




Adoptable pets . . . page 19

INSIDE THIS ISSUE
 Local 2-7
 Health 8
 Motor and Sports 10-11
 Legal Notices... 14-17
 Classifieds 18
 Best Friends 19

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VOLUME 10 NUMBER 15 **SEPTEMBER 17-23, 2009**

**East County Gazette has been
goosed — Mother Goosed that is**



The East County Gazette is moving to 1130 Broadway Avenue in El Cajon this weekend, Sept. 19. The Gazette is moving in with the Mother Goose Parade Association and hopes to have a long alliance with the association and help to keep East County traditions alive.

What's new in the theaters?



by
Diana Saenger
and Michael Black in
the Class Act section

Read about
'Extract'
and
'The Burning Plain'



Padres honor Park View All Stars



The San Diego Padres honored and saluted the World Series Champion "Park View All Stars" at Petco Park before the game against the Colorado Rockies last Saturday. Spending the whole afternoon with the Padres, the champion little-league team from Chula Vista enjoyed sharing the clubhouse and locker room with the players, shagging fly balls in the outfield, and hit batting practice. Throwing out the first pitch of the game capped their evening, which will always be remembered in these youngsters hearts and minds. Thank-you Park View All Stars for bringing home the world championship and putting San Diego on the map. These youngsters are sitting on top of the world. Photo by Chuck Karazsia

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Local News & Events

Bits and pieces around East County

Cities of El Cajon, La Mesa Become Stand For Less partners

El Cajon and La Mesa became part of the "Stand For Less" movement at a roundtable meeting Tuesday, with a proclamation that committed the city and its residents to adopt a more sustainable lifestyle.

Assemblyman Joel Anderson and Councilmember Bill Wells proclaimed September "Stand For Less Month" with the California Department of Conservation (DOC), founder of the campaign.

"The goal of the partnership with El Cajon and La Mesa is to encourage residents and businesses to live a conservation lifestyle through less energy consumption, less water consumption, less vehicle miles traveled, and less waste created," DOC director Bridgett Luther said.

Luther and council members discussed the goals of the Stand For Less campaign, which promotes sustainability and encourages El Cajon and La Mesa residents to "Stand For Less" by making a pledge at www.standforless.com.

"El Cajon and La Mesa are already making great strides in the sustainability movement through their Redevelopment and Housing Department, The Helix Water District and the Kennedy Center Park & Skate Park," Luther said. "We want to promote increased understanding of La Mesa and El Cajon's existing resources and provide tips and ideas to city residents through our Web site and person-to-person outreach at local events."

Additionally, Luther presented a certificate of appreciation to Gregg Hamann of Hamann Construction for their efforts in green building in the community.

The city is now part of the Stand For Less collaborative that includes local and state partners in the public and private sector working to create positive environmental change. Other local communities to join Stand For Less include San Diego County, and the cities of San Diego, Oceanside, Encinitas, Solana Beach, Del Mar and Chula Vista.

The Stand For Less project was created by a partnership — San Diego Forward — to educate and motivate residents to make lifestyle choices that can lead to a better environment in the future. These include things like reducing water and electricity use, driving less, and reducing waste by recycling more. For more information, visit www.standforless.com.

Stand For Less is a pilot project created by San Diego Forward, a collaboration of local and state partners working to make San Diego a more environmentally sustainable community. The California Department of Conservation founded San Diego Forward, and its partners consist of: SANDAG, San Diego County Water Authority, California Air Resources Board, California Public Utilities Commission, California Energy Commission, California Center for Sustainable Energy, San Diego Foundation, San Diego Gas & Electric, San Diego Air Pollution Control District, and San Diego Environmental Services.

Grossmont College Foundation

The Grossmont College Foundation, a fund-raising organization that supports Grossmont College students and educational programs, is inviting local businesses to donate silent auction items, including gift certificates for merchandise and professional services, for its 2009 Dinner Gala and Auction fund-raiser.

More than 350 people are expected to attend the Foundation's eighth annual Gala to be held on Saturday, Oct. 24, at the Barona Valley Ranch Resort & Casino. Festivities will begin at 5:30 p.m. with a reception and silent auction, followed by dinner starting at 7 p.m., live auction and live entertainment. The 2009 theme is "Reaching New Heights With You." This year's theme reflects the college's partnership with the community that assists in the college's efforts to reach "new heights" in educational excellence, workforce training, scholarship programs and an endless array of new opportunities for students, according to Ernest Ewin, Grossmont College Foundation executive director. He also said last year's Gala drew 340 people and helped raise about \$130,000.

For more information about dinner tickets, donation and sponsorship opportunities, contact Alexis Popko at the Grossmont College Foundation office at (619) 644-7109, or via e-mail at grossmont.foundation@gcccd.edu, or visit www.grossmont.edu/foundation.

The Grossmont College Foundation is a 501(c)(3) non-profit organization that directly supports Grossmont



El Cajon Councilmember Bill Wells presenting a proclamation to Bridgett Luther, Director for the Department of Conservation in Sacramento, declaring the month of September as Stand For Less month in El Cajon. Stand For Less is an energy conservation effort by the Conservation Department to encourage residents to conserve any way they can, whether it's gas use, water, electricity and being green. Photo by Monica Zech

College students, faculty and staff through scholarships, educational equipment and supplies, facilities and education programs.

El Cajon Middle School celebrates back to school grant from Barona

Staff and students of Montgomery Middle School located in El Cajon, Calif. accepted a welcome "back to school" gift in the form of a \$5,000 grant from the [Barona Band of Mission Indians](http://www.baronaeducation.org). The school was selected as a recipient based on an application process and endorsement by California State Treasurer Bill Lockyer.

As schools across the state continue to grapple with the reality of budget cuts, the Barona Band of Mission Indians has been sharing resources through its Barona Education Grant Program. Since 2006, Barona has awarded more than \$800,000 to over 160 schools statewide.

"With so many budget cuts in education, we are proud to help schools in our own backyard, such as the Montgomery Middle School, and across California," said Edwin "Thorpe" Romero, Chairman of the Barona Band of Mission Indians. "Every additional dollar counts these days. It is our Tribe's tradition to share our resources and we've seen first hand how effectively and efficiently the money is put to use."

Montgomery Middle School will use the grant money to purchase books for all reading levels for its library media center.

"As a former educator, I appreciate the opportunity the Barona Band of Mission Indians' Education Grant Program gives to deserving schools throughout California," said State Treasurer Bill Lockyer. "I'm pleased Montgomery Middle School received this award because they will put the money to

good use buying library books and reading materials. The supplies will help lay the academic foundation needed to assist the diverse student population prepare for high school and beyond."

The Barona Education Grant Program is the first of its kind in California created and administered by a Tribal Government. The goal of the program is to create strong educational opportunities for the children of California building upon the success of the Barona Indian Charter School, which operates under a continuous improvement model.

Schools throughout California can apply for educational grants from Barona to purchase much-needed supplies and materials that promote academic improvement. Each grant awarded by the Barona Education Grant Program is \$5,000. Applications can be downloaded at <http://barona-nasn.gov/education/education.html>

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

A thank you to law enforcement

The El Cajon Elks Lodge #1812 will be recognizing the valuable contributions made daily by law enforcement by hosting a Law Enforcement Appreciation dinner next week. The event will be held on Monday, Sept. 21, 7 p.m., at the Elks Lodge located at 1400 E. Washington Avenue in El Cajon. This event allows residents of East County to acknowledge the hard work, commitment, and courage it takes to become a law enforcement officer; and gives us the opportunity to express our appreciation of 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.

