old Saturn only has 51K miles and NO car payments looming for me. At 78 years, this Granny needs your advice. Where does that coolant go if not on the ground? How long can I keep doing this before I get stranded in traffic on one of my trips. Can the Saturn dealer be setting me up for a major overhaul? I hope not. I'm a trusting little old lady, :-). Thanks for any advice—Eileen.

Eileen: If I read it right you stated the dealer found a leak, but did they fix it? I would say not. Most likely the water leak was in an area that will cost more than they think you can afford. Call the service manager at the dealership and ask him what the problem is and what would it cost to fix it (Have your repair order in front of you to help him get the answer you need). Then you can decide if you're going to keep filling the coolant bottle every 35-45 miles, fix the car now or trade it in. The reason you're not seeing the water on the floor is because it is most likely a small leak and only leaks under pressure (When the engine is running) when it leaks, it vaporizes due to the excessive heat under the hood. I don't think Saturn is setting you up I think they just need to explain your problem to you a little better. Call the service manager and tell me what he said!

Dave: My car is in great shape and I want to wax it for the first time. The owner's manual recommends it monthly. Friends are telling me not to. I see other cars on the road that look shinier than mine, almost like a resin finish. What is your advice? Thank you in advance. Elaine.

Elaine: If you car sits out in the sun all day waxing once a month will extend the life of your paint. A lot of people don't realize every time you apply wax to your car the wax is removing the last layer of wax so you never get a build up. But if you're looking for that Car Show Shine I would hire a professional. It will set you back \$150 and up to have it done professionally depending on how far you want the detail to go. Do that and you should have a bright and shiny car for a long time!

Got a car question? Contact Dave at www.davestall.com

— MotorandSports —

Who are these Padres anyway?

by Chuck Karazsia

For the first time in over two-years the San Diego Padres took an inter-league series after winning 2-of-3 from the Rangers over the weekend in the blast furnace of Arlington, Texas. The Friars are home this week, hoping to stay hot with a supporting cast of players you may have heard of, or may have not.

Get accustomed to names like Gaudin, Correia, Blanks, Adams, Mujica, Gregerson, Burke, Geer, Silva. Combine that with the familiar names of Hairston, Gwynn (Jr.), Venable, Headley, and Hundley. Toss in the names Cabrera, Blanks, Venable, and Blanco, and you have the makings of a young and exciting Padres team who when mixed with the veterans are quietly making noise.

Minus the talents of Cy Young, award winning ace pitcher Jake Peavy, the lanky Chris Young, and, East County native Brian Giles, all on the disabled list the Padre youth have been subbing in their place and playing the type of ball catered to Petco Park.

Petco Park has cavernous outfield alleys, combine that with a marine layered wind coming in from the bay in right field. Despite these elements, playing 'small ball has enabled the club to get runners on base and move them into scoring position.

The problem has been to get those runners in with consistent timely hitting.

All of this has been achieved of course with great pitching from the starters and relievers, and from skilled defensive play from the mix of veteran infielders Gonzales, Kouzmanoff, and Eckstein, and their outfielders.

Filling the shoes of Peavy and Young, the Padres have found themselves two pitchers who haven't skipped a beat, and are in fact banging the drum to their own liking.

Correia and Gaudin found in the recycle bin are now turning in impressive starting pitching performances.

Kevin Correia is 4-1 in his last five starts. In his last 33 innings Kevin has given up just 18 hits and nine runs. In 33 innings he has struck out 39 batters while walking only 3 sporting a 2.31 E.R.A.

Chad Gaudin is 2-1. In the last 21 innings in three starts he has allowed just 6 runs with 28 strikeouts and a 2.14 E.R.A. Gaudin has recently pitched 8 shutout innings. He and closer Heath Bell both combined on a 1-hit shutout against Texas on Sunday, a rare feat these days in baseball. Padres skipper Bud Black commented, "This was one of the better starts I've seen."

