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**VOLUME 10 NUMBER 13** **SEPTEMBER 3-9, 2009**

# City of El Cajon's 'Big Dig' underway



City birds not bothered, but people in the area must be cautious as Ledcor, Inc.'s "big dig" makes way for building the new \$40-million Public Safety Center. The sub-contractor, Pratt is handling the two-month long excavation. Ledcor is very strong on "safety" — no one is allowed on the construction site unless they've been certified by going through a safety course, including video, at their offices near the site. The City would like to remind the public of the changes in parking. City parking is located on Rea Avenue, the County parking is still located at 250 E. Main Street, and in the parking area near Rubios restaurant off Magnolia Avenue and Park Avenue. Please do not park in the area near Motoworld — your vehicle may be towed. To see a time lapse video of the two-project visit the City website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under "What's New" for the video and a map of the parking areas. Photo by Monica Zech

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# Local News & Events

## Bits and pieces around East County

### Barona's 39th Annual Powwow

**S**an Diegans will have the unique opportunity to experience true Native American culture at the 39<sup>th</sup> Annual Barona Powwow taking place on Friday, Sept. 4 through Sunday, Sept. 6. During this three-

day event, Native Americans from across the country will showcase traditional Tribal dances, singing and music, a hand drum contest, authentic Native American cuisine and exquisite handcrafted arts and jewelry. The festivities will take place at the Barona Baseball Field (just one mile north of the Barona Resort & Casino) on the Barona Indian Reserva-

tion, located at 1095 Barona Road in Lakeside. Admission and parking are free. For more information, please call 619-443-6612 or visit [www.barona-nsn.gov](http://www.barona-nsn.gov).

### Firefighters taking their Boots to the Streets

Through mid September, San Diego City, Cal Fire and County Firefighters will be taking to the intersections throughout the county for their annual *Firefighter Fill-the-Boot for MDA*. Celebrating over fifty five years of support for MDA, the firefighters with boots in hand, will be accepting donations from passing motorists and filling their boots with

donations for the Muscular Dystrophy Association.

### 25 Years and \$500,000 Given to the Arts

Friends of East County Arts, Inc. will celebrate 25 years of giving to the performing and visual arts in the Greater East County with a spectacular Gala on September 18, 2009 at the Admiral Baker Clubhouse.

The evening the will begin with a cocktail hour on the balcony overlooking the golf course. A silent auction and live auction will accompany a lovely dinner with featured entertainment by incredible song stylist Robin Grosmark.

This year's event is co-chaired by the past presidents of 'Friends' and will take a walk down memory lane, while looking forward to the next quarter century of philanthropic efforts.

During the past 25 years, Friends of East County Arts, Inc has contributed over \$500,000 to our community organizations and East County school

programs in support of the visual and performing arts.

For additional information contact Judy Moore (619)442-2778 or visit our website: [friendsofecarts.org](http://friendsofecarts.org)

### Bankruptcy Basics - Personal Bankruptcy in Chapter 7

The Grossmont-Cuyamaca Community College department of Continuing Education presents 'Bankruptcy Basics - Personal Bankruptcy in Chapter 7', a 2 part course, offered on consecutive Saturdays, Sept 19 and Sept 26. Taught by an East County bankruptcy attorney, this course will provide attendees with an overview of personal bankruptcy law and its practical applications. Each one hour sessions, designed for non-attorneys, will begin at 10am and will be held at Cuyamaca College, 900 Rancho San Diego Parkway in El Cajon. The cost is \$20 per person per session. Registration is required. Class size is limited to the first 30 registrants. To register or for further information please contact Cuyamaca



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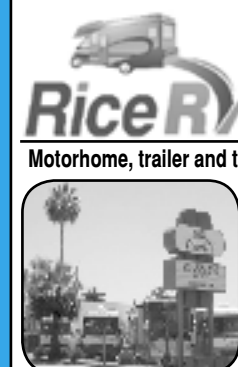
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# SHOP EAST COUNTY



## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by Monica Zech  
City of El Cajon Public  
Information Officer

*Note: City offices will be closed on Monday, September 7, in observance of the Labor Day holiday. Offices will reopen on Tuesday, September 8.*

## A special 9/11 Musical Tribute in El Cajon

This year marks the 8th Anniversary of the tragic events of 9/11! To remember those who lost their lives, you're invited to a special event called Secrets

In The Sand on Friday, Sept. 11. It is a musical tribute to the heroes of 9/11 at 7 p.m. at the East County Performing Arts Center, located at 210 E. Main Street. Ticket prices are \$15 for general admission, \$13 for active military. Visit [www.secretsinthesand.com](http://www.secretsinthesand.com) for more information or to purchase your tickets online.

Another special tribute event

## Elks Law Enforcement Appreciation Night

At the upcoming El Cajon City Council meeting on September 8, the Council will issue a proclamation recognizing

the El Cajon Elk's Lodge Law Enforcement Appreciation Day. Each year the El Cajon Elks Lodge #1812 recognizes the valuable contributions made by law enforcement by hosting a Law Enforcement Appreciation dinner. This year the event will be held on Monday, Sept. 21, 7 p.m., at the Elks Lodge located at 1400 E. Washington Avenue in El Cajon. This event allows residents of East County to acknowledge the hard work, commitment, and courage it takes to become a law enforcement officer; and gives us the opportunity to express our appreciation for all Law Enforcement Personnel for putting

their lives on the line everyday to afford us the privileges of living in a safe environment. The Council encourages residents to recognize all law enforcement officers for a job "well done" and to thank them for all they do in our community.

## Parking lot changes at City Hall

If you have business at City Hall, don't forget there have been some major parking changes at the Civic Center area of Downtown El Cajon. As of Monday, Aug. 3, the existing City Hall parking lot along Civic Center Way is closed for

approximately two years for the construction of the Public Safety Center (PSC). A temporary parking lot was built along Rea Avenue for public use when visiting City Hall, Council Chambers or the East County Performing Arts Center.

