



Adoptable pets... page 19

INSIDE THIS ISSUE
 Local 2-7
 Health 8
 Entertainment . 10-11
 Motor and Sports 12-13
 Kids' page 14
 Legal Notices... 15-17

PRESORTED
 STANDARD
 U.S. POSTAGE PAID
 EL CAJON, CA 92020
 PERMIT NO. 237

**SUBSCRIBE
 TODAY!**
 CALL
 (619) 444-5774

Gazette Newspaper Group Publications, State and National Award winning publications, proudly serves El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country
VOLUME 10 NUMBER 14 **SEPTEMBER 10-16, 2009**

**Kids... looking for something
 fun to do? Read Brent's blog**



Check out the Gazette's new column on page 10 to see what fun and exciting things East County has to offer. There is no need to make mom and dad travel far, East County has it all.

What's new in the theaters?



Read about
 'All About Steve'
 and
 'Play The Game'
 by
 Diana Saenger
 on page 11



Aviator set on completing Earhart's dream of flying around the world

by Diana Saenger

In 1937 Amelia Earhart, a young adventurous pilot set out to make history as the first woman to fly around the world. Earhart had already conquered the titles of the first woman to fly across the Atlantic, in 1928; the second person to fly solo across the Atlantic, in 1932 and the first person to solo from Hawaii to California, in 1935. The 1937 flight made history but not in the way she intended. In her Lockheed Electra with her navigator Fred Noonan, her last communication came 100 miles from the tiny Pacific atoll, Howland Island. Neither Earhart, Noonan nor the plane were ever seen or heard from again.

Muriel, a 1935 Lockheed Electra L-10E and the same model flown by Earhart in 1937 and last in existence, will take to the sky in the spring of 2010 with its pilot and owner Grace McGuire at the controls.

See **AROUND THE WORLD** page 2

Photo right: Grace McGuire in front of her plane. Photo by Diana Saenger



Elmer Sweetwood and Sons
 Complete Auto Repair
 EST. 1948

Smog Checks, We Now do 'Test Only'
 We Certify Gross Polluters

\$15.95
 + CERT.
 Most Cars

Consumer Assistance Program
FREE EMISSION REPAIRS
 Up to \$500 in CAP Repairs
 CALL FOR DETAILS

151 S. SUNSHINE, EL CAJON • 444-1696
 For faster service bring DMV Renewal • Motorhome & Some Van Extra. Not valid with other offers. ECG2
 Exp. 09/30/09

Fantastic Sams®
 HAIR SALONS

HAIRCUT *only* **\$9.95**
 Reg. \$15.00

Good Only at the EL CAJON SALON
 Expires Oct. 15, 2009 *Extra Charges may apply for Long or Thick hair.

124 West Main St., Suite 140 El Cajon
(619) 440-0339

Dolci Yogurt

Self Serve
 Frozen Yogurt

Any Size
 Buy One
 Get One **FREE**

Of Equal or Lesser Value. Not valid with other offers. Expires. 09/25/09 Limit 1 per customer.

**Formerly
 Dolci Mango**

Target Center • 330 Broadway, El Cajon

Local News & Events

Around the world ...



Grace McGuire and Lou Saenger hold banner honoring those who battle Lyme's Disease. Photo by Diana Saenger

Continued from page 1

"I intend to recreate and complete Earhart's final voyage," McGuire said. "This is my dream, to do this as a tribute to Amelia. I named the plane Muriel after Amelia's younger

sister, Grace Muriel Earhart Morrissey, who died in 1998 at age 98. We had become close friends."

Muriel sets gleaming and proud at Gillespie Field in El

Cajon being restored. Her chrome-encased engines seem waiting for the challenge, and her wings set outside on a trailer ready to be attached and zoom off for the anticipated flight.

"It's a very exciting project," said James G. Kidrick, President and CEO of the San Diego Air & Space Museum, which is assisting in the restoration. "Imagine a recreation of Amelia's flight in the only L-10E remaining."

McGuire rescued the Electra L-10E from a scrap yard in 1984. "It was a sorry mess, and I had to mortgage my future to buy it," she said. "And I didn't know until I owned it that it was the last one on the planet."

Her journey has taken on a few rough turns as evidenced by some names painted on the sides of Muriel. McGuire contracted Lyme disease right after her purchase. The illness sat her plan back decades in which met others who suffered from the disease. Their names on the plane are in honor of ones who lost their battle.

The plane traveled 3500 miles from New Jersey to California via a specially designed cradle on a 16-ft wide trailer.



Amelia Earhart and her plane Credit: archives

Then it was brought from Santa Maria to El Cajon.

"It had to set on a wide boat trailer and be escorted by four Highway Patrol officers and two private escorts," said Terry Brennan, Curator of the San Diego Air & Space Museum.

Plans for the plane include reattaching the wings and ex-

tra tanks as well as a complete restoration. McGuire seems ready to do whatever it takes to complete her mission.

"It was so horrible what happened to Amelia and Fred; they were so close to their destination," McGuire said. "I have a theory of what happened to them, and I want to do this in memory of her and her sister."

WARREN BOSTONIA TOWNHOMES

1234 & 1242 North First Street El Cajon, CA 92021

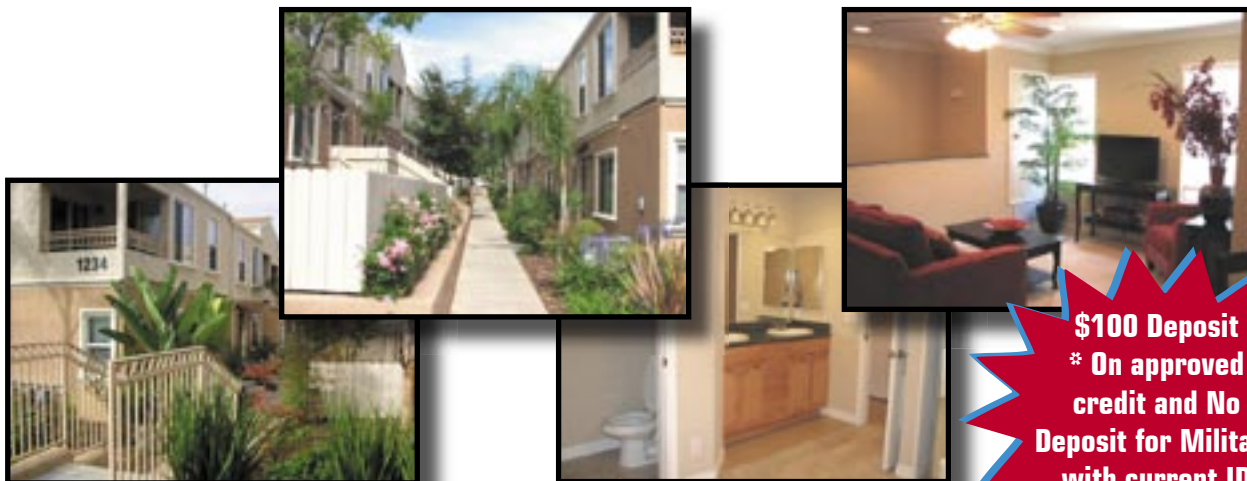
3 bedrooms

Starting at \$1,400 Monthly

Located near the 8 freeway and the 67 freeway. Just 20 minutes east from downtown San Diego.

These units are all brand new construction with luxury amenities:

Stainless steel appliances, granite countertops, central A/C, ceiling fans, balconies, full size washer/dryer and 2 car garage with direct access.



\$100 Deposit
* On approved credit and No Deposit for Military with current ID

A Warren Properties Community

Call our Agent to schedule a tour of our model (619) 442-1495

Visit our website at www.warrenproperties.com to see all of our properties and complete an application

SAVE WATER ...

USE ROCK

Call for

Free Estimates

- Colorful Deco Rock
- River Rock • Beach Pebbles
- Gravel • Boulders • Flagstone

ALPINE ROCK & BLOCK

13288 Hwy. 8 Business,
El Cajon

(619) 561-6003

www.alpinerockandblock.com



BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

HYPNOSIS WORKS!

- Fibromyalgia
- Sleep
- Weight
- Fear



- Chronic Pain
- IBS
- Stress
- Relationships



Smoking Today!

Judy Callihan Warfield

• Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successhypnotherapy.com

4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERTSLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations

(619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

PI
18486



24/7 Towing & Roadside Assistance For Lock Outs, Flat Tire, Jump Starts, and Fuel

\$45 TOWS
\$30 FLAT, LOCKOUT OR FUEL SERVICE!

Exp. 12/31/09

— Proudly Serving East County for Over 23 Years —
Rated the **BEST Towing and Parking Enforcement Company in East County in 2008**

FREE tow-a-way signs, fire lane painting & courtesy patrols for your residential & commercial properties!

*Standard \$5 per mile mileage fee still applies

1101 N. Marshall Ave. El Cajon • 619-444-3116

El Cajon Shower Door and Mirror

elcajonshowerdoor.com

A Full Service Glass Co.

CA Lic # 657323

Residential-Commercial-Remodel-New Construction
Mobile Service- Free Estimates-Sales and installation

Bob Fite Owner/Operator

(619) 921-5457 • (619) 444-4462



For all your automotive needs, you can trust Dad's!

www.dads-g.com

FROM STREET TO THE TRACK

We can help you achieve the speed you need!

From oil changes to building custom turbo engines!

Dad's even sells parts!
(foreign and domestic)

Call or email info@dads-garage.com

We also service desert toys & dune buggies.

7636 North Ave., Lemon Grove • (619) 460-4160

LIABILITY INSURED

FREE ESTIMATE

M&M BOBCAT SERVICE

12 Yard Dump Truck • 334 Excavator • S160 Bobcat

500 Lb. Concrete Breaker

Hauling/Grading/Excavation/Demolition

FREE FILL DIRT

Keystone Wall Set-Ups

Michael Hawke

Owner Operator/License #832949

(619) 871-5826

www.mmhauling.com



"For the Best Plumbing Values in Town"
REPAIR ♦ REPIPE ♦ REMODEL
LIC. # 749354 619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

STAMP, COLORED OR STANDARD DRIVEWAYS & PATIOS

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net

VISA/MASTERCARD ACCEPTED



Rice RV

Sales, Rentals and Service

Motorhome, trailer and toy hauler rentals — economy to luxury!