Resurfacing expected to cause traffic delays

Traffic Engineers say delays are expected on Fletcher Parkway between Hacienda and Highway 67 starting Monday, Sept. 21, as a major resurfacing project continues. Once this work is completed, work will begin on Cuyamaca and some adjoining streets such as Tyrone Street, Aldwych Road and Murray Drive. Work is also wrapping up on Chase Avenue

between Avocado and the City Limits. These streets are receiving an overlay of high-tech rubberized asphalt, which is much more durable and reduces road noise. Funding for the \$3,379,000 project came from Transportation Development Act funds, Redevelopment Agency funds, TransNet funds, and TransNet-ARRP (Federal Stimulus funds). Please reduce your speed in all areas of construction and watch for traffic control. Also consider using an alternate route. For more information contact the City of El Cajon Public Works Department at (619) 441-1653.

Lend A Hand is Sept. 26

Make a difference! Join your neighbors and local groups in our City by helping to remove trash and graffiti in our community. The next Lend A Hand Saturday morning clean up is Sept. 26, from 9 to 11 a.m. at the corner of South Johnson Avenue and Franklin Avenue. This is a great way to teach your children how to care for the community and inspire others to get involved. By investing your time you help to reduce crime, fill the street with positive activity, spread community pride and earn volunteer hours. The El Cajon CDC will also accept your non-working electronics, or E-Waste, for proper disposal and San Diego Rescue Mission will be present to turn your usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, and working electronics to the event. Please RSVP to Rebecca Reyes, Community Development Assistant, at (619) 401-8858.

Oktoberfest in El Cajon

On the first two weekends in October join us for a real Oktoberfest Celebration in the City of El Cajon. Oct. 2-4 & 9-11 is the Annual Oktoberfest celebration hosted by the German American Societies of San Diego. Event days and hours are Fridays from 4 to 10 p.m., Saturdays from 12 noon

to 10 p.m. and Sundays from 12 noon to 9 p.m. Enjoy authentic German food, such as bratwurst, potato salad, potato pancakes, sauerkraut, red cabbage and a variety of German pastries. Plus, a selection of German adult drinks and soft drinks will be available to enjoy with your friends and family. Ages 21 and up \$5, under 21 and active military are free. Call (619) 390-9793 for more information or visit www.oktoberfestelcajon.com.

Safety & Career Expo

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 a Kid's Fun-Safety Zone that includes our inflatable fire safety house and Home Depot's Kid's Workshop. Free kid's safety helmets will be given away while supplies last; as well as Child I.D.'s and safety car seat information from the CHP. Meet Captain Jack Sparrow (tribute artist), Mother Goose and Callahan the Firefighter. Talk with El Cajon firefighters, law enforcement personnel and local colleges in the Career section. See various emergency vehicles and displays, and gather important career, safety and health information. This is FREE family event. Visit www.elcajonfire.com for more information or call (619) 441-1737.

Taking strides toward a healthier life

The Arc of San Diego's East County Training Center announces the 4th Annual Health & Wellness Fair on Thursday, Oct. 15 from 10 a.m. to 2 p.m. at 1374 East Lexington Avenue location in El Cajon. The fair promotes healthy living, daily exercise, stress management, good nutrition and weight control. There will be opportunities to participate in health screenings at the event, with free health literature and giveaways will be available

Public Safety Center construction progress

If you'd like to see the progress being made on the Public Safety Center project next to City Hall you can go "online" to see a time lapse video at www.ci.el-cajon.ca.us and go to the "What's New" section. You can also call the PSC Construction hotline at (619) 441-5524.

Have an event in the City of El Cajon that you would like to share? 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.

Mangia Bene Ristorante Italiano

by Nancy J. Lewis
El Cajon Community Development Corporation



Lenny Donato, owner of Mangia Bene Ristorante Italiano in Historic Downtown El Cajon

Lenny Donato, owner of Mangia Bene Ristorante Italiano at 221 E. Main Street in El Cajon (adjacent to Prescott Promenade and across from the East County Performing Arts Center) says the restaurant business is "in my blood." Various members of the Donato family have owned restaurants in the San Diego area since the mid 60s, and Lenny remembers making pizzas with his father, Domenico, at age 5.

"Eat well" is a common translation of "mangia bene," and that is certainly what you will do in this charming Downtown El Cajon restaurant. In 2003 Lenny and Domenico jumped at the chance to be part of the exciting redevelopment then going on in Downtown El Cajon and opened the restaurant, which Lenny now runs. The only Italian restaurant in Downtown El Cajon, Mangia Bene offers a diverse menu ranging from a variety of different pizzas to veal marsala, and desserts from cannoli to tiramisu for in-house enjoyment or take-out. Some of their "specialty" dishes include gnocchi alle tuscano and fettucine pescato. In addition to a diverse menu, they offer a delicious lunch buffet that includes pizza, salads, and various hot and cold dishes between 11 a.m. and 3 p.m. Sunday through Friday. Need an event catered? Call Lenny, and he will be happy to work with you.

Scenic murals hand-painted by local artist Star Bales turn stepping inside into a trip to Italy, only without the hassle. The main dining area gives one the "outdoors" feeling of being in a charming street café in a small Italian village, and in the Wine Room one dines under a vineyard grape arbor with a sweeping view of the countryside. The Banquet Room, which seats 55 and is available for fundraisers, receptions, wine and food parties, etc., whisks you to Venice. Two outside patios offer ringside seats for the Concerts on the Green, the Cajon Classic Cruise or just plain watching the world go by.

The personable Donato says "The pride of seeing satisfied customers and seeing the smiles when they eat" is his favorite thing about owning the restaurant. He loves being in the "heart of the City" and is proud to be one of the main establishments in Downtown El Cajon. He thinks the El Cajon Community Development Corporation "does great things for the merchants, brings the merchants' needs and wants to the attention of the City, and the events they sponsor bring people Downtown."

Mangia Bene Ristorante Italiano is open Sunday through Thursday from 11 a.m. to 9 p.m. and Friday and Saturday from 11 a.m. to 10 p.m. You may reach them by phone at (619) 444-0303, by FAX at (619)444-1995, or visit their website at www.mangia-bene.com. Stop in during September and mention this article and the publication in which you saw it when you place your order and receive a delicious dessert free.

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Lakeside Chamber of Commerce

September Business mixer hosted by the German American Societies featuring "A Taste of Oktoberfest." Introduce your business and your self. Bring your business cards and enjoy an evening of networking Thursday, Sept. 17 from 6-7:30 p.m. at 1017 S. Mollison Ave at the German American Societies meeting hall. \$5 at the door.

Lakeside Christian Helps Center

United Way of San Diego reaches out to Lakeside through a grant to the Lakeside Christian Helps Center. The Helps Center received a \$20,000 grant to purchase food for the needs of the Lakeside Community through June 2010. The Lakeside Christian Helps Center thanks the United Way for their support and encouragement.