If you plan to visit the East County Regional Center or Superior Court, parking is available at 250 East Main Street, with overflow parking available in the parking lot located south of Wells Avenue and east of Magnolia Avenue near Rubios. Please do not park in designated Motoworld parking, or in any area that reads "Permit Parking"—you could be cited and/or towed. A map of these parking changes can be found on the City's website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) under "What's New". For regular construction updates and traffic impacts, call the Public Safety Center Project Hotline number at (619) 441-5524.

## Last Concert on Green for 2009 this Friday

Enjoy the last Concerts On Green event this Friday, Sept. 4, with FX5 playing Variety music. Enjoy the music from 6 p.m. to 8 p.m. on the Prescott Promenade, at 211 East Main Street in Downtown El Cajon. Concerts are hosted by the El Cajon Community Development Corporation. Enjoy dinner and the concert 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.

## Major roadwork on streets in El Cajon

Watch for possible delays on several major streets in El Cajon. As of mid August resurfacing will take place on Fletcher Parkway, from Westwind Drive to Graves Avenue. Once complete, work will begin on Cuyamaca and some adjoining streets such as Tyrone Street, Aldwych Road and Murray Drive. This will be followed by work on Chase Avenue. The streets mentioned are receiving an overlay of high-tech rubberized asphalt, which is much more durable and reduces road noise. Funding for the \$3,379,000 project came from Transportation Development Act funds, Redevelopment Agency funds, TransNet funds, and TransNet-ARRP (Federal Stimulus funds). Please reduce your speed in all areas of construction and watch for traffic control. For more information contact the City of El Cajon Public Works Department at (619) 441-1653.

## Jamacha pipeline work

Work on the Jamacha Pipeline, which began in June, will continue through the fall of 2010. Intermittent lane closures can be expected within the City of El Cajon and in the unincorporated community of Rancho San Diego in the County of San Diego. This work involves installing approximate-

See HIGHLIGHTS page 5

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## — LOCAL NEWS &amp; EVENTS —



# Lakeside Round Up of events

by Patt Bixby

## Barona Indian Charter School

If one wants to know about a school, ask its students. Here are a few quotes from 8<sup>th</sup> grade students in their Barona Charter School year book; "Young kids enjoy this school year because a school like this you only get once!!!" "I feel successful at this school." "There have been many people here at Barona (Mr. Adams, Ms. Yvonne and Mrs. Call) that have inspired and encouraged me to learn." These are thoughts of students

that have graduated and are moving on.

Students come from all over including Poway, Ramona, El Cajon, Santee, San Diego Country Estates and La Mesa to attend Barona Indian Charter School. Parents are responsible for their student's transportation.

Parents looking for a school with a country atmosphere will find it at Barona Indian Charter School. The school site is in the beautiful Barona Valley where it seems like you are miles away from the busy noise of the city when in reality it is just

on the outskirts of Lakeside. Enrollment for this school year is 100 students, said Principal Bill Adams. Adams came out of retirement when he saw what a wholesome place Barona Indian Charter School (BICS) is and what academic possibilities exist. "This is a great place to be a kid," said Adams. The classes are small and each student receives individual attention.

Like any other Charter school, BICS must meet California standards. The principal meets with the Lakeside Union School District Board of Trustees to make sure all standards

are met. The school sets its own curriculum. Adams said they have the ability to adjust class time. They can shave off a minute of passing time and add it to class time if that's what they feel is needed. There is flexibility here which can only help the students.

The campus is a wireless campus. The staff of the BICS consists of dedicated, credentialed professionals committed to each child's academic success. Barona Indian Charter School, which is adjacent to the Barona Tribal Museum and Cultural center, is open 6 a.m. to 5:30 p.m. for before and after school care. The school campus is complete with half million dollars play equipment. The Barona Indian Charter school is located one mile north of Barona Valley Ranch 1095 Barona Rd., Lakeside, CA. [www.baronaindiancharter.org](http://www.baronaindiancharter.org)

## Bob Alvord Friend to All BBQ

Nearly 200 people came out despite record heat to attend the Bob Alvord 6<sup>th</sup> Annual Friend to All BBQ at the Lakeside Rodeo Grounds. All proceeds from the August 29 BBQ will go to the scholarship fund maintained through the Optimist Club of Lakeside which benefits the youth of Lakeside.

## Annual Heritage Day Luncheon

It's time to start thinking about making reservations for the Lakeside Historical Society's annual Heritage Luncheon. The luncheon will be October 24 at the Olde community church, 9906 Maine ave. in Lakeside. Tickets are \$15 per person. Cupid Catering will be serving lunch at 1 p.m. Reservations are required.

This year's Heritage Day will celebrate the 50<sup>th</sup> anniversary of El Capitan High School (1959-2009). For reservations contact the Historical Society at 561-1886.

seat safety information. Meet firefighters and law enforcement personnel, see their emergency vehicles and displays and gather career information. Various safety organizations will be represented. For more information visit [www.elcajianfire.com](http://www.elcajianfire.com) or call (619) 441-1737.

## The Fall Recreation Guide & City Newsletter is here

The City of El Cajon Newsletter and Recreation Guide is now available online and at your local recreation center. A fun way to keep your kids busy this fall with all the great activities for all ages. The newsletter section has updates on City projects and 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 pick-up a hard copy at any of our recreation centers.

Note: For what's happening in the City of El Cajon, such as special projects and services, visit our City website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) - and stay informed. For Public Safety Center updates, please call (619) 441-5524.