Great selection of used trailers, toy haulers and motorhomes.
RV service/repairs.

1035 E. Main Street,
El Cajon
(619) 444-1881



Come see us!

YOUR NEXT JEWELRY & WATCHES INC.

Al & Ann... The Jewelers of Lakeside since 1980

Over 42 years experience!

• Watch batteries • Watches • Jewelry • Clock repair

FREE
Prong
Inspection



WATCH BATTERY \$5.00
Installation Labor Only \$2.99 or \$3.77

9773 Maine Ave, Lakeside • 619-634-8389

Rupert Pedrin Jr. Concrete

Patios - Driveways - Flatwork
Light Tractor Work



LIC# 741012

Phone (619)445-6110

Cell (619)820-3699

Fax (619)445-8216

Office Hours By Appointment

SUN VALLEY DENTAL
CESAR JIMENEZ, D.D.S.



1209 E. Main Street
El Cajon, CA 92021

Telephone: (619) 442-0707
Fax: (619) 442-4931

BANKRUPTCY

Foreclosure - Garnishment - Credit Cards

Lawsuits - Repossessions - Harassment

Get Rid Of Debt & Keep Property

Free Attorney Consultation - 27 Years Experience

619-813-5101

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the "Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables, Leasing, Strategic Planning, Custom Financial Reports.
- Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists.

REALTY RESOURCES (619) 938-3800

Stephen Dows, mba www.Realty-Resources.com
DRE#01523368 CSLB#884406

\$SAVE \$ MONEY \$ NOW

Energy Rebates Available



Save On Your Utility Bill

REPLACEMENT VINYL WINDOWS

Free Estimates

Sales and Installation

Bonded • Insured • Lic. 657323

San Diego Dual Glaze (619) 444-1844 / (619) 921-5457

SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

PTA Membership Month

At Tuesday's City Council meeting, the Council recognized PTA Membership Month. The

Cajon Valley Council of PTA's promotes the welfare and seeks to raise the standards for children and youth in home, school and community, and they strive to bring the home and school into a closer relationship so that parents and teachers may cooperate intelligently in the education of children and youth. They

also work to develop a more united effort between educators and the community that will secure for all children and youth the highest advantages in physical, mental and social education. Have you joined your local PTA?

Neighborhood watch captains meet the Mayor

The El Cajon Police Department's Neighborhood Watch program invited about a dozen Neighborhood Watch Captains in the City to Tuesday's City Council meeting to be recognized by the Mayor and City Councilmembers for their involvement with this successful crime-fighting program. If anyone is interested in starting a Neighborhood Watch in your

neighborhood go to www.elcagonneighbors.org and find out how easy it is to join; or call Officer Dan Hansen at (619) 441-1597 for more information.

Law Enforcement Appreciation Night September 21

At the recent El Cajon City Council meeting on Sept. 8, the Council issued a Proclamation recognizing the El Cajon Elks 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. Washing-

ton 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. The public is invited to attend. To purchase tickets call (619) 444-1812.

about this exciting opportunity to own your own home, call Habitat for Humanity at (619) 583-4663, ext 314.

San Diego Habitat is a non-profit organization whose goal is to eliminate substandard housing in San Diego County by providing low-income families with the opportunity to become homeowners. SDHFH builds new homes for qualified families. Families purchase the home with a no-interest mortgage. Since 1987, SDHFH has built a total of 99 homes throughout San Diego County.

The New Red Door Playhouse

On Sept. 4, the Christian Community Theater opened their production of Little Shop of Horrors at their new 100 seat theater called Red Door Playhouse, located at 1545 Pioneer Way in El Cajon. The play was very entertaining and the singing was amazing. The last three 8 p.m. performances will be on Sept. 11, 12 & 13. Tickets are \$10 in advance or \$15 at the door. For advance tickets call (619) 588-0206.

El Cajon Fire's Safety & Career Expo is October 10!

Mark your calendar for the next El Cajon Fire Safety & Career Expo on Saturday, Oct. 10, from 10 a.m. to 2 p.m. at El Cajon Fire Station 6, located at 100 E. Lexington Avenue. Your children will enjoy the Kid's Fun-Safety Zone that includes our inflatable fire safety house and kid's safety helmets will be given away while supplies last. Child I.D.'s will be available, as well as car seat safety information from the CHP. Meet El Cajon firefighters and law enforcement personnel, see their emergency vehicles and displays, and gather important career information. Numerous safety organizations will be represented with the latest in safety and health information. Visit www.elcagonfire.com for more information or call (619) 441-1737.

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 and stay informed. For Public Safety Center updates, please call (619) 441-5524.

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

Over 40 YEARS IN EAST COUNTY

• Beef
• Ham
• Spare Ribs

Family BBQ

WEEKLY SPECIAL

BEEF OR HAM SANDWICH PLATE

Limit 1 Coupon Per Plate **\$5.59** (with coupon)

901 EL CAJON BLVD., EL CAJON • 442-1170

MANGIA BENE
RISTORANTE ITALIANO

Now Serving Tuesday Night Buffet 4-9pm only \$9.95

Buy 1 Entree Get 1 Free of equal or lesser value up to \$10 with purchase of 2 beverages Sunday and Monday only.. With coupon. Exp. 9/30/09	Buy 1 Sunday Buffet Get 1 Free with purchase of 2 beverages 11 am to 3 pm With coupon. Exp. 9/30/09	Buy 1 pizza Get 1 Free of equal or lesser value. Take out only. Not valid Fri. or Sat. With coupon. Exp. 9/30/09
--	---	---

221 E. Main Street. • El Cajon • 619-444-0303
 Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 11:30am -10pm

Banquet Room up to 55 **Book your party now for any occasion!** **Banquet Room up to 55**

For more info go to www.mangia-bene.com or info@mangia-bene.com

Sentimental Fashions
Ladies Resale Boutique

Purses, Shoes, Jewelry and Accessories.

1077 Broadway, El Cajon, CA 92021

(619) 442-3231

Mon-Sat 10-6 closed Sundays

Visit us at:
www.sentimentalfashions.com

Angel's Nail Salon
in the heart of Downtown El Cajon

Serving East County Since 2000
Awarded Best Nail Salon in San Diego
Over \$35,000 in renovations
All new equipment

Spa Pedicure: \$11 ⁹⁹ reg \$16 ⁹⁹	Fullset w/WhiteTip: \$13 ⁹⁹ reg \$17 ⁹⁹
Eyebrow wax: \$4 ⁹⁹ reg \$6 ⁹⁹	Bring this ad to get discount.

131 N. Magnolia Ave., El Cajon • (619) 442-3204
(Corner of Magnolia & Rea)

— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

Sept. 10, 17, 24- Lakeside Farmers Market 3-6 p.m.

Sept. 14- Chamber Board Meeting 6:30 (open meeting)

Sept. 16- Lakeside Planning Group 7 p.m.

Sept. 17- Lakeside Chamber Mixer at the German American Societies of San Diego 10175 Mollison "Oktoberfest" 6-7:30 p.m.

Living series- a free community learning series held at 9841 Vine St., Lakeside.

Part 1 will be *Happy and Healthy on a Budget*- Tuesday, Sept.29 from 5 to 6:30 p.m.

Learn about many free and low-cost household needs and services to keep your family happy and healthy.

The first topic will include The Golden Share Food Program, Farmers Market EBT Program, SDG&E discount program.

limited so register early. Call (619)390-2600 to register and ask for Robin.

Business mixer

Lakeside Chamber of Commerce September Business Mixer hosted by the German American Societies of San Diego. "A Taste of Oktoberfest" - Oktoberfest appetizers and beer samples, Thursday, Sept. 17 from 6 to 7:30 p.m. at 10175 Mollison ave., El Cajon.

Pending congressional ob-

ligations Assemblyman Joel Anderson is scheduled to speak at 5 p.m. at the door. This is a great networking opportunity.

Farmer's Market

Lakeside Farmer's Market now offers hot food. The market is open each Thursday 2 to 7 p.m., 9841 Vine st., Lakeside. If you would like to become a vendor at the Lakeside Farmers Market contact Casey Anderson- San Diego Farm Bureau at (760) 745-3023

Healthy Living

Lakeside Community Collaborative presents the Healthy

Free spaghetti dinner served from 5 to 5:30 p.m.

Registration limited to the first 50 participants. Space is

Santee shows off new junior high school buildings

Santee School District is proud to announce the dedication ceremonies of the new Junior High buildings and the grand opening of the newly modernized classrooms and Learning Resource Centers at Carlton Hills, Carlton Oaks, and Rio Seco Schools.

The dedication ceremonies will take place at 6 p.m. on the following dates:

Carlton Oaks School
Thursday, Sept. 17,
9353 Wethersfield Road Santee,

Rio Seco School
Tuesday, Sept. 22,
9545 Cuyamaca Street, Santee

Carlton Hills School
Thursday, Sept. 24,
9353 Pike Road, Santee

Each school will host a schoolwide open house or back to school night following their dedication ceremony and tours of the new buildings will be made available. Teachers are very excited to show off their new classrooms.

The Santee Board is thankful to the Santee community for making these new learning environments possible by passing a \$60 million bond in November 2006. Santee students are greatly benefitting from this modernization.



Celeste Packard
Mary Kay
Independent Beauty Consultant (619) 708-6905
cpackard@marykay.com
www.marykay.com/cpackard

COMMUNITY DAY CARE PRESCHOOL IN SANTEE

Potty Training Fun Activities One FREE Week
School Readiness Ages 2-6 after One
Only \$115/week Month!



8835 Olive Lane,
Santee, CA 92071
(619) 448-4767
LIC. #370805419

Open 6:30 am - 6 pm

Are you looking for a quality educational alternative?

Presenting a personalized education option for your student . . .



