

# EAST COUNTY GAZETTE

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Adoptable pets...page 18

**INSIDE THIS ISSUE**  
 Local ..... 2-7  
 Health ..... 8  
 Entertainment . 10-11  
 Legal Notices... 15-16  
 Best Friends ..... 18

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**VOLUME 10 NUMBER 18** **OCTOBER 8-14, 2009**

## This weekend's highlights

### El Cajon Fire Safety & Career Expo



Saturday, Oct. 10 the El Cajon Fire Safety & Career Expo will take place at 100 East Lexington Avenue from 10 a.m. to 2 p.m. For more information see page 4.

### Last weekend of Oktoberfest

October 9, 10 and 11 will be the last weekend of the Oktoberfest Celebration in the City of El Cajon, hosted by the German American Societies of San Diego. Event hours are Friday from 4 to 10 p.m., Saturday from 12 to 10 p.m. and Sunday from 12 to 9 p.m. Sunday will include the Chicken Dance with Mayor Mark Lewis. 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](http://www.oktoberfestelcajon.com).



## Hide the rum, Capt. Jack's bringing friends



Capt. Jack is back and he's bringing friends to help put on a special one-night performance to raise funds for the Mother Goose Parade. 'A Tribute to the Stars' will take place this Saturday evening, Oct. 10 at the East County Performing Arts Center on Main Street in El Cajon. Guests will see tribute artists for Angeline Jolie, Brad Pitt, Jennifer Anniston, the cast of "Twilight," Gwen Stefani, No Doubt, Johnny Depp and Capt. Jack. Artists will arrive at 6 p.m. in limos and walk the red carpet in front of ECPAC. Food and wine tasting by East County restaurants and wineries will be enjoyed by guests as well as the performing tribute band 'No Duh.' All ages are invited to attend. Tickets will be sold at the door. See page 11 for more information.

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Mother Goose  
Parade!**

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A special one night performance 'A Tribute to the Stars' will take place this Saturday evening, Oct. 10 at the East County Performing Arts Center on Main Street in El Cajon. Guests will see tribute artists for Angeline Jolie, Brad Pitt, Jennifer Anniston, the cast of "Twilight," Gwen Stefani, No Doubt, Johnny Depp and Capt. Jack. Artists will arrive at 6 p.m. in limos and walk the red carpet in front of ECPAC. Food and wine tasting by East County restaurants and wineries will be enjoyed by guests as well as the performing tribute band 'No Duh.' All ages are invited to attend. Tickets will be sold at the door. See page 11 for more information.



The City of El Cajon, together with its community partners, invites you to celebrate October as “Community Planning Month” by attending an informational workshop on



# Strategies For Designing **WATER-THRIFTY GARDENS**

presented by Scott Calhoun



## Tuesday, October 13, 2009 • 1:00 pm

City of El Cajon Council Chambers • 200 Civic Center Way • El Cajon



### Do watering restrictions put a damper on your gardening enthusiasm?

To author and garden designer Scott Calhoun, drought is exciting and can take gardens in new and unexpected directions. Scott's presentation is not just about planting tougher plants and using more efficient irrigation methods, it is about creating stunning beauty in harsh settings. Join Scott Calhoun for a workshop showcasing some of the dynamic and thrifty strategies he uses in the hottest and driest places in the country and get some ideas on how to apply them in your own garden.



## Reservations required due to limited seating • Call today (619) 441-1698

Check-in begins at 1:00 pm (early arrival suggested due to parking availability\*)

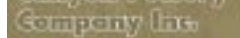
Presentation 1:30 - 2:30 pm • Reception & Drawing\*\* 3:30 - 4:30 pm

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\* For parking map, go to: [www.ci.el-cajon.ca.us/misc/Forms/Map%20Parking.pdf](http://www.ci.el-cajon.ca.us/misc/Forms/Map%20Parking.pdf)

\*\* City of El Cajon officials, employees, and their family members are not eligible to participate

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# SHOP EAST COUNTY



## — LOCAL NEWS &amp; EVENTS —



(L to R) is El Cajon City Councilmember Jillian Hanson-Cox and Sr. Kraemer. Kraemer spent 48 years of service to St. Madeleine's Sophie's Center. Photo by Monica Zech



## El Cajon City Highlights

by Monica Zech  
City of El Cajon Public  
Information Officer

### Fire Expo this weekend

The annual El Cajon Fire Safety & Career Expo is this Saturday, 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 local newspaper sponsor year after year!