Lakeside Fire Protection District Mission Statement

An Organization dedicated to:

- 1)The prevention and suppression of fire
- 2)The emergency treatment and transportation of the ill and injured.
- 3)Other duties that provide for the protection of life, property and the environment.

At the September meeting of the Lakeside Fire Protection District the final budget for fiscal year 09/10 including general fund budget and OPEB budget was presented for adoption at the next regularly scheduled meeting.

The five year capital funding plan was presented for review and discussion in preparation for adoption at the next meeting of the District Board.

The next regular meeting will be held September 22 at 5:30p.m. at 12365 Parkside Street, Lakeside, 92040.

Lakeside Union School District Board

The Lakeside Union School District Board of Trustees has filled the vacant seat left by the untimely passing of Board member Harold Hilliker who has sat on the board for 24 years.

Gelia Cook will fill Hilliker's term until the 2010 election of Board Member. Cook has been on the board for a number of years and will be able to step in mid-term without interruption.

Special Events at the Lakeside Community Center

Oct. 14: Senior Health Fair, Wednesday 9:30-11:30a.m. Flu shots provided by Sharp Grossmont Hospital. Donations are suggested.

Oct. 30: Free 7th annual Halloween Festival, Friday 5-7 p.m. at the Lakeside Community Center 9841 Vine St (619) 443-9176.

ABC Seminar

A seminar to educate those who sell or serve alcohol to the public was held September 10th at the Lakeside Community Center. The Seminar was put together by the Lakeside Chamber of Commerce, Lakeside Fire Department, Cops Officers and Institute for Public Strategy and presented by the Department of Alcoholics, Beverage Control (ABC).

The focus of the four hour class was to educate those who

sell or serve to the public on how to recognize and deal with an underage person trying to purchase alcohol, an obviously intoxicated person who may become belligerent and habitual drunkards. No person may sell or give alcohol to anyone who is obviously intoxicated, and does not matter if that person is not driving. No person may sell or give alcohol to anyone who is a habitual, a licensed server who has been warned and still serves a habitual drunkard faces ABC disciplinary action and criminal prosecution. Lakeside has had issues with intoxicated homeless persons being repeat-

edly sold single cans or forty ounce beers. This class will help support the efforts to stop the practice.

Over 75 people were in attendance including restaurants, bars, 7-11's, Optimist Club of Lakeside, Lakeside Chamber of Commerce. The German American Societies, El Capitan Stadium Association and Santee Elks Club. The training class ended with a test which all participants took. Those who passed the test were issued a card which certified they had taken and passed the ABC course.



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— LOCAL NEWS & EVENTS —



Alpine happenings ...

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Alpine's best selected for ALPS awards

Who has helped make Alpine a better place during the past year?

Find out on Wednesday, Sept. 23, when the "Jewels of Our Community" will be honored at the exciting 15th Annual Alpine Leadership and Public Service Awards at the Viejas DreamCatcher Lounge.

The new, improved event is presented by the Alpine Mountain Empire Chamber of Commerce.

"Outstanding volunteers, businesses and organizations demonstrated their dedication to our community by donating their time, talent and resources to a variety of activities that benefit our community," said Patricia Cannon, Chamber president and CEO. "Every one of the nominees deserves recognition, because they've all contributed to making Alpine a better place to live, work and play."

The evening also will "Trea-

sure Our Volunteers," recognizing people who have demonstrated dedicated leadership and public service to local organizations and Alpine.

Everyone is welcome to attend the awards ceremony, which includes specialty foods and drinks. There will be a silent auction to help Alpine's eighth-grade students go to Washington, D.C.

Tickets for the friendly celebration are \$30 per person. Dress for the evening will be business attire. The doors open at 6 p.m. and the awards ceremony starts at 7.

Call the Chamber at (619) 445-2722 to reserve seats or for more information.

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 ac-

cepted 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.

Viejas Days Parade and Kids Safety Fair

Opening ceremony, Sunday, Oct. 4, 11 a.m. at Albertson's

Alpine Festival: 11 a.m. - 5 p.m. at Albertson's

Parade Step off: 2 p.m. at Albertson's.

Fred's Car Show 11 a.m. - 5 p.m.

Senior Health Fair: 11 a.m. - 5 p.m. at Alpine Woman's Club

"Roaring Fun" for family, friends and neighbors.

Call Mary Rynearson for information (619) 733-0698.

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.

Evening with Elected Reps

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

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September Excitement at Golden Acorn Casino

Yahoo!

Get ready for the bulls on September 26th.
At the Golden Acorn Casino, bull riding competition will begin at 3:00PM,
accompanied by live music, of all things.
Top prize is \$1,000 plus a champion belt buckle.
Then, get ready for MMA Cagefighting from 8pm to 10pm. Tickets are on sale beginning September 14, 8am to 10pm.
Call 619-938-6012 for reservations.
There is an after party on the Casino floor and live music from 10pm to 1am.
CHIPPENDALES is scheduled for Saturday, October 3rd at 7:00pm.
This event will be staged in the banquet room where you're certain to get a good close-up seat.
Remember, Golden Acorn Casino has these fun fall events scheduled for everyone's pleasure.
See you there.

Yahoo!

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For Health's Sake

Health bits, education and screenings

Senior Programs

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

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.



The second annual "Walk a Mile in Her Shoes" event sponsored by YWCA of San Diego County is set to take place Thursday, Oct. 15. The YWCA is asking professional men "are you man enough to walk a mile in her shoes?" San Diego men of all ages are being asked to sign up now to strut their stuff for a mile in high heels all to benefit the San Diego County YWCA. This symbolic Walk a Mile event is meant to bring the community together to support Domestic Violence awareness. The monies raised will support local programs that provide services to women, children and families.

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..

Walk A Mile

The second annual "Walk a Mile in Her Shoes" event sponsored by YWCA of San Diego County is set to take place Thursday, Oct. 15. The YWCA is asking professional

men "are you man enough to walk a mile in her shoes?" San Diego men of all ages are being asked to sign up now to strut their stuff for a mile in high heels all to benefit the San Diego County YWCA. This symbolic Walk a Mile event is meant to bring the community together to support Domestic Violence awareness. The monies raised will support local programs that provide services to women, children and families. The YWCA's Walk a Mile fundraiser is part of October's National Domestic Violence Awareness Month. The event is a very light-hearted approach to a very serious subject while increasing awareness of how domestic violence impacts individuals and families.

Fountains of Youth Clinic offers free medical Thermal Image

Fountains of Youth Clinic is offering the public one free FDA approved Medical Thermal Image.

The Thermal Image can detect breast tumors eight to 10 years before a mammogram with no radiation and no breast compression.

No radiation is critical as the American cancer society has published that radiation from mammography has been known to cause cancer.

Also offering one week supply of free Alkaline Ionized

Water to help these conditions: diabetes, arthritis, unexplained joint pain, gout, headaches, acid reflux, digestive disorders, glaucoma, metabolic MS, constipation, dehydration, high blood pressure, skin disorders, depression, sleeplessness, joint/muscle inflammation, cholesterol, fatigue, water retention, overweight or back disorders. If you or a loved one has the listed concerns please stop in immediately, no appointment necessary.

