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OCTOBER 1-7, 2009

German-American Societies Oktoberfest 2009



The American-German Societies of San Diego will be hosting their annual Oktoberfest Friday, Saturday and Sunday, Oct. 2, 3, 4 and Oct. 9, 10 and 11. See Class Act section for more information.

What's new in theatres?



by Diana Saenger
& Michael Black
Class Act Section



Read about
'Bright Star' and 'Surrogates'

Bolts sink Dolphins 23-13



The San Diego Chargers' Phillip Rivers scores on a 5-yard-run to defeat the Dolphins 23 to 13 last weekend making them 2-1. Next they travel to Pittsburgh, PA to engage the defending Super Bowl Champion Steelers in a nationally televised evening game. See complete story on page 12. Photo by Tom Walko

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On-stage show will be held November 14, 2009 at Cuyamaca College.

Miss America Scholarship Programs also available to young women 17-24 and

Miss America's Outstanding Teen Programs for teens ages 13-16! Call today for details!

Local News & Events

Bits and pieces

Tribute concert to benefit Mother Goose Parade

"Tribute to the Stars" at the East County Performing Arts Center (ECPAC) in El Cajon on Saturday, Oct. 10.

The stars will be out, or at least they will appear to be. The Mother Goose Parade Association is hosting a fund raising event

The stars will begin their arrivals on the red carpet at 6 p.m.

A free food and wine tasting is scheduled from 5 to 7:30 p.m., a live auction at 7:30 p.m. and a concert by No Duh, a No Doubt tribute band from 8 to 10 p.m.

Participating vendors are: Taste of Italy, Gio, Savanna Grill, Press Box Sports Lounge, New York Bakery, Downtown Cafe, Por Favor and Rock Bottom Brewery.

Admission is only \$15 and everything goes to support this year's Mother Goose Parade.

The Mother Goose Parade Association is still thousands away from meeting the \$150,000 needed for this year's parade and are asking for donations. Any size donation is appreciated. Send to Mother Goose Parade Association, 1130 Broadway, El Cajon, CA 92020.

San Diego County Red Cross responds to three disasters

The American Red Cross responded to three residential fires last week. The fires were located in the Lake Henshaw, El Cajon and Ramona areas of San Diego County.

The Red Cross provided emergency assistance to a family of two adults and two children in Lake Henshaw whose mobile home caught fire, supplying them with food and groceries, clothing and shoes and a storage container.

Two families in El Cajon, consisting of seven adults and four children were affected by an apartment fire and were supplied with food and groceries, clothing and shoes.

A single family home in Ramona was destroyed, affecting one adult and a cat. The Red Cross provided lodging for two nights, food and groceries, clothing and comfort kits.

The Red Cross was notified of a fourth incident, a mobile home fire in the Tecate Area, but no client services were requested at this time.

Volunteers from the San Diego/Imperial Counties Chapter of the American Red Cross are on call 24 hours a day and are trained in various aspects of disaster response, including casework interviews, damage assessment, shelter, feeding, health services, and crisis counseling. This chapter responds to a disaster nearly every 24 hours.

Disney Quiz Night

This isn't just any ol' Mickey Mouse event. So, don't get Goofy and miss your chance to attend and support Creekside Early Learning Center's (CELC) annual fundraiser, Disney Quiz Night. Disney Quiz Night will be held on Tuesday, Oct. 27, from 5 – 8 p.m. in Viejas' Dream Catcher Lounge. CELC's PTA and staff host this adults-only event which is made possible by the generosity of numerous community organizations, businesses and citizens like you. The evening includes hors d'oeuvres opportunity drawings, live and silent auctions and a fast-paced competitive game of sports, music and Disney trivia.

Seating is available and reservations are being taken now at \$25 per person or \$150 for a table of eight. Proceeds benefit Creekside Early Learning Center and its students. To make your reservation, order tickets or for further information, email us at CELCpta@yahoo.com or call (619) 659-8250.

FREE College Funding Strategies Workshops

Receive tools to maximize financial aid and scholarships, increase grades and SAT/ACT scores and more! Thursday, Oct. 15, 6:30-7:30 p.m., Casa De Oro Library, 9805 Campo Road #180, Spring Valley, or Tuesday, Oct. 20, 6:30-7:30 p.m., Rancho San Diego Library, 11555 Via Rancho San Diego.

Free book for attending! Sponsored By National College Funding Strategies. Reservations recommended: 619-579-0728 or email: Ross_andMindy@NationalCollegeFunding.net.

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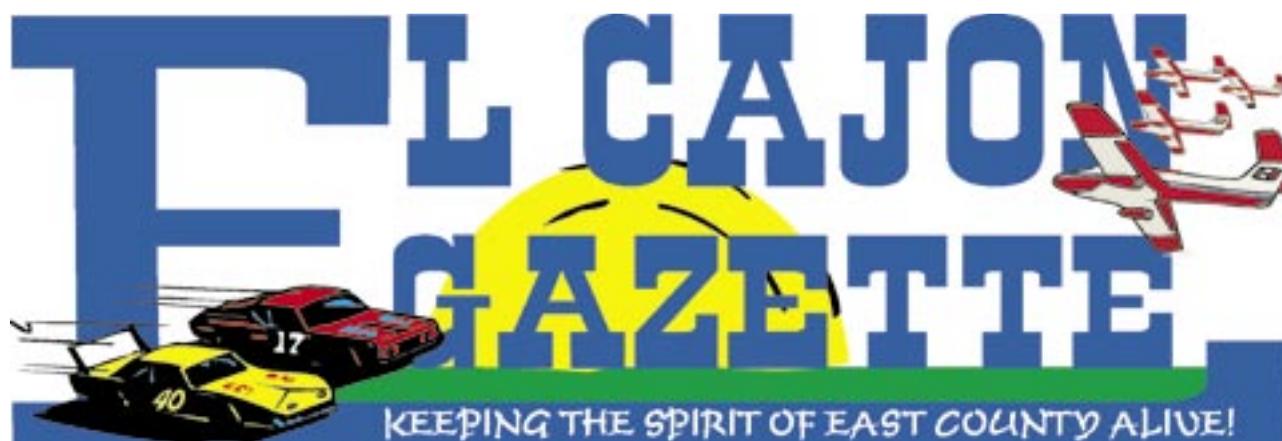
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public Information Officer

Fire Expo just around the corner

Considered to be one of the largest community events in the East County - it's the annual El Cajon Fire Safety & Career Expo! It's Oct. 10, at 100 E. Lexington Avenue from 10 a.m. to 2 p.m. Mission Federal Credit Union our title sponsor and is dedicated to education in the community. Fire Safety is a key concern and their sponsorship supports their long-standing support in the San Diego Community. Stop by their booth at the event to get a red fire hat for your kids.

Thank you to the East County Gazette for being our top newspaper sponsor year after year!

This fun, popular and free family event offers valuable safety, health and career information. Not only is this an annual celebration of Fire Prevention month for the fire department, it's also our opportunity to say "thank you" to the residents of El Cajon for their support of all City services, including police and fire.

We've also added some exciting celebrity guests! Helping us to say "thank you" are three very special celebrities: Allen Evangelista, best known for his role as Henry Miller on the number one rated Teen Drama on prime-time "The Secret Life

Of The American Teenager"; Samantha Droke is recently known for her supporting role as Brooke in the Disney Channel Original Movie Princess Protection Program; and Brandon Mychal Smith, one of the stars on Disney's Sonny With A Chance. All three of these popular teen celebrities will be present to meet and greet their fans and sign autographs from 11:30 a.m. to 1 p.m.

Meet Captain Jack Sparrow, an amazing tribute artist of the popular Johnny Depp character from Pirates of the Caribbean, K-C the Safety Robot, Coasty the talking Coast Guard Boat, Sparky the fire dog, and Callahan the Firefighter.

