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**VOLUME 10 NUMBER 11** **AUGUST 20-26, 2009**



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# Local News & Events

## Bits and pieces around East County

### DeGrossmont College celebrates parking structure opening

Grossmont College student Lisa Andrews knows all too well the musical-chairs-on-wheels experience of trying to find parking the first weeks of each semester.

"You drive around the parking lot, following students in your car in hopes that they'll be leaving, so you can take their spot – sometimes you get lucky, but a lot of times, you're competing with other cars and drivers who can get pretty aggressive," she said, adding she was always wary about resorting to Plan B: parking her car curbside along the narrow,

winding perimeter road when the lots are full. "The way some students drive – are you kidding?"

Student body president Marc Valenzuela has his own war story about campus parking.

"On my first day here at Grossmont, I came an hour early to find parking and I was

still 45 minutes late to class," he said. "After that, for the first couple of weeks, I came two hours before class and slept in my truck."

A facility grand opening -- not the kind of event likely to draw more than a collective yawn from today's generation of frenetic, multitasking collegians -- spurs animated



New Grossmont College parking structure.

discussion among students gathered recently near the campus library. The facility in question? A long-awaited, \$24.5 million parking structure with an attached 3,200-square-foot facility for campus police. Commuters on the East County stretch of the 125 have been able to observe the structure's

progress from miles away, its hilltop perch easily seen from the freeway vantage point.

"I think it was an excellent investment," Valenzuela said about the 403,000-square-foot, tri-level structure with its 1,431 parking spaces, bringing a net

See **PARKING** page 16

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# SHOP EAST COUNTY



## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by Monica Zech  
City of El Cajon Public  
Information Officer

**S**pecial Note: Schools will be back in session as of August 24 for grade schools and Grossmont Community College, and September 8 for East County area high schools. Anticipate heavier traffic conditions, use caution and reduce your speed while traveling in school zones and please watch for pedestrians.

## Police Forums begin next week

Have your questions ready

and attend one or more of the El Cajon Police Department's four Community Neighborhood Forums starting next week, August 24 through August 27, covering all sectors in the City. This is an excellent opportunity for residents to ask Police and other City department representatives their questions, or to voice any concerns they may have about their neighborhood. Previous forums have covered such topics as traffic, graffiti, and gangs.

## Police Community Forums are scheduled for the following sectors:

**Sector 10** – Monday, Aug. 24 – 6 – 7:30 p.m. at Channel

12/25, 172 East Main Street.

**Sector 8/6** – (combined sector meeting), Tuesday, Aug. 25 – 6 – 7:30 p.m. at Renette Center, 935 Emerald Avenue.

**Sector 7** – Wednesday, Aug. 26 – 6 – 7:30 p.m. at Bostonia Elementary, 1390 Broadway.

**Sector 9** – Thursday, Aug. 27 – 6 p.m. – 7:30 p.m. at Meridian Elementary, 651 S Third Avenue.

If you are wondering what sector of El Cajon you live in, please see the sector map at [www.elcajonneighbors.org](http://www.elcajonneighbors.org) and go to "What is my sector". For more information please contact Lt. Jim Redman at (619) 579-3364.

## Haute With Heart is this weekend

It's not too late to get your tickets for the 32<sup>nd</sup> Annual Haute with Heart Fashion Show and Luncheon set for Saturday, Aug. 22 at the Sheraton San Diego Hotel & Marina. The event is from 10:30 a.m. to 2 p.m. Enjoy silent and live auctions, opportunity drawings and boutique shopping. Tickets are from \$75 to \$125. For ticket information, or to be a sponsor or underwriter, call (619) 442-5129, ext 3332. This special event benefits the programs at St. Madeleine Sophie's Center in El Cajon. Visit [www.stmsc.org](http://www.stmsc.org) to see the wonderful work they do in our community.

## Don't miss Stoney's birthday party celebration

Stoney's Kids is having a birthday celebration to benefit East County youth on Thursday, Aug. 27. Festivities will be held at Sycuan Resort, formerly Singing Hills Golf Course, on the lawn, from 5:30 to 7:30 p.m. Since 1991, this all-volunteer, non-profit organization has raised over \$650,000 to fund projects that support our youth in the East County. Over 98 percent of donated funds go directly to youth programs. Stoney's Kids has supported everything from structured youth sports and after school programs to scholarships for 6<sup>th</sup> grade camp, recreation programs, juvenile diversion programs, a READ intervention program, toy drives, and youth health and wellness programs.

This event is free - no gifts or entry fee are required, just good old cash, checks or credit cards for the fantastic raffle prizes! Your support does make a difference. As founder, Stoney Stone says, "It's all about the kids!"

For more information please call Lauri Riley, President, Stoney's Kids, at (619) 593-1394. Donations may be mailed directly to: Stoney's Kids, c/o California Bank & Trust, 5500 Grossmont Center Dr, Suite 408, La Mesa, CA 91942.

## Major roadwork planned

Starting next week a major resurfacing project will begin affecting several major streets in El Cajon. Work is scheduled to start next week on Fletcher Parkway, from Westwind Drive down to Graves. Once complete, work will begin on Cuyamaca and some adjoining streets such as Tyrone Street, Aldwych Road and Murray Drive. This will then be followed by work on Chase Avenue.

Motorists traveling through these areas can expect some possible delays. The streets mentioned will receive an overlay of high-tech rubberized asphalt, which is much more durable and reduces road noise. Please reduce your speed in all areas of construction and watch for traffic control. For more information please call the City of El Cajon Public Works Department at (619) 441-1653.

## Fall Recreation Guide & City Newsletter is here!

The City of El Cajon Newsletter and Recreation Guide will be available online by Aug. 24 and at your local recreation centers by Aug. 28. Keep your kids busy this fall with all the great activities – there's something for all ages. In the newsletter section see updates on City projects and City services. Keep in mind the Fall Recreation Guide & City Newsletter will not be coming to your mailbox. Visit our website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under "What's New" or again, pick-up a hard copy at any of our recreation centers.

## Last three Concerts On The Prescott Promenade for this season

Enjoy the sounds of Eve Selis with her Roadhouse Rock music this Friday, Aug. 21, at Concerts on the Green. This free weekly summer concert series features live music from 6 to 8 p.m. on the Prescott Promenade, at 211 East Main Street in Downtown El Cajon. Presented by the El Cajon Community Development Corporation, this family-oriented Concerts on the Green features top entertainers in a friendly park setting every Friday through Sept. 4 from 6 to 8 p.m. Bring a picnic or enjoy dinner at one of several fine restaurants on Main Street in Downtown El Cajon.

For more information, call the El Cajon CDC at (619) 401-8858, or visit online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

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## — LOCAL NEWS &amp; EVENTS —



## Lakeside Round Up of events



The children of Lakeside show their feelings on a sign posted on the fence of Hilliker Egg Ranch. Photo by Patt Bixby

by Patt Bixby

### Lakeside Directory

The new Lakeside Business and Community Directory has arrived. If you would like to pick up a case of the directory for distribution at your place of business contact the Lakeside Chamber of Commerce at 561-1031. Locations where the directory can be picked up include: Café 67, The Yogurt Barn, The Lakeside Community Center, The Lakeside Library, the UPS Store, 7-11 10195 Riverford Road, Alpine Rock N Block, Barona, Hillikers Egg Ranch, Secure Self Storage of Lakeside, lakeside Fire protection District office, The Lakeside Chamber of Commerce.

### Illegal dumping

Illegal dumping of trash and household items in the Eucalyptus Hills area of Lakeside has come to the attention of the Sheriff's Department.

The Penal Code for illegal dumping is 374.3 of the California Penal Code. This covers roads, right of ways, private and public property. First offense is no less than \$250 but no more than \$1000. Second offense is no less than \$500 but no more than \$1500. Third offense is no less than \$750 but no more than \$3000.

If the quantity of trash is so large that it can be deemed "Commercial Qualities" the fines are more severe.

### Celebration of Life

Close to 1,500 people filled the stands of the Lakeside Rodeo Grounds on Sunday Aug.16 to say their final farewell to Harold Hilliker, one of Lakeside's leading citizens and local leaders. Hilliker was such an intricate part of the fabric of the Lakeside community that it is hard to visualize the hole left by his passing being filled.

Dignitaries including Former Congressman Duncan Hunter, State Senator Dennis Hollingsworth, Chairwoman Supervisor Dianne Jacob, Lakeside Union School District Superintendent Steve Halfaker, school board member Twila Godley and Jerry Fazio from the Bys and Girls Club of East County all told stories of their friend Harold.