Welcome Tony Gwynn Jr.
Since joining the Padres,

Tony has proved he can cover the outfield. With his speed and reliable bat, in Gwynn the Padres have a threat not seen at the top of the lineup since 'Ricky'. Both Gwynn and Hairston are hitting .310. Surprising young shortstop Everth Cabrera is batting .318, and Kyle Blanks is hitting .250 while learning major-league pitching and the leftfield position. Both Headley and Kouzmanoff have hit well batting .384 and .319 recently.

Tests have recently been done on Jake Peavy this week. The doctors tested the tendons in his ankle. No new timetable has been given, but be expected he will heal as a normal human being, and it will take a while.

The dog days of summer are upon us. Playing in 20 consecutive days before the All-Star break, then 25 consecutive after the mid-season classic, the Padres will have their hands full.

Playing the Houston Astros in four games at Petco Park the Padres then welcome their arch-rival Los Angeles Dodgers to town this weekend including their controversial slugger Manny Ramirez fresh back from a 50-game suspension.

It will be interesting witnessing first-hand the encounter between these two bitter rivals, including the

comeback of a Dodger Blue player who was suspended by the league, perhaps, the best RBI man ever.

I want to see how Padres fans react to 'Manny being Manny', compared to the way their reaction to Barry Bonds was at Petco Park.

I want to see 'MANNY' without any extra help.

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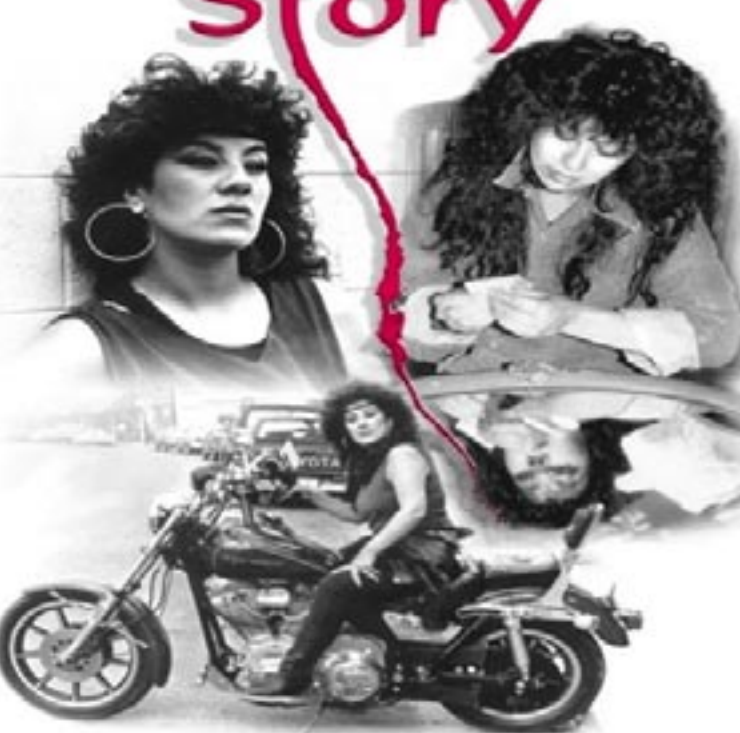
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East County Gazette – GIE030790
7/02 7/09 7/16 7/23 2009

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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. 2009-017078**
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. 2009-015838**
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. 2009-015342**
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 30th 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 30th 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,

Fourth of July is just around the corner, I am so irritated and disgusted. Everyone thinks we are celebrating our liberty, yeah right, Bush brought us into war and now we are in another chaotic war. America needs to wake up. It's just another gimmick to make money. What kind of liberty is this? Signed Irritated in San Diego, CA.

Dear Irritated,

I am sure that we can find enough people to donate plenty of money to purchase you a one way ticket out of the United States of America. How about Iran or North Korea? The only problem you will not have liberty to make your comments without grave consequences. Or Malawi, Africa? I have been there, no electricity, no water, and the government can be overthrown in one day by rebels.

I am proud to be an American; I have traveled all around the world and am grateful for the thousands of brave men and women who have laid down their lives for this country's freedom. I am proud of the red, white and blue, Old Glory is her name.