Dozens of exhibits will feature such topics as fire safety, driving safety and disaster

preparedness. The child safety fun zone returns with a giant inflatable safety house where children will learn about home escape plans in case of fire. The East County Kiwanis will be giving away "free" safety helmets (while supplies last), Home Depot is back with their children's safety workshop, and Farmer's Insurance returns with Child I.D. cards!

The Office of Emergency Services will be on hand to register County residents for the Reverse 9-1-1 System. Pick up a copy of "Before the Threat" fire safety information, with additional disaster preparedness tips from the American Red Cross. Visit the career section and find out what it takes to become a firefighter, a police officer and 9-1-1 dispatcher. For more information on the

special exhibits you can expect to see please visit our website at www.elcajonfire.com or contact event coordinator Monica Zech at (619) 441-1737.

Sophie's Art Gallery special art show

Experience the folk art created by Sophie's talented artists at Sophie's Art Gallery's 6th Annual Passageways Show from Oct. 1 through the 31. The gallery is located at 109 Rea Avenue in El Cajon. A free public reception is being held on Friday, October 2 from 5:30 to 8 p.m. at the Gallery. At the reception, St. Madeleine Sophie's Center will be honoring Sr. Maxine Kraemer for her many years of dedicated service to St. Madeleine's Center. For more information please call (619) 593-2205.

Oktoberfest begins Friday in El Cajon

On the first two weekends of October join us for a real Oktoberfest Celebration in the City of El Cajon, October 2-4 & 9-11. It's 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 to 10 p.m. and Sundays from 12 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. Admission for ages 21 and up is \$5; 21 and under and active military are free. Call (619) 390-9793 for more information or visit www.oktoberfestelcajon.com.

Workshop - How To Landscape In Drought Conditions

The City of El Cajon's Community Development Department will be hosting a very special, and timely, workshop on how to landscape your home during this time of heightened water conservation, featuring gardening designer Scott Calhoun. The workshop will be held Tuesday, Oct. 13, in the City Council Chambers located adjacent to City Hall at 200 Civic Center Way, in El Cajon. Registration is 1 to 1:30 p.m., and the workshop is from 1:30 to 2:30 p.m.

To author and garden designer Scott Calhoun, working with drought conditions is exciting and can take gardens

in new unexpected directions. Scott's presentation is not just about planting tougher plants and using more efficient irrigation methods, it's all about creating stunning beauty in harsh situations. Join Scott Calhoun for this class showcasing some of the dynamic and thrifty strategies he uses in the hottest and driest environments in the country, and get some ideas on how to apply them in your own garden. For more information on author and landscape designer Scott Calhoun, visit his website at www.zonagardens.com. For more information please call (619) 441-1741.

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, 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 available to attendees. For more information call (619) 444-9417.

Animal Shelter Open House returns October 25

The ACES Foundation is holding their 3rd Annual El Cajon Animal Shelter Open House on Sunday, Oct. 25, 2009, from 11 a.m. to 2 p.m. The Shelter is located at 1275 North Marshall Avenue in El Cajon. They'll be holding a Halloween Pet Costume Contest, plus games, prizes, food, pet vendors, clowns, a miniature horse, a police K9 demonstration, a dog obedience class, shelter tours and a prize wheel. They'll also have adoptable pets, dog micro chipping and rabies vaccinations available. Bring a blanket for a shelter animal and receive a free hotdog. For more information please call (619) 441-1580.

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

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

Oct. 2-4 and Oct. 9-11 at 1017 S. Mol-lison Ave, El Cajon (619) 390-9793

Oct. 5, Chamber board meeting.

Oct. 7-21, Lakeside Planning Group at 7p.m. at the Lakeside Community Center

Oct. 14, Design and Review Board at 7p.m. at the Lakeside Community Center

Oct. 15, Chamber Business Mixer at Grossmont College

Oct. 17, I Love A Clean Lakeside on Saturday 8a.m. to noon at Mapleview and Chan nel rd intersection.

Oct. 17, Partners Therapeutic Horsemanship Show and BBQ at 10a.m. to 3p.m. at 15689 Mountain Valley Place Lakeside

Oct. 24, Historical Society Heritage Day Luncheon at 1p.m. (619)561-1886, cel ebration of 50 years of El Capitan.

Oct. 30, Boys and Girls Club Auction Stampede at 6:30p.m. At Barona Resort and Casino. (619) 440-2331.

Lakeside Community Planning group

Open Forum

A neighbor to residents living at 15192 Olde Hwy 80 reported he fears for his family and is holding the county liable for any damage done to his home and family. The neighbor explained a house set up for six handicapped people has up to 35 people staying there at times. When the county comes regarding violations they are told the people are just visiting and there are only four legitimate handicapped

people living there. The noise, trash and horrible living conditions have been reported by neighbors but nothing is done said the neighbor, he wanted to find out if the Planning Group could be of any help.

Public Hearing
P-09-016/RP 09-001 Major Use Permit and Reclamation Plan for sand extraction and reclamation of 29.29 acres located at 12101 Highway 67. Board member B. turner was excused from discussion due to conflict of interest. Kenneth Disenza, Project Engineer of Site Design Associated, gave the presentation. Four East County property owners are involved in the proposed sand mining project. The operation will continue form the Enniss Property. Disenza showed the Planning Group a map. Materials will be extracted in four phases. Based on mineral resources and biological habitat. The habitat is already disturbed. The property is zoned A70 and has a buffer along Highway 67. The operation will continue for the next 15 years even though the permit allows for 20 years.

Phase 1 will be Riparian Mitigation

Phase 2 will consist of work on the Tuner Property.

Phase 3 will be on the Shaw Property.

Phase 4 will remove the remaining habitat next to mountain thick woodland growth.

Reclamation can be done after the four phases are complete.

The project will channel water to move under the Slaughter House Creek. The project will need to provide irrigation and landscape plans for Highway 67. The question was asked about nesting bird. There are no birds nesting on the property. T. Medvitz asked when the project will begin. It

is hoped the project will begin within a year. G. Barnard asked where the truck access will be. The main driveway will be on Moreno Road, south of where TEACH is located. Access will be from Vigilante and 67. There are five existing driveways on 67. The question was asked if the project will include rock crushing operation for reclamation- the answer is yes. A. Botter asked how many acres would be available from the original 29.29 acres. 18 acres will be left and 25.9 are subject to inundation, when completed 12.6 will be subject to flooding. M. Turvey remembered flooding in the area and that Dave Martin offered to channelize the area for free. Owners wanted money so the work did not happen. It was asked if there would be TIF fees. TIF fees are required when traffic is impacted so they may be available. J. Shakelford asked where the nearest house is. There are four houses on the South side of the property. Shakelford also wanted to know what the existing uses on the property. Two properties are vacant. The Turner property has equip

ment storage, a nursery and the TEACH facility. Shakelford wanted to know what the use will be afterwards. Answer back to A70 with agriculture, nurseries and horses. She asked how the people down stream from the channelized water will be protected. The plan is to use the 400 feet of property to bring storm water back to original condition. She also asked about future pads and access. Driveways will continue to be used, there are no plans by CALTRANS or Site Design Associates to change anything on 67.

Chairman R. Smith asked for a copy of more information.

Lakeside Chamber Of Commerce

This years Spirit of Christmas celebration will be held Saturday, December 5. The Lakeside Chamber of Commerce is seeking volunteers to be on the Spirit of Christmas Committee. Join the committee and help make this years' Spirit of Christmas celebration the best one yet.

The next committee meeting will be held Monday, Oct. 5 at 10 a.m. at the Lakeside Chamber of Commerce. If you plan to attend call the Chamber at 561-1031.

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— LOCAL NEWS & EVENTS —



Alpine happenings ...