This fun, popular and free family event offers valuable safety, health and career information – but 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.

Don't miss our 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 is 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. More special guests include 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, Callahan the Firefighter, along with Miss El Cajon and Miss Teen El Cajon!

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](http://www.elcajonfire.com) or contact event coordinator Monica Zech at (619) 441-1737.

### 'Tribute To The Stars' to benefit Mother Goose Parade

On Saturday evening from 5:30 p.m. to 9 p.m., October 10 at the East County Performing Arts Center, 210 East Main Street in El Cajon - join us for a Tribute to the Stars food and wine tasting gala. The food & wine will come from East County's best restaurants! The stars for this event are tribute artists that look and sound like the real star they portray. Expect to see tribute artists for Brad Pitt and Angelina Jolie, Captain Jack Sparrow and the cast of *Twilight*! Tickets are just \$15 per person, \$40 for a family of 4. Proceeds benefit the Mother Goose Parade. Please call (619) 623-6512 for more information.

### Special honors at Sophie's Art Gallery & Art Show

On Friday evening, Oct. 2, at Sophie's Gallery on Rea Avenue, St. Madeleine's Sophie's Center Board of Directors and staff paid tribute to Sr. Maxine Kraemer for her 48 years of dedicated service to St. Madeleine's Center in El Cajon. El Cajon Councilmember Jillian Hanson-Cox presented Sr. Kraemer with a certificate of appreciation from the City Council acknowledging her retirement and many years of service to our community. Sr. Kraemer will officially retire to Idaho.

Don't forget, during the month of October, you can experience the folk art created by Sophie's talented artists at Sophie's Art Gallery's 6th Annual Passageways Show. Sophie's Gallery is located at 109 Rea Avenue. For more information call (619) 593-2205.

### How to Landscape in Drought Conditions - workshop

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](http://www.zonagardens.com). For more information call (619) 441-1741.

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](mailto: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 &amp; EVENTS —



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## Lakeside Round Up of events

by Patt Bixby

### Dates to remember

**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 Maplevue and Channel 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, celebration 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 Collaborative

Lakeside Community Collaborative is presenting a healthy Living Series at the Lakeside Community Center. The first of a four part series was held Sept. 29 and was titled "Happy and Healthy on a Budget"

The evening began with a free spaghetti dinner. Following the dinner the 44 people in attendance learned about free and low cost household needs and services. The group was told about the Golden Share food program, Farmers Market, E.B.T. program, SDG&E discount program and neighborhood Healthcare in Lakeside.

The second in the series will be a Healthy Cooking demonstration Oct. 20 from 5 to 6 p.m. The evening will include a demonstration using a Golden Share box of food, showing how to make easy healthy low cost meals and snacks to stretch your grocery budget. Light refreshments will be served as well as samples of the demonstrated meals and snacks.

Part three will be "Healthy Thanksgiving Options," Nov. 10 from 5 to 6 p.m. Here is a chance to get "hands-on" experience making healthy thanksgiving dinner options. Children 8 or older welcome with parent or guardians. Healthy Adventures Foundation will provide everything you need to make it yourself (take home materials to use at home for your Thanksgiving celebration). Registration is limited to 25 participants call to reserve your spot.