## Highlights ...

### Continued from page 4

ly 5.1-miles of 36-inch steel pipe to transport drinking water. The pipeline will connect Flow Control Facility No. 14 located at the intersection of Lexington Avenue and Third Street in the City of El Cajon to the Otay Water District's Regulatory Reservoir Complex in Rancho San Diego. Streets expected to have restrictions include Third Street, Dumar, Waterloo, and Gustavo in the City of El Cajon; and Brabham, Via Rancho San Diego and Fury Lane in Rancho San Diego. Lane closures may occur on Jamacha Road from Gustavo in El Cajon to Brabham in Rancho San Diego. Traffic control and parking restrictions may remain in effect through the extent of the entire project, even though actual pipeline work is ongoing in other areas. Night work will take place along Jamacha Road south of the City of El Cajon as directed by the California Department of Transportation (Caltrans). For more information about the impacted areas, community meetings, traffic updates, or detours call (619) 670-2552.

### An overall traffic advisory

Starting Sept. 8 East County

High Schools will be back in session, adding to grade school and college traffic that began August 24. Please slow down in school zones and watch for pedestrians. Pedestrians, please exercise caution when crossing streets by crossing at legal corners and avoid jaywalking. Make sure you are seen and that vehicles have stopped before stepping in front of them. Be alert and be safe!

### Antique show

Wednesday, Sept. 9 is the next San Diego Antique & Collectible Show. Stop by and visit all the wonderful items at their monthly antique and collectible event, 2 to 7 p.m., at the Ronald Reagan Community Center, 195 East Douglas Avenue.

### El Cajon Fire's Annual Safety & Career Expo in October

Join us for a day of great family fun and safety at the El Cajon Fire Safety & Career Expo to be held on Saturday, Oct. 10, 10 a.m. to 2 p.m. at El Cajon Fire Station 6, located at 100 E. Lexington Avenue. Enjoy the Kid's Fun-Safety Zone! Safety helmets will be given away while supplies last. Child I.D.'s will be available, as well as car

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## — LOCAL NEWS &amp; EVENTS —



# Alpine happenings ...

## Alpine Community Blood Drive

On Saturday, Sept. 12, The Service Clubs of Alpine, Kiwanis, Lions, Optimists and Soroptimists combined with local churches are having a Blood Drive. The Blood Drive will be held at The Alpine Woman's Club parking lot, 2156 Alpine Blvd., from 8 a.m. to 1 p.m.

Jim Cate, organizer of the Event asks that anyone giving blood should eat a good meal and drink plenty of liquids prior

to giving blood. The participants should also be able to present proper identification according to Cate. If you want to schedule an appointment on-line please log on to [www.sandiegobloodbank.org](http://www.sandiegobloodbank.org). Click on "appointments" and provide the sponsor code: KCAL.

Member Churches are: The Church of Jesus Christ of Latter Day Saints, The Knights of Columbus, Queen of Angels, Christ our Savior and The Alpine Community Church.

For additional information

please contact Jim Cate at (619) 890-2283.

## September at your Friends of the Library Bookstore

Back to School Month: Teachers and students will receive a discount on books.

Week of Sept. 2 - 6: Half price on all biographies.

Week of Sept. 9 -13: Half price on all hardback novels.

Week of Sept. 16 - 20: Half price on all paperback novels.

Week of Sept. 23 - 27: Half-price on all History.

End of the Month 1/2 Price Sale: Sept. 26 and 27.

Library Bookstore is located at 2554 Alpine Blvd. Open: Wednesday 10 a.m. to 7 p.m., Thursday - Saturday 10 a.m. to 5 p.m., Sun. 10 a.m. to 4 p.m.

## Nominate 'Best of Alpine' now

Do you know a person, organization or business that has helped make Alpine a better place to live, work or play during the past year? Now is the time to "Treasure Our Volunteers" and honor

the "Jewels of Our Community" by nominating them for the 15 Alpine Leadership and Public Service Awards, known as ALPS. Presented by the Alpine Mountain Empire Chamber of Commerce, this year's new and improved event will have a different nomination process and a less formal atmosphere at the awards celebration on Wednesday, Sept. 23, at the Viejas DreamCatcher Lounge. Call the Alpine Chamber for more information at (619) 445-2722 or get application online at [www.alpinechamber.com](http://www.alpinechamber.com).

## Time to run for Honorary Mayor!

Is this the year you would like to run for Honorary Mayor of Alpine? File by filling out the application for the annual good-natured contest, presented by the Alpine Mountain Empire Chamber of Commerce online at [www.alpinechamber.com](http://www.alpinechamber.com)

## CPR Class

Would you know how to respond if your child stopped breathing? Set up a neighborhood CPR class with Save-A-

Heart "The CPR Pros". Call (619) 445-4569.

## 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.

## Evening with Elected Reps

Wednesday, Oct. 21, 6 - 9 p.m. The Evening with the Elected Representatives at Viejas DreamCatcher Lounge.

## Farmer's Market

Farmer's Market in the Park at Viejas Outlet Center. Every Tuesdays, 3:30 - 7:30 p.m. For more information, contact [Diane@AVibrantWorld.com](mailto:Diane@AVibrantWorld.com).

## Save-A-Heart

Saturday, Sept. 26, 9 - 12 p.m. Save-A-Heart's CPR & 1<sup>st</sup> Aid Certification only 3 hours. Discounts for Alpine Mtn. Empire Chamber Members. For more information call (619) 445-4569 or go to <http://www.alpinechamber.com>.

## September Excitement at Golden Acorn Casino

In addition to our regular Tuesday bingo sessions, we have extra exciting events coming up at the Golden Acorn Casino for September.

We are celebrating Mexican Independence Day in a big way.

On Tuesday and Wednesday, September 15 and 16, earning 100 GOLD POINTS will get you a Mexican Independence Day T-shirt.