If anyone has attended any event in Lakeside from School Nite Open House, western Days Parades, the East County Junior Fair they have probably met Harold Hilliker. Hilliker was a "do-er". If some community project was short in funding Hilliker would see where the money could be found and get it.

The children of Lakeside

have lost one of their greatest supporters. The kids saw him at plays, bands, Run for the Arts and many more activities. Children could look out from whatever they were doing and see the smiling face of school board member Mr. Hilliker. Hilliker was a school board member for 26 years.

Lakeside Middle School Show Choir performed "I Will Remember You" in Hillikers' memory. Family members and friends reminisced about what a loving, fun and hard working man Harold Hilliker was. As people looked at pictures of Hilliker at work and play it was

easy to remember him saying, "I have so much to do."

As Shelly Hilliker always said to Harold, "I will see you soon." Harold Hilliker will be missed.

The family suggests donations to the following organizations in Harold Hillikers name:

Danny Benson Memorial Scholarship Fund PO BOX 2002, Alpine, CA 91903

Or to Boys and Girls Club of East County 8820 Tamberly Way, Santee, CA 92071.

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## — LOCAL NEWS &amp; EVENTS —



# Alpine happenings ...



**Jami Lou's Place celebrates grand opening.** Jami Lou's Place owners Rick and Kahla Fortin always wanted to open a family business, and they saw a need in Alpine for a children's store. We moved here in the fall of 2003 since we had fallen in love with Alpine from the first few visits here," said Kahla Fortin. We carry items for babies through tweens - clothing, accessories and gifts including the brands Trumpette, Pediped, T\*Party, Fox, Haute Boyz, Cinderella Couture and more! Hurley and Billabong coming soon! Some unique gift items include Charm It! brand bracelets and charms, twirly tutus, Eric Carle books and plush toys, and BeBe au Lait nursing covers. Stop by and join our e-mail list for coupons and promotions," she continued. The Fortin's have three children; Jamie 13, Samantha 10, Michael 2. Photo by Kathy Foster

## Alpine Kiwanis inducts new members

On August 8 at its regularly scheduled meeting The Kiwanis Club of Alpine inducted three new members bringing the total membership to 131.

The following new members were inducted by Past Lieutenant Governor Bob Jackson; Charlie Brown, 1<sup>st</sup> Corporate Member, representing The Viejas Band of The Kumeyaay Indians, Darin Gabriel and Fernando Gonzalez.

The Kiwanis Club meets every Saturday morning at The Alpine Elementary School's Auditorium. The meetings start at 7 and conclude at 8:30 a.m. If anyone would like to join us and meet many of your neighbors, call Joe Brunold at (619) 445-2827.

## Chili Cook off

The Kiwanis Club of Alpine

is presenting its 8<sup>th</sup> Annual Chili Cook off Festival and 2<sup>nd</sup> Annual Show and Shine Car Show on October 3. The Event will be held at The Alpine Community Center from 11 a.m. to 3 p.m.

The organizers of the Event are looking for Chili Cookers and applications are being accepted now as there is limited space. The application deadline is September 1. Contact Don Parker at (619) 672-4269 or Richard Higgins at (619) 672-3861 for additional information. The proceeds from the Cook Off and other Events directly benefit The Alpine Community Center.

## Sunset Wine Tasting

Saturday, Aug. 22, 5:30 - 8 p.m. Lions Tigers & Bears presents "Sunset Wine Tasting '09". Call to RSVP at (619) 659-8078.

The event provides an opportunity for guests to see the

big cats up close and personal, while sampling excellent wines from some of California's best wineries and delicious food catered by Creative Catering. Wine experts will be on hand to provide vintage advice.

Bobbi Brink, Executive Director of Lions Tigers & Bears, along with representatives of Creative Catering, are available for interviews, either at the ranch or in studio. Media are also invited to provide event coverage.

"We want everyone to see, firsthand, our big cat facility and how we provide a stable and nurturing home for rescued animals," said Brink. "We are really excited to be adding the Sunset Wine Tasting to the list of our annual community events."

Lions Tigers & Bears, a private non-profit 501 (c) 3 organization, has three public events each year, including

"Wild in the Country" in May and the upcoming "Between the Stripes" in October.

These events raise money for the care and feeding of the rescued Big Cats, and for developing education and awareness programs for responsible breeding.

## CPR Class

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# Back to School

## Back-to-school bargain hunting

by Jason Alderman

As back-to-school shopping veterans, my wife and I have learned our share of money-saving tricks – plus methods to lessen meltdowns and frayed nerves that come with the territory. If you are new to this parental rite of passage or simply looking for a few new strategies, read on.

First, create a realistic budget. Calculate what you can afford to spend on school-related expenses without blowing your overall household budget. Scoring bargains won't help your bottom line if you end up having to pay interest on unpaid balances.

Make a comprehensive shopping list. Gearing up for a new school year involves much more than simply buying a new backpack and a few outfits. Consider these expenses and strategies:

- Spread new clothing purchases throughout the year to foil sudden growth spurts.
- Many schools issue lists of supplies parents are expected to purchase – from pencils to paper to calculators. Share your overstocked supplies with other families or go in together on volume discounts.
- If your kids participate in

athletics, band or other extra-curricular activities, find out the financial commitment for uniforms, dues, field trips, etc. (Try renting that saxophone first until you know your kid will stick with it.)

- Factor in public transportation or school bus charges, if any. If you're in a car pool, calculate your share of the gas.

- Learn what your school charges for meals and weigh their convenience (and nutritional value) against the cost for home-prepared food.

- Many schools require proof of childhood immunizations. Learn your school's policy and see what's covered by your insurance – or what you could access for free at health fairs or community clinics.

Prioritize. Once you've finalized an overall list, prioritize how to spend your budgeted amount. Get your kids involved in this process so they'll learn the difference between "must-haves" and "nice-to-haves" as well as the art of compromise: If they truly want those designer jeans, together figure out a way they can earn the price difference.

Bargain hunting. After prioritizing expenses, start your research. First, look through the kids' closets to

see what's still serviceable. Then:

- Compare notes with friends. They may be able to use your in-shape hand-me-downs, and vice versa.

- Check garage sales, consignment or thrift shops and online sites. While you're at it, see what items you can sell or donate to make a few bucks and free-up space.

- Clip newspaper and online coupons. Many stores will match competitors' prices even if their own items aren't on sale.

- Wait for fall clearance sales to buy some items.

- Although comparison shopping online can save money, time and gas, before purchasing anything online, factor in any shipping or return

costs that might undo your savings.

- Understand your school's dress code so you don't buy inappropriate clothing.

For help devising a workable budget, visit Visa Inc.'s free personal financial management site, Practical Money Skills for Life. Its Back-to-School Budgeting section contains an interactive budgeting calculator, online shopping tips and much more (<http://www.pmsfl.com/personalfinance/savingspending/budgeting/backtoschool.php>).

In these lean times, make sure you've got a sound battle plan before entering the back-to-school shopping fray.

Jason Alderman directs Visa's financial education programs. Sign up for his free monthly e-Newsletter at [www.practical-moneyskills.com/newsletter](http://www.practical-moneyskills.com/newsletter).

## Grossmont College fundraising event

The Grossmont College Foundation, a fund-raising organization that benefits Grossmont College students and educational programs, has announced details for its 2009 Dinner Gala and Auction

fund-raiser. The Foundation's eighth annual Gala will be held on Saturday, Oct. 24, at the Barona Valley Ranch Resort & Casino. The public is invited to attend. Sponsorship opportunities are available.

Festivities will begin at 5:30 p.m. with a reception and silent auction, followed by dinner starting at 7 p.m., live auction and live entertainment. Judy Garrett, Grossmont College Foundation board member, is serving as event chair. The 2009 theme is "Reaching New Heights With You." The theme reflects the college's partnership with the community that assists in the college's efforts to reach "new heights" in educational excellence, workforce training, scholarship programs and an endless array of new opportunities for students, according to Ernest Ewin, Grossmont College Foundation executive director.

For more information about sponsorship and donation opportunities, contact Alexis Popko at the Grossmont College Foundation office at (619) 644-7109, or via e-mail at [grossmont.foundation@gcccd.edu](mailto:grossmont.foundation@gcccd.edu), or visit [www.grossmont.edu/foundation](http://www.grossmont.edu/foundation). Last year's Gala drew 340 people and helped raised about \$130,000, Ewin said.