Chili Cook off in October

The Kiwanis Club of Alpine is presenting its 8th Annual Chili Cook

off Festival and 2nd Annual Show and Shine Car Show on October 3. The Event will be held at The Alpine Community Center from 11 a.m. to 3 p.m.

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

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.

Congressman inducted as new member of Kiwanis

On September 26 at its regularly scheduled meeting The Kiwanis Club of Alpine inducted Congressman Duncan D. Hunter as a new member. Duncan Hunter's sponsor was Gregg Richards a member and owner/manager of The Postal Annex of Alpine. Richards indicated at the meeting that it was his honor to sponsor a true patriot like Hunter. Congressman Hunter has served in The United States Marines



Gregg Richards places Kiwanis pin on Congressman Duncan D. Hunter. Richards is the owner of Postal Annex and Hunter's sponsor.

Corp., as a Captain and has had two tours in Iraq and one in Afghanistan.

Congressman Hunter resides in Alpine and represents a large portion of San Diego County including Alpine in the 52nd Congressional District.

Dan Foster President of The Kiwanis Club of Alpine told the members that his administration is ending on October 1 and the induction of Congressman Hunter is one of the high points of his year as President. Foster went on to say that The Kiwanis has gained a total of 19 new members this year bringing the total membership to 134.

If you are interested in joining The Kiwanis Club of Alpine please visit our Web Site, Alpine [Kiwanis.com](http://www.kiwanis.com) or contact our Incoming President, Pat Stalker at (619) 445-0805.

Monarch butterflies will be subject of CHIRP meeting

Just about everything you ever wondered about Monarch butterflies will be discussed at the upcoming meeting of CHIRP Garden Club on Oct. 7.

Meeting, to be held at the Crown Hills Clubhouse, will begin at 6:30 p.m., and the public is invited to attend.

Two presenters will share an abundance of information about Monarch butterflies, including life cycle basics to highlights of their migration.

Wallace Austin will focus on Monarch anatomy and trivia, and Christine Vargas will present a Powerpoint recap of her recent trip to visit the Monarchs at one of their favorite migration spots in Mexico.

"We are all going to learn something new and exciting about the beautiful and amazing Monarch butterfly," said Hilde Hinchcliff, program chairman.

The meeting is open to all and free of charge.

For additional information, visit <http://www.chirp.org> or phone 619-445-8352.

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.

Farmer's Market

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

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Golden Acorn Casino

October 3 is a Ladies' Day at the Golden Acorn Casino!
CHIPPENDALES appears Saturday, 7:00pm October 3 in the banquet/show room.
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For Health's Sake

Pets provide better human health and wellness and reduce healthcare

As the North American Pet Health Insurance Association celebrates National Pet Health Insurance Month, the association shares the positive impact of pets on human healthcare.

Pet health insurance provides a financial safety net for pet owners, and often gives them the ability to provide a higher level of care to their ill or injured pets. Everyday, pet health insurance spares pet owners the excruciating decision to limit veterinary care for beloved pets, or even to euthanize them, due to economic limitations.

As pet owners consider insurance for their pets, they might think of it in the context of their own health. Research shows that humans with a puppy, kitten, dog, or cat in their home enjoy a measurable improvement in health, and in fact spend less on their own healthcare.

Documented studies on human health suggest that pet ownership bestows the following benefits:

- Reduced risk of cardiovascular disease
- Higher survival rates from heart attacks
- Significantly lower use of general practitioner services
- Reduced risk of asthma and allergic rhinitis in children exposed to pet allergens during the first year of their life

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- Better physical and psychological well-being for seniors

According to the research by the Delta Society and others, there is not a significant social or economic difference between people who do or do not have a pet that adequately explains the differences in health outcome, leading to the conclusion that pet ownership itself is the primary cause of the positive benefits.

The Delta Society is a human services organization dedicated to improving people's health and well-being. The mission of Delta Society is to help lead the world in advancing human health and well-being through positive interactions with animals.

"At a time in which our society is looking for treatment alternatives to complement western medicine, research is consistently demonstrating that pets can have a profound impact on people's physical and emotional health. Delta Society has focused on this single concept since 1977. We are excited to see more healthcare professionals and other leaders embracing the fact that pets can be a cost-effective approach to improving people's health while enriching their lives," stated Lawrence Norvell, President and CEO of Delta Society.

According to NAPHIA Executive Director Loran Hickton, "As the human healthcare debate continues, some have asked, 'why provide pet insurance when so many humans do not have health coverage?' First, we know that the uncertainty of the current economy makes pet insurance critically important for the financial well-being of all pet owners. Many pet owners simply don't have the disposable income to cover emergencies or even routine pet health care, and each day, pets face economic euthanasia. In addition to financial benefits, now more than ever it is essential to share the human health benefits of pet ownership. Our pets are part of our families; they make a difference and contribute to better health and lower human healthcare costs. To people without pets this may be hard to understand, but most

pet owners corroborate the research that indicates having a pet improves life and a sense of wellness and health!"

During September, NAPHIA is sponsoring a nationwide contest to select pet health insurance customers' favorite veterinary practices from over 20,000 across North America. Pet owners are posting pictures of their pets, along with a story, at the NAPHIA website. The contest highlights the care and recovery of pets for whom pet health insurance helped to provide needed care. There are prizes for the pet owner, an educational grant provided to the veterinary care provider, and a donation to the pet shelter or rescue group of the winner's choice. The National Pet Health Insurance Month contest page is http://www.naphia.org/pet_health_month.htm

Laughter is the Best Medicine

Old dogs

One day the old German Shepherd starts chasing rabbits and, before long, discovers that he's lost. Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch.

The old German Shepherd realizes that he is in trouble. Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap, the old German Shepherd exclaims loudly, 'Boy, that was one delicious leopard! I wonder, if there are any more around here?'

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. 'Whew!' says the leopard, 'That was close! That old German Shepherd nearly had me!'

Meanwhile, a monkey who had been watching the whole scene from a nearby tree figures he can put this knowledge to good use and trade it for protection from the leopard. So, off he goes, but the old German Shepherd sees him heading after the leopard with great speed, and figures that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, 'Here, monkey, hop on my back and see what's going to happen to that conniving canine!'

Now, the old German Shepherd sees the leopard coming with the monkey on his back and thinks, 'What am I going to do now?' But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says... 'Where's that monkey? I sent him off an hour ago to bring me another leopard!' Moral of this story... Don't mess with the old dogs... Age and skill will always overcome youth and treachery! BS and brilliance only come with age and experience.

Submitted by Laird Griffith of Lakeside

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



Health... Just Common Horse Sense

by Dr. Donald Adema

There is an infamous relatively young movie director who claims he is against capitalism but yet is developing a fortune because of the rewards of capitalism. His films utilize the spin (or to many of us the lies) that many of our younger voters find entertaining and then are lead to believing that there are pearls of truth within the plot. No deep thought or investigation to support the spin follows. Just believe it because you were entertained and it is popular. We are in trouble!

One of the offensive movies portrayed Cuba as having a better health care system. Initially I found that so outrageously false that a response was a waste of time. However, the usual rush for the new school year physicals allowed for conversations with those students heading off to college. After a few of them, I was ready to move to Chile. The medical portion of my discussion on the director's spin/lie was as follows.

"Do you like the style of medicine in this office?" "Sure Doc/Sir/Doctor/Dude/or whatever, we talked about eating and grades and staying healthy. Like you even spared me from a weird shot." (It is my most profound hope that the word like is soon dropped from Webster's!) "Good and thanks. But, are you aware that if a physician in Cuba will not refer to or perform an abortion, his or her medical license is like gone?" The blank stare that follows is a mixture of finding the critical thinking portion of the brain and then doubt and horror. Its a beginning.