Stop by our office 8517 La Mesa Blvd., La Mesa, CA. Call (619) 871-6302 or (619) 733-5026 for more info

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Feeding America San Diego partners with East County Schools

Feeding America San Diego (FASD) has partnered with five East County elementary schools this school year for its popular Backpack Program. This program provides a bag full of child-friendly food plus fresh fruit or vegetables every Friday to low-income elementary school children. The goal of the program is to ensure the students have enough nutritious food to eat during the weekends and holidays when they do not receive a free lunch from school.

"California is ranked 25th in the United States when referring to food insecurity among children under the age of 18," said Gary McDonald, president and CEO, Feeding America San Diego. "Unfortunately, for many of these students the free lunch at school may be the only meal they receive all day. Our Backpack Program makes certain that these students have nutritious food to eat when school is not in session."

"We are distributing 400 bags of food each Friday after school," said Sylvia Casas-Werkman, principal, Lexington Elementary School in El Cajon. "Many of our families have told us that without Feeding America San Diego's Backpack Program they would have little to no food at home."

The Backpack Program is funded by the Webster Foundation, Ralphs, Food 4 Less, Qualcomm, Target, Union Bank and Walmart. Last year, FASD began the program by serving 1,000 students at six schools. By the end of the school year, 1,400 students were participating in the program.

"We are beginning this school year with 1,450 student participants," added McDonald. "However, I know there are more children out there at risk of hunger that could really benefit from this program. Children are the future and we really need to take every opportunity to make sure they get enough to eat to grow and thrive."

For more information about the Backpack Program, Feeding America San Diego, local food distributions or to make a donation, please call (858) 452- FOOD (3663) or www.FeedingAmericaSanDiego.org.

Established in July of 2007, Feeding America San Diego is San Diego County's largest distributor of donated food and the only Feeding America (formerly America's Second Harvest) affiliate in San Diego County. Feeding America San Diego's mission is "To feed the hungry; to advocate; to educate." For more information, please visit www.FeedingAmericaSanDiego.org or call (858) 452- FOOD (3663).

Laughter is the Best Medicine

How to get to heaven

A little boy was waiting for his mother to come out of the grocery store. As he waited, he was approached by a man who asked, "Son, can you tell me where the Post Office is?"

The little boy replied, "Sure! Just go straight down this street a coupla blocks and turn to your right."

The man thanked the boy kindly and said, "I'm the new pastor in town. I'd like for you to come to church on Sunday. I'll show you how to get to Heaven."

The little boy replied with a chuckle. "Awww, come on... you don't even know the way to the Post Office."

Submitted by Mary Harrington of ElCajon

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.



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— MOTORandSPORTS —

2010 Ford Transit Connect XLT



2010 Ford Transit Connect XLT. Photos by Dave Stall

by Dave Stall

Ever attempted a home project without the proper tools? Kind of a pain, trying to find a tool that will only come close to the task at hand. Well the small business owners today have been looking for that special tool to get their small delivery job done in a timely fashion without breaking the bank by driving a vehicle that doesn't fit their needs for a very long time.

Ford must have been listening, they had a small van in Europe that they felt would fit nicely here in the US and with that being said, we now have the Ford Transit Connect, silly name, but will this rig do the job! In the short time I have been driving it I have seen a lot of applications this little truck could fill. I'm not going to name the possible jobs, all one has to do is take a tape measure down to El Cajon Ford or the nearest Ford dealer and see if the TC

(that is the new name I just gave it) will fit customers needs. You can haul items 6-feet long, 4.9-feet tall and 4.7 feet wide, pretty impressive or like I saw in LA make it a taxi cab!

Let's not forget payload, how does 1,600 pounds sound to you?

The TC comes with a 2.0-liter inline four cylinder gas burning Duratec engine that produces 136 horsepower and 128 pound foot of torque. Backed by a 4-speed electronically controlled automatic transmission with overdrive one can expect 25 miles per gallon on the freeway and 22 miles per gallon in the city all from a front wheel drive van with a wheel base of just 114 inches.

A first look at the TC, most folks think it is a little on the ugly side, but for a work van and a little self promoting graphics down the side and over the top it could be that "positive eye sore" advertising a business every time it leaves the house or drives down the road. The TC is all about small practicality. It has a big back door that opens 180 degrees with the push of a yellow button located on the rear doors themselves. A big beefy rubber nubbed floor mat keeps everything in place. Since we are in the interior let's talk about driver and passenger comfort. Great manually operated seats, 6 adjustments for the driver and 4 for the front passenger with the driver getting a nice armrest on his or her right side. Of course buyers get A/C a great sound system and climate control, but what is a little different is this large slot above the dash. What is this, I asked Mark Melton Fleet Manager at El Cajon Ford? He stated that a lot of delivery businesses have computers that track their deliveries and Ford decided this would be a great place for the driver to keep the keyboard where they enter their delivery information. It is pretty cool whether one has a keyboard or not. Another nice feature is the overheads bin that is pretty massive and Ford threw in a catch net for those items



Inside look at the 2010 Ford Transit Connect XLT.

that may want to wander. TC comes equipped with two side sliding doors along with the back barn doors. Buyers can go with the option of no windows on the sides and rear or get full window package with seating for two, four or five passengers depending on the requests.

The TC also has a great work ethic by going to the nearest Ford dealership and sitting down with the TC representative buyers can work with Ford Works Solution, the answer to a real work van and custom interior design to fit any work needs. Another option is to have an in-dash computer terminal with a printer attached to the unit so repair orders or invoices can be printed on the job site. One can also get navigation for those drivers that always seem to get lost and end up at the beach. One last point worth mentioning is this van is designed for city work with a turning radius of just 39 feet and parallel parking is a snap with the TC.

The TC is long over due and the future is bright for this little hauler. TC is base priced at \$22,180 plus tax and license. If one needs to advertise business or services I can't think of a better rolling billboard. As far as outfitting the TC, El Cajon Ford can meet all expectations with a complete turnkey conversion system right down to wrapping the TC, and with exterior colors like Red, Blue, Black Silver and White buyers have a great pallet to start with.

Now how did it handle on the road? Excellent, acceleration was good, braking was excellent, parking a snap and if drivers do need a little more horsepower the Ecoboost is on its way!

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2009 Season Schedule:

September 23Thunder on Main
September 30Closing Night
October 28Trunk or Treat
December 9Parade of Lights



El Cajon CDC's Best of Show Winner: Larry Hume and his 1935 Plymouth



The Gazette's Winner: Sam Battaglia and his 1955 Ford



Sycuan Casinos' Winner: Rigo Reyes and his 1929 Willys Knight

I Believe in Downtown ELCAJON! Cajon Classic Cruise Trophy Winners Sept. 9, 2009



Barona 1/8th Mile Drag Strips' Winner: Frank Gonzales and his 1961 SS Chevy Impala



RE Enterprises' Winner: Larry King and his 1934 Dodge Pickup



El Cajon CDC's Winner: Martin Fogata and his 2004 Harley Davidson

Toyota of El Cajons' Winner: Ray Ulloa and his 1953 GMC Suburban



El Cajon CDCs' Winner: Ivy Westmoreland and her 1950 Chevy Deluxe

El Cajon CDCs' Winner: Mike Moell and his 1960 Chevy Apache Pickup



TEI Cajon CDCs' Winner: Dean Alt and his 1929 Ford Del

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

SATURDAY SEPTEMBER 26

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

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

GRIDIRON GUIDE

FOR YOUR GRILL

FAMILY FEATURES

This season, don't penalize your taste buds by placing that routine, game-day pizza order when you can score rave reviews from family and friends by firing up the grill for a backyard tailgate party with all the sights, sounds and smells of the stadium. Football analyst Mike Golic and champion pitmaster Chris Lilly both believe that game-day tastes better on a charcoal grill, and are sharing their favorite tips and recipes.