On Sept. 15<sup>th</sup> from 9:00pm to 1:00am

we will feature Tropic II with Tony Obezo on the Casino Floor.

Tony packs the place and everyone dances.

On the 16<sup>th</sup>, we will present Anna Luz and her Selena's Tribute at 7:00pm.

Selena is a voice from the past that we all want to remember. And, don't overlook the 99 cent Chavelas and \$2 Tequila shots and \$2 Margaritas.

Then, then, then . . . Saturday, September 26<sup>th</sup> from 3:00pm to 7:00pm, outdoors, we will have bull riding competition, with live music during the bull riding.

Any brave heart can enter and there is a

**\$1,000 top prize with a souvenir belt buckle.**

From 8:00pm to 10:00pm, our main event is MMA Cage Fighting, featuring some local fighters. You probably know them. The banquet room door opens at 7:30pm so you can get a good seat.

There is an after party on the Casino floor with live music from 10:00pm to 1:00am.

Plan to come and join us on these especially exciting and fun days in September. We will have a grand time celebrating Independence Day and then on the 26<sup>th</sup>, we will get an extra dose of thrills and chills as we watch the bull riding and cage fighting.

And, don't forget bingo on Tuesdays.

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**2009 Season Schedule:**

September 9 .....

September 16 .....

September 23 .....

September 30 .....

October 28 .....

December 9 .....

Keep on Truckin'

Woody-Surf's Up!

Thunder on Main

Closing Night

Trunk or Treat

Parade of Lights



The El Cajon CDC's Best of Show Winner Rick Moreno and his 1936 Tudor Sedan



Café 67's Winner Eric Vance and his 1966 Ford T-Bird



Barona 1/8th Mile Drag Strip's Winner Dennis Baily and his 1935 Ford Tudor



PG Series Truck's Winner Steve Halluska and his 1958 Chevrolet Impala



Toyota of El Cajon's Winner Jack Chidgey and his 1912 Model T



Sycuan Casino's Motorcycle Winner Jose L. Blanco and his 1974 Honda



Harley Davidson's Winner Tony Isais and his 1964 Nova SS

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CAGE FIGHTING

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**Head Young Woman Dancer**  
Autumn Banegas

**Head Young Man Dancer**  
Justin Phoenix

**Host Southern Drum**  
Young Bird

**Host Northern Drum**  
War Scout

**Emcee**  
Tom Phillips

## — MotorandSports —

# 2009 Jeep Wrangler



**2009 Jeep Wrangler.**

**by Dave Stall**

I still have sand in my shorts, but I love playing in the desert. I can't help it.

The test vehicle this week is Jeep's 2009 Wrangler X. For the folks who follow my column weekly, you're probably saying, "Hey, he did a Jeep in January." You're right, but it was a loaded Sahara. This time I wanted a base four-wheel drive Jeep, with no frills, just a base-model workhorse.

I picked up a fire-engine red base Jeep, with a six-speed manual transmission from Fleet Manager Doug Wilson at Rancho Jeep. I know, an automatic transmission is better

suited for the desert, but I like to shift. Then it hit me: I asked for a base-model Jeep, but the last time I asked for a base-model vehicle I got a KIA with no A/C and roll up windows. Could this happen again? No, Doug knew it would be real hot out in the back-country, so this Jeep had an option I couldn't do without, Air Conditioning for a meager price of \$895.

It was surprising to see a six-speed manual transmission, because I expected a five-speed. I had a Jeep as a demo for a couple of years (I was a service manager for 30 years), a five-speed Wrangler with A/C that I had a blast driving. The old Jeep had really a rough ride, but today's Wrangler rides as smooth as any vehicle this size, and I think the 3.8-liter V6

really moves out. Fuel mileage is decent, about 15mpg in the city and 19mpg on the open road, but your mileage could be better or worse depending on your right foot.

Walking around the Wrangler, one will find hard plastic fenders that work well off-road, and it's much easier to drop the top now. Back in the day, a degree from Erector Set University was needed to do that. Now one can flip a few latches and remove the side panels and the top drops and stores neatly in the rear. Also, while driving at freeway speeds the driver won't hear the top flapping at all four corners anymore. It drove almost as quietly as a hardtop. Instead of canvas doors and windows, there are hard doors roll-up windows and door locks. The seats were very comfortable for the driver and passenger, but I never got to the back seat. They do fold down and out of the way for better storage if you're into carrying things.

A base Jeep is not a stripped down vehicle — buyers get current tall-vehicle technology like Jeep's Electronic Stability Control, Hydraulic Brake Assist, Traction Control, Electronic Roll Mitigation, four-wheel ABS, Hill Start Assist, and the newest Dana 44 heavy-duty rear axle, Dana 30 solid front axle, and Jeep's proprietary Command-Trac Shift-on-the-Fly four-wheel drive system. At one time, Dana axles were an aftermarket item, but are now standard equipment on this Jeep. The manufacturer really does listen to its customers!

Even on a base-model, skid plates are standard. A tire-pressure monitoring system and upgrading the base 3.21 to a dirt-friendly 3.73-to-1 gear were the only options on this Wrangler.

Bernie Vassalo, General Sales Manager at Rancho, is a Jeep fanatic. He has lifted and trail-ready Jeeps in the dealership, with the new-car warranty intact. How cool is that? Their parts department is full of Jeep goodies too, so check them out at [www.ranchoautogroup.com](http://www.ranchoautogroup.com). Also listen to my interview with Vassalo about the Wrangler at [www.kcbq1170.com](http://www.kcbq1170.com) or [www.davestall.com](http://www.davestall.com). Brand new, this Jeep based out at \$20,710, and with the A/C and the differential gear upgrade, you're looking at \$22,405 plus tax and license. If buyers haven't heard, this is the last year for the lifetime-powertrain warranty on Chrysler products. Don't wait.