Yes, this physician and many like him will have to be way under the radar or even underground if the present health care reform bill is passed. One size/one pill fits all age groups and abortion will be a desired form of birth control as it is in Cuba. It escapes me how in one breath we are heralded as having the best health care and choices in the world and in another our system is broken. Do we really want to be like everyone else? The medical director of the Canadian socialized health care system is pleading that we do not. 'We must lessen not increase government control over health care choices and styles. If the capitalism that is benefiting the aforementioned movie director would be allowed to set the pace, cash prices could become quite creative. Government intervention to date has only increased costs. More on that to come. Stay tuned.'

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

Fund raiser at OGGI's

OGGI's in Santee is hosting a breast cancer fund raiser night next Monday, Oct. 5 from 5 - 9 p.m. Waste Management employees Diane McGowan and Kristina Smrekar are being honored for their commitment to the three-day walk.

Enjoy Monday Night Football while raising money for breast cancer awareness and research.

Fifteen percent of food and drink proceeds will go to Komen Breast Cancer Fundraiser.

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MOTOR SPORTS

2010 Volkswagen Jetta TDI

by Dave Stall

I have never been a big fan of diesel powered anything, well maybe except a big rig hauling down the highway; they smell, no power and they rattle like they are coming apart. Oh did I mention that they smell?

I know that statement may have been a little extreme, but when following behind 15 M-60

diesel powered military tanks for three years in the Army, one becomes a little tainted when it comes to diesel powered anything!

Then a few years back I get a call from a local North County Volkswagen dealer that had just bought 20 new/used Volkswagen Jetta diesels from out of state. (At the time California would not allow the sale of new diesel powered anything in the

state except big rig diesels). He asked me to come to his dealership and test drive a new diesel Jetta.

I reluctantly made the trip North and once behind the wheel with the coaxing of the GM yelling for me to "Stand on it, and Burn Rubber, to see what she will do"! I was so impressed, 35 feet of smoking rubber and an engine that was as quiet as a gas burner. What happened?

Did someone figure out how to make a diesel powered anything really work? Yes sir, Volkswagen did and they have kept the spirit alive and today I'm driving a jet black 2010 Diesel Jetta TDI from Drew Volkswagen.

My tester is a 2.0-liter 140 horsepower inline four cylinder diesel engine with TDI technology. What is TDI? Well that is the heart of why die-



Volkswagen Jetta TDI. Photo by Dave Stall

sel engines work as well as they do with minimum smoke and noise, but with a bucket load of torque and power with Turbo Direct Injection (TDI) is what the letters stand for and it proves to work. Check this out, 30 miles per gallon in the city and 42 miles per gallon on the open road.

This engine produces 236 pound foot of torque, front wheel drive, electro-mechanical power steering, anti-lock brakes, anti-slip regulation, electronic stabilization program, electronic differential lock all sitting on a set of 16-inch alloy wheels with 205/55/R16 all season tires.

The above package works well as a unit and for more in depth information on some of the features go to <http://www.drewvolkswagen.com> or just stop by, or call Drew Volkswagen and they will answer all questions.

This Jetta was a dream to

drive, awesome air conditioning, and a great sound system, very comfortable seating in front and in the back seat. This car has great storage space in the trunk as well as in the car. It has a clean tail pipe and how good it that to gives back to the environment.

Buyers can load up the Jetta to any specification desired. Start with a base model that at just \$22,660.00 plus tax and license and then build up from there. Just look at the basic features one gets for the base price and this might be all that's needed to be happy. Sure there are a few options to consider like Blue Tooth, Satellite Radio an automatic transmission versus a 6-speed manual (My choice is the six speed manual) or maybe a media device that allows an I-Pod hook up.

Driving the TDI Jetta was a dream in the mountains and in the city, small enough to park, big enough to haul the family on a weekend get away.

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Toyota of El Cajon's Winner Michael Bartelt and his 1970 Chevelle



Pete Liebig Photography's Winner Mike Mitchell and his 1932 Ford 3 Window Coupe

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The El Cajon CDC's Winner Donald & Joan Minnick and their 1932 Model A Ford Phaeton



Olympic Coatings' Winner Larry Tooker and his 1927 Touring Ford



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— MotorandSports —

Chargers smoke the fins

by Chuck Karazsia

The Chargers removed the Dolphins from the protected list last Sunday at a packed house at Qualcomm Stadium, when the Bolts improved their record to 2-1. This was the first time in three years with a winning record after the first three games, smoking the Miami Dolphins 23-13, a feat not accomplished by San Diego in the past 16 years of the regular-season.

The Bolts offense was again masterfully engineered by quarterback Philip Rivers (18-of-33, 303 yards). He also scored one rushing touchdown of 5-yards, only the second rushing touchdown of his NFL career. Rivers also has thrown for 739-yards in just two games.

The Chargers defense knocked out Dolphin starting quarterback Chad Pennington in the third quarter when he left

the game with a right shoulder injury. He did not return.

His backup Chad Henee was mostly ineffective. He threw a costly interception to Bolts safety Eric Weddle who took it to the house on a 33-yard touchdown return sealing the victory for San Diego late in the fourth quarter.

"It was big in the situation we were in to ice the game," said the second-year safety, "I just

happened to make the play. We got the win, and now it's on to Pittsburgh."

Leading up to this game were the injuries suffered by the Chargers. Already without the services of nose tackle Jamal Williams (torn triceps season-ending surgery), the Chargers inactives for this contest were center Nick Hardwick, guard Luis Vasquez, linebacker Antwan Applewhite, wide-receiver Buster Davis, DE-DT Travis



Vincent Jackson 55 yard reception. Photo by Tom Walko

Johnson, free-safety C.J. Spillman, and most notably running back LaDainian Tomlinson.

On the second snap of the game against Miami, linebacker Shawne Merriman left the field after aggravating a groin injury he incurred in the second game of the season. He did not return.

The Chargers endured however by playing tough and smart, committing only 3 penalties. But it's obvious the Chargers are not effective in the red-zone, scoring only one touchdown in the last 11 trips this season.

Head coach Norv Turner addressed this at the post-game Sunday stating, "We're working on it. I thought we were better in the red-zone this week than last week. If you're going to be a good red-zone team you have to run the ball better than we are running it right now. Although we had some better runs, we need to continue to run it better. Obviously Philip had the big run down in there. I think we have a good understanding of what you have to do to be good in the red-zone. We have been a good red-zone team around here for a lot of years. We need to have good emphasis on that each week as we continue through. As I said I thought we were better this week, but we weren't good enough".

About the game last Sunday Coach Turner commented, "We played Miami down there last year and didn't play very well. Everybody saw the Monday night game when Miami played against Indianapolis. The one thing I can tell you about the Miami Dolphins is they're a very physical team. I knew we had to match that. We had to be more physical in terms of how we played and had to be mentally tougher."

Turner continued saying, "We didn't play the way we wanted

to that first drive, but we played a lot better throughout the rest of the game. We were fortunate to cause a turnover in the first drive when they got no points. It was that knockout, drag out kind of game for a couple of quarters, and then we were able to make some plays to take advantage of the ways they were playing us."

Chargers linebacker Kevin Burnett with 12 tackles, one sack led the Bolts in tackles helping to limit the Miami "Wildcat" formation and the powerful Dolphin running attack. Limiting them not necessarily in numbers of yards, but more importantly in keeping their backs out of the end zone.

"We talked about Kevin Burnett all throughout training camp," said the Chargers head coach. "He's got real good athletic ability. I've talked a lot about our new players we have playing for us because of injuries, some changes, additions or whatever. I've seen guys like Kevin Burnett and some of the new players play better each week. That's what we have to do as a team. We just have to keep getting better and I think we got a lot better today."