## Back-to-school safety tips

Over 50 million kindergarten through 12<sup>th</sup> grade students will soon return to classrooms with backpacks full of new pencils and books. But, one more must-have item should be checked off the [back-to-school list](#)—school safety.

According to the most recent statistics from the U.S. Department of Education, an estimated 2.2 million crimes were reported on public school campuses nationwide during the 2005-06 school year alone and 78 percent of schools reported violent incidents.

Patrick Fiel, public safety advisor for ADT Security Services and former head of security for Washington, D.C. Public Schools says, "Parents who are actively involved in their student's school security can improve their child's safety and success on campus. Bullies, gangs, drugs, weapons and sex predators are on the streets every day." To help parents prepare for a safe school year, Fiel and ADT have developed a list of safety tips to help parents keep kids safe before, during and after school:

### Before school:

- If your child walks or rides a bicycle to school, help him or her choose the safest possible route with the fewest street crossings and walk or ride with him or her if possible. According to a child safety organization, pedestrian injury is the second leading cause of accidental injury-related death among children ages 5 to 14. Talking with children about biking and walking safety can help to reduce their risk of injury.

- Be sure there is at least one parent with children waiting at a school bus stop. This is a time when potentially risky activity, such as bullying and fighting, can take place.

### During school:

- Educate yourself about school safety and security. Talk to your children about their safety concerns and visit their campus to talk with an administrator about the school's security plan. Find out whether your child's school uses technology like [access control and visitor management systems](#) to protect students from potential sex offenders and criminals who may try to gain access to the campus. If a parent can walk into a school unchallenged, so can unwanted visitors.

- Get to know the law enforcement officials or other security personnel assigned to your child's school. Find out when they are on campus and what their responsibilities include. If your child's school does not have regularly assigned law enforcement or security presence, work with school administrators and other parents to get it done.

### After school:

- If kids are alone in the afternoons, teach them to go straight home, keep doors locked and not answer the door for anyone.

- Do not keep firearms easily accessible in your home and talk to kids about the potential dangers of guns and what to do if they find one. If you do have a gun in the house, it is vital to keep it unloaded and in a locked area with the ammunition stored separately. Parents should check their weapons periodically.

Fiel said, "Keeping kids safe is one of the most important things parents, teachers, administrators and the surrounding community can help to accomplish this year. We hope that these tips will remind parents to make school safety a priority so they are able to send their students off to school with confidence."

ADT Security Services is a unit of Tyco International and part of ADT Worldwide, the world's largest electronic security provider. In North America, ADT provides electronic security services to nearly five million commercial, government and residential customers. ADT's total security solutions include intrusion, fire protection, video systems, access control, critical condition monitoring, home health services, electronic article surveillance, radio frequency identification (RFID) and integrated systems. Headquartered in Boca Raton, Florida, ADT has more than 24,000 employees at approximately 240 locations in the U.S. and Canada. More ADT information is at <http://www.adt.com>.

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# MOTOR AND SPORTS

## Wondering what is the big deal — '09 Nissan Cube



Outside look at the 2009 Nissan Cube. Photo by Dave Stall

by Dave Stall

Is it a Rubric's Cube? No it is a Nissan Cube, but if you painted small colored squares all around the Cube it would surly resemble a Rubric's Cube. This is Nissan's attempt to enter the segment that captures the spirit of youth no matter what your age is.

The Nissan Cube is a very functional transporter and one can tell Nissan sat down with a

lot of drivers in their 20's to see what it is they were looking for in a car. It starts out with the edging look about the Cube, it stands out all on its own with a distinct one sided wrap around window treatment in the rear to its snout that looks like it wants to give a little smooch on the cheek. The rear hatch is a door that swings out to the street, which from a safety point of view it is the right way to swing.

Under the hood breathes a 1.8-liter dual overhead camshaft four cylinder engine that produces 122 horsepower and 127 pound foot of torque. There is a choice of a six speed manual transmission or a CVT (Continuously Variable Transmission), which in laymen terms means a one speed golf cart style transmission that will go from a freeway speed in a constant acceleration to the speed you desire. I pulled off the freeway just to see how quick I could get back on and I was impressed, oh and did I mention the Cube will get 28 miles per gallon in the city and 30 on the open road, not bad for a little box!

Think the Cube is different looking on the outside? Slip behind the very comfortable driver seat that allows the driver to adjust it forwards, backwards, up and down six different ways and the passenger gets four different adjustments. The dash is very simple but well laid out with great back lighting, but be careful of vertigo looking

at the roof. Nissan had some fun with the head liner. In the driver is a power window and door handle in a box that is attached to the door panels but this design allows the big windows to drop out of sight, (the rear windows do too) and a little twist they attached little bungee straps to the outside of the front door armrests, which could hold a security card, credit card a couple of bucks, maybe a grocery list whatever the reason I liked it.

The Cube comes with six cup holders and five water bottle holders, no I didn't hunt them down but one quirky thing was two of the cup holders were mounted on the left side of the leather wrapped steering wheel in the dash, the passenger had to rely on the two cup holders on the floor in the center console. The driver also gets an armrest and the front passenger does not, but the rear seat has a center armrest with a couple of cup holders and the last quirky thing I would like to mention is the shag carpet circle that is velcroed to the top of the dash in



Driver's view of the 2009 Nissan Cube. Photo by Dave Stall

a space that will accommodate the shag carpet circle. Why is it there? It is black and brown shag carpet, why?

The Cube is full of safety features all designed to protect the driver and passengers alike, the list is pretty long so check it out on line at [www.nissanusa.com](http://www.nissanusa.com) or visit Mossy Nissan and check out the Cube.

My tester came in with a base price of \$16,790 dollars plus tax and license and went out the door with around \$2,000 in options like Nissan Intelligent Key, which allows one to carry the key fob on and not have to use a key to unlock or start the Cube, steering wheel controls, fog lights, Bluetooth, back up warning system, six upgraded speakers and a Rockford Fosgate Subwoofer and a rear cargo organizer which brought the price tag up to \$19,770 plus tax and license.

How did I like it? I did, in fact I kept it longer than agreed upon just so I could have some fun with it. One thing I must mention was the back seat room, with the front seats at a normal position the back seat folks had no leg room but Nissan fixed that problem by allowing the back bench seat to slide front and back with the seat back able to recline or fold flat in a one piece move or a 60/40 split. So if you have a load to carry adjust the seat forward, if people are your cargo slide the seat back and there is still a fair amount of cargo space behind the rear seat.

Well done, check it out at Mossy Nissan and tell them Dave sent you!

Don't forget to check out my "You Auto Know Show" on KCBQ AM 1170 Saturday 3 to 5 pm.

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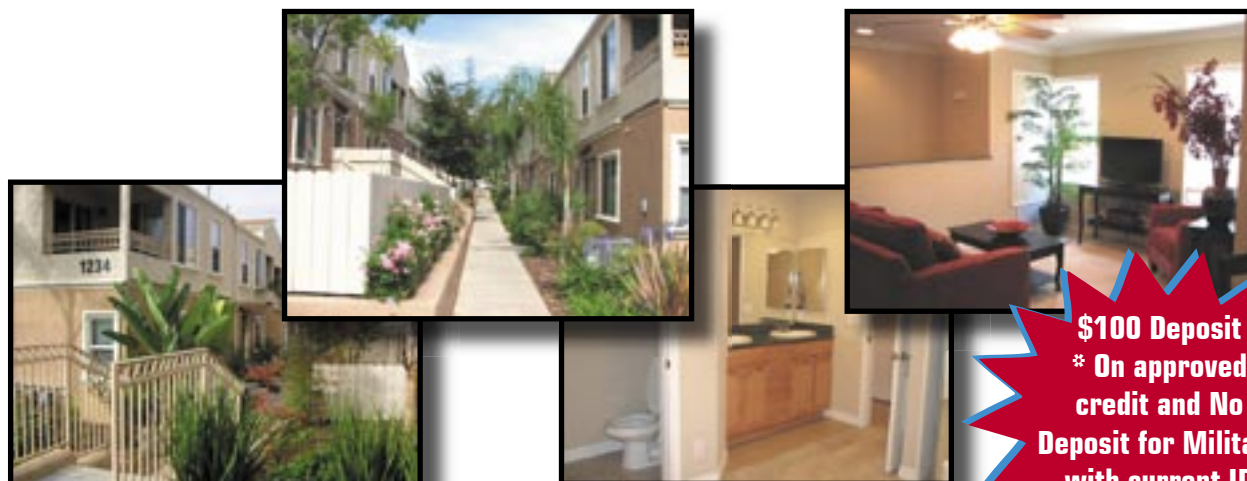
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### Car Corner Monthly Car Show Schedule