The greatest war is in your head and in your heart, you have become very selfish and ungrateful for what you have, you are wrapped up in a web of bitterness and it has poisoned your outlook. Life is short, our life is like a vapor, stop and cherish each moment and thank God you were born in America. That is where your freedom will begin. The next time you see the flag waving, stop and thank God for our freedom, for freedom is not free at all. If you would like that one way ticket, just let me know. Read these verses: Hebrews 12:15, James 4:14, John 15:13.

Submit questions to: questions@drluauna.com

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207

www.drluauna.com

www.atouchfromabove.org

www.amothersstory-thebook.com

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

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

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

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

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

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

• **Prayer Mountain & Local Church Services:** 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 —

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.37-2009-00067055-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.37-2009-00067058-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.37-2009-00067177-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



NOTICE OF PUBLIC HEARINGS

The El Cajon City Planning Commission will hold a public hearing at 7:00 p.m., **Monday, July 13, 2009** and the City Council will hold a public hearing at 7:00 p.m., **Tuesday, August 11, 2009** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following items:

Environmental Impact Report No. 85, General Plan Amendment No. 2009-02, Zone Reclassification No. 2267, Amendment of Specific Plan No. 291, Planned Unit Development No. 337 and Tentative Subdivision Map No. 651, as submitted by Pacific Scene Commercial (Forrester Creek). This project includes a request to change the General Plan designation on a portion of the subject property from Open Space (O-S) to Industrial Park (IP); to rezone the subject property from the Open Space (OS) to the Manufacturing (M) zone; to amend certain language in Specific Plan No. 291; to construct four industrial buildings totaling approximately 463,000 square feet in a phased development with related parking and landscaping; to subdivide the subject site in three parcels and create "air-space" units in an industrial condominium format. Included in this application is the consideration of an Environmental Impact Report addressing potential impacts resulting from the proposed project. The subject property is located on the northwest corner of Cuyamaca Street and Weld Boulevard.

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 the Planning Commission or City Council meetings, please contact the Planning Division at (619) 441-1741 or City Clerk at (619) 441-1763 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearing, or in written correspondence to the Commission or City Council, described in this notice.

Melissa AYRES, A.I.C.P.
Director of Community Development

DATE: June 26, 2009

City of El Cajon
Planning Division
Fax: (619) 441-1743
Ph: (619) 441-1741
East County Gazette – GIE030790
07/02/09

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

To place your legal ad call (619) 444-5774

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

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

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Las Colinas ...

Continued from page 5

There are more than 800 County-owned sites, several of which would be better suited for the expansion of Las Colinas. Santee questions why the County has consciously ignored these other locations, including a 1,210-bed jail facility it has been leasing to a private detention firm in East Otay Mesa, which reverts back to County ownership in a few years and would be an ideal replacement facility for Las Colinas.

If the County of San Diego were to sell the land on which Las Colinas sits, as well as the land designated for the expansion, the taxpayers of San Diego County could get \$89 million - making this one of the County's most valuable land holdings. The City believes that land should be sold by the County and the money put toward a new jail or other needed services. If sold to developers, the result could be construction of much-needed affordable housing and jobs.

Santee further questions the County's claims that Las Colinas is similar in size and shape to other regional jail facilities throughout the County.

The proposed expansion by the County of San Diego triples the size of the current jail, making it the largest facility in the county, and increases the number of beds to 1,216. The expanded jail would also include guard towers, barbed-wire fencing and barracks much like the farm-type prisons found in rural settings.

"This expansion is in no way similar to the jail facilities in Vista or Chula Vista, which blend in with their surrounding," Voepel noted. "This jail spreads out across our city, eating up our downtown and located only a stone's throw away from schools, parks, churches, residences and businesses. This jail is not appropriate for Santee."