About his big men in the trenches on defense, Turner commented, "Luis (Castillo) stepped up and played better than he's been playing. We got a real tough guy in Jacques Cesaire. He's battled a couple of those injuries. He's playing well. I thought Boone came in and gave us some good plays inside, some good strength. That's what we need, big men inside. That's going to help us."

The Chargers will have to play tough and smart again this Sunday.

They travel to Pittsburgh, PA to engage the defending Super Bowl Champion Steelers in a nationally televised evening game.

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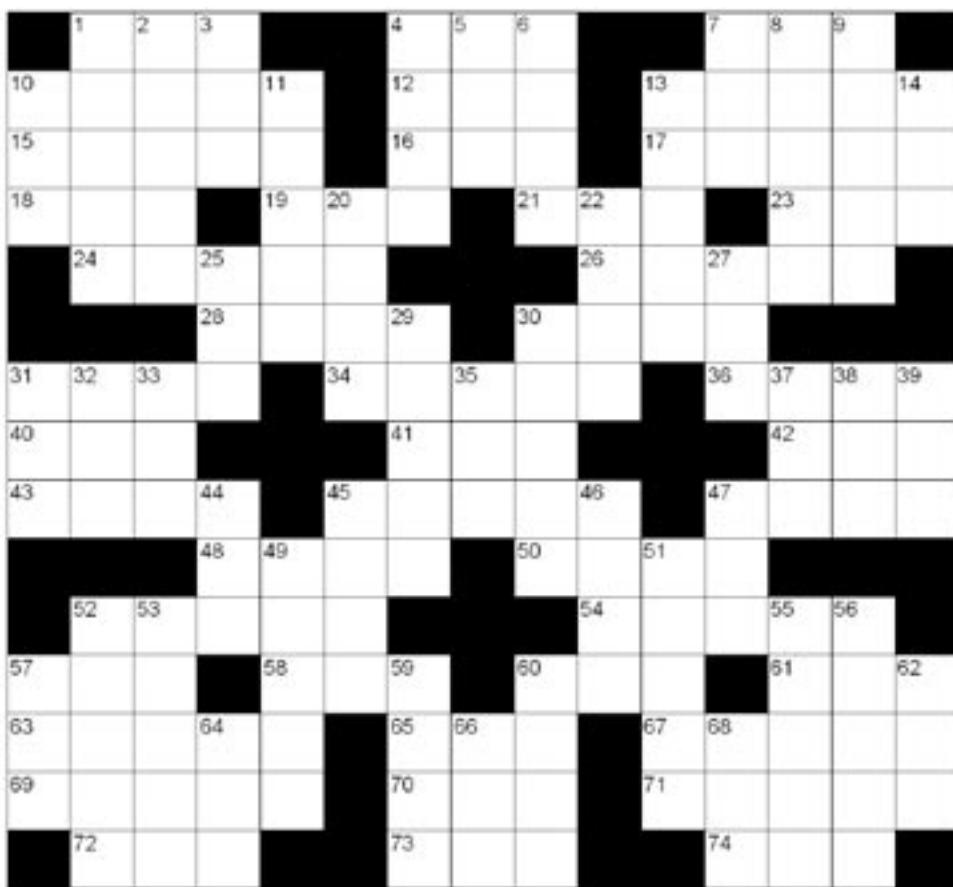
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IN THEATRES OCTOBER 9

PUZZLES AND FUN

Crossword Puzzle



Across

- 1 Entire
4 Mr.
7 Terminal abbr.
10 Francis __ Key
12 Avenue
13 Peach or plum
15 Herb
16 Swindle
17 Ell
18 Affirmative
19 Bro.'s sibling
21 Fast plane
23 Ornament
24 Narrow openings
26 Gossipy
28 National capital
30 Grating sound
- 31 Cornet
34 Devour (2 wds.)
36 Get from the earth
40 Epoch
41 Sun's name
42 Lodge
43 Baseball team
45 Flying toys
47 Multicolor
48 President (abbr.)
50 Indent
52 Civil authority
54 Prepared food
57 Portable bed
58 Rescue
60 Mingle
61 And so forth
63 Association (abbr.)
- 65 Stretch to make do
67 Refastens
69 Bleed
70 Air commuter's transportation
71 Wise people
72 Rested
73 Sailor's yes
74 Aye

Down

- 1 __ and pains
2 Dedicated
3 Long-term memory
4 Droops
5 Wall plant
6 Representatives

- 7 Sea eagle
8 Canned meats
9 Mimicry
10 Eye infection
11 Tries
13 Courts
14 Extension (abbr.)
20 Island
22 Breaking sound
25 Charged particle
27 Words per minute
29 Fertile desert area
30 Reigned
31 Dress edge
32 Unrefined metal
33 Rodent
35 Toddler
37 Three
38 Compass point
39 Cease
44 Watch secretly
45 Lotion brand
46 Very large truck
47 School group
49 Household insect
51 Connection
52 Ancient prophet
53 Afloat (2 wds.)
55 Ridge
56 Pig pens
57 California (abbr.)
59 __ vu
60 Allot (with "out")
62 Discs
64 Halloween mo.
66 Map legend
68 No

SOLUTION



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By: David & Doreen Dotson



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Business & Finance

A financial basics refresher

by Jason Alderman

Until you get in the habit, putting aside savings is never easy. But the sooner you start, the sooner you'll start seeing results. As you'll see below, when it comes to savings, time is your best friend:

The power of compounding. When you reinvest interest earned on savings accounts or other investment vehicles, the interest grows (compounds) the account's value much faster than if you withdrew it. For example, a one-time \$10,000 investment earning six percent a year would grow to \$17,908 in 10 years if you reinvest the interest; after 20 years it would be worth \$32,071 and \$57,435 after 30 years.

Regular investments. You needn't start with such a large initial investment to reap big rewards. Say you're 21, start with a zero balance, save \$100 a month, earn six percent annual interest and reinvest the interest. After 10 years you'd have \$16,470; \$46,435 after 20 years and \$100,954 after 30 years. If you retire at age 66 your account would be worth over \$276,978 – all for a \$100-a-month investment.

Timing is important, however. Postponing your savings by only two years would reduce your balance in 20 years to only \$38,929 – more than \$7,500 less. Wait five years to begin saving and your balance would drop to \$29,277 in 20 years.

Tax-deferred savings. Another way to accelerate earnings is to take advantage of tax savings offered by retirement savings programs like 401(k) plans and IRAs. With a 401(k), you can contribute up to \$16,500 a year (or \$22,000 for those 50 and older) on a pre-tax basis. This lowers your taxable income – and therefore your taxes – and allows your account to grow tax-free until you withdraw the money at retirement.

Regular IRAs offer similar pre-tax advantages; or, you can contribute to a Roth IRA using after-tax dollars and your earnings will be completely tax-free at retirement. The annual IRA contribution limit is \$5,000 (\$6,000 for 50 and older).

Practical Money Skills for Life, Visa Inc.'s free personal financial management program, features a guide to 401(k) plans at www.practicalmoneyskills.com/benefits. To learn more about IRAs, visit www.irs.gov.

Risk. The riskier an investment, the greater your potential gains – or losses. For example, savings accounts offer lower interest rates in exchange for minimal or no risk, whereas stocks potentially can earn double-digit investment rates over long periods of time, but at much higher risk.

Inflation. Inflation measures the rate at which goods and services increase in cost over time. If your investments earn two percent interest but the inflation rate is three percent,

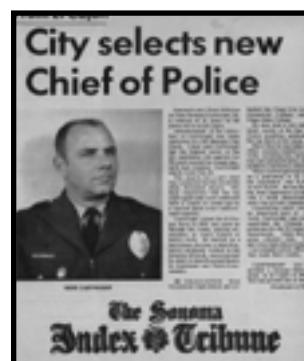
the net result is a one percent loss. That's why many financial experts often recommend that people with at least five to 10 years until retirement keep a portion of their savings in higher-risk investments like stocks and bonds; otherwise, it's hard to stay ahead of inflation.