Every Tuesday "Blast from the Past", Chula Vista, 5 p.m. 3<sup>rd</sup> Ave between E & G Streets. Info Vince (619) 426-1882 . [gvjack@cox.net](mailto:gvjack@cox.net)

2<sup>nd</sup> & 4<sup>th</sup> Wednesday Good Ole Boys Breakfast 10 a.m. Open to all clubs, guys only. Denny's 2642 Jamacha Rd. Rancho San Diego [woodys57@pacbell.net](mailto:woodys57@pacbell.net)

Every Wednesday "Cajon Classic Cruise" 5 p.m. Main Street between Sunshine and Avocado. [http://www.downtownelcajon.com/business\\_support.shtml](http://www.downtownelcajon.com/business_support.shtml)

Every Thursday Back to the 50's, La Mesa, 5 p.m. [info@lmvma.com](mailto:info@lmvma.com)

Every Wednesday Chicken Pie Diner, Poway, 6 p.m. 14727 Pomarado Road info (858) 748-2445.

Third Thursday Encinitas Classic Car Nights, Encinitas, 5 p.m. Hwy 101 between D Street and the Lumber Yard [http://www.encinitas101.com/news\\_events-woodies.html](http://www.encinitas101.com/news_events-woodies.html) Pre 73 Rods & Woodies



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Protective Weather Services' Winner: Sean Arroyo and his 1973 Chevrolet Camaro



El Cajon CDC's Winner: Tony Cirar and his 1951 Buick Eight



RE Enterprises' Winner: Dave Keetch and his 1955 Mercury Montclair

El Cajon CDC's Motorcycle Winner: Sean Dunton and his 2008 Harley-Davidson Bobber



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## — MOTORandSPORTS —

# Bobby D. presents ... 'Summer Showdown'

by Chuck Karaszia

Continuing over 30-plus years of bringing the very best boxing to San Diego, Bobby D. Presents along with legendary matchmaker Jorge Marron showcase an extravaganza of unique boxing talent to the Four Points by Sheraton San Diego.

"Summer Showdown" the latest of the Coors Light Boxing Series will headline former Olympian and two-time Mexi-

can National Amateur Champion Emilio Bojorquez (14-1, 11 KO's) versus Nicaraguan, former WBA Fed Latin Super Featherweight Champion Anthony "Maestro" (Little Teacher) Martinez (21-31-3, 9 KO's).

Martinez began his pro-career 12-1-2 before losing to WBO Super Featherweight Champion Acelino "Popo" Freitas in the second round of a title fight. Of his 38 wins, Freitas had knocked out his opponent in all but six of his fights.

Bojorquez trained by legendary Pedro "FlashGordo" Moran Jr, also trained IKF Featherweight Champion Cristobal Cruz. The only loss Emilio incurred came in a 4-round decision to Omar Estrella. Since then Bojorquez has won 11-straight, 10 by knockout.

This main event will be an 8 round fight.

The undercard battles also seem to be equally intriguing, competitive, and entertaining.

Russian native light-heavyweight Denis Grachev (5-0, 3 KO's) will battle American Special Forces war veteran Carlos Raul Ibarra (7-2-1, 4 KO's) for 6 grueling rounds.

Grachev known as the 'most complete Russian fighting power' is a two-time World Kickboxing Champion who currently holds the IKF Muay Thai Light Cruiserweight title.

Ibarra is an Imperial Beach

Special Forces veteran. He went blow-for-blow in 2004 against WBO Cruiserweight Champion Ola Afolabi but lost by decision. "That was the hardest I had ever been hit," said Afolabi after the encounter.

Hurting his arm in that fight Ibarra had not fought since he defeated Mike Aldrete in November 2007. Now he is fully recovered. This will be a battle of epic proportions on the ring of the Four Points Sheraton in Kearney Mesa.

In two 4-round fights:

The first one a fan favorite, clearly was one of the most popular, entertaining fights last April when Riverside's Gloria Salas (1-2) took on San Diego's Amaris "La Reina" Quintana (1-0-1). The house went crazy as the fans stood yelling and screaming showering the ring with money as both these female fighters went toe-to-toe, blow-for-

blow, until the final bell rung. This rematch will clearly rattle the ground around Kearney Mesa with aftershocks to be felt in Lakeside.

The second of the four round bouts pits San Diego's Jesse Isais (1-1) against Chula Vista's Julian Wray in his pro-debut. These welterweights will battle

it out for the pride of their homeland.

Tickets for the "Summer Showdown" may be purchased at the door or pre-sale tickets may be purchased at the gift shop of the Four Points by Sheraton located at 8110 Aero Drive, just west of Interstate 15 on Aero Drive.

## Bumper-to-Bumper with Dave Stall

**Dave:** Since it rained the other day I noticed my windshield wipers were dancing on my windshield and not cleaning the glass. I replaced my wipers with new refills and I still have the same problem. Should I replace the arms? I'm really scared to drive in the rain especially if my wipers are not working. Can't go to the dealer or even a repair shop, I have no work and no money. Hope you can help. To embarrassed to leave a name!

**Embarrassed:** Could it be your windshield is dirty? Use good soap and water and a sponge that has a scrubber on one side and give the glass a good cleaning. If the wipers don't have a smooth surface to slide on it will skip. Also slip a piece of paper under your wiper blades and pull the paper out slowly. You should feel a drag if not you may try and bend the rounded arms downward for more pressure on the glass. There is not much more that could cause your problem.

The wiper arms would be the last resort.

**Dave:** I have had numerous problems with my automatic transmission in my 1999 Dodge Minivan. I just got my third transmission in 187,998 miles. I was wondering if I put the transmission in neutral when I come to a stop will that help stretch the life out of my new transmission. I would love to just junk this van and buy a new one but money is tight. What else can I do to keep this transmission running longer than the last one? Larry.

**Larry:** Other than doing a transmission service about every 15,000 miles and making sure you're at a dead stop before putting the transmission in Drive or Reverse is not much more you can do. If you have to have a new minivan Dodge and Chrysler are selling their 09 minivans with a lifetime warranty on their powertrain. Not a bad deal!

**Dave:** I read in the paper that a couple of motorcycle riders got tickets in Temecula for not having a front license plate. Is there really a law for motorcycles to have front plates? I have never heard of such a thing. Fred.

**Fred:** I heard the same thing so I stopped a Oceanside Police Officer at the Carlsbad Street fair and asked him if there was a ticket on the books that addressed front plates on a motorcycle. The officer stated "No" there is no front plate requirement on a motorcycle.

Check me out on KCBQ AM 1170 Saturday from 3 to 5 pm talking cars on "You Auto Know", call in number is 888-344-1170.

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**Jessie Isais**  
1-1  
San Diego, California

vs

**Julian Wray**  
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# For Health's Sake

## Health bits, education and screenings

### 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.

### Advice offered on strong bones

The Grossmont Healthcare District's Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St.,

La Mesa, will host a free senior discussion group hour on osteoporosis from 10 to 11 a.m. on Wednesday, Aug. 26.

The public is invited to attend this presentation from Margaret Coyne, library researcher.

Millions of Americans suffer from osteoporosis, which is the loss of bony tissue resulting in weak and porous bones that leads to increased risk of fracture.

Handouts will be provided and refreshments will be served. The Herrick Library is operated by the Grossmont Healthcare District, a public agency that

supports health-related community programs and services in San Diego's East County. The Herrick Library is a public library specializing in health research information.

For more information or to RSVP, phone the library at (619) 825-5010 or visit [www.herricklibrary.org](http://www.herricklibrary.org).

### Meet the Pharmacist

The fifth annual East County Meet the Pharmacist Day is scheduled for Thursday, Sept. 17, from 9-12 noon at the John A. Davis YMCA at 8881 Dallas St., La Mesa. Pharmacists are available for free, private consultations to help answer important questions about

prescription medications, vitamins, supplements, herbs, etc. Free Vials of Life and free continental breakfast for those with reservations.

There will be interesting speakers, play Wii Bowling sponsored by Best Buy, receive free health screenings and valuable information about your health.