Golic, a former defensive lineman and host of ESPN's "Mike & Mike in the Morning," knows how fun game day can be — even off the field and in his own backyard.

"Tailgating prior to kickoff is a football tradition in my family, so game days are big at my house," said Golic. "I'm about as big of a grilling enthusiast as I am a sports fan, so any game day is a great day to be around the grill in my backyard and reconnect with my friends and family after a busy week."

Chris Lilly, champion pitmaster and author of "Big Bob Gibson's BBQ Book," couldn't agree more. He also insists that game-day grilling is one of the best ways to extend the summer and take advantage of the extra hours of sunlight provided by the extended daylight saving time period.

"Just because Labor Day weekend has come and gone, doesn't mean it's time to put up your grill," said Lilly. "In fact, nothing beats the unmistakable aroma of a charcoal cookout on a crisp, fall game day with friends and family. Make sure you put a variety of tailgate favorites on the menu to win over your guests — combining salads and sides with multiple on-the-grill options for the delicious smoky flavor that charcoal adds to food."

Linebacker Barbecue Potatoes

Recipe created by champion pitmaster Chris Lilly, on behalf of Kingsford charcoal

Makes: 4 to 6 servings
Prep Time: 10 minutes
Cook Time: 1 1/2 hours

- 4 to 6 extra large baked potatoes
- 8 ounces sour cream
- 2 tablespoons dry ranch seasoning mix
- 8 ounces whipped butter or margarine
- 3 cups fine shredded cheddar cheese
- 1/3 cup chopped fresh scallions
- 6 to 8 slices cooked bacon, crumbled

Prepare outdoor grill for indirect heat by building a charcoal fire on one side of the grill, leaving the other side void. Preheat the grill to 450°F.

Wash potatoes and wrap with aluminum foil. Place wrapped potatoes over the void side of the grill, close grill lid, and cook for 1 1/2 hours or until potatoes soften. Remove potatoes and set aside.

In small bowl, mix sour cream and ranch seasoning mix.

Cut each potato open and add butter, seasoned sour cream, cheese, scallions, and bacon bits. For added impact, try topping your overstuffed potatoes with grilled chicken, turkey, beef or pork.

Tips for a touchdown tailgate on your home turf



Football Analyst Mike Golic



Champion Pitmaster Chris Lilly

Grilled Gridiron Grinders

Recipe created by football analyst, Mike Golic, on behalf of Kingsford charcoal

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 20 minutes

- 12 fresh tomatillos, peeled and rinsed well
- 1 small yellow onion, peeled and coarsely chopped
- 2 cloves garlic, peeled and smashed
- 1 1/2 pounds flank steak
- Salt and pepper (to taste)
- 1 package Hidden Valley Ranch dry seasoning mix
- 1 pinch dried red pepper flakes (optional)
- 6 hamburger buns

Salsa Verde

Place tomatillos, onion and garlic on a lightly oiled baking sheet and grill over charcoal, turning often, until onion is crispy and tomatillos have burst — about three to five minutes.

Remove from grill to cool. Once cool, place ingredients in work bowl of a food processor and puree until desired consistency. This can be done up to three days in advance if kept chilled in an air tight container.

Steak

Place flank steak on a sheet of plastic wrap large enough to cover steak once folded. Season steak with salt and pepper. Liberally dust each side of steak with ranch seasoning mix, then sprinkle with red pepper flakes, if using. Wrap tightly in plastic wrap and chill for one to two hours.

Remove steak from refrigerator about 15 minutes before grilling over charcoal.

Unwrap steak and grill over medium heat for five to seven minutes on each side or until an internal temperature of 150°F — allow the steak to rest covered for five minutes. Lightly toast hamburger rolls. Serve steak sliced over rolls and generously topped with salsa verde.

THE GRILLING PLAYBOOK

To make sure you go all the way with your backyard tailgate this fall, use these winning game-day plays from Golic and Lilly:

■ **Avoid a False Start.** One of the most common mistakes made when lighting a charcoal grill is allowing the lighter fluid to soak in before lighting the coals. Instead add lighter fluid following lighter fluid directions, lighting immediately and letting the coals burn until they are covered in ash (about 15 minutes). Or, simply light the briquets in one easy step and be ready to cook in about 10 minutes with Kingsford® Match Light® Instant Charcoal.

■ **Cheap Shot.** Feeding a crowd doesn't have to cost a fortune. There are many flavorful, inexpensive cuts of meat to choose from that are ideal for serving to a large group. Try grilling split halves of chicken instead of chicken breasts or go with skirt steak for a good beef option.

■ **Top Dog.** Hot dogs are some of the easiest and most affordable tailgate fixings available. Try taking them to next level by topping them with gourmet homemade toppings right from the charcoal grill, such as onions, peppers or a spicy corn relish.

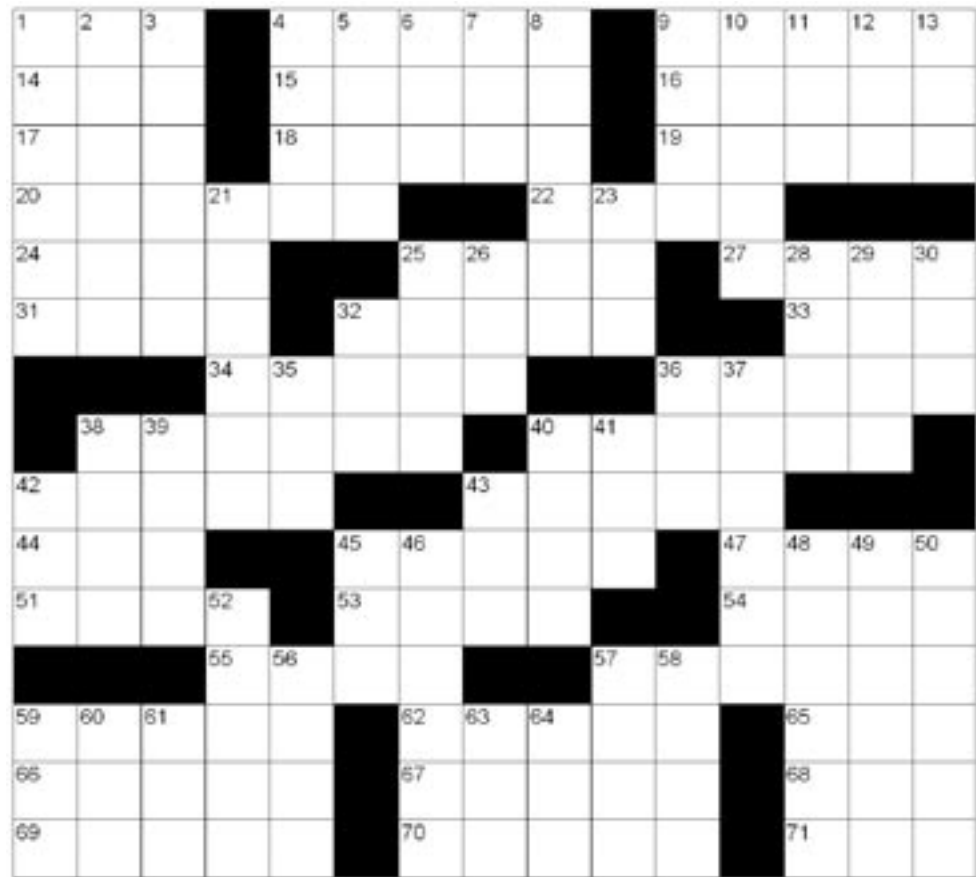
■ **Lock In a Win.** Closing the lid of a kettle grill is a good tactic to lock in flavors and turn up the heat. However, grillers should only close the lid when cooking thick foods and the grill temperature must be kept low to avoid burning food.