Keep in mind that no matter how much interest your investments earn, if you carry

forward credit card or loan balances (aside from tax-deductible mortgage interest), you'll be eating into whatever profits you might make. For tips on managing credit cards and debt, visit Practical Money Skills for Life's Credit and Debt site (www.practicalmoneyskills.com/credit).

Jason Alderman directs Visa's financial education programs.

OBITUARIES

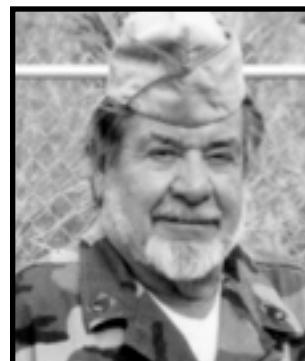


Gene Cartwright
1933 - 2009

CARTWRIGHT, Gene, born in 1933 and entered into eternal rest September 12, 2009 in West Sacramento surrounded by his loving family.

Beloved husband of 58 years to his high school sweetheart, Carroll Cartwright. Loving father of Teri Holmly & Patty Jenco (Randy). Devoted grandfather of Jason & Justin (Naomi) Holmly, Randy, Kevin & Andy Jenco & four great grandchildren, Zoli, Naomi, Rachel & Abigail Holmly. Preceded in death by his son, Michael. Gene joined the El Cajon, Ca. police dept. in 1954. Of many accomplishments, one of his proudest was starting the "Teenage Dance Program" of El Cajon. He advanced to the position of Chief of Police for the City of Sonoma in 1969. In 1974 he accepted a position with the Justice Dept. in Sacramento. He retired in 1986, however, he and Carroll had purchased Sherwood Harbor Marina in West Sacramento in 1983 and ran it until he became ill in 2004.

He was a devoted & loving husband, father, grandfather, great grandfather and a friend to all who knew him. He left us all a legacy of unconditional love & laughter for generations to come. Friends are invited to attend a Celebration of his Life Service on Monday, September 28, 2009 at 3:00 P.M. at Scott's Seafood On The River, 4350 Riverside Blvd., Sacramento, Ca., 95822. Private inurnment. River Cities Funeral Chapel 910 Soule St., West Sacramento, CA 95691



Joel Foster Dobbs
1934-2009

Born July 25, 1934, San Pedro, California
Resident of Dolan Springs, Arizona

Death: Went to be with the Lord on September 20, 2009
Placed of Death: Kingman, Arizona
Lived in San Diego County, City of El Cajon for fifty seven years and moved to Dolan Springs Arizona in January of 2001. Attended Grossmont High School. Veterans of Korean Conflict. Is survived by his wife of fifty and one half years. Marlene Underwood Dobbs, who married Joel on January 30, 1959 and their children Sandra Lynn Dobbs Winterberger of Transfer, Pennsylvania and Randal Foster Dobbs of Houston, Texas, and Sister Jane Dobbs Morbello of Santee, California.

Missionary America

Report by Dr. Luauna



As many of my readers know, I have launched Mission America, and we have been on our second Missionary Trip. For the full story you can log onto our website: www.atouchfromabove.org

Time for writing and uploading has been a bit hard. At times we have been in mountain passes, and unable to have even a phone connection.

Let me start with Billings, Montana, as we drove into town on September 1, I felt a strong urge to stop find a KOA, and just to be still. Checking in and settling down for the night, not knowing why we had come to Billings, after all it was not on our schedule. God's Word is so powerful, "Many are the plans of a man, but it is the Lord who puts it all together," I felt a strong urge to call a church. We made the call and it seemed non-productive, I figured the following day we would head out. The next day, Kaweah, my daughter, started packing everything, and again I felt uneasy about leaving. This KOA was beautiful and filled with mosquitoes; we had no repellent, OUCH...!

I was praying, and thinking to myself, "Lord, why are we here?" My phone rang, it was the church secretary. I told her about Mission America and what the Lord put on our hearts, we only wanted to be a blessing to the church. I made sure she knew we are true missionaries to America. She said, "I saw your website, are you sure you didn't mean to call the big church?" The minute she said that, I knew I called the right church. I told her, "You are the right church!" I told her we were not asking for money, she said, "Why don't you come by the church and let's talk and pray." We loaded the car and headed to their church, it was less than a half a mile from our KOA and it was in an area perfect for revival. We met the secretary, Teresa, and sat around the table, and then Pastor Grove came to join us. We shared our heart and mission. He sat calmly and listened, I could tell he was a bit nervous or unsure. He was meticulous and was the type who paid attention to detail, (all his ducks in a row!) He must have stood up about four different times, getting a cup of coffee, answering a phone call. I shared, "We have our own flyers, we are His laborers, and we work to blanket your city, bring in the lost, if you allow us to have a three day meeting, we will see a harvest come in for Jesus." We talked for about an hour, as Pastor Grove's piercing green eyes looked at each of us intently, trying to figure us out, who is this group?

I know America is in GREAT need for revival, and a touch from the Holy Spirit. So many people are lost, and unsaved in America, that is why Mission America was launched. You should see all the Lord did in Billings, Montana, you can log onto our website to read the entire report including the pictures: www.atouchfromabove.org

Submit questions to: questions@drluauna.com

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LEGAL NOTICES



NOTICE OF PUBLIC HEARING PROPOSED ZONE RECLASSIFICATION

NOTICE IS HEREBY GIVEN that on Tuesday, October 13, 2009, the El Cajon City Council will hold a public hearing at 7:00 p.m., in the City Council Chambers located at 200 Civic Center Way, El Cajon, CA to consider:

ZONE RECLASSIFICATION NO. 2300, as submitted by James M. Snyder, requesting to rezone property from the Residential One-Family, 6,000 sq. ft. (R-1-6) Zone to the Multiple-Family (R-3) Zone. The subject property is located at 1376 Oakdale Avenue.

The Planning Commission recommends the City Council consider approving the rezoning of the property to the Two-Family (R-2) Zone, rather than the requested R-3 Zone, per Planning Commission Resolution No. 10574, adopted September 14, 2009.

If you have any questions or wish any additional information, please contact **Tony Shute at (619) 441-1705** or via email at tshute@ci.el-cajon.ca.us and reference "ZR 2300" in the Subject line.

The public is invited to attend and participate in this public hearing. Please call the City Clerk's Office (619) 441 1763 if you have any questions regarding this notice of hearing. If you challenge the matter in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice or in written correspondence delivered to the City Clerk at, or prior to, the public hearing.

The City of El Cajon encourages the participation of disabled individuals in the services, activities, and programs provided by the City. Individuals with disabilities who require reasonable accommodation in order to participate in the City Council meetings should contact the City Clerk's Office at (619) 441 1763.

KATHIE J. RUTLEDGE, CMC, CITY CLERK OF THE CITY OF EL CAJON
(619) 441-1763 / (619) 441-1542 (TDD - Hearing Impaired)

East County Gazette- GIE030790
10/01/09

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2009-022932 FILE NO. 2009-027599

The following person(s) has/have abandoned the use of the fictitious business name: SUPER BROWS
The Fictitious Business Name Statement was filed on August 07, 2008, in the County of San Diego.