This program is sponsored by AARP, East County YMCA, Aging and Independence Services, East County Action Network, Sharp Grossmont Hospital Senior Resource Center, Oakdale Heights, City of La Mesa, Best Buy, The Salvation Army & Parkinson's Disease Assoc. Reservations required. Call 1-877-926-8300.



### Health... Just Common Horse Sense

by Dr. Donald Adema

When a government wishes to control beyond the limits defined by a democratic constitution they will create shortages. That fact was given to me in the world's most boring freshman economics class that I was forced to take in the pre-computer days of my education. However, that foundational statement is still sadly applicable today.

Keep in mind that the pharmaceutical lobbyists are some of the most powerful in Washington. Also, note that dessicated thyroid supplementation is not a money maker for the major pharmaceutical players and pharmacies. Add a flu epidemic that involves a virus improperly called the swine flu at the beginning of the spread and something should smell fishy (not piggy?).

As the American patient reads more of the objective research than many physicians, the wisdom of T3 and T4 thyroid supplementation is requested and patients will change physicians to obtain what has given them more energy, better weight control, improved core temperature and the hair on their head. As the endocrinology world notes the success and reads the literature in their own journals, there has been a back order of the doses that supplement the popular synthetic supplementation choices. My first contact with that strategy was in the New England Journal in the late 80's. Better late than never?!

But, the battle escalates to a tactic that states that the natural supplementation is no longer available when it is actually on back order. As the demand and panic increases, the synthetic T4 preparations are presented as a safe substitute. So where is the T3? Ask the pharmacist and hope for a knowledgeable answer. Remember, their corporate control is pretty powerful in Washington.

Many have been told that the shortage will lift in mid-September. Others are trying a synthetic T3/T4 mix and already have had some uncomfortable racing heart moments. If it is a temporary fix, a balance can be sought after until the tried and true is back on the market in all doses. Or, many are researching iodine therapy. Intriguing and that natural form of supplementation fits immediately into thyroid production, not supplementation. Stay tuned.



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### Are you silently suffering with sexual dysfunction?



by Judy Callihan Warfield

Sexual Dysfunction is a quiet and private subject. However, it is a very widespread and almost common issue. People have a tendency to wait and see if the problem will solve itself or simply refuse to discuss or ask for assistance and just live with it, or as the case may be, live without it!!!

Sexual Dysfunction is not only a male issue. With so many advertisements in the media, we may sometimes forget that women can and do suffer from an inability to reach their full potential sexually also.

Unfortunately, when a person does not address this issue, it becomes a vicious cycle of performance anxiety, stress, and fear of failure which then becomes the "habit" for this behavior and perpetuates the problem even more. Because sexual dysfunction can originate from a medical origin ie. blood pressure medication, diabetes, it is always best to rule out any possibility thru complete physical with your physician. The majority of cases are caused by stress, anxiety, embarrassment, and habits. The longer this issue has existed, the more inclined your subconscious is to establish this as a habit.

Most often the root of the problem is stored in your subconscious mind, not in your sex organs. It is often said that the largest sex organ we have is our own mind. It is not a myth that "where the mind goes the body will follow". The success rate for hypnotherapy with this issue has been proven over and over. Hypnotherapy is a drug free alternative and therefore there are not negative side effects.

There is no reason to continue living with this issue in your life. The development of a positive self image, re-establishment of confidence in your ability and performance, combined with stress management techniques and learning more about your individual suggestibility and how that relates to your sexuality pave the way to recovery. Your confidentiality and privacy are uppermost with any hypnotherapy session. In light of that it can prove extremely beneficial to finally speak frankly and honestly about this issue and start realizing that you no longer have to just accept a less than rewarding sex life.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling 619-33-8511 or email [judy@successhypnotherapy.com](mailto:judy@successhypnotherapy.com). Further info is on web site [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or call for free telephone consultation.

### Laughter is the Best Medicine

#### How the fight started

One year I decided to buy my mother-in-law a cemetery plot as a Christmas gift. The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!" ... And that's how the fight started.

My wife walked into the den and asked, "What's on the TV?" I replied, "Dust." ... And that's how the fight started.

My wife was standing nude, looking in the bedroom mirror. She was not happy with what she saw and said, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment. I replied, 'Well, your eyesight's damn near perfect.' ... And that's how the fight started.

My wife was hinting about what she wanted for our upcoming anniversary. She said, "I want something shiny that goes from 0 to 200 in about 3 seconds." I bought her a scale. ... And that's how the fight started.

I asked my wife, "Where do you want to go for our anniversary?" "Somewhere I haven't been in a long time!" she replied. "How about the kitchen?" I suggested. ... And that's how the fight started.

My wife and I were watching 'Who Wants To Be A Millionaire' while we were in bed. I turned to her and said, "Do you want to have sex?" "No," she answered. So I said, "Is that your final answer?" Without even looking at me, she said, "Yes." So I said, "Then I'd like to phone a friend." ... And that's how the fight started.

I tried to talk my wife into buying a case of Miller Light for \$14.95. Instead, she bought a jar of cold cream for \$7.95. I told her the beer would make her look a lot better than the cold cream. ... And that's how the fight started.

I took my wife to a restaurant. The waiter, for some reason, took my order first. 'I'll have the strip steak, rare, please,' I told him. He said, "Aren't you worried about mad cow?" "Nah," I said, "she can order for herself." ... And that's how the fight started.

Submitted by Keith Babcock of El Cajon.

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



LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021013**  
FICTITIOUS BUSINESS NAME(S): True Shield Insurance Services  
Located at: 1636 Dupont Drive, Lemon Grove, CA 91945  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: JW & RG Insurance Services, Inc. 1636 Dupont Drive, Lemon Grove, CA 91945  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 21, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021218**  
FICTITIOUS BUSINESS NAME(S): Marjan Stone Inc.  
Located at: 9746 Prospect Ave., Santee, CA 92071  
This business is conducted by: A Corporation  
The first day of business was: July 22, 2009  
This business is hereby registered by the following: 1. Marjan Stone Inc. 9746 Prospect Ave., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 22, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020775**  
FICTITIOUS BUSINESS NAME(S): T and M Diesel  
Located at: 5431 Lake Murray Blvd. #10, La Mesa, CA 91942  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Antonio Colon 5431 Lake Murray Blvd. #10, La Mesa, CA 91942; 2. Melissa Ruiz 5431 Lake Murray Blvd. #10, La Mesa, CA 91942  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021806**  
FICTITIOUS BUSINESS NAME(S): Hot Dog Heaven  
Located at: 30537 Bay Hill Dr., Temecula, CA 92592  
This business is conducted by: Joint Venture  
The business has not yet started.  
This business is hereby registered by the following: 1. Karen Piovarcsik 30537 Bay Hill Dr., Temecula, CA 92592; 2. Eric Cannon 30537 Bay Hill Dr., Temecula, CA 92592  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018846**  
FICTITIOUS BUSINESS NAME(S): The Firm  
Located at: 589 N. Johnson #202, El Cajon, CA 92020  
This business is conducted by: A General Partnership  
The first day of business was: June 3, 2009  
This business is hereby registered by the following: 1. Robert Cocom 589 N. Johnson #202, El Cajon, CA 92020; 2. Cortney Ray 423 Rezko Way, Bonita, CA 91902; 3. Eryn Taylor 4181 Florida St. #6, San Diego, CA 92104; 4. Jose Jimenez 6416 Friars Rd. #203, San Diego, CA 92108  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 26, 2009.  
East County Gazette- GIE030790 7/30, 8/06, 8/13, 8/20, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022581**  
FICTITIOUS BUSINESS NAME(S): The Fitzguez Group  
Located at: 3725 Lotus Drive, San Diego, CA 92106  
This business is conducted by: Husband and Wife  
The first day of business was: February 1, 2009  
This business is hereby registered by the following: 1. James M. V. Fitzpatrick 3725 Lotus Drive, San Diego, CA 92106; 2. Rita Rodriguez 3725 Lotus Drive, San Diego, CA 92106  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 04, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 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 GORGIS 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 September 23, 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 AUGUST 07, 2009.  
East County Gazette – GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067519-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: ISAAC MENDEZ individual and ON BEHALF OF MINOR MONICA ISABEL RIVERA FOR CHANGE OF NAME PETITIONER: ISAAC MENDEZ individual, and ON BEHALF OF MONICA ISABEL RIVERA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
ISAAC MENDEZ TO: ISAAC MENHER  
AND: MONICA ISABEL RIVERA TO: MONIKA ISABELLE MENHER  
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 September 23, 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 26, 2009.  
East County Gazette – GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023161**  
FICTITIOUS BUSINESS NAME(S): Global Sales & Finance  
Located at: 1741 National City Blvd., National City, CA 91950  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following:  
George Khoury 2281 Rolling Ridge Rd., Chula Vista, CA 91950  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on Aug. 11, 2009.  
East County Gazette- GIE030790 8/20, 8/27, 9/03, 9/10, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023162**  
FICTITIOUS BUSINESS NAME(S): Phoenix Hair Spa  
Located at: 514 W. Grand Ave., Escondido, CA 92025  
This business is conducted by: A Corporation  
The first day of business was: August 1, 2009  
This business is hereby registered by the following: Phoenix Day Spa Inc. 514 W. Grand Ave., Escondido, CA 92025  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on Aug. 11, 2009.  
East County Gazette- GIE030790 8/20, 8/27, 9/03, 9/10, 2009