■ **Play It Safe.** When it comes to grilling, safety comes first. Make sure the grill rests securely on the ground and that it's located away from fences, deck railings and shrubbery that could be ignited by a sudden flare-up or flying spark.

For more ways to bring the tailgate home, including additional tips and recipes from both Golic and Lilly, visit ESPN.com/Kingsford. While there, find out how to enter to win a trip for four to football's biggest game in Miami. Mike Golic will be there, too, to hang out with the winners at a pre-game tailgate.

PUZZLES AND FUN

Crossword Puzzle



Across

- 1 Unpleasant
4 Ketchup maker
9 Omega's partner
14 Dined
15 Ice house
16 National capital
17 Petrol
18 Mucky
19 Type of metal
20 Much
22 Made music vocally
24 Italian money
25 Change position
27 Globes
31 Utters
32 Encomium
33 Time period

- 34 Picture
36 From Asia
38 Opposite of gasses
40 Making bundles of hay
42 Sepals of a flower
43 Opp. of doric
44 Desert
45 Live-in babysitter
47 Make a sweater
51 On top
53 Young Women's Christian Association
54 Comedian Jay
55 Engrave
57 Tombs
59 Metric capacity unit
62 Supply
65 Owns

- 66 Hip
67 Dens
68 Stretch to make do
69 Not better
70 Heron
71 Marry

Down

- 1 Bread with holes
2 Loss of muscle coordination
3 Catch sight of
4 Boo
5 Aegis
6 Queasy
7 Negative
8 Lawn grass

- 9 Association (abbr.)
10 Drop (2 wds.)
11 "Raven" author
12 Tint
13 Both
21 Without difficulty
23 Pot
25 Droops
26 Ball holder
28 Stable gear
29 Tout
30 __ Francisco
32 Plod
35 Alloy
36 Boxer Muhammad
37 Poorly
38 Quoth
39 Fake butter
40 __ fide
41 Some
42 Certified public accountant
43 Business abbr.
45 Big Apple (abbr.)
46 Some time
48 Brother's son
49 Consumption
50 Type of salad
52 Your equals
56 Elm
57 Heal
58 Lay
59 Statute
60 The other half of Jima
61 Sticky black substance
63 Swag
64 Title of respect

SOLUTION



OUTZKIRTS

By: David & Doreen Dotson



OCT. 7 - 11

Wed. OCT. 7 * 7:30 PM	Thu. OCT. 8	Fri. OCT. 9	Sat. OCT. 10	Sun. OCT. 11
OPENING NIGHT TICKETS \$12!*	11:00 AM ¹ 7:30 PM ¹	11:00 AM ¹ 7:30 PM ¹	11:00 AM ¹ 3:30 PM ¹ 7:30 PM	1:30 PM+ 5:30 PM

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LEGAL NOTICES

AGENDA

Alpine Community Planning Group

P.O. Box 819, Alpine, CA 91903-0819

NOTICE OF REGULAR MEETING

Thursday, Sept. 24, 2009

6:30 P.M.

Alpine Community Center,
1830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

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

IV. Approval of Minutes / Correspondence / Announcements

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

2. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

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

Organized / Special Presentations:

1. Tree Removals Presented by Bruce Yordt via email Mr. Yordt will not be in attendance; Vegetation Manager for the County of San Diego’s Department of Public Works
Locations:
Across from 590 Silverbrook Dr. is a dead Oak tree with an 18” DSH (diameter at standard height, 4.5’) and height of 30’. The tree has an irregular growth pattern, and shows no signs of vigor. The tree presents an elevated risk potential to roadway operations and utility lines. We would like to remove the tree and stump grind to alleviate the risk potential.
580 Silverbrook Dr. is a Sycamore tree with a 24” DSH, and height of 65’. The tree shows no signs of vigor and the canopy is 99% dead. The tree has a 30 degree lean towards the roadway and several 6”-8” diameter dead limbs over the roadway. The presents an elevated risk potential to roadway operations, private property and utility lines. We would like to remove the tree and stump grind to alleviate the risk potential.
2. Back Country Land Trust (BCLT) Albertson’s Park Qualification statements
3. Sunrise Powerlink Alternate Route D through Alpine - Request for motion to support letter to Mr. Niggli

Consent Calendar

1. Circulation
1. Discussion and Vote: None
2.

3. Communications

1. Discussion and Vote: None

4. Private Actions

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

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

- 1) Discussion & Vote on PLDO Expenditures

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

VIII Subcommittee Reports (Including Alpine Design Review Board)

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

IX. Officers Reports

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

X. Open Discussion 2 (Only if Necessary)

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

XI. Request for Agenda Items for Upcoming Agendas

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

XII. Approval of Expenses / Expenditures

1. Discussion and Vote: P.O. Box yearly cost \$107.

XIII. Announcement of Sub-Committee Meetings

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

XIV. Announcement of Next Meeting

- A. Thursday, October 22 2009, 6:30 P.M.

XV. Adjournment of Meeting

— 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 adju□

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025661**
FICTITIOUS BUSINESS NAME(S): Ralley
Quick Shop
Located at: 1108 Broadway, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: September 4, 2009
This business is hereby registered by the following: 1. Mike Kaspolis 1660 Arnheim Court, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on Sept. 04, 2009.
East County Gazette- GIE030790
9/17, 9/24, 10/01, 10/08, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025755**
FICTITIOUS BUSINESS NAME(S): a.) Nuclear War Safe Communities b.) Nuclear War Safe
Located at: 372 Emerald Ave., Spt. 18, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: September 4, 2009
This business is hereby registered by the following: 1. Keith Daniel Dyson 372 Emerald Ave., Apt. 18, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on Sept. 04, 2009.
East County Gazette- GIE030790
9/17, 9/24, 10/01, 10/08, 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. 2009-025500**
FICTITIOUS BUSINESS NAME(S): Blacart Creative Group
Located at: 11693 Via Nicole, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Cory Bender 11693 Via Nicole, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 02, 2009
East County Gazette- GIE030790
9/17, 9/24, 10/01, 10/08, 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