SUPER BROWS 5500 Grossmont Center Dr., Suite D2B8, La Mesa, CA 91942
This business was conducted by:
Brow Salon LLC 333 Wisconsin Ave. #5, El Cajon, CA 92020
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON September 25, 2009
East County Gazette GIE 030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027729

FICTITIOUS BUSINESS NAME(S):
Awesome Big Bear Cabin Rental
Located at: 11387 Calle Simpson , El Cajon, CA 92019
This business is conducted by: A Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Kathy Hebert 11387 Calle Simpson , El Cajon, CA 92019; 2. Michael Hebert 11387 Calle Simpson , El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 28, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

NOTICE OF PUBLIC HEARING

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, October 12, 2009** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following items:

Specific Plan No. 517 & Tentative Parcel Map No. 643, as submitted by Frank Andrew Piszkin, requesting alternative access other than by public street and a four-lot parcel map in the Residential Suburban, Hillside Overlay (R-S-9-H) zone. The subject property is located on the northwest corner of West Main Street and Dewane Drive, and is a vacant lot.

The City of El Cajon is endeavoring to be in total compliance with the Americans With Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission meeting, please contact the Planning Division at (619) 441-1741 as far in advance of the meetings as possible.

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

Due to construction of the City of El Cajon's Public Safety Center, parking for Council Chambers is available on Lot #2, which is on the northwest corner of Rea Avenue and Sulzfeld Way.

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

DATE: September 28, 2009

City of El Cajon
Planning Division
Fax: (619) 441-1743
Ph: (619) 441-1741

East County Gazette- GIE030790
10/01/09

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027667

FICTITIOUS BUSINESS NAME(S): C.A. Auto

Located at: 4740 Ruffner St. #B-1, San Diego, CA 92129

This business is conducted by: An Individual
The business has not yet started.

This business is hereby registered by the following: 1. Hubert B. Borowik 13360 Torrey Meadows Dr. #49, San Diego, CA 92129

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 25, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027224

FICTITIOUS BUSINESS NAME(S): Define Seminars

Located at: 244 Via Tierra, Encinitas, CA 92024

This business is conducted by: An Individual
The business has not yet started.

This business is hereby registered by the following: Nancy Wendt 244 Via Tierra, Encinitas, CA 92024

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 22, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027395

FICTITIOUS BUSINESS NAME(S): AX XA

Located at: 9410 Adlai Terrace, Lakeside, CA 92040

This business is conducted by: An Individual
The first day of business was: March 01, 2009

This business is hereby registered by the following: Bashir Najar 9410 Adlai Terrace, Lakeside, CA 92040

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 23, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

CITY OF EL CAJON REF: CASE #09-005568

Notice is hereby given that the El Cajon Police Department is holding the following recovered property: Motorized Wheel Chair

Area Recovered: Corner of Main St. & Oakdale in the City of El Cajon

Date Recovered: On or about June 4, 2009

The owner may claim this property upon satisfactory proof of identification at the Property Room of the El Cajon Police Department, 100 Fletcher Parkway, El Cajon, CA.

Phone (619) 579-3379 within (7) days following publication of this notice.

East County Gazette- GIE030790
, 10/01/09

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027433

FICTITIOUS BUSINESS NAME(S): AMA Properties

Located at: 1504 Granite Hills Dr., Unit D, El Cajon, CA 92019

This business is conducted by: An Individual
The first day of business was: January 1, 1996

This business is hereby registered by the following:

Amelia Alcaraz 1504 Granite Hills Dr., Unit D, El Cajon, CA 92019

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 24, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027240

FICTITIOUS BUSINESS NAME(S): Ceilings Plus

Located at: 703 Lehner Ave., Escondido, CA 92026

This business is conducted by: A Corporation

The first day of business was: August 31, 2002

This business is hereby registered by the following: Acampora Inc. 703 Lehner Ave., Escondido, CA 92026

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 22, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027303

FICTITIOUS BUSINESS NAME(S): JTI Mobile Detail

Located at: 631 Sonoma St., San Marcos, CA 92078

This business is conducted by: An Individual
The first day of business was: September 23, 2009

This business is hereby registered by the following: Justin Tyler Innes 631 Sonoma St., San Marcos, CA 92078

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 23, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027518

FICTITIOUS BUSINESS NAME(S): Super Brows

Located at: 5500 Grossmont Center Dr. Suite 173, La Mesa, CA 91942

This business is conducted by: A Limited Liability Company
The business has not yet started.

This business is hereby registered by the following: Brow Salon LLC 5500 Grossmont Center Dr. Suite 173, La Mesa, CA 91942

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 24, 2009.

East County Gazette- GIE030790
10/01, 10/08, 10/15, 10/22, 2009

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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. 2009-022010

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. 2009-025568

FICTITIOUS BUSINESS NAME(S): a.) 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00069630-CU-PT-EC

IN THE MATTER OF THE APPLICATION
OF: KIMBERLY LYNN HARMS FOR
CHANGE OF NAME PETITIONER:

KIMBERLY LYNN HARMS HAS FILED FOR
AN ORDER TO CHANGE NAME FROM:
KIMBERLY LYNN HARMS
TO: KIMBERLY RAY RYAN

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, FOURTH FLOOR on NOVEMBER 23, 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.

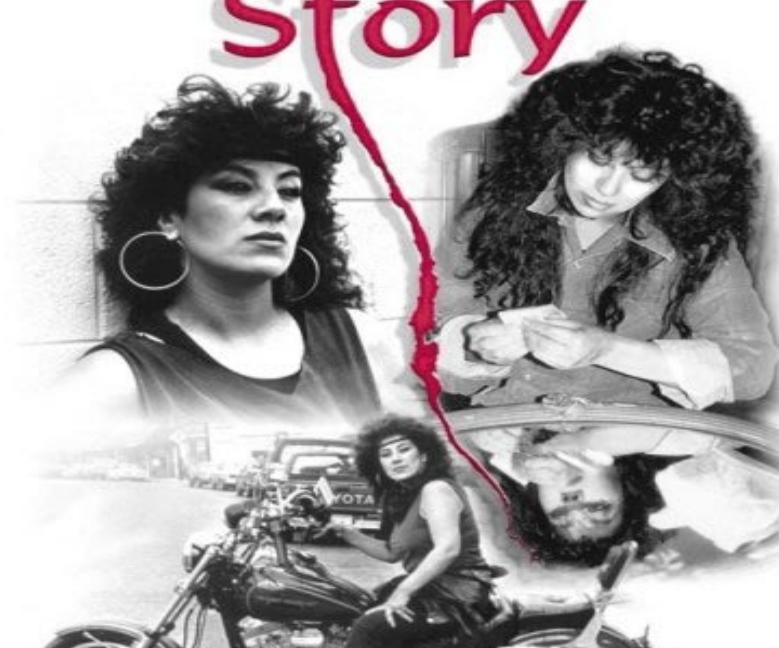
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.

THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
SEPTEMBER 25, 2009.

East County Gazette – GIE030790

10/01, 10/08, 10/15, 10/22, 2009

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**FICTION BUSINESS NAME
STATEMENT NO. 2009-025206**

FICTION BUSINESS NAME(S): Cheeks Fun and Fitness Located at: 12142 Orange Crest Ct. #3, Lakeside, CA 92040 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Raymond Pacheco 12142 Orange Crest Ct. #3, Lakeside, CA 92040 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on August 31, 2009

East County Gazette- GIE030790 9/24, 10/01, 10/08, 10/15, 2009

**FICTION BUSINESS NAME
STATEMENT NO. 2009-024216**

FICTION 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026681**

FICTION BUSINESS NAME(S): Three Poodles Apparel & Accessories Located at: 4225 Avocado Blvd., La Mesa, CA 91941 This business is conducted by: A General Partnership The business has not yet started. This business is hereby registered by the following: 1. Sabrina Taub 4225 Avocado Blvd., La Mesa, CA 91941; 2. Carol McDonald 1238 Vista del Monte Dr., El Cajon, CA 92020 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 16, 2009

East County Gazette- GIE030790 9/24, 10/01, 10/08, 10/15, 2009

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

CASE NO.37-2009-00069332-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: BRANDI FABULIC ON BEHALF OF MINOR FAITH ELYZABETH BURNS FOR CHANGE OF NAME PETITIONER: BRANDI FABULIC ON BEHALF OF MINOR FAITH ELYZABETH BURNS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

FAITH ELYZABETH BURNS

TO: FAITH ELYZABETH FABULIC

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 14, 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. 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 03, 2009.