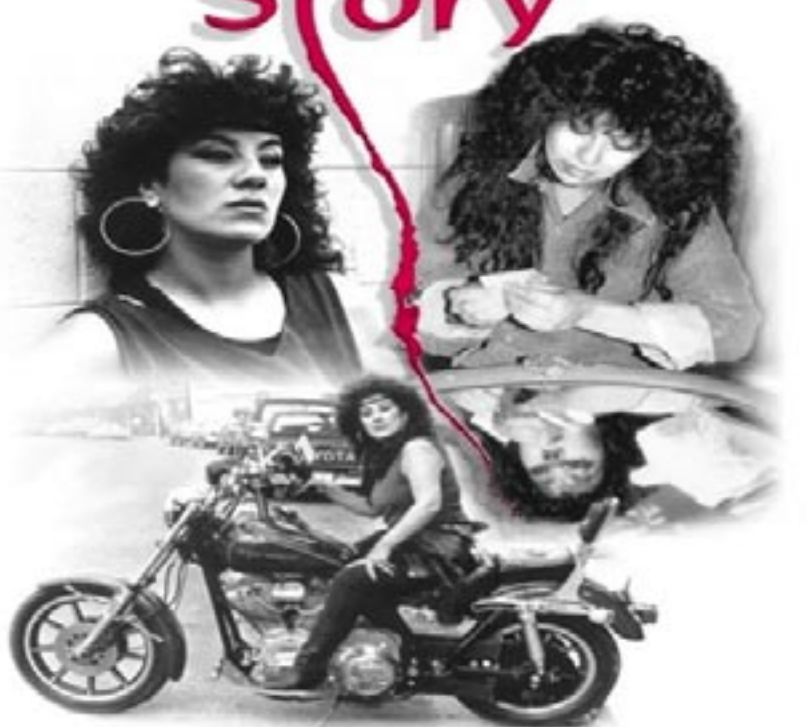
**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023217**  
FICTITIOUS BUSINESS NAME(S): Magnolia Test Only Station  
Located at: 8931-B Magnolia Ave., Santee, CA 92071  
This business is conducted by: An Individual  
The first day of business was: July 1, 2009  
This business is hereby registered by the following: 1. Robert Yousif 10042 Resmar Ct., La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 11, 2009.  
East County Gazette- GIE030790 8/20, 8/27, 9/03, 9/10, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022735**  
FICTITIOUS BUSINESS NAME(S): Greentech Mechanical  
Located at: 15422 El Monte Rd., Lakeside, CA 92040  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following:  
Cyphertech Mechanical Corporation 15422 El Monte Rd., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on Aug. 06, 2009.  
East County Gazette- GIE030790 8/20, 8/27, 9/03, 9/10, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020844**  
FICTITIOUS BUSINESS NAME(S): a.) EEC Auto Parts Group b.) Mercedes Parts.com  
Located at: 6035 Lake Murray Blvd., La Mesa, CA 91942  
This business is conducted by: A Corporation  
The first day of business was: January 1, 2001  
This business is hereby registered by the following: 1. Mercedes Parts.com Inc. 6035 Lake Murray Blvd., La Mesa, CA 91942  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2009-023160 ORIGINAL FILE NO. 2009-022514**  
The following person(s) has/have withdrawn as general partner(s) from the partnership under the fictitious business name:  
Got Em Industries  
The Fictitious Business Name Statement for the Partnership was filed on August 4, 2009, in the County of San Diego.  
Dustin Engel 2064 Vista Hermosa Way, El Cajon, CA 92019  
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON August 11, 2009  
East County Gazette GIE030790 Aug. 20, 27, Sept. 3, 10, 2009

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**Dr. Luauna Stines, P.O. Box 2800, Ramona, CA 92065**

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022657**  
FICTITIOUS BUSINESS NAME(S): All Pro Patio and Sunrooms General Contractor  
Located at: 12451 Janet Kay Way, El Cajon, CA 92021  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Dale R. Swadley 12451 Janet Kay Way, El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 05, 2009.  
East County Gazette- GIE030790 8/13, 8/20, 8/27, 9/03, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021106**  
FICTITIOUS BUSINESS NAME(S): Tarp  
Located at: 4134 Crystal St., Oceanside, CA 92056  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Tonya Yeager 4134 Crystal St., Oceanside, CA 92056  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 21, 2009.  
East County Gazette- GIE030790 8/20, 8/27, 9/03, 9/10, 2009

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**City of El Cajon**  
**Request for Proposals (RFP)**  
**Inviting Applications for the**  
**Homeless Prevention and Rapid**  
**Re-Housing Program (HPRP)**

**REQUEST FOR PROPOSALS**  
**WILL BE AVAILABLE**  
**AUGUST 20, 2009 THROUGH**  
**AUGUST 28, 2009**

The City of El Cajon is issuing a Request for Proposals (RFP) with the availability of \$519,686 in Homelessness Prevention and Rapid Re-housing (HPRP) funds. The HPRP program is funded by the U.S. Department of Housing and Urban Development (HUD) under the American Recovery and Reinvestment Act of 2009 (ARRA). The primary purpose of the HPRP program is to provide persons who are at risk of becoming homeless with temporary financial assistance to prevent them from becoming homeless, and also to provide persons who are homeless with housing relocation and stabilization services. HPRP funds are available on a one-time basis and must be used by May 19, 2012.

NOTICE IS HEREBY GIVEN that the City of El Cajon is currently accepting proposals for eligible activities under the Homeless Prevention and Rapid Re-Housing Program. Proposals may be submitted by eligible non-profit organizations that are recognized lead agencies by the Regional Continuum of Care Council, which is the HUD approved local Continuum of Care Council for the San Diego County region. A general description of eligible activities can be found in the RFP document.

The City of El Cajon is requiring that interested parties review the HPRP Regulations at <http://www.hud.gov/recovery/hprp-notice.pdf>. Each applicant will be required to certify that a knowledgeable and accountable representative has read the HPRP regulations in order to submit an application that is compliant with the subject regulations. No diversions from the activities allowed by HPRP regulations will be considered for funding.

Agencies may request a copy of the RFP by submitting a written request at the City of El Cajon, Redevelopment and Housing Department, 200 Civic Center Way, El Cajon, CA 92020, or by calling (619) 441-1710. When requesting a copy of the RFP by phone, please provide your name, agency name, address, phone number, and e-mail address. A copy of the RFP will be sent via e-mail.

**ELIGIBLE PUBLIC SERVICES:** For funding consideration, proposed projects must meet the eligibility requirements identified in HPRP regulations. Agencies and organizations responding to the RFP must complete the funding application and required attachments. Technical assistance regarding this RFP can be provided by contacting Mr. Xavier Velasco, Senior Management Analyst, Redevelopment and Housing, 200 Civic Center Way, El Cajon, CA 92020, or at (619) 441-1786.

**DEADLINE:** All interested agencies must complete and submit their proposals using the City's funding application by 4:00 P.M., on Friday, August 28, 2009, at the City of El Cajon, Redevelopment and Housing, 200 Civic Center Way, El Cajon, California 92020. Late submittals will not be accepted.

East County Gazette- GIE030790  
 08/13, 08/20/09

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**CITY OF EL CAJON**  
**NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT:**  
**HVAC MAINTENANCE AND REPAIR**  
**SERVICES**

**BID NO. 009-10**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on September 8, 2009**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on September 8, 2009**

**PLACE OF RECEIPT OF BIDS:**  
**City Hall**  
**1<sup>st</sup> 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 for a non-refundable fee of \$7.00 (plus \$4.95 postage if mailing is requested).