## Summer Showdown was a blast



**Bobby D Presents continued to impress and entertain a packed house crowd at the Four Points by Sheraton last Thursday evening in the Coors Light Boxing Series, when in the main event former Olympian, two-time Mexican National Amateur Champion Emilio Bojorquez improved his record to (15-1, 11 KO's) winning his battle on all three judges' scorecards with an eight-round unanimous decision over Nicaraguan and former FedLatin champion Anthony Martinez. Photo by Tommy Villegas**



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# For Health's Sake

## Super Bowl star Larry Fitzgerald stops to give parents advice on vision therapy

Arizona Cardinals 2008 NFC West Champions' wide-receiver, Larry Fitzgerald, is helping eye doctors spread the word to parents that vision problems can interfere with a child's ability to pay attention, read and learn. "Even if you have been told your child has perfect vision or 20/20 vision, your child could still be at-risk of having a learning-related vision problem," warns Fitzgerald.

Do you have a child who takes forever to do homework? Or hates to read? Learning-related vision problems directly affect how we learn, read, or do close work.

The College of Optometrists in Vision Development (COVD) launched their annual campaign to educate the public on the steps they can take to ensure their children aren't struggling with reading and learning because of undiagnosed vision problems.

"Parents don't realize that you need over 15 visual skills to succeed in reading, learning, sports, and in life. Seeing '20/20' is just one of those visual skills," says Fitzgerald.

During the many pre- and post-Super Bowl press interviews, Fitzgerald explained that one of the keys to his success was having vision therapy as a child. He had a vision problem that was making it difficult to pay attention in school and his grandfather, Dr. Robert Johnson, a developmental optometrist in Chicago, Illinois, diagnosed the vision problem and the appropriate treatment.

Fitzgerald went through vision therapy under his aunt's guidance, Dr. Stephanie Johnson-Brown, who is currently the executive director of the Plano Child Development Center, a not-for-profit vision care service corporation which was co-founded by her father, Dr. Johnson, in 1959, which specializes in vision education and the identification and remediation of vision development problems in children and adults.

According to a report from the New Jersey Commission on Business Efficiency of the Public School, "Undiagnosed and untreated vision related learning problems are significant contributors to early reading diffi-

culties and ultimately to special education classification."

Fitzgerald is joining COVD this year to help spread the word that 20/20 is NOT perfect vision and that if your children are struggling with reading you need to take them to see a developmental optometrist. You can visit COVD's website to find a developmental optometrist near you.

"Vision problems can have a serious impact on a child's education. Don't wait to see if this next school year will be better, take action today!" Fitzgerald encourages parents.

Convergence insufficiency, one of the most common vision disorders that interferes with reading, was recently the focus of a national study funded by the National Institutes of Health and the National Eye Institute. This is a vision problem where the two eyes don't work together in unison the way they are supposed to when one is reading. The result can make reading very difficult.

While at least one out of every 20 school-age children is impacted by convergence insufficiency, there are other visual abnormalities to be considered. It is estimated that over 60 percent of problem learners have undiagnosed vision problems contributing to their difficulties.

The good news is the majority of these vision problems can be treated with a program of optometric vision therapy. The study by the NEI found that in-office vision therapy was the best treatment for convergence insufficiency.

The five most common signs that a vision problem may be interfering with your child's ability to read and learn are:

1. Skips lines, rereads lines
2. Poor reading comprehension
3. Takes much longer doing homework than it should take
4. Reverses letters like b's into d's when reading
5. Has a short attention span with reading and schoolwork

Any one of these symptoms is a sign of a possible vision problem. A more in-depth symptom checklist is available on COVD's website.

Not all eye doctors test for learning-related vision problems, so it is important for parents to ask the right questions. Call your eye doctor's office and ask the following two questions:

1. Do you test for learning-related vision problems?

2. Do you provide an in-office vision therapy program when indicated, or will you refer me to someone who does?

If the answer is no to either one or both of these questions, visit COVD's website, [www.covd.org](http://www.covd.org), to find a developmental optometrist near you.

According to Dr. Weiss, who has been diagnosing and treating vision problems that interfere with academic success for 15 years, "when a learning-related vision problem is found and treated it can make a tremendous difference in a child's school performance."

In closing, the President of COVD, Dr. Carol Scott, a developmental optometrist from Springfield, Missouri says, "In celebration of August being National Children's Vision & Learning month, I invite you to visit our website and learn more about the vital role vision plays in our children's education."

## Laughter is the Best Medicine

### Potatoes

A girl potato and boy potato had eyes for each other, and finally they got married, and had a little sweet potato, which they called 'Yam.'

Of course, they wanted the best for Yam. When it was time, they told her about the facts of life... They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like 'Hot Potato' and end up with a bunch of Tater Tots.

Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her! But on the other hand she wouldn't stay home and become a Couch Potato either. She would get plenty of exercise so as not to be skinny like her Shoestring cousins.

When she went off to Europe, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland, and the greasy guys from France called the French Fries and when she went out west, to watch out for the Indians so she wouldn't get scalped.

Yam said she would stay on the straight and narrow and wouldn't associate with those high class Yukon Golds, or the ones from the other side of the tracks who advertise their trade on all the trucks that say 'Frito Lay.'

Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato University) so that when she graduated she'd really be in the Chips.

But in spite of all they did for her, one day Yam came home and announced she was going to marry Tom Brokaw.

Tom Brokaw! Mr. and Mrs. Potato were very upset.

They told Yam she couldn't possibly marry Tom Brokaw because he's just.....

A COMMENTATER

Submitted by S. Dows of El Cajon.