It's a Parent's CHOICE

*We are a
WASC accredited,
tuition-free public
school, serving students
from grades 7-12.
Learning centers are
located throughout the
County, including El
Cajon and La Mesa.*

- To improve grade point average (GPA)
- To learn good study habits
- To take one course at a time
- To learn in a small, personalized group setting
- To "catch-up" and transition back to your home school
- To receive a standards-based and rigorous education
- To obtain skills needed for successful higher education
- To prepare for the CAHSEE test
- To earn a high school diploma, CHSPE, or GED

Call Today For Information!
(858) 678-2020 ext. 802

www.charterschool-sandiego.net

— LOCAL NEWS & 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. 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

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 lo-

cated 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.

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

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 8th Annual Chili Cook off Festival and 2nd 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.

Save-A-Heart

Saturday, Sept. 26, 9 - 12 p.m. Save-A-Heart's CPR & 1st 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

Exciting September days begins with Tropic II with Tony Obezo on the Casino floor September 15th 9pm-1am to help celebrate Mexican Independence Day.

On the 16th at 8pm on the Casino floor, the Golden Acorn Casino presents Selena's Tribute with Ana Luz. Earn 100 points and receive a Mexican Independence Day T-shirt!

On September 26, Golden Acorn will have bull riding competition from 3pm - 7pm outdoors.

Live music during bull riding.

\$1,000 cash is the top prize and souvenir belt buckle.

The popular MMA Cagefighting begins from 8pm to 10pm.

Tickets are on sale beginning September 14.

Call 619-938-6012.

There will be local fighters - people that you know.

After party on Casino Floor, live music 10pm - 1am.

Be sure and join us for exciting events at The Golden Acorn Casino.

True Value.

ALPINE TRUE VALUE HARDWARE

Serving Alpine Since 1981

1730 Alpine Blvd., Suite 120, Alpine

(619) 445-5674

Hours: M-F 7 - 7; Sat. 7-6; Sun. 9-4

<http://www.TrueValue.com/Alpine>

Randee Flor

Hairdesigner & Color

Make your appointment today!
(619) 990-8640



Kamps

PROPANE

YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969



- New Customer Specials
- Home Delivery
- Best Service in East County
- Installation & Service
- Budget Pay Available

16245 Alpine Boulevard

619-390-6304

Great deals found in the East County Gazette Class Act Dining and Entertainment coupons. Clip out and use today!



HOME LOANS

4.750%
30 Year Fixed
4.97% APR
**Call
Today!**

"Mortgage Banker licensed by the Department of Corporations #8138485"

PURCHASE & REFINANCE HOME LOANS:

- **FREE Pre-Approvals** — so you can shop with confidence
- **GUARANTEED RATES** — FREE — We back your rate at application
- **FHA, VA, FNMA & FHLMC loans available**
- **95% Cash Out**
- **3% Cash down to purchase loans up to \$700,000**
- **FAST CLOSING** — We close on time for your family
- **Branches Nationwide** — Large enough to be secure, small enough to care

**Bank Owned
& Short Sale
Lending Source**

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, in-house, from start to finish. Having funded more than 70,000 loans during 10 years in business, we have the strength and experience to get your loan done and make your dream a reality.

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.

We do our homework so you close on time!



KELLI KRUEL
10 YRS. EXP.



LYNNE HOFFMAN
21 YRS. EXP.



CHRISTINE WAITS
17 YRS. EXP.



CHRIS WILEY
17 YRS. EXP.

EXPERIENCE COUNTS!

CALL US TODAY (619) 722-1303

2140 Alpine Blvd., #B, Alpine

"Your East County Home Loan Professionals"

Having trouble with your current loan, visit www.HOPENOW.com — HOPENOW efforts come at no cost to the borrower. Borrowers should be wary of sources that offer help, but require a fee.

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.

How to talk to your doctor during difficult times

Do you have trouble talking about certain topics? How do you have a conversation about sensitive subjects, like end of life care or a serious diagnosis? Hear from Dr. Margaret Elizondo, Associate Medical Director, Sharp HospiceCare about the importance of end-of-life care planning. Learn how to discuss vital issues

with your health providers, family and friends Wednesday, Sept. 16, 5:30 – 7 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

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.

How do I do this?

Caregiving at home

Learn & practice the basics of caring for a loved one at home from a registered nurse. Program includes learning how to safely transfer, provide personal care, proper body mechanics & more!

Saturday, Sept. 19, 9 a.m.-1 p.m. at Sharp Grossmont Hospital's Brier Patch Campus, 9000 Wakarusa, Rooms 13 & 14, La Mesa. Cost \$10. Registration required. Call 1-800-827-4277.

Think pink — Breast cancer awareness and early detection

Learn about why early detection is so important, how to do breast self-exams and what treatment options are available from Donna Thompson, RN, BSN, Sharp Grossmont Hospital's Certified Breast Health Navigator on Tuesday, Sept. 22 from 1 - 2:30 p.m. at the Grossmont District Conference

Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

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

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.

Fire & Safety Expo

El Cajon Fire Safety & Career Expo will be held on Saturday, Oct. 10, from 10 a.m. to 2 p.m. at El Cajon Fire Station 6, located at 100 E. Lexington Avenue. Children will enjoy the Kid's Fun-Safety Zone that includes our inflatable fire safety house and kid's safety helmets will be given away while supplies last. Child I.D.'s will be available, as well as car seat safety information from the CHP. Meet El Cajon firefighters and law enforcement personnel, see their emergency vehicles and displays, and gather important career information. Numerous safety organizations will be represented with the latest in safety and health information. Visit www.elcajonfire.com for more information or call (619) 441-1737.

Laughter is the Best Medicine

Innocence is priceless

One Sunday morning, the pastor noticed little Alex standing in the foyer of the church staring up at a large plaque. It was covered with names and small American flags mounted on either side of it. The 6-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the little boy, and said quietly, 'Good morning Alex.'

Good morning Pastor, he replied, still focused on the plaque. Pastor, what is this?

The pastor said, Well son, it's a memorial to all the young men and women who died in the service.

Soberly, they just stood together, staring at the large plaque. Finally, little Alex's voice, barely audible and trembling with fear asked,

"Which service...the 8:30 or the 10:30?"

Submitted by Monica Zech of El Cajon.

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



Health... Just Common Horse Sense

by Dr. Donald Adema

It has been some time since the hospice care side of the practice has been this busy. The team has been fine tuning for a year now and is doing a fine job. Palliative solutions are well thought out and delivered with much compassion. It makes a father proud.

From time to time the team meets to remember and process the challenging deaths and simply support each other. Tears mingle with laughter and occasionally an improved strategy is developed as a fringe benefit. The last remembrance time left us all reinforced that the spiritual needs of the patient and family are number one. The case that brought it to mine was a patient in the end stages of Alzheimer's dementia. She could no longer speak intelligibly and her family was not attentive. When some of the extended family arrived, a very sad story of anger and estrangement unfolded. It was hard to believe that the little lady on complete bedrest and totally dependent for all levels of care could have participated in the drama.

Finally, a son arrived who definitely met all the qualifications of the black sheep child. All other family and friends bristled and did not visit at the same time as her condition declined. Finally, a brave caregiver asked him where his mother fellowshipped with God. He could only recall the church where he went to Sunday school many years ago. And off we went.

It seems that her brain's deterioration process started subtly and earlier in her life than the average dementia patient. "So, your mother's brain's trip to heaven started much earlier?" That pretty much stopped them in their tracks. As the stories were shared at the bedside, again with tears and laughter, suddenly a smile crossed that little face in bed and the kleenex box was rapidly emptied. She left them the following day. It had taken the black sheep's return to allow for many reconnections. Clearly, the most important was the connection triggered by a memory of Sunday school. Keep that path traveled at all times. Stay tuned.

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

Donald Adema, DO
(Board Certified Family Practice)

Most Insurance Accepted

10201 Mission Gorge Rd.

Santee, CA

(619) 596-5445



Sports enhancement and hypnotherapy

by Judy Callihan Warfield



Whether you are involved in school sports; a weekend warrior; an adult who enjoys staying fit; or a professional athlete you want to not only enjoy your sport but excel in it. For many people this may prove a difficult task. Moving to that next level of

performance isn't always as easy as one may think. You may find that even with lessons or instruction you are still not able to improve your time, score, record.

How we think about our performance plays a huge role in the physical performance and outcome. Hypnotherapy provides a great resource to "get in the zone" and focus your mind on the outcome you want. It's a matter of getting your mind from blocking your physical performance by allowing your skills to perform. Ask yourself what goes thru your mind right before you hit that ball...right before you step on the field...before you are up? If your mind is filled with memories of bad performances or doubt or that little internal voice telling you that you can't do it what do you think your odds are of a positive result?

Why not get back to a level of enjoyment with your sport. Hypnotherapy can teach you the skills to reduce your stress level and focus on a positive outcome. Wouldn't it be nice to recall those positive performances rather than the negative ones. Perhaps you are not spending as much in practice as you should. Hypnotherapy can help motivate you and begin to establish a positive pattern toward better performance.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached by calling her office 619-303-8511 or email judy@successhypnotherapy.com. Further info is on the web site of www.successhypnotherapy.com or call for free phone consultation.

Now
Serving Cocktails!

Steak & Maine Lobster!



Grand Re-Opening Special!

Prime Top Sirloin Steak, Maine Lobster Tail, baked potato, fresh vegetables, freshly baked bread and your choice of soup or salad.

Served Daily 5 pm to 10 pm
In the newly remodeled Wachena Restaurant.

\$19⁹⁵

Nightly August 1- September 30

W A C H E N A
at *Sycuan*
CASINO

5469 CASINO WAY, EL CAJON, CA | 619-445-6002 | SYCUANCASINO.COM

Must be 18 or older to enter Casino, restaurants and theatre. Must be 21 to purchase or consume alcohol. Please play responsibly.