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.

**Mandatory Pre-Bid Conference and Site Visit.** There will be a pre-bid conference and site walk through as part of the bid process. Bidders are to report to the First Floor Lobby, El Cajon City Hall, 200 Civic Center Way, El Cajon, CA 92020 promptly at 10:00 a.m. on Tuesday, August 25, 2009. Allow approximately 2-1/2 hours to cover all sites.

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 cashier's 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 1<sup>st</sup> 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.

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.

/s/ Dede Porter  
 Purchasing Agent  
 August 13, 2009  
 East County Gazette- GIE030790  
 08/13, 08/20/09



**NOTICE OF CANCELLATION OF**  
**PUBLIC HEARING**  
**PERTAINING TO**  
**PROPOSED ZONE RECLASSIFICATION**

The El Cajon City Council will not be holding a public hearing at 7:00 p.m., Tuesday, September 8, 2009, in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following item:

**Zone Reclassification No. 2300**, as submitted by James M. Snyder, requesting to rezone property from the Residential One Family, 6,000 sq. ft. (R-1-6) zone to the Multiple-Family (R-3) zone. The subject property is located on the north side of Oakdale Avenue between North Second and Grape Streets, and is addressed 1376 Oakdale Avenue.

Kathie Rutledge  
 City Clerk

DATE: August 14, 2009

City of El Cajon  
 Planning Division  
 Fax: (619) 441-1743  
 Ph: (619) 441-1741  
 East County Gazette- GIE030790  
 08/20/09

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-020805**  
 FICTITIOUS BUSINESS NAME(S): Studio H32

Located at: 8283 La Mesa Blvd., La Mesa, CA 91941  
 This business is conducted by: Husband and Wife  
 The business has not yet started.  
 This business is hereby registered by the following: 1. David Fox 145 Skyview Lane, Oceanside, CA 92056; 2. Tiffany Fox 145 Skyview Lane, Oceanside, CA 92056  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009  
 East County Gazette- GIE030790  
 7/23, 7/30, 8/06, 8/13, 2009

## NOTICE LAKESIDE UNION SCHOOL DISTRICT

### Provisional Appointment to the Board of Education

The Lakeside Union School District announces a vacancy on the Board of Education. In accordance with Education Code 5091, the Board will receive applications from August 17 through noon on September 2, 2009. Applicants must be at least 18 years old of age, reside within the boundaries of the Lakeside Union School District, a United States citizen, and a registered voter (Ed Code 35107). The appointee shall assume all powers and responsibilities as a member of the Lakeside Union School District Board of Education from the date of appointment through November 2010. Please send completed applications to Stephen B. Halfaker, Ed.D., Secretary to the Board of Education, 12335 Woodside Avenue, Lakeside, CA 92040.

At the September 9, 2009 Special Board Meeting, the Board shall interview candidates. Each candidate will have three minutes to present qualifications for appointment. The Board then shall publicly discuss the qualifications of each candidate and make its selection, following Robert's Rules of Order.

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021816

FICTITIOUS BUSINESS NAME(S): a.) SEO Sales Force b.) Online Sales Direct  
 Located at: 1573 Summerdawn Pl., Encinitas, CA 92024  
 This business is conducted by: A Corporation  
 The business has not yet started.  
 This business is hereby registered by the following: 1. HW Limited Inc., 1573 Summerdawn Pl., Encinitas, CA 92024  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009  
 East County Gazette- GIE030790  
 8/06, 8/13, 8/20, 8/27, 2008

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022382

FICTITIOUS BUSINESS NAME(S): El Cajon Meat Market New, Inc.  
 Located at: 575 E. Main St., El Cajon, CA 92020  
 This business is conducted by: A Corporation  
 The first day of business was: August 1, 2009  
 This business is hereby registered by the following: 1. El Cajon Meat Market New, Inc. 575 E. Main St., El Cajon, CA 92020  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 03, 2009.  
 East County Gazette- GIE030790  
 8/13, 8/20, 8/27, 9/03, 2009

### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-021771

FICTITIOUS BUSINESS NAME(S): San Diego Engine Balancing  
 Located at: 10734 Kenney St. #E, Santee, CA 92071  
 This business is conducted by: Husband and Wife  
 The first day of business was: January 2, 2009  
 This business is hereby registered by the following: 1. David J. Arce 8726 Granite House Lane, Santee, CA 92071; 2. Sandra Y. Arce 8726 Granite House Lane, Santee, CA 92071  
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 28, 2009  
 East County Gazette- GIE030790  
 8/06, 8/13, 8/20, 8/27, 2008

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## Ask Dr. Luauna Stines



*Dear Dr. Luauna, I have been reading your column for about a month and a half now, but I have to ask you a question, what makes a person a Christian? I am a good person, I have never murdered anybody, I don't steal and I don't cheat. I agree with your answers in this column, I am wondering, am I a Christian too? Thank you for your time. Signed, Sincere in El Cajon, CA.*

**Dear Sincere,**

Thank you for reading my column and taking time to ask your question. What makes a person a Christian is accepting Jesus Christ as their Lord and Savior, Jesus died on the cross for our sins so that we could inherit eternal life in Heaven.

All of us have sinned and fall short of the glory of God, every one of us needs a Savior, the good and moral person as well as the worst of the worse. While we were yet sinners Christ died on the cross for us. Why did Jesus do that? Because He came to give us life, the wages of sin is death but the gift of God is eternal life. The Bible says if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. In believing and confessing Christ, you make a commitment to serve the Lord with all your heart.

Every good thing comes from God, your goodness and moral stature is a result of being created in the image of God to do what is right; your next step is to receive Jesus as your Savior. You are so close let's just close the deal, say this prayer and mean it with all your heart, "Jesus, I know I have sinned against you, I ask you to please forgive me. I believe you died on the cross for me and that you rose again from the dead. Please come into my life and be my Lord and Savior. Help me to understand your Word and the plans you have for me. Help me to serve you with all of my heart, in Jesus name, Amen."

I said that simple prayer over 30 years ago when I became a Christian. You should find a good Bible believing Christian church; they will help you grow in Christ. Jesus loves you and has a wonderful plan for you. Read these scriptures Romans 3:23, Romans 5:8, Romans 6:23, and Romans 10:9-10.

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

[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







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Alpine Community Planning Group  
P.O. Box 819, Alpine, CA 91903-0819  
NOTICE OF REGULAR MEETING  
Thursday, August 27, 2009  
6:30 P.M.  
Alpine Community Center,  
1830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey	Rodger Garay	Richard Saldano
George Barnett	John Hood	Vacant
Jim Easterling	Cory Kill	Kippy Thomas
Joe Ford	Jennifer Martinez	Scott Tuchman
Greg Fox	Lou Russo	Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Amended Minutes: July 2009  
“ Minutes item 6: should read, “...Albertsons site contingent upon THE COUNTY doing a conceptual drawing and providing a preliminary budget...”

2. APG Statement:

*The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.*

V. Open Discussion

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Discussion & Vote: Election of replacement for APG Vacancy.  
2. Discussion & Vote: Election of replacement for Vice Chair Vacancy  
3. Discussion & Vote: On APG Standing Rules  
4. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to or from APG Sub-Committees.

Organized / Special Presentations:

1. Tree Removals Presented by Bruce Yordt; Vegetation Manager for the County of San Diego's Department of Public Works  
Locations:
1. Peutz Valley Rd., 475' west of Sunset Valley Rd. there is a dead Oak tree that was brought to our attention by a resident on Peutz Valley, along with the others on Peutz Valley. The tree is dead with no signs of vigor, is a twin trunk with a 36" DSH (diameter at standard height, 4.5') and height of 40'. The tree has several large limbs hanging over the roadway and poses a risk potential to roadway operations.
2. Peutz Valley Rd., 100' east of Sunset Valley Rd. there is a dead Oak tree with a 12" DSH and a height of 25', no signs of vigor, has had a recent limb failure and shows signs of internal decay at the base of the tree. The tree is at the edge of the roadway and poses a risk potential to roadway operations.
3. Peutz Valley Rd., 400' east of Sunset Valley Rd. there is a dead Oak tree with a 24" DSH and height of 40'. The tree shows no signs of vigor, and its proximity to the roadway poses a risk potential to roadway operations.
4. Across from 1510 Peutz Valley Rd., there are 2 dead Oak trees, both have a 36" DSH and height of 45', both show no signs of vigor. Both are near the roadway and have several large limbs hanging over the roadway, and pose a risk potential to roadway operations.
5. 462 Alpine Heights Rd., a dead Oak tree was brought to our attention by the property owner. The tree is 45' in height with a 36" DSH, and shows no signs of vigor. The tree poses a risk potential to roadway operations, private property and utility lines.