Have a funny joke or antidote to share with the readers of East County? E-mail them to: [jokes@ecgazette.com](mailto:jokes@ecgazette.com) or mail to: East County Gazette, P.O. Box 697, El Cajon, CA 92022.

## Ask Dr. Luauna Stines



**Dear Dr. Luauna,**

*I have worked for my boss for over 15 years and I find myself getting angry. He tells me what to do but I ignore him, this seems to happen more and more, I think I have a better plan. My boss gets very frustrated with me and tells me, "Just do what you are told!" Doesn't he know who I am? I am a faithful worker. Signed, Frustrated in San Diego County.*

**Dear Frustrated,**

It is good to know you have been with your boss for over 15 years. I would have to say to you, you have gotten too big for your britches. You are not the boss; you are acting out of pride. There is an old proverb which says, "Pride comes before a fall."

There was once a young man who served his boss faithfully year after year, starting from cleaning the toilet; he worked his way all the way up to management, humbly serving his boss year after year. One day, his boss was in an airplane crash and was killed instantly. Little did this kid, now a young man, know because of his humble, serving spirit, his boss left him all the McDonald's that he owned, they were now his.

God sees the faithful servant and he is always ready to reward. If you continue operating in pride, I am sure your reward will not be the same. So what should you do? Sincerely repent and serve with a right heart and God will bring your reward. Read these scriptures Proverbs 16:18, Colossians 3:22-25, Ephesians 6:5-8.

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 to help us reach the world for Jesus.

• **Prayer Mountain & Local Church Services:** Sunday 8:30 a.m. and 10:30 a.m., 16145 Highway 67, Ramona, CA 92065



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LEGAL NOTICES

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**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00068628-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: GILBERT BRITTO AND YOLANDA BRITTO ON BEHALF OF MINORS GILBERT DIEGO GARCIA AND MARADENE GRACE GARCIA FOR CHANGE OF NAME  
PETITIONER: GILBERT BRITTO AND YOLANDABRITTO ON BEHALF OF MINORS GILBERT DIEGO GARCIA AND MARADENE GRACE GARCIA HAVE FILED FOR AN ORDER TO CHANGE NAME FROM:  
GILBERT DIEGO GARCIA  
TO:  
GILBERT DIEGO BRITTO  
AND: MARADENE GRACE GARCIA  
TO: MARADENE GRACE BRITTO  
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 OCTOBER 14, 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 21, 2009.  
East County Gazette – GIE030790  
8/27, 9/03, 9/10, 9/17, 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: MONICA 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. 2009-022735**  
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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-024320**  
FICTITIOUS BUSINESS NAME(S): A1 Computer Technologies  
Located at: 631 Rosalie Way, El Cajon, CA 92019  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Karl M. Danielson 631 Rosalie Way, El Cajon, CA 92019; 2. Linda J. Danielson 631 Rosalie Way, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 21, 2009.  
East County Gazette- GIE030790  
8/27, 9/03, 9/10, 9/17, 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

CASE NUMBER 37-2008-00102334-CU-BC-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): JOSEPH WILLIAM HUTCHISON; and DOES 1 TO 5. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): MUSTANG CORP. a Delaware corporation. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services. ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), en el Centro de Ayuda de las Cortes de California, ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, East County Division, 250 East Main St., El Cajon, CA, 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): PATRICK L. MCCRARY, CSBN 86379 ATTORNEY AT LAW. (619) 589-8533, 9340 FUERTE DRIVE, SUITE 203, LA MESA, CA 91901. Date: (Fecha) February 24, 2008 Clerk (Secretario) By: K. Thompson, Deputy (Adjunto)

**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 Piovarscik 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. 2009-023624**  
FICTITIOUS BUSINESS NAME(S): Orangewood Partners  
Located at: 17 The Point, Coronado, CA 92118  
This business is conducted by: A General Partnership  
The first day of business was: June 30, 2005  
This business is hereby registered by the following: 1. Shelley A Webb 1385 5<sup>th</sup> Street, Imperial Beach, CA 91932; 2. Angela D. Cantrell 3038 Levante St., Carlsbad, CA 92009; 3. Karen L. Kawamoto 6311 Lambda Drive, San Diego, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 14, 2009.  
East County Gazette- GIE030790  
8/27, 9/03, 9/10, 9/17, 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