— CLASS ACT DINING & ENTERTAINMENT —

Pernicano's
Since 1946

**Italian Restaurant
Pizza**

**Celebrating
over 63 Years**

**of service to East
County diners**

**\$4.00
OFF**

**ANY
LARGE
PIZZA**
with coupon
exp. 9/30/09

**\$2.00
OFF**

**ANY
SMALL
PIZZA**
with coupon
exp. 9/30/09

**LUNCH
SPECIALS**

(Includes Salad and Garlic Bread)
Spaghetti \$7.95
Lasagna \$8.95

**Dinner
Specials**

(Includes Salad and dinner roll)

Monday:
Lasagna & Spaghetti ... \$10.95
Tuesday:
Zucchini Parmigiana ... \$10.95
Wednesday:
Eggplant Parmigiana ... \$10.95
Thursday:
Ravioli (meat or cheese) \$9.50
Friday:
Tortellini (chicken, cheese or spinach) \$8.85
Saturday:
Half & Half \$8.85
Sunday:
Lasagna \$10.45

CATERING FOR PICK UP,
UP TO 100 PEOPLE

**ORDERS TO GO
619-444-4546**

1588 E. Main Street
El Cajon

Open 7 Days 11 am

Brent's blog — Aerospace Museum



Brent Norman inside cockpit of the Pioseki helicopter.

by Brent Norman

There are so many things for East County kids to do right here in our own backyard that we don't have to ask mom or dad to drive us far. So I started my own column to talk about the fun I've found here close to home.

This week I visited the San Diego Aerospace Museum Gillespie Field. It is located in El Cajon on the north side of Gillespie Field Airport.



Inside hangar of SD Aerospace Museum Gillespie Field. Photos by Brent Norman

Upon arriving, the first thing I saw was an Atlas missile. Once you go through the gates there is a hangar full of historic airplanes, paintings, toy aircraft and restoration projects. When I walked in I met Ken Leckwold. He is the docent (tour guide) and he also does restorations of airplanes.

Leckwold took us outside and showed us a Sterling Heat Engine. It was really cool. He pointed it toward the sun and after a couple minutes, the engine started spinning on its own. It works on the principal of expansion and contraction. He said it works like standard solar panels that people have on their roofs. It's about a 150-year-old design.

Next he showed us how to navigate an airplane by the stars. This is how they did it before GPS.

We then went on a tour of the aircraft. We saw the AGF-129 jet, it was just like the one that George W. Bush flew, and an F-14 Tomcat, which was the same as Tom Cruise flew in *Top Gun*. Next we saw an



Museum docent Ken Leckwold shows us the F-14 Tomcat. Photos by Brent Norman

A-6 jet that was like the jet in *Flight of the Intruder*. A B-24 Liberator that was shot down in WWII by Japanese Bombers was also on the field, complete with the bullet holes.

The field was full of vintage aircraft from WWII, Korean War and the Vietnam War. The best part was that most of these planes were "hands-on,"

Field Airport began as a Marine Paratrooper practicing field in WWII? I didn't, neither did my mom or dad!

This was a great place to visit and I just want to thank Ken Leckwold. He was a great tour guide, he was informative, and funny.

If you want your parents to



Michael enjoys sitting in the pilot seat.

which means we can touch them and many of them we can climb aboard and sit in the cockpit.

Sitting out in the field was a Chinese Mig 15 and an F86 Saber. These jets fought against each other in the Korean War and now they are sitting side-by-side. (Pretty cool). Also, Leckwold pointed out the Pioseki helicopter, he said, "They call it the Holy One, because it was blessed by the Pope." This aircraft rescued many people from Southern Italy.

Also on the field and in the hangar were props from movies like the wings and the plane from the upcoming movie *Amelia* about her life story.

I met a couple of kids also taking the tour - Michael and Jazmyn. They had as much fun as I did.

Here's some information I learned at the museum . . . did anyone know that Gillespie



Jazmyn is busy with the controls.

take you there, the museum is located at 335 Kenny Street in El Cajon. Their hours of operation are Monday, Wednesday, Thursday and Friday from 8 a.m. to 3 p.m. For more information call (619) 258-1221.

Brent Norman is a 4th grade student in the Cajon Valley School District.



Atlas Missile outside the museum.

Janet's
Cafe & Deli



**NOW OPEN
IN
SANTEE**

Serving Breakfast & Lunch



BREAKFAST SERVED ALL DAY

Egg Breakfasts
Omelettes - Menu Selection or Build Your Own Omelette
Breakfast Sandwiches & Wraps
Belgian Waffles & French Toast

Homemade Bakery Items Made Fresh Daily in Our Kitchen
Cinnamon Rolls - Sticky Buns - Muffins - Brownies

Full Breakfast & Lunch Menu also Features Deli Sandwiches Hot & Cold - Fresh Crisp Salads and Janet's Famous Half Pound Burgers

FREE SOFT DRINK OR COFFEE

with purchase of Breakfast or Lunch

Must bring in coupon or mention this ad. Limit one per person. Expires 9/22/09



9225 Carlton Hills Blvd., Santee
(in the Carlton Oaks Plaza)

2506 Alpine Blvd., Alpine
Serving Dinner

— CLASS ACT DINING & ENTERTAINMENT —

'All About Steve' is a major disappointment



Sandra Bullock and Bradley Cooper star in *All About Steve*.
Photo credit: Suzanne Tenner / 20th Century Fox

Review by Diana Saenger

Disasters happen all too frequently around our planet. Considering how long Hollywood has been a thriving metropolis, it would seem the money moguls there should have a surefire way to spot a disaster when they see it. Not so for *All About Steve*, a film that makes you want to leave more every minute it's on screen – which also raises questions why the wonderful and talented Sandra Bullock decided to make this film.

Mary Horowitz (Bullock) is a crossword-puzzle creator for the *Sacramento Herald*. Clues to her outrageous personality surface immediately when she brings in samples of new puzzles that might have been thought up by a third-grader. When her boss explains to her they will not work, her reaction signifies that Mary is in a world of her own.

Things aren't any better at home, where Mary lives with her parents. When they set her up on a blind date, she spends long minutes unleashing run-on sentences and babbling like a brook to a total stranger about why she won't go on the date. That's the problem with Mary. A brilliant cruciverbalist – a crossword puzzle constructor – she's able to inform everyone she meets about any word applying to their life as well as its origin and what people in Bora Bora might think about it.

Mary finally decides to go on the date and dresses modestly, wearing her red patent leather boots which she wears everyday, everywhere. When

she walks down the stairs and sees Steve (Bradley Cooper), a handsome news cameraman, she reacts as only Mary would. Running upstairs, she returns half clad and even calls attention to her sexy self as her parents watch with eerie glee from the doorway.

The first five minutes in Steve's van begins with typical blind date conversation, and then Mary jumps on Steve's lap and begins to seduce him. She acts so crazy he's actually panicky, and gets saved when he's called to cover a breaking news story in another state.

Mary, who decides she loves Steve, begins a three-state stalking journey that has Steve caught in her web of bizarreness. Another of her insane traits is that wherever the gleeful Mary goes she's overly excited, flapping her arms like a bird and stomping her feet in place as fast as she can. The first time she does this is funny; the rest of the time, it's annoying.

Bullock said she formed her character on several things, one of them a three-and-a-half-year-old.

That's certainly what Mary acts like throughout this film. Judging her as an adult, she would be classified as unstable. Why would Steve be interested in her? And in fact he's not. He tells her at each news spot to go home and leave him alone. But his on-air reporter, Hartman Hughes (Thomas Haden Church), wants to torture Steve, so he keeps telling Mary that Steve really loves her. As the three of them tussle from one major news story after another, Angus (Ken

Jeong), their producer, tries to keep them focused.

In addition to the depiction of Mary as such a horrible character and the implausible reactions of others in this film, the logistics of many scenes don't add up. For example, how does Mary get across two states in 24 hours with no car? Or how does she happen to have a match for a lantern in

an abandoned mine shaft she falls into? Or why don't teachers realize there's one missing child among those rescued who also fell into the mine?

Luckily for Bullock and Cooper, *All About Steve* was made before their latest films – *The Proposal* and *The Hangover*, respectively – in which they redeem themselves. Bullock has entertained us with so

many diverse roles, but even her talent couldn't overcome this very bad script by Kim Barker (*License To Wed*).

While leaving the theater, I couldn't help thinking that if you put a marshmallow on top of a pile of cooked spinach, it's still not a dessert. *All About Steve* is no comedy. Watching it was painstaking. It just might be the worst film of 2009.



All About Steve
Studio: 20th Century Fox
Gazette Grade: F
MPAA: "PG-13" for sexual content including innuendos
Who Should Go: no one

LA POSTACASINO

Shake, Rattle, and...Roll!

**Every Wednesday
In September From
5:00 to 9:00 p.m.**

**ENTER FOR A CHANCE
TO PLAY AND WIN
CASH PRIZES!**

2x's **2 POINTS FOR EVERY \$3 PLAYED!**

**EVERY TUESDAY
IN SEPTEMBER EARN**

LA POSTA: (619) 824-4100

**SIZZLING HOT
HOT
SEATS**
Keep Burning

EVERY FRIDAY & SATURDAY
Random Hot Seat Winners Will Win Cash Prizes
Or Bonus Plays! Every Hour 9 P.M. To 12 A.M.

LA POSTACASINO

MARIE'S
BREAKFAST - LUNCH - DINNER

www.lapostacasino.com

I-8 EAST to the
Crestwood Rd. exit
Turn LEFT.

You must be 21 years or older to gamble in the Casino. Do you or someone you know have a gambling problem? Problem gambling help line 1-800-GAMBLER (426-2537).