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

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**
CASE NO.37-2009-00069257-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: RANDY MOUAYAD SHAYA FOR CHANGE OF NAME PETITIONER: RANDY MOUAYAD SHAYA HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
RANDY MOUAYAD SHAYA
TO:
RANDY MUAD SHAIA
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 E-15, 4TH FLOOR on OCTOBER 28, 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 SEPTEMBER 15, 2009.
East County Gazette – GIE030790
9/17, 9/24, 10/01, 10/08,, 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

**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

**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

**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. 2009-026236**
FICTITIOUS BUSINESS NAME(S): Adorable Hats
Located at: 415 Parkway Plaza, El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Rene Hernandez 1163 Sumner Ave. #5, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 11, 2009.
East County Gazette- GIE030790
9/17, 9/24, 10/01, 10/08, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-020314**
FICTITIOUS BUSINESS NAME(S): ATLAS STORAGE AND BUSINESS CENTERS
Located at: 1908 Friendship Drive, El Cajon, CA 92020
This business is conducted by: A Limited Liability Company
The first day of business was: May 1, 2009
This business is hereby registered by the following: 1. Atlas Storage, LLC, Michael W. Reynolds, 1908 Friendship Drive, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 13, 2009.
East County Gazette- GIE030790
9/17, 9/24, 10/01, 10/08, 2009

FANITA 48
Emmerson Construction, Inc.,
General Contractor, License# 775773,
address 5993 Avenida Encinas, Suite 101,
Carlsbad CA 92008,
Phone# 760-456-6020

is hereby soliciting construction bids from DVBE, MBE, WBE and Section 3 subcontractors. The project, Fanita 48 Family Apartments is located at 8616-8630 Fanita Drive, Santee, CA 92710, a non-prevailing wage project. Estimated start date November 2009; completion date July 2010. Bid due date is September 25, 2009. Interested bidders must contact Susan at 760-496-6020 ext. 146 to obtain bid information.

**NOTICE OF PROVISIONAL APPOINTMENT
TO THE GOVERNING BOARD OF THE
LAKESIDE UNION SCHOOL DISTRICT**

NOTICE IS HEREBY GIVEN, pursuant to Education Code section 5092, that

On July 31, 2009, a vacancy occurred on the above-named governing board; and

On September 9, 2009 the remaining members of said governing board appointed Gelia Cook as the provisional appointee who shall hold office until the regularly scheduled election for district governing board members on November 3, 2010; and

The provisional appointment confers all powers and duties upon the appointee immediately following his or her appointment; and

Unless a petition calling for a special election is filed with the County Superintendent of Schools within thirty (30) days after the date of the provisional appointment, it shall become an effective appointment; and

A petition calling for a special election shall be filed with the County Superintendent of Schools, 6401 Linda Vista Road, San Diego, California 92111-7399 not later than October 9, 2009 and shall contain the following:

1. The Registrar of Voters’ estimate of the cost of conducting the special election.
2. The name and residence address of at least one, but not more than five, of the proponents of the petition, each of which proponent shall be a registered voter of the school district.
3. The text of language of the petition shall not appear in less than six-point type.
4. Signatures of at least one and one-half percent (1-1/2%) of the number of registered voters of the district or twenty-five (25) registered voters, whichever is greater, at the time of the last regular election for governing board members. In districts with registered voters of less than two thousand (2,000) persons, a petition shall be deemed to bear a sufficient number of signatures if signed by at least five percent (5%) of the number of registered voters of the district at the time of the last regular election for governing board members.

A petition calling for a special election shall be prepared and circulated in conformity with the requirements of sections 100 and 104 of the Elections Code.

Date: 9/9/09

Lakeside Union School District
By [Signature]
Title Superintendent

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— 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


FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-022010
FICTITIOUS BUSINESS NAME(S): Alrahma Islamic Center
Located at: 7520 El Cajon Blvd., Suite 108, La Mesa, CA 91941
This business is conducted by: A Corporation
The first day of business was: July 01, 2009
This business is hereby registered by the following: 1. Alrahma Islamic Center 9966 Dolores St. Suite 201, Spring valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 30, 2009.
East County Gazette- GIE030790 9/10, 9/17, 9/24, 10/01, 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. 2009-023578
FICTITIOUS BUSINESS NAME(S): Neurophysiology Inc.
Located at: 5395 Ruffin Road, Suite 102, San Diego, CA 92123
This business is conducted by: A Corporation
The first day of business was: January 21, 1999
This business is hereby registered by the following: 1. Neurophysiology Inc. 5395 Ruffin Road, Suite 102, San Diego, CA 92123
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 14, 2009.
East County Gazette- GIE030790 9/03, 9/10, 9/17, 9/24, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023953
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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023690
FICTITIOUS BUSINESS NAME(S): a.) skincarediscounts.com b.) acneproductdiscounts.com c.) skincareproductdiscounts.com d.) chemicalpeelpros.com
Located at: 2604-B El Camino Real Ste. 355, Carlsbad, CA 92008
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1.Elana K. McHale-Wagner 2604-B El Camino Real Ste. 355, Carlsbad, CA 92008
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 14, 2009.
East County Gazette- GIE030790 9/03, 9/10, 9/17, 9/24, 2009


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

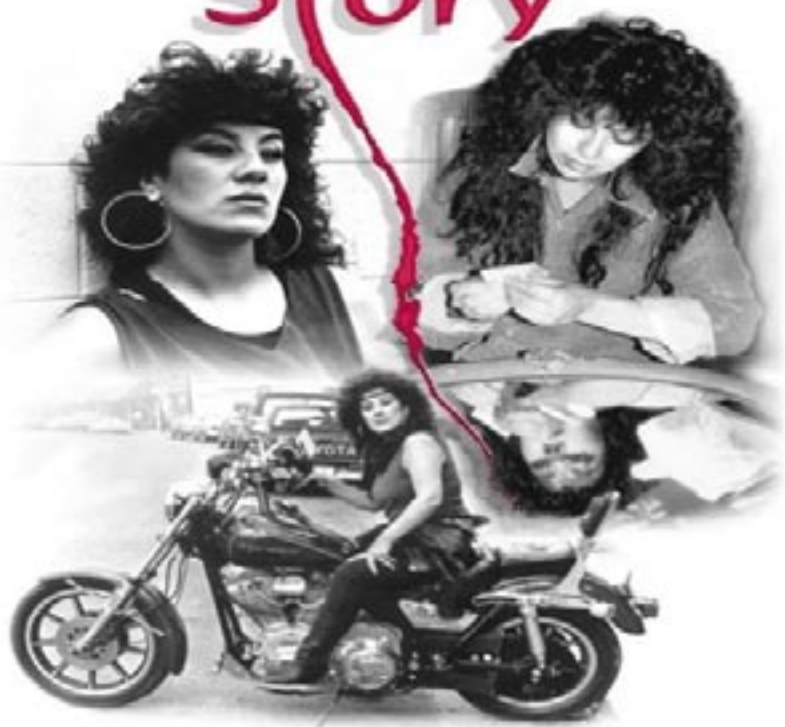
FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-023128
FICTITIOUS BUSINESS NAME(S): Personalized Bookkeeping
Located at: 6965 Princess View Drive, San Diego, CA 92120
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Leeann 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. 2009-025606
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

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, LAMESA, 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. 2009-021294
FICTITIOUS BUSINESS NAME(S): CEDCO Construction
Located at: 31836 Bobrith 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

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**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. 2009-025579**

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

**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

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

CASE NO.37-2009-00069048-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: PATRICIA WATHEN ON BEHALF OF MINORS LAUREN JUSTINE HERMAN AND SUMMER DELLANN HERMAN FOR CHANGE OF NAME PETITIONER: PATRICIA WATHEN ON BEHALF OF MINORS LAUREN JUSTINE HERMAN AND SUMMER DELLANN HERMAN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

LAUREN JUSTINE HERMAN
TO: LAUREN JUSTINE WATHEN
AND: SUMMER DELLANN HERMAN
TO: SUMMER DELLANN WATHEN
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, on NOVEMBER 04, 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 SEPTEMBER 09, 2009.