**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

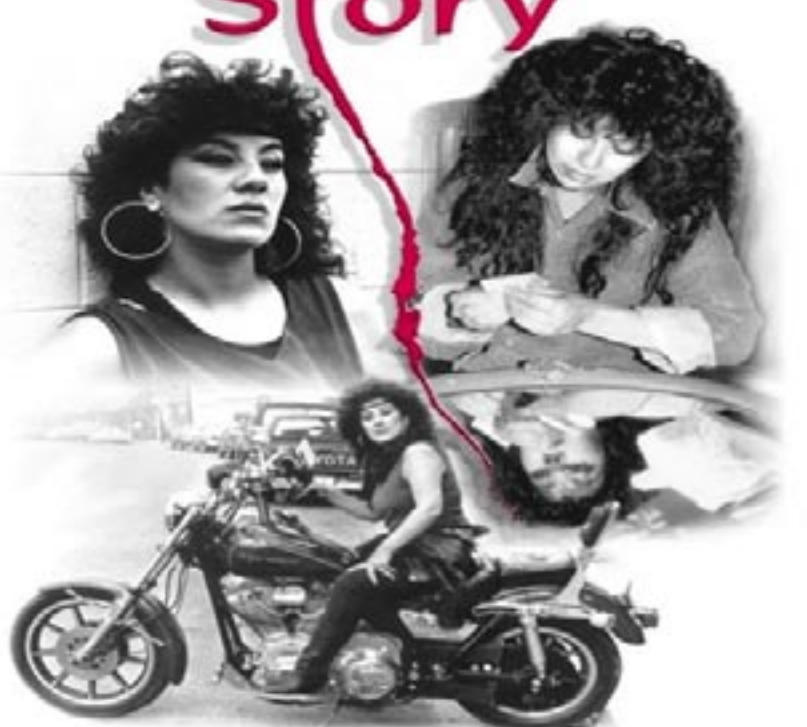
**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022462**  
FICTITIOUS BUSINESS NAME(S): Associated Trademarks  
Located at: 133 Townwood Way, Encinitas, CA 92024  
This business is conducted by: Husband and Wife  
The first day of business was: July 30, 2009  
This business is hereby registered by the following: 1. Maria Murphy 133 Townwood Way, Encinitas, CA 92024; 2. James Delaney 133 Townwood Way, Encinitas, CA 92024  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 04, 2009.  
East County Gazette- GIE030790  
8/20, 8/27, 9/03, 9/10, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00097156-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF: MARSHALL DEREK-LUCIEN SKALETZKY FOR CHANGE OF NAME  
PETITIONER: MARSHALL DEREK-LUCIEN SKALETZKY HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
MARSHALL DEREK-LUCIEN SKALETZKY (aka MARSHALL LUCIEN SKALETSKY)  
TO: MARSHALL LUCIEN STONE  
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 330 W. BROADWAY, SAN DIEGO, CA 92101, Department D-25, on OCTOBER 13, 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 AUGUST 28, 2009.  
East County Gazette – GIE030790  
9/03, 9/10, 9/17, 9/24, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023128**  
FICTITIOUS BUSINESS NAME(S): Personalized Bookkeeping  
Located at: 6965 Princess View Drive, San Diego, CA 92120  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Leeann Darling 6965 Princess View Drive, San Diego, CA 92120  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 11, 2009.  
East County Gazette- GIE030790  
8/27, 9/03, 9/10, 9/17, 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

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



**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-023578**  
FICTITIOUS BUSINESS NAME(S):  
Neurophysiology Inc.  
Located at: 5395 Ruffin Road, Suite 102,  
San Diego, CA 92123  
This business is conducted by: A  
Corporation  
The first day of business was: January  
21, 1999  
This business is hereby registered by the  
following: 1. Neurophysiology Inc. 5395  
Ruffin Road, Suite 102, San Diego, CA  
92123  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on August 14, 2009.  
East County Gazette- GIE030790  
9/03, 9/10, 9/17, 9/24, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-021106**  
**FICTITIOUS BUSINESS NAME(S):** Tarpay  
 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- GLE030790  
 8/20/ 8/27/ 9/03/ 9/10/ 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-021294**  
**FICTITIOUS BUSINESS NAME(S): CEDCO**  
**Construction**  
**Located at:** 31836 Bobritt Road, Bonsall,  
 CA 92003  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the  
 following: 1. William T. Davis 7210 Placid  
 St., Las Vegas, NV 89119  
 This statement was filed with Gregory J.  
 Smith Recorder/County Clerk of San Diego  
 County on July 23, 2009.  
 East County Gazette- GIE030790  
 8/27, 9/03, 9/10, 9/17, 2009

**FICTITIOUS BUSINESS NAME**  
**STATEMENT NO. 2009-022932**  
**FICTITIOUS BUSINESS NAME(S):** Super  
 Brows  
 Located at: 5500 Grossmont Center Drive,  
 Suite D28B, La Mesa, CA 91942  
 This business is conducted by: An  
 Individual  
 The business has not yet started.  
 This business is hereby registered by the  
 following: 1. Brow Salon LLC 333 Wisconsin  
 Ave., #5, El Cajon, CA 92020  
 This statement was filed with Gregory J.  
 Smith Recorder/County Clerk of San Diego  
 County on August 07, 2009.  
 East County Gazette- GIE030790  
 9/03, 9/10, 9/17, 9/24, 2009

AVISO Las ordenes de restriccion que  
figuran en la pagina 2 valenpara ambos  
conyugues o pareja de hecho hasta que  
se despidala peticion, se emita un fallo  
o la corte de otr5as ordenes. Cualquier  
autoridad de la ley que haya recibido o vista  
una copia de estas ordenes puede hacerlas  
acatar en cualquier lugar de California.  
The name and address of the court is: (El  
nombre y direcci3n de la corte son):  
SUPERIOR COURT OF CALIFORNIA,  
Family Court  
1555 6th Avenue, San Diego, CA 92101  
The name, address, and telephone number  
of petitioner's attorney, or petitioner without  
an attorney, is: (El nombre, la direcci3n y  
el n3mero de tel3fono del abogado del  
demandante, o del demandante que no  
tiene abogado, son):  
Nilooftar Noori  
4620 Zion Ave., F24  
San Diego, CA 92120  
DATE: JUNE 22, 2009  
858-405-8958  
Clerk, by (Secretario, por)  
C. Rosten  
Deputy (Asistente)  
NOTICE TO THE PERSON SERVED: You  
are served  
AVISO A LA PERSONA QUE RECIBIO LA  
ENTREGA: Esta entrega se realice  
As an individual. (a usted como  
individuo.)  
Pub. September 3, 10, 17, 24, 2009Published in  
EAST COUNTY GAZETTE

East County Gazette- GIE030790  
09/03, 09/10/09







# Our Best Friends

## Dog bark at dogs walking by... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Trainer,

I live in a condominium where we mostly have dogs that obey the leash laws. However, when a dog walks by my place, my dog goes crazy and barks. It happens that other dogs do him the same way. I think it is rude. Worst yet, the dog doesn't seem to be much of a barker otherwise even if someone comes to the door. He just gets happy about that!

What is the good Manner's way to handle these daily confrontations for both the neighbors and the dogs?