See 'Play The Game' review
on page 13

2009 Season Schedule:

September 16Woody-Surf's Up!
September 23Thunder on Main
September 30Closing Night
October 28Trunk or Treat
December 9Parade of Lights

I Believe in Downtown
ELCAJON!
Cajon Classic Cruise Trophy Winners Sept. 3, 2009



Toyota of El Cajon's Best of Show Winner Ted Shilts and his 1956 Fairlane Victoria



El Cajon CDC's Winner Bill & Delores Jeffers and their 1934 Ford 3 Window Coupe

S.S. Trophies' Winner Kathleen Alt and her 1932 Chevy 4 Door



El Cajon CDC's Winner Steve Zimmerman and his 1969 Camaro



TTThe El Cajon CDC's Motorcycle Winner Rick Calou and his 1952 Triumph GT



The El Cajon CDC's Winner Mike & Ally Benbrook and their 1970 MGB



The Californian's Winner Larry Scribner and his 1955 Chevrolet BelAir



The El Cajon CDC's Winner Gerry Kwiat and his 1957 Austin-Healey

The El Cajon CDC's Winner Larry Shrum and his 1906 Tourist K



The El Cajon CDC's Winner Rudy & Louise Shappee their 1952 MGTD

The El Cajon CDC's Winner Frank Alesi and his 1954 Chevrolet BelAir



**BULL RIDING
COMPETITION**
\$1,000 TOP PRIZE
& SOUVENIR BUCKLE

3 pm - 7 pm | Free Out Door Event
Live Music during Bull Riding

GOLDEN ACORN CASINO
& Travel Center

SATURDAY SEPTEMBER 26

GOLDENACORNCASINO.COM

**MMA
CAGE FIGHTING**

8PM - 10 PM (DOOR OPENS AT 7:30 PM)
After party on Casino Floor
Live Music | 10 pm - 1 am

Ticket on sale Sept. 14 | Call: (619) 938-6012

— MotorandSports —

2009 Jeep Wrangler DS Lifted



2009 Jeep Wrangler Lifted.

by Dave Stall

Last week I told you about the 2009 Jeep Wrangler X from Rancho Jeep in Kearny Mesa. It was a base model with the V6

and 6-speed manual transmission. Well this review is what someone would want if wishing for the perfect street/off road Jeep. This custom Jeep (that is fully covered under warranty) was done by a local company called Dealer Services International (DSI). DSI only employs guys and girls that like off road and custom vehicles. If one looks real close at this Jeep one will see nothing but top of the line equipment from the 4-inch lift to the custom Pro Comp tires and wheel package.

This Jeep is a hardtop ver-

sion that allows removal of roof panels as seen fit; easy to do and will give the off roader a different look. Another thing different about this Jeep is the transmission. It is a 4-speed electronically controlled automatic transmission with Command-Trac which allows shifting into four wheel drive while driving down the road, no stopping in knee-deep mud or sludge to lock the front hubs.

This is the Sahara model with a custom blue paint job called Deep Water Blue Pearl Coat, but when I looked at it the color

the name that came to mind was Charger Blue, perfect for the upcoming football season! One will get a lot of comfort out of the Sahara; A/C, Electronic Stability Control, 4-wheel disc brakes with Traction Control, and Hydraulic Brake Assist. Also standard is Roll Mitigation for that near accidental roll over, and trust me that would be ugly! Of course included is standard Next Generation Rear Dana 44 Heavy Duty Axles (don't want to break an axle out in the hills, trust me) Hill Start Assist is standard; and plenty of protective skid plates below to protect your investment.

Going inside one will find all seat adjustments are manually operated and the driver seat has the feature to lift the driver up or down depending on his visual level (this covers a driver short or tall!). Also added is a roll and tumble rear bench seat, a complete roll bar system with a sound bar included for blasting those tunes out in the open country. Speaking of sound, the base AM/FM/CD/MP3 system comes with seven 368 watt Infinity speakers with a sub woofer hiding somewhere and of course XM Radio. But wait, Rancho likes more music and added an optional AM/FM six CD in dash system.

Now that I have drifted to

optional items here are a few more to drool over. The hardtop is optional. Also included is a trailer towing package which will put in the Class 1 hitch with a trailer sway damping system and a 4-pin trailer towing connector. Buyers also get a new rear differential that jumps from the standard 3.21 gear ratio to 3.73 gear ratio along with Tra-Lok Limited Slip Differential.

Safety is well represented with all the items mentioned earlier in this review plus Advanced Multi-Staged Air Bags. Now how did it drive on the open road? Excellent, in fact it rode better then last weeks stock soft topped Jeep Wrangler. It was very smooth on the freeway and it handled Anderson Truck Trail like it was built for that fire road. I did not make it to the desert, still a little too hot but around town

and climbing around the back country it was a blast.

Base price is \$26,045 and this test model hit \$30,530, and then add on the DSI treatment and it's up to \$35,525, but wait Rancho really wants everyone behind the wheel of this want-to-be Charger Jeep so they knocked the price down to \$32,475 plus tax and license.

Remember this Jeep carries a complete warranty and the powertrain is guarantee for life and that program end this year with all 2009 Chrysler Jeep vehicles, so if anyone is on the fence and thinking about getting a Jeep or any Chrysler vehicle see the good folks at Rancho Jeep Chrysler in Kearny Mesa or go to www.ranchogroup.com. Don't forget to tell them Dave Stall the car guy sent you!

Young and old learn new lessons in 'Play The Game'



Andy Griffith and Paul Campbell star in *Play The Game*. Photo credit: Story Films

Review by Diana Saenger

It's rare these days to find a film that appeals to a wide range of ages. *Play the Game* aims to do that on several levels, and with just the slimmest margin, might satisfy multiple-aged targets.

David (Paul Campbell) possesses the typical knack of a car salesman – a PhD in “I can sell anyone anything.” It's a good thing, too, because his boss is his grumpy dad (Clint Howard) who owns the dealership. Though not exactly overly emphasized here, one gets the feeling there's no strong father/son relationship between these two.

That's why David would rather spend time with his grandfather. Joe (Andy Griffith), now a widower, lives in a senior complex and spends a lot of time alone even though there are many women around for companionship. David realizes he might be able to teach Grandpa the very “Steps To Get a Woman” that he and his friends use.

Slowly Joe comes out of his shell. He makes innocent conversation with Rose (Doris Roberts), but her boyfriend frowns when Joe keeps giving

her roses. It's when he meets Edna (Liz Sheridan) that Joe really scores. She turns him into a real hot commodity in the senior home.

While David seems delighted with Grandpa's new zeal for life, he's not so celebratory about his own female conquests. He set his eye on the beautiful and independent Julie (Marla Sokoloff). Yet none of his tricks work on her. She sees him more as a big brother. Slowly David starts to understand the advice his grandfather gave him about finding real love. But is it too late?

Play the Game is based on writer/director Marc Feinberg's own real experience with his grandfather. How he got his story to the big screen is almost as interesting as the film. The struggle took 12 years during which time he served as writer, director, producer, distributor and now marketing machine. Feinberg is most pleased that the film is attracting a mixed audience.

“From baby boomers to seniors there are not a lot of movies targeted to all ages,” he said. “Of course, the seniors love it, but as weeks go by we're seeing high school and college age kids coming. They like the dating story line and walk out feeling they learned something. And it's nice to see them make a connection with their grandparents and laugh together.”

Although the story is occasionally slow – and I wasn't quite ready to see Mayberry's Sheriff Taylor rolling around in a love nest – *Play the Game* receives a boost from its capable cast. Griffith (*Waitress*), Roberts

(*Everybody Loves Raymond*) and Sheridan (*Seinfeld*) tackle their roles like the professionals we've come to cherish. They deliver heartfelt, interesting and believable performances.

Sokoloff (*Burn Notice*) is absolutely charming as the controlled Julie with a few tricks of her own. I hope to see more of her on the big screen. Clint Howard (*Night at the Museum: Battle of the Smithsonian*) never needs a lot of time to make an impression, and his nasty attitude as Dick instantly raises eyebrows. Likewise for his own father, Rance Howard (*Frost Nixon*), who is also Ron Howard's dad. His brief appearances are nicely noticeable. Paul Campbell is perfect as David, especially in the way he frets while struggling to keep Dad happy. He finds his own way, but he's always thoughtful and open with his grandfather.

Feinberg's movie has become one of the top five independently distributed domestic films of 2009, so he deserves congratulations. Personally, I like the unexpected twist in his movie and appreciate its lack of violence, murders, doom & gloom and unending profanity.

There are many good moments to savor in *Play the Game*. I definitely recommend it for general audiences.

REEL FACTS
Play the Game
 Studio: Story Films
 Gazette Grade: C +
 MPAA: "PG-13" for sexual content and language
 Who Should Go: fans of this cast

CENTRIC TRANSMISSION
 TRANSMISSION REPAIR SPECIALIST
 Do you have the "WARNING SIGNS" Like Service or Engine Light On, hard shifts, gear slipping, dark or burnt transmission fluid?
 People "without the proper skills," the right technical data and diagnostic equipment could harm your car
 Call to make an appointment to have your car checked by a qualified technician at **619-593-8550**

Centric Transmission

TRANSMISSION REPAIR SPECIALIST
 Do you have the "WARNING SIGNS" Like Service or Engine Light On, hard shifts, gear slipping, dark or burnt transmission fluid?
 People "without the proper skills," the right technical data and diagnostic equipment could harm your car

East County's MY 107.9 FM
www.my1079.com



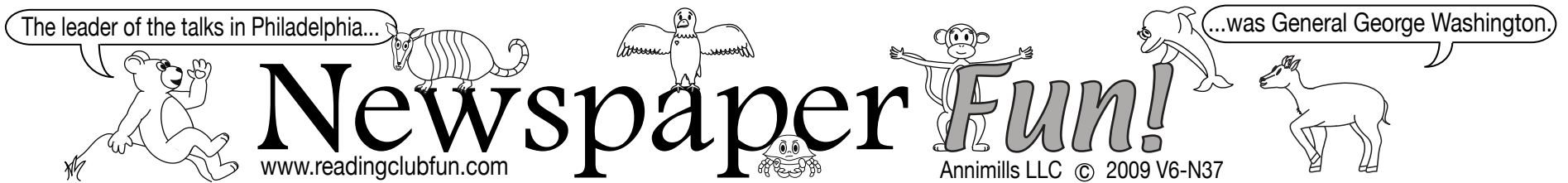
MID-DAYS WITH RANDY MANN
 9 AM - 3 PM Mon-Fri



LOCAL SPORTS WITH COACH DANA
 3 - 7 PM Mon-Fri
THE EAST COUNTY UNDERGROUND WITH STEVE HUNYAR
 6-8 PM Wednesdays



MY1079.COM
KRLY-LP FM
 2065 Arnold Way
 Suite 104
 Alpine, CA 91901
Ph 619-445-1079
Fx 619-445-1014



Our Constitution 222 Years Old!

The first three words of the U.S. Constitution tell who is behind the making of our government. **Fill in the puzzle below and the first three words will be spelled out under the arrow.**

After the Declaration of Independence was signed, the states in America were "united" by a weak central government. Each state had its own strong government which created many problems among the states.