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026615**

FICTION BUSINESS NAME(S): a.) Home Helpers 58447 b.) Direct Link 58447 Located at: 1570 Linwood St., San Diego, CA 92103 This business is conducted by: A Corporation The first day of business was: September 16, 2009

This business is hereby registered by the following: 1. Cinco Home Care, Inc. 1570 Linwood St., San Diego, CA 92103

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 16, 2009

East County Gazette- GIE030790 9/24, 10/01, 10/08, 10/15, 2009

**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 MUJAD SHAYA

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

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

CASE NO.37-2009-00068908-CU-PT-EC IN THE MATTER OF THE APPLICATION OF: KRISTI PITMAN HARLING FOR CHANGE OF NAME PETITIONER: KRISTI PITMAN HARLING HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

KRISTI PITMAN HARLING

TO: KRISTI LOU PITMAN HARLING

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 03, 2009.

East County Gazette – GIE030790 9/24, 10/01, 10/08, 10/15, 2009

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East County Gazette – GIE030790 9/24, 10/01, 10/08, 10/15, 2009

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026515**

FICTION BUSINESS NAME(S): a.) Home Helpers 58447 b.) Direct Link 58447 Located at: 1570 Linwood St., San Diego, CA 92103 This business is conducted by: A Corporation The first day of business was: September 16, 2009

This business is hereby registered by the following: 1. Cinco Home Care, Inc. 1570 Linwood St., San Diego, CA 92103

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 16, 2009

East County Gazette- GIE030790 9/24, 10/01, 10/08, 10/15, 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026236**

FICTION 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 Summer 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-025755**

FICTION 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-025661**

FICTION 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 Summer 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026345**

FICTION BUSINESS NAME(S): K & B Concrete Pumping Located at: 11017 Woodside Ave. #2, Santee, CA 92071

This business is conducted by: An Individual

The business has not yet started.

This business is hereby registered by the following: 1. Ezra Acebedo 11017 Woodside Ave. #2, Santee, CA 92071

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on September 14, 2009.

East County Gazette- GIE030790 9/24, 10/01, 10/08, 2009

**FICTION BUSINESS NAME
STATEMENT NO. 2009-025606**

FICTION 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 9/17, 9/24, 10/01, 2009

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026325**

FICTION BUSINESS NAME(S): N Y S Located at: 10406 Lake Breeze, Spring Valley, CA 91977

This business is conducted by: An Individual

The business has not yet started.

This business is hereby registered by the following: 1. 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-025251**

FICTION 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-026607**

FICTION BUSINESS NAME(S): Ponderosa Roasting Coffee Located at: 1466 Pioneer Way #10, 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: 1. Cheryl Guildner 1466 Pioneer Way #10, 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

**FICTION BUSINESS NAME
STATEMENT NO. 2009-020314**

FICTION 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

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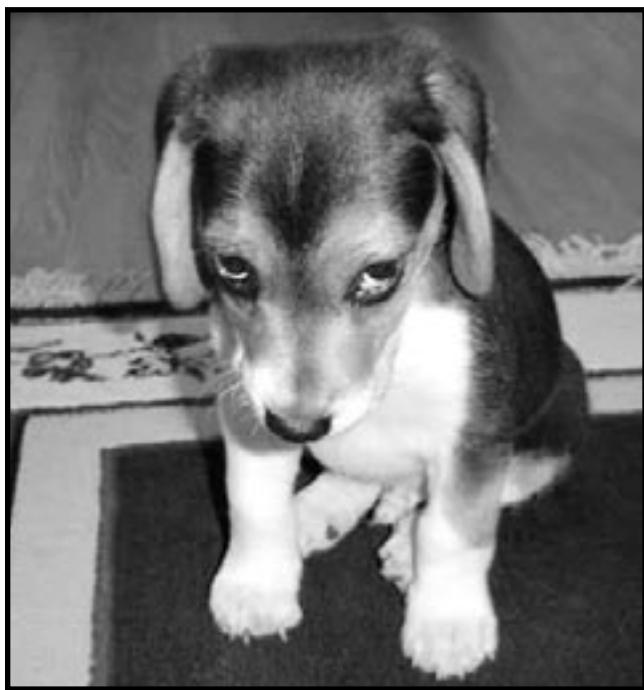
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March 10, 2006.

www.eastcountygazette.com

Our Best Friends

The myth of the guilty dog... ask a trainer



Guilty dog, maybe not. New studies suggest different.

by Susan Zyphur

Dear Readers,

One of my training associates is also a very good writer as well as a person that follows science with vigor. The following piece is one she wrote recently and I thought you would enjoy an occasional break from the typical Ask a Trainer format.

Many a pet owner has come home to find that their beloved dog has spent his day breaking one of the cardinal house rules – he has soiled the rug, destroyed a couch pillow, or strewn trash all over the house. We look at the mess our best friend has made and then look at the culprit, often speaking to him in an angry voice, or possibly with intense disappointment. “Chester, how could you? You know better

than to pee in the house! BAD DOG!” Most dogs respond by looking appropriately guilty and remorseful, and we are somewhat comforted by this. “He knows he did wrong,” we think.

But, according to a new study, he doesn’t.

Dr. Alexandra Horowitz of Barnard College in New York conducted an experiment to determine whether or not dogs give us that “guilty look” because they know they have disobeyed us. In her study, 14 dogs and their owners were tested in their own living rooms using a piece of food on the floor as bait. First, the owners instructed their dogs not to eat the food (“No!”) then left the room. In half of the trials, the dogs were fed the treat by the experimenter, who remained with the dog; in the other half of the trials the treat was removed so the dog couldn’t eat it. The real test occurred when the owners returned – whether

the food had been eaten or not, the owners were told the dogs had either obeyed or disobeyed. If the dogs had obeyed their owners greeted them nicely; if they hadn’t obeyed, their owners scolded them.

Guilty looks were measured by counting how many of the following behaviors the dogs showed: avoiding eye contact, lying down and rolling to the side or onto the back, dropping the tail, wagging low and quickly, holding ears down or head down, moving away from the owner, raising a paw, and licking. Dogs were much more likely to show these signs of “guilt” when their owners scolded them, even if they hadn’t disobeyed. In fact, dogs that had obeyed showed even more signs of guilt when scolded than dogs that hadn’t! These results indicate that scolding causes the guilty look, not knowledge of wrongdoing.

So, the next time you come home to find that your dog has destroyed your most expensive pair of shoes, take a deep breath before you react. Scolding him may make you feel better, but the only thing it will teach him is that you have intense and unpredictable mood swings – from his perspective you get angry or sad for no reason! Use the situation as a learning experience and think of positive ways to manage your dog’s environment that will make it more difficult to do “bad” things – invest in a crate or x-pen, provide appropriate toys and things to chew on, put a lid on the trash can, keep counters clear of food, and make sure he has the opportunity to relieve himself outside with appropriate frequency. You’ll be happier because your dog will stay out of trouble, and he’ll be happier because you’ll always have a smile for him!

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Champ is a 1-year old Cattle Dog/Staffy mix who weighs just 32 pounds. He’s happy, friendly, loves to play with dogs, and has an endearing personality. He’s smart too! He already knows how to sit, stay, come, and can do a high-5 or a high-10 on command! You’ll never be short on smiles when you are around Champ. Call us to find out how he earned his name! He’ll do best in a home with children 12+. Champ is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. His \$150 adoption fee includes microchip, license, vaccinations, and neuter. Information: (858) 205-9974.



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