East County Gazette – GIE030790
9/17, 9/24, 10/01, 10/08, 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 página 2 valen para ambos conyuges o pareja de hecho hasta que se despidia la petición, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o vista una copia de estas ordenes puede hacerlas acatar en cualquier lugar de California. The name and address of the court is: (El nombre y 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.)

East County Gazette GIE030790
September 3, 10, 17, 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

Ask Dr. Luauna Stines



Dear Dr. Luauna,

I am a Christian in my 40's; the problem is I do not have a good relationship with my father. He has disowned me and said he will not speak to me again, because I am a Christian and especially when I bring up the Lord. I really do love my father, he is getting older and has been very sick, what should I do? Signed, Disowned in San Diego.

Dear Disowned,

It is very important for you to make amends with your father; especially because he is sick and you do not know how much longer you have with him. As a Christian, you have a greater responsibility; forgive your father completely, look beyond the past hurtful words, arguments, and show your dad mercy. You must now show him the love of Christ. As Christians, the Bible says, great is a man who overlooks a transgression and blessed are the peacemakers. Do all you can to bring peace; even if that means, putting your own feelings and emotions aside.

Pray for him every single day, pray that the Lord will soften his heart, let him see you are different and you will be surprised. Read these verses: Matthew 6:14, Philippians 3:13, Proverbs 19:11, Matthew 5:9.

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

Our Best Friends

Dog hates the vet... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Trainer,

My dog hates going to the vet and it's a big drama every time he has to go for routine things like blood work or his bi-yearly exam. My dog is 6 years old and has a thyroid problem, so it requires that he be checked on a regular basis.

Even before we get out of the car he is shaking, whining and sometimes urinates all over the car, and it is so awful to watch my dog fall apart like that. Is there anything I can do to help him be more comfortable and relaxed about going to the vet? I just can't image doing this for the rest of his life since it is not only hard on him, but just as hard on me. I feel so guilty.

Signed,
Empathic Dog Mom

Dear Empathic,

It's tough to have a dog that is terrified by things like vet visits or grooming, as these are things that do need to be done to keep them healthy so we can enjoy them longer. I'm glad you are doing bi-yearly exams with your dog, as dogs over 5 years should have routine exams twice per year as their life span is so short that they are reaching middle age by 5 years, and just like people that is when they need more attention toward illness and diseases more commonly found in that age range.

Vet visits

The unfortunate thing about dogs (and cats) visiting the vet is that it is usually for things that are uncomfortable or even painful, such as restraint, and things involving needles and in your case, blood draws requires restraint and needles. You didn't mention if your dog tries to bite or is just scared when visiting the vet, but I'll assume he hasn't bitten since you didn't mention that.

Most vets don't allow the owner to stay with the dog when invasive procedures are done and that often adds to the dog's distress when strangers take them away from their owners. Most restraint is done by techs and assistants and their goal is seldom your dog's comfort; rather it is the safety of the person that will be doing the procedure. This is how most techs are taught as it protects them and the vet from being bitten or scratched, but those same techniques are not all that "user friendly."

That said, there are more vets and techs that are in discussions about how to keep safety in the forefront, while making the process less traumatic for the animals. Dr. Sophia Yin, DVM, MS is a veterinarian behaviorist that has joined the march toward that end and recently published a book on the subject. The book is for the veterinarian community and is titled "Low

Stress Handling, Restraint and Behavior Modification of Dogs and Cats—Techniques for Developing Patients Who Love Their Visits." Dr. Yin came from a background where it was expected to "get it done," despite protests from the animals, but as she pursued the behavior field, learned that it didn't have to be that way and her book shows how to minimize the fear for the animals.

Using positive methods

Once an animal is convinced that going to the vet is scary and/or painful, the continuation of the process only serves to convince them that they were correct in that assumption. So, the first thing to think about is how to change that negative association to a more positive one for your dog. To do this, you can talk to your vet to get permission to visit the office without an appointment. In other words, visit the vet with out "visiting" the vet.

Since your dog begins to have problems when he is still in the car, it's important to take things back before he is showing such overt signs of stress. Park a block away from the vet's office and take your dog for a walk, using happy praise and lots of high value treats such as cooked chicken as you go. Your walk can include going into the parking lot of the vet if he still looks like

he is okay, but if not, just walk by and turn and go back to the car and go home. Do this a number of times so your dog can get the message that you are not going to the vet, just going for a walk that includes walking past the vet office or into the parking lot.

If your dog is relaxing during the walks, then try to go near the door of the office, making sure he gets lots of treats for just walking up to that point, and then turn around and go home. Stay at this level until you see your dog getting the information that you are just walking toward the door and not in the office. A relaxed and attentive dog will be your gauge.

After you have done this a number of times, open the

door to the vet's office, and then allow your dog to peek in, give him lots of treats, and then go home. Stay at this level until your dog is relaxing while looking in the door, but always take him away when he is showing calmness so he learns to relax and get treats, without going in.

The goal is to be able to walk your dog into the office, (a little at a time) maybe hop on the scale, get rewards from the staff, including the vet, and leave so he understands that just because you walk in the vet's office doesn't mean terrible things are going to happen.

Also, ask your vet if you can take your dog into an exam room so he/she can come in

and feed your dog treats as that would help to desensitize the room as well. You may even offer to pay for the visit if your vet is hesitant to do this.

Keep moving slowly toward the "real" visit and do ask your vet to check into the book I referenced, (which also comes with a DVD to show all the techniques) so he/she can learn some of the skills that will not only make life easier for dogs and cats like yours, but also for the staff as the tensions with fearful and/or aggressive dogs are high and certainly not fun for them, any more than for the animals.

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

ADOPT-A-PET



Little Bitsy is a 7 pound wonder. Picked as one of our Animal Care Associates favs, she is your typical little Chi...Scared at first, but just wants to sit and enjoy your company. You won't have to spend a bunch of money on toys, because she would rather play with you. Bitsy has made friends with all of her kennel mates, but be sure to bring your dog, if you have one, to see if they hit it off. Bitsy's adoption fee is \$100 which includes his neuter, vaccinations, deworming treatment, training DVD, 1 free months of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m.-5 p.m.. For details call (760) 757-4357 or visit www.nchumane.org. ID #44854



Sweet Belinda is a 4-year old Shepherd mix. Just 46 pounds, Belinda walks well on leash, loves to play with toys, and sits nicely for treats. She is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) spotlight dog. Call (858) 205-9974 for more information. Her adoption fee includes license, vaccinations, microchip, and spay.

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