In 1787 almost all of the 13 states sent their wisest men to Philadelphia for a meeting. They were to work out the problems with trade, taxes and other matters.

In Independence Hall they studied, argued, talked, voted and wrote. They were laying the groundwork for a strong central government. Some wanted no part of this. Wasn't this like the British rule they had just broken away from?

The central government was to be headed by a leader (President) chosen and elected by the people. There was to be a court of law (Supreme Court) and a body to make laws (Senate and House of Representatives).

All of these ideas formed the Constitution of the United States. It has worked well for 222 years! It is still used by courts to uphold laws and the rights of people. You can see the Constitution in the National Archives in Washington, D.C.

So **this** is how it was formed!

1. the General at the meeting who became our first President
2. men were sent (doctors, lawyers, businessmen, etc.)
3. some people were afraid this would take power away from the states
4. _____ men who helped to write the Constitution
5. number of branches the new government would have
6. where the meetings took place to write the Constitution
7. number of states in 1787
8. checks and balances keep each branch from becoming too _____
9. Constitution was signed on the 17th of this month
10. the special meetings in 1787
11. the only state that never took part in the meetings

Founding Fathers **thirteen** **Rhode Island** **three**

wisest **September**

powerful

Constitutional Convention

strong central government

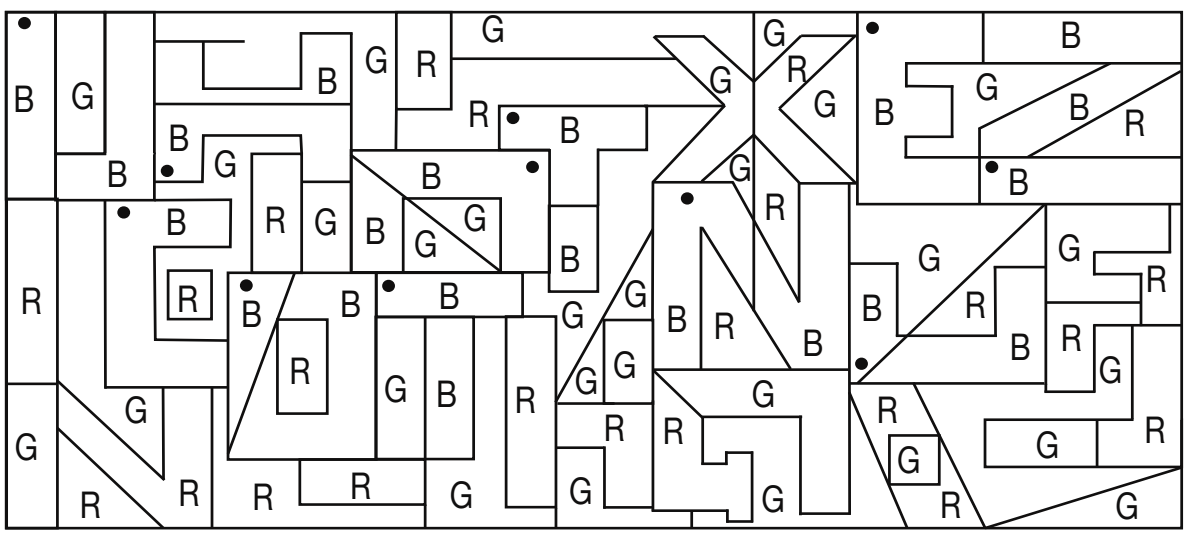
Independence Hall

George Washington

Wow! You can read the Constitution on a computer.

Constitution State

Which state is known as the "Constitution State?" It has its nickname printed on its license plates. **To find out, color in the puzzle using the color key. Then find 11 letters and unscramble them to spell the name of the "Constitution State."** A dot (•) is in the upper left corner of each letter. Use only the letters that are all one color.



Benjamin Franklin, 81 years old, was the oldest member at the meetings to work on the Constitution. Did you know that he also invented a pair of glasses called "**bifocals**" that help people see near and far too?

Hmmm.... do **you** see my Ben Franklin's anywhere?

Next week, **Reading Club Fun** is about all the fun we have in the **fall**. I love it!

Don't wait... sign up for the reading club today!

It's free!

B = blue
G = green
R = red

Our **Free Printable 2009 Books and Movie page** is ready for your family on our web site:
www.readingclubfun.com

LEGAL NOTICES

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00068628-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 YOLANDA BRITTO 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.37-2009-00097156-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. 2009-023161
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. 2009-023624
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 5th 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

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

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. 2009-024320
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

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), 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), the California Courts Online Self-Help Center (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/), 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), en el Centro de Ayuda de las Cortes de California, (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)
East County Gazette GIE030790
September 3, 10, 17, 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. 2009-021294
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. 2009-025606
FICTITIOUS BUSINESS NAME(S): Facial Bliss
Located at: 9019 Park Plaza Drive, Suite J, 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: La-Verne Benjamin 8633 La Mesa Blvd. #99, La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 03, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-025285
FICTITIOUS BUSINESS NAME(S): La Mesa Spine Center
Located at: 7441 University Ave., La Mesa, CA 91942
This business is conducted by: A Corporation
The first day of business was: May 12, 2004
This business is hereby registered by the following: 1. Cortes-Ring Chiropractic Inc 7441 University Ave., La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 01, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-024983
FICTITIOUS BUSINESS NAME(S): The Floor Man
Located at: 9769 Hawley Rd., 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. William Carl Walker 9769 Hawley Rd., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 28, 2009.
East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-024512
FICTITIOUS BUSINESS NAME(S): Public Solutions
Located at: 110 West C Street #1300, San Diego, CA 92101
This business is conducted by: An Individual
The first day of business was: July 26, 1999
This business is hereby registered by the following: Mitchell Berner 110 West C Street #1300, San Diego, CA 92101
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 24, 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): 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

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

PLANNING GROUP MEETING
PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm., September 14, 2009

PLACE: Community Building, Old Ironside Park, Harbison Canyon Road, El Cajon CA 92019

- Call to order/Pledge of Allegiance/Roll call/Approval of August 10, 2009 meeting minutes/Expense Reimbursement requests.
- Announcements.
- Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- Committee Reports:
- (a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).
- Private project proposal:
(a) Variance 09-009 Proposed room addition at 1112 La Cresta Blvd. in Crest
- Public Project Proposal:
(a) Planning Area Community Plan. (2020 General Plan Update).
(b) PLDO List.
(c) Proposed Density Bonus Ordinance revision (Hertel).
- Unfinished Business
(a) None.
- New Business:
(a) Support letter for ACA 8 requiring State Legislature to adhere to the Brown Act.
- Adjournment

Planning Group Members:

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

Final agenda will be posted at the Dehesa Volunteer Fire Station 72 hours prior to meeting.

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

Vice-chairman
Jason Harris
(619) 659-9675
jharris91901@yahoo.com

— LEGAL NOTICES —

FICTITIOUS BUSINESS NAME STATEMENT**NO. 2009-022211**

FICTITIOUS BUSINESS NAME(S): a.) Hudson Safe-T-Lite Rentals, Inc. b.) Prest-O-Lite Barricades Co., Inc.
 Located at: 777 Gable Way, El Cajon, CA 92020
 This business is conducted by: A Corporation
 The first day of business was: April 6, 1959
 This business is hereby registered by the following: 1. Robcar Corporation 777 Gable Way, El Cajon, CA 92020
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 31, 2009.

East County Gazette- GIE030790
 8/27, 9/03, 9/10, 9/17, 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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023953

FICTITIOUS BUSINESS NAME(S): Done Got It
 Located at: 9326 Emerald Grove, Lakeside, CA 92040
 This business is conducted by: Husband and Wife
 The first day of business was: February 2, 2009
 This business is hereby registered by the following: 1. Teresa M. Ponce 9326 Emerald Grove, Lakeside, CA 9204; 2. Rene M Ponce 9326 Emerald Grove, Lakeside, CA 92040
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 18, 2009.
 East County Gazette- GIE030790
 8/27, 9/03, 9/10, 9/17, 2009



**CITY OF EL CAJON
 NOTICE INVITING SEALED BIDS
 PUBLIC PROJECT:
 CDBG-R SIDEWALK REPAIR PROJECT
 ENGINEERING JOB NO. 3259
 BID NO. 011-10**

**BIDS MUST BE RECEIVED BEFORE:
 2:00 P.M. on October 13, 2009**

**BIDS TO BE OPENED AT:
 2:00 P.M. on October 13, 2009**

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded free from the City website www.ci-el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$10.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

Copies of the general prevailing wage rate of per diem wages, as determined by the California Director of Industrial Relations and by the US Department of Labor Statistics, are available from the websites of the respective agencies.

The Contractor and its subcontractors shall pay minimum labor wage rates as follows:

a) California General Prevailing Wage Rates

In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascertained the general prevailing rate of wages as determined by the Director of the Department of Industrial Relations applicable to the work to be done as listed in the California Department of Transportation publication entitled general Prevailing Wage Rates, dated March 1, 1994 which is on file in the office of the City Clerk.

Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. Current determinations are available online at www.dir.ca.gov/DLSR/PWD/index.htm.

Any contractor who is awarded the contract and intends to use a craft or classification not shown on the general prevailing wage determinations, may be required to pay the wage rate of that craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids. See Appendix D for applicable labor categories and current wage rates.

b) Federal Minimum Wages

Federal minimum wage rates for this project as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions. Current determinations are available online at <http://www.gpo.gov/davisbacon/ca.html>. See Appendix E for current Federal Wage Determination at the time of printing.

If there is a difference between the Federal minimum wage rates predetermined by the U.S. Secretary of Labor and the prevailing wage rates determined by the City of El Cajon for similar classifications of labor, the Contractor and its subcontractors shall pay not less than the higher wage rate.

This is a Federally funded project with many Federally mandated requirements, such as for Non-discrimination, Equal Employment Opportunity, Non-Segregated Facilities. Please refer to the Bidder's Submittal Package and the full Specifications for complete details

and instructions for meeting all the Federal requirements. All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City. A Performance Bond and Labor and Material Bond, each in an amount equal to 100% of the contract, shall be executed by the successful bidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public Contract Code.