VIII. Consent Calendar

1. Circulation

1. Discussion and Vote: None

2.

3. Communications

1. Discussion and Vote: None

4. Private Actions

- 1) Discussion and Vote: None  
2) Discussion and Vote: None  
3) Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

- 1) Discussion & Vote on PLDO Expenditures

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

IX. Subcommittee Reports (Including Alpine Design Review Board)

A. Private Actions	Richard Saldano
B. Trails & Conservation	Scott Tuchman
C. Parks & Recreation	Brad Bailey
D. Public Facilities & Services & Major Public Policy	John Hood
E. Circulation	Greg Fox
F. Communication	Vacant
G. Alpine Design Review Board	Kippy Thomas
H. Alpine Safety ADHOC	Jim Easterling
I. Alpine Incorporation ADHOC	Vacant
J. Albertson Park ADHOC	Brad Bailey
K. Alpine High School ADHOC	Lou Russo

X. Officers Reports

A. Chairman	Dana Zeno
B. Vice Chairman	Vacant
C. Secretary	Jim Easterling
D. Immediate Past Chair	Vacant

XI. Open Discussion 2 (Only if Necessary)

Any member of the public may address the group on topics pertaining to planning, zoning and and use which does not appear elsewhere on this agenda Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

XII. Request for Agenda Items for Upcoming Agendas

- A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)

XIII. Approval of Expenses / Expenditures

XIV. Announcement of Sub-Committee Meetings

1. The Parks & Recreation meetings will be held on the 2nd Thursday of the month at the Community Center.

XV. Announcement of Next Meeting

- A. Thursday, September 24 2009, 6:30 P.M.

XVI. Adjournment of Meeting







# Our Best Friends

## What should I teach my new puppy ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Trainer,

We just got a new puppy from a rescue group and we want to do everything right. House-training is our biggest concern right now, but would like to get your opinion about things that will help Hannah grow up to be gentle and polite around our kids (they are 8 and 10-years-old), our friends and of course other dogs. The puppy is a poodle mix and is 9 weeks old. Where should we start?

Signed,  
Responsible Puppy Mom

Dear Responsible,

First, congratulations on your new puppy, and thank you for rescuing a puppy rather than buying one from a breeder or pet store. It's wonderful that you are thinking long-term with your new addition, as so many people look at puppies as "too young" to train. Many behaviors that become a problem when the puppy turns into an adult do so because they are allowed while the puppy is small and cute.

**My top ten list of things to train a puppy:**

1. Bite inhibition should be one of the first things that people should strive to teach puppies. That is the difference between the average pet parent and those of us that work in the behavior field. Pet parents are almost always more concerned

about house training, whereas trainers and behavior experts look for overall safety. Too many puppies are removed from their littermates and their mother far too early to have learned this very important lesson. Littermates and Moms have good timing, and a sense of fair play when it comes to using their mouths on each other, and if needed will stop playing, or correct one another if play biting gets too rough. Good, positive reinforcement puppy classes will address this issue.

2. Teach your puppy to spend time alone and to rest and sleep so she can recuperate after play. Give your puppy lots of naps. They are growing and need a lot of sleep to recover from daily activities and growth. A good rule of thumb is 30-45 minutes awake and at least two hours sleeping. This will set up good rest and sleep patterns that will help your puppy be less likely to bite and become unruly.

3. Teach your puppy to follow you by saying, "Come," just as you see your puppy moving toward you. Young puppies love to be around people, making training coming when called easy if you start it young. Be sure to reward your puppy when she gets near you.

4. Teach your puppy to sit when greeting people—this is more people training than puppy training since you need people to resist touching and petting your puppy if she is jumping. The easiest way to teach this is walk with your puppy and drop treats on the

ground just as you get near someone. That will teach your puppy to look for treats, rather than jump on people. While your puppy is busy eating the treats, have the person squat or sit on the floor near your puppy so she can investigate without jumping.

5. Teach your puppy to chew on appropriate things now, while you can influence what she likes to chew. Forget leaving dozens of toys around for your puppy, as they become boring; instead use food carrier toys like Kongs to feed your puppy her daily meals. These make meals interesting and fun and will help your puppy with teething and to prevent boredom. Visit the Kong website for lots of interesting ideas to stuff into Kongs: <http://www.kongcompany.com/> Kongs, bully sticks, pressed rawhides and other food carrier toys are the only ones you should leave out for your puppy to chew. All other toys, like balls and plush toys should be presented to your puppy, like a surprise that only you can make happen. Rotate toys each day to keep things fun.

6. Crate train, even if you don't intend to keep your dog in a crate for life. Make going into a crate fun for you puppy by feeding her meals, giving her chews and making it comfortable for her to take naps and sleep. There is a good likelihood that your puppy will need to be crated sometime in her life, so make it a good experience now, so she isn't surprised

if you need to use one later in life. A longer vet stay is a good example that will nearly always include crating your dog.

7. Be a good leader to your puppy by "catching" her doing something right. We waste too much time saying, "No," to our puppies, giving unwanted behaviors lots of attention, but virtually ignore them when they are quiet, or doing calm behaviors. This teaches puppies that "good" behaviors don't get anything, but rowdy and annoying ones get lots of attention. Start acknowledging your puppy by quietly, saying, "Good puppy," or drop a treat near your puppy and move along so your puppy learns to offer quiet behaviors because they get rewarded.

8. Feed your puppy a high quality food. Look for foods

without corn, wheat or soy products. Many of the high end foods don't even make a puppy formula as their diets are complete for any age.

9. Regular vet visits to ensure your puppy is and remains in good health. Do discuss vaccine protocol with your vet as many are not giving shots all at once to avoid reactions and to identify which vaccine caused it in case a puppy does react. There is lots of good information about this in holistic pet care books and on the internet.

10. Housetraining takes effort and consistency. Keep a log for food, water and when your puppy goes potty in the correct area. Ignore mistakes unless you catch your puppy going, and then, respond, don't

react. Pick your puppy up and, say, "Outside," as you take her to the potty area.

Be sure to go with your puppy every time and take a special food treat with you when you go out. After your puppy has emptied, give her the food treat with some quiet praise. See my housetraining guide for detailed instructions: <http://www.whole-dog-training.com/Housetraining%20for%20Puppies.pdf>

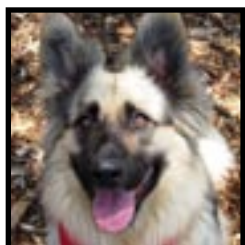
There you go, my top 10 puppy training ideas, but don't think that is all you need to do. Find a good puppy class that uses positive reinforcement to help you with further manners and socialization. [www.sandiegodogtrainers.com](http://www.sandiegodogtrainers.com) is an excellent source for trainers.

## ADOPT-A-PET



Jeremiah is about 3 years old. This great big bear is looking for an active family that can keep up with him and teach him all about being a loved family member. He is working daily on how to walk on a leash and learning his basic commands. You won't find another unique gem like Jeremiah! Jeremiah's adoption fee is \$150 which includes his neuter, vaccinations, deworming treatment, training DVD, 1 free month of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m. - 5 p.m.. For details call (760) 757-4357 or visit [www.nchumane.org](http://www.nchumane.org).

Perky, good-natured, and affectionate - that's Molly May! She's a 4-year old beauty, weighing 4 pounds. Molly May has gorgeous, long orange fur that will need daily brushing to prevent matting. She is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). If you'd like to learn more about this delight of a lap-warmer, call (619) 579-7172. She's waiting!



Champ is a 1-year old Cattle Dog/Staffy mix who weighs just 32 pounds. He's happy, friendly, loves to play with dogs, and has an endearing personality. He's smart too! He already knows how to sit, stay, come, and can do a high-5 or a high-10 on command! You'll never be short on smiles when you are around Champ. Call us to find out how he earned his name! He'll do best in a home with children 12+. Champ is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program.



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- ♥ Plus, **18 additional winners** will get **extra prizes**.
- ♥ Giveaway will be held **September 13 at 7pm** in the V Lounge.
- ♥ Must be present to win and play between 12pm and 6pm the day of the drawing to be eligible.
- ♥ Start earning entries **September 1 at 8am**.

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