Santee also challenges the County's claims when describing the increase in beds from the existing facility to the proposed facility. It has been stated that the jail will grow from 810 beds to 1,216 beds, when it will actually triple in CSA-rated beds from 404 to 1,216. In fact, the proposed 1,216-bed CSA-rated facility will be the second largest jail facility in the region, and could eventually house over 2,000 inmates. Many of the inmates housed at Las Colinas are charged with serious felonies such as murder, elder and child abuse, drug dealing and more. Currently over 13,000 female offenders are processed through Las Colinas each year and the expansion would at least double that number.

Our Best Friends

Dog freaks with fireworks ... ask a trainer

by Nan Arthur, CPDT

Dear Trainer:

With the 4th of July coming up, I would like to see if you have any ideas on how to make my dog more comfortable with the noise of fireworks. She is 2-years-old and a Golden Retriever, and last year on the 4th, she broke out of our fence, ran down the street and broke into a yard with some other dogs. She injured herself when she squeezed through some fencing while trying to push her way into the yard with the other dogs.

I would like to skip that again if there is anything I can do to help my dog.

Signed,
Fired Up

Dear Fired,

Excess numbers of dogs end up in shelters after the 4th of July because they bolt during fireworks displays. As you have noted, dogs that are sensitive to these kinds of sounds can panic and flee, and as in your case really injure themselves. These same dogs usually have the same reaction to thunderstorms, and the same treatments would apply to that phobia as well. Many people in the San Diego area don't know their dogs have storm phobias because we just don't get that many thunderstorms, but if your dog is fearful of fireworks, plan ahead for storms as well.

What causes this?

It's not certain what causes sound phobias, but many signs

point to genetics. Many dogs are hyper-sensitive to things in their environments because they are bred to be that way. The Border collie is a good example of breeding for acute hearing, along with their herding capabilities as they need to be able to hear sheep and the shepherd from great distances to keep the herds in check. Unfortunately, what may be great for a dog's chosen work, might also be detrimental when it comes to loud noises that may actually hurt their ears, and also have atmospheric percussion as well—in other words, not only do dogs hear the fireworks at extreme volume, they also feel them.

While it is thought that the majority of dogs are pre-dis-

posed to react to fireworks and thunder, others might have learned to be fearful of the noises. This can happen when a dog is startled by the noises inadvertently. Whatever the reason, it is a serious issue for many dogs.

Things that help

- Have identification on your dog if she does escape. This should include your cell phone in case you are not home if this happens. Be sure your dog is micro chipped as well in case the collar is lost.

- Stay home—Your dog should not be left alone if you know she has this type of sound phobia, or, at least, hire a professional pet sitter to be with your dog if you can't be there.

- Exercise and then feed your dog—An hour or two before the fireworks, get your dog out and work her body. Don't over do it, but do see that your dog is ready for a nap after a good workout and then feed

her a nice meal since a full belly and a tired body help dogs to relax and digest the food.

- Support your dog—It used to be thought that cuddling your dog during a panic attack would reinforce the fear, but that is no longer the belief. Science looks at reinforcement as to whether a behavior is increased by the reinforcement, and anyone that has held a panicked dog will tell you that cuddling a dog in that state actually helps many dogs relax, thereby not increasing the fear.

- Body wraps—Thunder-shirts, www.thundershirt.com and other body wraps can really help many dogs overcome their fears. These have a swaddling affect and comfort many dogs. Some people use a simple tight t-shirt on their dogs, some use things like anxiety wraps that are commercial products and some are homemade. Visit this site for ideas: <http://www.anxietywrap.com/anxietywrap.htm>

- Natural treatments-- Look into using natural treatments such as melatonin or other herbal remedies to ease the panic. Melatonin has shown to be very effective with sound sensitivities. <http://doghealth1.com/2008/02/melatonin-for-anxiety-in-dogs/> for information about melatonin.