The Contractor shall, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor or subcontractors.

Bids shall be delivered to the Guest Relations Desk, 1st floor at 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.

In all contracts subject to this part where federal funds are involved, no bid submitted shall be invalidated by the failure of the bidder to be licensed in accordance with the laws of this state.

However, at the time the contract is awarded, the contractor shall be properly licensed in accordance with the laws of this state. The first payment for work or material under any contract shall not be made unless and until the Registrar of Contractors verifies to the agency that the records of the Contractors State License Board indicate that the contractor was properly licensed at the time the contract was awarded. Any bidder or contractor not so licensed shall be subject to all legal penalties imposed by law, including, but not limited to, any appropriate disciplinary action by the Contractors State License Board. Failure of the bidder to obtain proper and adequate licensing for an award of a contract shall constitute a failure to execute the contract and shall result in the forfeiture of the security of the bidder.

Dated: September 10, 2009.

/s/ Dede Porter Purchasing Agent

East County Gazette- GIE030790
 09/10, 09/17/09



**CITY OF EL CAJON PUBLIC NOTICE
 COMMUNITY DEVELOPMENT BLOCK
 GRANT and HOME PROGRAMS**

NOTICE IS HEREBY GIVEN that the Consolidated Annual Plan Report for FY 2008-09 (CAPER), is available for public review and comment at the Redevelopment and Housing Department, 200 Civic Center Way (Third Floor), El Cajon, CA 92020 and at the El Cajon Public Library (Reference Desk) at 201 E. Douglas, El Cajon, CA 92020. The CAPER is the annual report for both the Community Development Block Grant (CDBG) and HOME programs within the City of El Cajon. The report will be available for public review and comment through September 25, 2009. Comments received will be forwarded to the U.S. Department of Housing and Urban Development.

This material is available in alternate formats, such as large print or computer disk for individuals with disabilities.

For additional information on the City's CDBG or HOME programs please contact Xavier Velasco in the Redevelopment and Housing Department at (619) 441-1786.

East County Gazette- GIE030790
 09/10/09



**NOTICE OF PUBLIC HEARING
 BEFORE THE
 EL CAJON CITY COUNCIL**

On September 22, 2009, at 3:00 p.m., the El Cajon City Council will hold a public hearing, in the Council Chambers at 200 Civic Center Way, El Cajon, to consider the following:

Adjustment to Schedule of Miscellaneous Fees Amended by Resolution No. 23-08 on March 11, 2008. The proposed fee adjustments include increases to recreational fees, permit application processing fees, and certain other fees and charges, and the elimination of the City's Business License Processing Fee (Resolution No. 94-08 adopted September 23, 2008), and certain other fees and charges.

Data indicating the amount of cost, or estimated cost, of providing the services for which the fee or service charged is levied, and the source of all revenues anticipated to provide the services, to the extent required, will be available for review in the City Clerk's Office at 200 Civic Center Way, El Cajon, California.

Any questions concerning the public hearing process may be answered by the City Clerk's Office at (619) 441-1764. Information concerning the proposed annual rate adjustment is available in the City Clerk's Office.

Kathie Rutledge, CMC
 CITY CLERK

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



**NOTICE OF PUBLIC HEARING
 BEFORE THE
 EL CAJON CITY COUNCIL**

On September 22, 2009, at 3:00 p.m., the El Cajon City Council will hold a public hearing, in the Council Chambers at 200 Civic Center Way, El Cajon, to consider the following:

Adjustment to Schedule of Miscellaneous Fees Amended by Resolution No. 23-08 on March 11, 2008. The proposed fee adjustments include increases to recreational fees, permit application processing fees, and certain other fees and charges, and the elimination of the City's Business License Processing Fee (Resolution No. 94-08 adopted September 23, 2008), and certain other fees and charges.

Data indicating the amount of cost, or estimated cost, of providing the services for which the fee or service charged is levied, and the source of all revenues anticipated to provide the services, to the extent required, will be available for review in the City Clerk's Office at 200 Civic Center Way, El Cajon, California.

Any questions concerning the public hearing process may be answered by the City Clerk's Office at (619) 441-1764. Information concerning the proposed annual rate adjustment is available in the City Clerk's Office.

Kathie Rutledge, CMC
 CITY CLERK

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

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

JUST ONE STOP!
— **WE FILE WITH THE**
COUNTY AND SEND
YOU A COPY!

To place your legal ad stop by our office —
201 S. Sunshine Ave., El Cajon
(just one block west of the County Recorder's Office)
or call (619) 444-5774

ONCE YOU STOP
BY OUR OFFICE,
YOU'RE DONE!

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-024201

FICTITIOUS BUSINESS NAME(S): Jessie's Painting
Located at: 8372 Bashan Lake Ave., San Diego, CA 92119
This business is conducted by: An Individual
The first day of business was: August 1, 2009
This business is hereby registered by the following: 1. Jessi Chavez 8372 Bashan Lake Ave., San Diego, CA 92119
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 20, 2009.

East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-024216

FICTITIOUS BUSINESS NAME(S): Italia Ristorante and Martini Bar
Located at: 8918 Carlton Hills, Santee, CA 92071

This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. Aramis and Dartanian Inc. 8918 Carlton Hills, Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 20, 2009.

East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 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

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025151

FICTITIOUS BUSINESS NAME(S): a.) Bilanceia b.) Bilanceia Skin Care
Located at: 1141 Bitterbush Lane, El Cajon, CA 92019

This business is conducted by: An Individual
The first day of business was: August 31, 2009
This business is hereby registered by the following: 1. Mary Ann Schroeder 1141 Bitterbush Lane, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 31, 2009.

East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025251

FICTITIOUS BUSINESS NAME(S): Tierra West Properties
Located at: 17153 San Antonio Rose Court, San Diego, CA 92127
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Gregory Thomas Webber 17153 San Antonio Rose Court, San Diego, CA 92127
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 01, 2009.

East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-022706

FICTITIOUS BUSINESS NAME(S): a.) Sleep Clean Mattress Sanitizing b.) Sleep Clean Sanitizing
Located at: 7915 Longdale Dr., Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Michele Patton 7915 Longdale Dr., Lemon Grove, CA 91945
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 05, 2009.

East County Gazette- GIE030790
8/27, 9/03, 9/10, 9/17, 2009

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME

CASE NO.37-2009-00067690-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS FOR CHANGE OF NAME
PETITIONER: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
DRE'SHAUN TERRELL THOMAS TO:

DRE'SHAUN TERRELL THOMAS-LONDON
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 14, on OCTOBER 07, 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 JULY 06, 2009.

East County Gazette – GIE030790
9/03, 9/10, 9/17, 9/24, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025579

FICTITIOUS BUSINESS NAME(S): Total Health Oasis
Located at: 8517 La Mesa Blvd., La Mesa, CA 91942

This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Theresa Williams 61 Via Sovana, Santee, CA 92071; 2. Billy Williams 61 Via Sovana, Santee, CA 92071; 3. Linda Hayes 61 Via Sovana, Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 03, 2009.

East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025568

FICTITIOUS BUSINESS NAME(S): a.) Town & Country Mobile Lodge b.) Alpine Village MHP
Located at: 6334 La Pintura Dr., La Jolla, CA 92037

This business is conducted by: A Corporation
The first day of business was: January 1, 1986
This business is hereby registered by the following: Bryne-Doughty Mgmt Corp. 6334 La Pintura Dr., La Jolla, CA 92037
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 03, 2009.

East County Gazette- GIE030790
9/10, 9/17, 9/24, 10/01, 2009

CASE NUMBER 37-2008-00065414-CU-BC-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): EATON DEVELOPMENT CO. INC., a California corporation; 8940 JAMACHA LLC, a California Limited Liability Company; KENNETH EATON, an individual; and DOES 1 through 25, inclusive YOU ARE BEING SUED BY PLAINTIFF: (LO ESTADEMANDANDO EL DEMANDANTE): JOSE BELTRAN, dba JB CONCRETE CONSTRUCTION. 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), 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), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting 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/), 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), en el Centro de Ayuda de las Cortes de California, (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): Kevin P. Kennedy, Esq. (SBN 157019) KENNEDY & SOUZA, APC 1230 Columbia Street, Suite 600, San Diego, CA 92101 (619) 233-8591 Fax (619) 233-8593. Date: (Fecha) July 21, 2008 Clerk (Secretario) By: T. Dettloff, Deputy (Adjunto)
East County Gazette GIE030790
September 10, 17, 24, Oct. 1, 2009

SUMMONS (Family Law)

NOTICE TO RESPONDENT (Name):
Aviso al Demandado (Nombre): Amin Azimi YOU ARE BEING SUED. Lo estan demandando. PETITIONER'S NAME IS: EL NOMBRE DEL DEMANDANTE ES: Niloofar Noori CASE NUMBER (Número del Caso): D516738
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you.
If you do not file your Response on time, the court may make orders affecting your marriage, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services Web site (www.lawhelpcalifornia.org) or by contacting your local county bar association.

Tiene 30 días corridos después de haber recibido la entrega legal de esta citación y petición, para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al solicitante. Una carta o una llamada telefónica no basta para protegerlo.

Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte también le puede ordenar que pague manutención, y honorarios y costos legales. Si no puede pagar las cuota de presentación, pida al secretario un formulario de exención de cuotas.

Si desea obtener asesoramiento legal, póngase en contacto de inmediato con un abogado. Puede obtener información para encontrar a un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpcalifornia.org) o poniéndose en contacto con el colegio de abogados de su condado.

NOTICE The restraining orders on the back are effective against both spouses or domestic partners until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

AVISO Las ordenes de restricción que figuran en la pagina 2 valen para ambos conyuges o pareja de hecho hasta que se despidia la 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 hacerías acatar en cualquier lugar de California. The name and address of the court is: (El nombre y dirección 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 dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, son):
Niloofar 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 realiza As an individual. (a usted como individuo.)
Pub. September 3, 10, 17, 24, 2009
Published in EAST COUNTY GAZETTE

Ask Dr. Luauna Stines



Dear Dr. Luauna,

Thank you for your column, I went back and forth whether I should write, and finally talked myself into it. I am a Christian and have been married now for over 18 years; my wife these last few years has made some changes in her life I am worried about. Suddenly she tells me she needs her space; there have been times when I come home, only to find a note saying, "I just need to think, need some space!" She can

be gone all weekend, sometimes even longer. I have seen her car at a bar, stopped and went in, she would get so upset, and start yelling. "I need MY SPACE!" I have also seen other men hanging around her, and she says they are just friends. We have three kids, all teenagers; I take good care of the home, make sure everything is provided for, and tried to get her to talk to me. She does not want to go to church anymore. I am broken, angry, confused, and feel so alone. Signed, Alone in San Diego.