Signed,  
Need Dog Manners

Dear Manners,

While it may seem "rude" for your dog to bark at other dogs as they walk by, it is far from ill-mannered if you consider this behavior from your dog's point of view. You pointed out that your dog seems scared of other dogs on the leash, so it would go to reason that he is also worried when he sees dogs outside of his door. Then factor in some territorial protection of your property, and it's a likely recipe for barking at the other dogs as they walk by his home.

With that said, the real trick is to figure out how to prevent

the barking while working with your dog to teach him some better skills to deal with dogs walking by. Whether it is accidents in the house, jumping or barking at the dogs passing by, the first thing to thwarting behaviors is prevention.

If the dog keeps practicing the behavior, he will only get better at doing the behavior, and since your dog is actually getting a huge reward from barking, he is likely to escalate the behavior to maximum velocity as time goes by. The "reward" your dog is receiving is that the other dogs go away when he barks, at least in your dog's mind. This gives dogs a sense of power and safety since, in the case of a fearful dog, there is distance put between him and the scary dogs walking by. Many people have the same problem with delivery people—the dog barks when the letter carrier comes to deliver the mail, and low and behold, he/she goes away while the dog is barking. In the dog's mind, this behavior worked, so the dog puts barking at delivery people in his toolbox to use again since it works so well.

Not knowing how your home is set up, you will need to find a way to prevent your dog from going to the door or windows that allow him the visual of the dogs that walk by. Some people move the furniture

around so the dog can't access the windows, or have the dog behind a baby gate, or simply keep the door closed so he can't see the other dogs walking by.

After you have figured out a way to limit your dog's access to the visual triggers, the next thing is to do is some good old' classical conditioning. This is the Pavlov's dog effect of pairing good things with the scary things, such as the dogs walking by.

I would recommend you teach your dog a strong recall (coming when called) from the area in question. Initially, you will do this without the presence of the other dogs, so your dog can learn the behavior more easily. Working in a non-distracting environment is very important for the learning process, since dogs (and humans) don't learn well during a crisis, and for your dog, dealing with the meandering dogs is a big crisis.

I would recommend you start by walking to the front door and dropping a couple of pieces of your dog's kibble, and then as he is eating those, back away about 3-4 feet and the second he looks up to see where you are, say, "Yep," and put a couple of really good treats on the ground near your feet. This will teach your dog that coming up to you, really pays off big! Go back to the

door again, and drop some of his kibble, and step back a little more, marking his response of looking for you with the marker work of, "Yep," and then dropping the high-value treat at your feet again.

Continue to do this, adding a little more distance each time until your dog is able to come all the way across the room to get his reward (this is building distance from the area in question). Once you see that your dog can come that far, you can add a recall word, such as "Come, hear, or now," just as he turns to run to you.

By practicing this for 5-10 minutes, a couple of times each day, you will soon have a dog that runs away from the area, rather than running to the area where he sees the dogs go by.

After you get to this level, get one of your neighbors to walk their dog by your home. You will be calling your dog to you slightly before he can actually see the other dog. Cell phones or walkie-talkies can keep you in communications with your helper so you know when to call your dog.

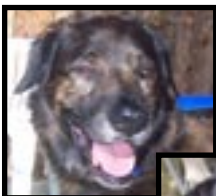
The reason for calling your dog just before he can see the other dog is so you are able to do the classical conditioning when he gets to you, and at a distance that is not going to get your dog all riled up. You will want to have really high-value treats, such as a jar of meat baby food that your dog can eat during the entire time the other dog is actually walking by the house. The food you use has to be good for your

dog to want to stay and eat, rather than run and bark, so think big in terms of the food. After the other dog walks past your house, say, "All done," and stop feeding him, and then do it again. It won't take long for your dog to associate that when the other dog walks by, wonderful things happen—a positive association that can actually have your dog wishing other dogs will walk by.

Working with a good positive reinforcement trainer can help you with the mechanics of this training if you don't feel like you can handle it yourself. Visit [www.sandiegodogtrainer.com](http://www.sandiegodogtrainer.com) for trainers that use only positive reinforcement.

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

### ADOPT-A-PET

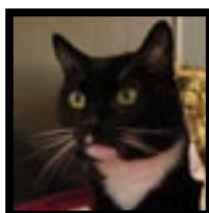


Meet Buster, 7 years old, and Mia, 2 years old, who are best friends and looking for a home together. Buster is still a very active dog with a kind and gentle side to him. You should see him "sit"! Buster is a fun-loving sweetheart who loves to play and get regular walks and would do best in a home with children over six. Mia is a sweet young lady



who is a bit shy at first, but feels much more confident with her sidekick, Buster. She is a gentle-natured girl who loves to play and go for walks. If you feel your heart may be big enough for the two of them, come introduce yourself and your family! Their adoption fee together is \$225 which includes their spay and neuter, vaccinations, deworming treatment, 1 free month of pet insurance, training DVD and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday – Sunday 10am-5pm. For details call (760) 757-4357 or visit [www.nchumane.org](http://www.nchumane.org).

Lilo is a handsome black and white 2-year old short hair cat. He weighs 11 pounds, and is a shy, quiet guy who enjoys snuggling up under his cat bed instead of sleeping on top of it! He spends a lot of time sleeping and lounging, but will seek out your love and attention each day. Lilo 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 very sweet boy, please call (619) 579-7172.



Puppy love! That's what you'll find when you meet 5-month old Cookie, a black Lab/Pit mix. If you have the time and patience to give a puppy the love, guidance, and training needed to help her become the awesome adult dog she can be, then call FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) (858) 205-9974 to learn more. Cookie weighs just 20 pounds right now, and will probably be over 50 pounds as an adult. She's a snuggly, curious, and very playful little girl who will flourish under your gentle leadership.

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\*Approximate retail value.

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