- White noise—Add other sound to the environment to mask the noise. Canine Lullabies has an overall calming effect on dogs and can be found at: <http://www.caninelullabies.com/>. Also, a new CD of dog laughter has shown to help calm dogs in noisy shelter settings. Check: <http://www.petalk.org/LaughingDog.html>

- Calming Collars are another product that has had good results with dogs that suffer from sound phobias. These are aroma therapeutic in nature and also have a swaddling affect on dogs and cats. Find them at: www.calmingcollars.com/index.html

See FIREWORKS page 19



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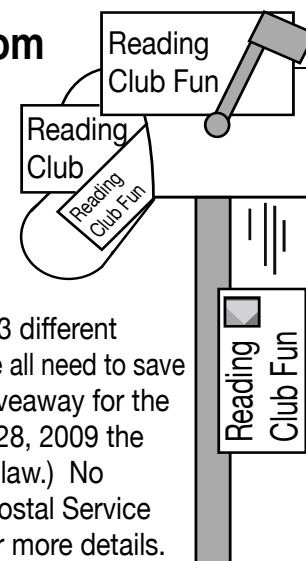
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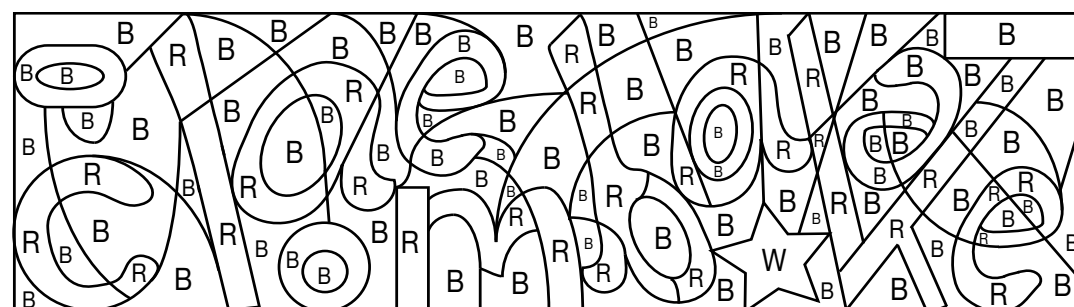
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A Fourth of July Picnic!

Some people who live near the shore go to the beach and dig a pit in the sand and cook food in it. When the food is cooked, everyone visits and eats. **Follow this color key to find out what this fun picnic is called: R = Red B = Blue W = White.**



Yeah, clams... make sure it's clams.



Menu
Clam chowder
Steamed lobster
Steamed clams
Corn on the cob
Small red potatoes
Roasted onions
Lemonade
Blueberry pie

Fireworks ...

Continued from page 18

• Medical interventions—For severe phobias you should talk to your vet about medical treatments that can help your dog get through the crisis.

• DAP—Dog Appeasement Pheromone is another product that has promise for anxiety in general. This plugs in the wall and sends a constant flow of the pheromone into the air. Shop your best prices on this product.

• For next year—Be proactive and desensitize your dog to the sounds by using CD's that have many of the sounds that make dogs crazy

or frighten them. Terry Ryan's CD is an industry standard and can be found here: <https://ahimsadogtraining.com/store/proddetail.php?prod=MCH-0056&cat=5>

Finally, don't allow your dog outside unsupervised during fireworks. Not even for a potty break. Your dog should be on a leash at all times so she doesn't become fearful and try to escape again.

Good luck, and happy 4th of July!

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

ADOPT-A-PET



Tabatha is a beautiful 2-yr old short hair cat, weighing just 9 pounds. She is mellow and loving - the kind of kitty that will give you the greeting you deserve after a long day at work. She is looking for an adopter to give her lots of lap time in a low-key home. Tabatha loves playing with feather toys, and her social interests are geared more toward humans than other cats. This low-maintenance girl is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). To arrange a meeting or for more information, call (619) 579-7172.

Brandy is a 3-year old Siberian Husky mix. She is 41 pounds of love! Brandy is friendly, smart, and loves to be near you. She needs a home with a secure yard to keep her safe. This sweet, easy-going girl is available for adoption through the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To arrange a meeting, call (858) 205-9974.



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). For more information, or to arrange a meeting, call (619) 685-3536.

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