Dear Alone,

It's time for you to get some help and Christian counseling for the kids. May I SAY BOLDLY, it's time to put your foot down! You have three teenagers you need to think about. They are watching and what happens in the home can affect them for life.

Sounds like your wife is tired of being married please do not be blinded. You have allowed your wife's actions to continue for too long. Your wife needs to make some clear decisions, and if she is seeing other men you have every Biblical right for divorce. I know divorce is not easy, at times love must be tough. If you allow her to continue in this lifestyle, and be her doormat, it could cost you your life. AIDS is spread so easily these days!

What your wife is doing effects the children. You are a good man, having stood through these hard times, taking care of the home and the kids for years. God watches your faithfulness; please know you will make it through this season of your life. You must DO something today, don't wait any longer. Good men are hard to find, God has HIS best. If your wife does not make IMMEDIATE changes, then FILE for divorce, raise your children, and help them through these few years of growing into adulthood. When they all reach 18 years of age, then pray and ask God to send you the best...! Because you are a champion...! When you have a chance, read the Bible story about Abigail, you are like a male version of Abigail. Read these verses: I Samuel 25, Proverbs 14:1, Psalms 101:6.

Submit questions to: questions@drluauna.com

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 www.drluauna.com
www.atouchfromabove.org www.amothersstory-the-book.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

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

The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District. The East County Gazette adjudication number: GIE030790. March 10, 2006.
www.eastcountygazette.com

Our Best Friends

Fleas, what do I do?... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Readers,

Fleas are a real nuisance and they seem to be bad this year, so I'm bringing back a column from last year where I asked groomer and fellow dog trainer Sara Scott, from West Coast Pets www.westcoastpets.net to give you her take on preventing and getting rid of fleas as naturally as possible.

Sara's Response: Having grown up in the beach areas and having groomed there as well, I have dealt with massive flea infestation cases with clients as well as my own pets. I can accurately say that I may have tried everything.

Here are the results as I have known them, and I will add my current solutions:

House bombing: Toxic for animals. It would be best to talk to a company like Corkey's Pest Control about natural options if you want to go the chemical route. They offer many alternatives to poisons.

Flea Powders, Flea Collars, Flea Sprays: Never met one that actually works. These are probably like using a squirt gun on a house fire. The only good

use for a flea collar is to put it in the vacuum bag to kill fleas once they are sucked up and sitting in the bag.

Flea shampoos and dips: Dips kill the fleas that are on the dogs, but should be considered toxic at some level; after all, they are killing the fleas and ticks. Flea shampoos alone are worthless. (This is coming from experience of working in a high volume dog grooming shop where almost every dog that came in had some level of complaint about fleas.) Any shampoo will kill fleas that are on the animal's skin, but not eggs.

All products mentioned so far, also smell bad in my opinion.

Topical Flea Products: Frontline, and Advantage. These are sort of a tradeoff, in my opinion. I will add that I do use them...sparingly. Frontline appealed to me since it is supposed to last for 3 months, even if the dog gets wet.

I talked with my vet some and asked what the differences between the two were. He seemed sure that the active ingredient was the same in both products, but it's the delivery system that is different in each. Apparently, some

dogs are allergic to whatever is used in these products, so words of caution if your dog seems out of sorts after you apply them.

How I use the topical treatments: I give a bath and a thorough flea combing to get off any visible fleas. Then I am very conservative about the amount of product that I use. I might waste half of an application, but I want to get only the amount on that I think will work. You can talk to your vet about using less of the product than recommended.

Itching: Most of the itching is not from the fleas themselves but to either an allergic reaction to a flea bite, or that scratching releases histamine which then causes more itching, which causes more scratching...infinity.

For itch relief, (it has been a very common complaint this year) I have been experimenting. I have tried several soothing products in my shop this season. Currently, I'm partial to a gentle shampoo (Buddy Splash, Oatmeal, Hypoallergenic, or Plum Silky (made my Nature's Specialties). It's important to Pre-mix the shampoo (so that it's very sudsy and loose--I don't apply shampoo directly to the coat

because I don't want it globbed onto one area) and then let it sit on the coat and skin for a few minutes.

Next, I have been using a "re-moisturizing" product by Nature's Specialties. It's very thick and I do apply that all over the coat and skin directly--it's gentle--A very neutral product appears to calm the itching. I will then take a towel and soak it in warm water and wrap it around the dog and then wrap a dry towel over the wet one, to make sure the product gets down deep.

I rinse off about 95 percent of the product, which feels very slimy when rinsing. I don't want to rinse it to the squeaky clean point. I still want a little lasting cream on the dog. I carefully and slowly blot the

coat and skin (and do not rub backwards, especially on slick coats like Chihuahuas--I don't want to aggravate anything). I then hand dry them, and then I would apply topical flea treatments.

Diet: The healthier the dog or cat, the less likely to see huge flea infestations, so feed a super premium diet. Talk to the good folks at The Holistic Hound, in La Mesa for food suggestions that will support a good immune system.

Other ideas: There are other natural products, such as "Flea Treats" which are an herb and vitamin product that helps keep fleas at bay. Treating the yard with Nematodes that eat the flea eggs will also keep the infestation down. And, finally, using borax on

the carpets and floors once a year helps to kill flea eggs and prevent future fleas. Flea eggs can survive for many months, so it's important to vacuum frequently and treat floors and carpets. To use borax, you will need to keep your animals off the treated areas until you vacuum it 24 hours later. You simply sprinkle a light coat of the borax on floors and carpets, take a broom sweep it around to get it deep into the crevices and fibers of the carpets, let it sit and vacuum the next day.

For more grooming advice, contact: Sara Scott at www.westcoastpets.net

Thank you Sara for the information!
Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

ADOPT-A-PET



Erin has a dazzling personality that seems to win over everyone she meets. She would make a great dog for any family. She loves belly rubs and spending quality time with her human friends. She is a happy-go-lucky girl in need of her forever home. She already knows how to "sit" on command and she would have no problem learning basic obedience. She is a fast learner and training classes are a wonderful bonding experience for pets and their owners. Erin is already spayed so she can go home with her new family the day she is adopted! Visit with Erin today (Animal ID: 43291) at the North County Humane Society & SPCA located at 2905 San Luis Rey Road in Oceanside. Her adoption fee is \$150 and includes vaccinations, deworming treatment, training DVD, 1 free month of pet insurance, and a free vet visit. See all of our animals online at www.nchumane.org. NCHS is open seven days a week from 10 a.m. to 5 p.m., closing at 2 p.m. every third Wednesday of the month. For details call (760) 757-4357

James is a very special 2-year old Chihuahua mix. He weighs just 10 pounds. He has a feisty personality and will do best in a quiet, adult-only home where he can rule the roost as your only pet. James loves long walks, knows "sit," is housetrained and crate trained. This little guy is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To arrange a meeting, call (619) 750-7755. His \$150 adoption fee includes microchip, license, vaccinations, and he is neutered.



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. Mia is a sweet young lady who is a bit shy at first, but feels much more confident with her sidekick. Their adoption fee together is \$225 which includes their spay and neuter, vaccinations, deworming treatment, 1 free months 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.





East County
FEED & SUPPLY

We Deliver To All San Diego County

ALFALFA • BERMUDA • 3-WAY TIMOTHY • ORCHARD • STRAW CEDAR, PINE & FIR SHAVINGS STALL MATS • TACK • CORRALS WOODY PET • DRYSTALL VETERINARY CARE ITEMS

CUSTOM LEATHER WORK
MADE TO ORDER
REPAIRS DONE ON SITE

Authorized Powder River Dealer

ADVANTAGE • FRONTLINE ADVANTIX • VACCINES GROOMING SUPPLIES PET FOOD • KENNELS CLIPPER REPAIR CAGES & TOYS

10% OFF
Livestock Grooming Supplies
Must have coupon to receive discount
Exp. 9/30/09
East County Feed & Supply

Take advantage of our on site dog obedience classes. An eight week course for \$50.00 on Wednesday evenings. Check out our Frequent Buyer Programs for free product.



Exclusive distributor of
Chaffhaye
www.chaffhaye.com



100% hay replacement for Alfalfa or Bermuda diets

Open Mon.-Fri. 8:30am-6:00pm Sat. 8:30am-5pm Sun. 10am-4pm

Authorized Dealer for Nutrena Mills Feed 

619.562.2208
10845 Woodside Ave. • Santee, CA 92071

BRING HOME THE BLING!



Sponsored by
**ULTRA
DIAMONDS**
What Diamonds Should Cost

PLAY SLOTS **SEPTEMBER 1-13** FOR A CHANCE TO WIN

One winner from each V Club level will receive cash prizes and a chance to randomly select one of **four prize packages**:

			Diamond Tennis Bracelet \$24,000*
Diamond Necklace and Earring Set \$22,000*	Solitaire Diamond Engagement Ring \$20,000*		Diamond Earrings \$9,000*



- ♥ 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 **today**.

*Approximate retail value.

FREE BUFFET FOR NEW V CLUB MEMBERS!



- Sign up for the **FREE V Club**.
- **Earn 5 V points** with your slot play.
- Get your **FREE buffet** voucher at the Rewards Center.
- Enjoy your trip to the **HARVEST BUFFET!**

Offer valid for new V Club accounts only.



GREAT TIMES, GREAT VALUE!



JUST OFF I-8 AT WILLOWS ROAD
619-445-5400 • VIEJAS.COM

Visit any V Club booth for official rules. Management reserves all rights. Please play responsibly.
For help with problem gambling, call 1-800-426-2537. © 2009 Viejas Casino, Alpine CA.

VIEJAS
CASINO