The fourth and final in the series will be "Healthy Relationships", February 16, 2010 from 5 to 6 p.m. Learn about creating and maintaining healthy relationships in your household. Learn what is a healthy vs. and an abusive relationship. Learn about being in a healthy relationship and being a role model for your children. Free dinner from 5 to 5:30 p.m. and door prizes.

Child care (for children over 5 years) is available with pre-registration. Space is limited so register early! You may register for one session or all three. Call (619) 390-2600 and ask for Robin to register.

### I Love a Clean Lakeside

Saturday, Oct. 17 from 8 a.m. to 12 p.m. on Maplevue and Channel Rd. Document shredding, green waste, large items, E waste and tires. The event is free to Lakeside residents. Proof of residency required.



Are you interested in helping your daughter learn new skills?  
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### Registration Now Open!

**Princess Orientation and Rehearsal:**  
**SUNDAY, October 11<sup>TH</sup>, 2009 - 12 / 1:30 P M**  
**The Element Dance Center, 5917 Severin Dr., La Mesa, CA 91942**

Julie Crawley at jazzy017@cox.net or 619-368-6948, Or Billie Sangster @ 619-390-0061  
visit [www.misseastsandiegocounty.org](http://www.misseastsandiegocounty.org)

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

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## — LOCAL NEWS &amp; EVENTS —

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## Alpine happenings ...

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### Miracle Mile of Quarters

The Alpine Kiwanis are hosting their 20<sup>th</sup> annual Golf Tournament and dinner on Friday, Oct. 23.. This event is held on the

beautiful grounds of the Sycuan Resort golf course in El Cajon. It's a great way to greet friends in a relaxing atmosphere at a premiere golf course. In the evening, you can stay and enjoy a banquet dinner with

our fellow Alpine Kiwanian and San Diego Padres announcer Mark Grant and his friends as they conduct a lively sports memorabilia auction and raffle drawing.

Your participation has helped raise over \$600,000 for Rady's Children's Hospital. We present the funds each May at the Miracle Mile of Quarters Red Carpet event at the hospital. Students from all over San Diego County use quarters to create designs and compete for awards. Kiwanis is committed to serving the children of the world, and we strive to meet the needs of our children here in San Diego foremost.

Alpine Kiwanis was named the "Organization of the Year" at the 2008 Alpine Leadership and Public Service Awards. Our club now numbers 132

members and is the third largest Kiwanis club in our district (California, Nevada, and Hawaii). We have established a reputation for excellence within Kiwanis International as one of the largest and most active clubs. Alpine Kiwanians are not only known for the service that we provide to the children, especially those living in Alpine, but also for our camaraderie and the fun that we have making our community a better place.

For more information about the tournament or membership, call Curly Collier at (619) 461-4275 or e-mail at [CurlyCollier@cox.net](mailto:CurlyCollier@cox.net). Reservations, sponsorships or donations can be sent to Alpine Kiwanis Foundation, P.O. Box 704 Alpine Ca 91903. The event will be held at Sycuan Resort, 3007 Dehesa Road, El Cajon Ca 92019.

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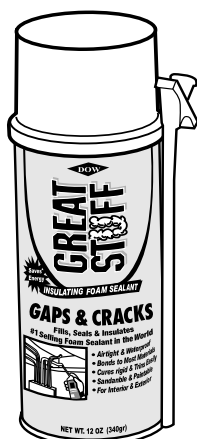


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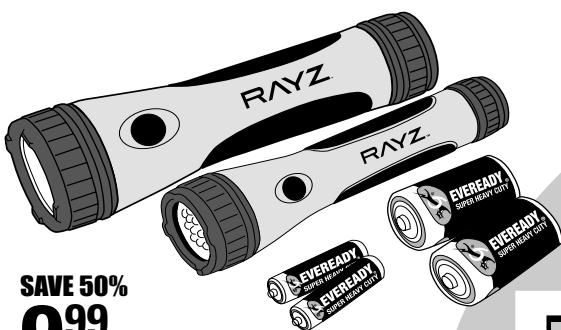
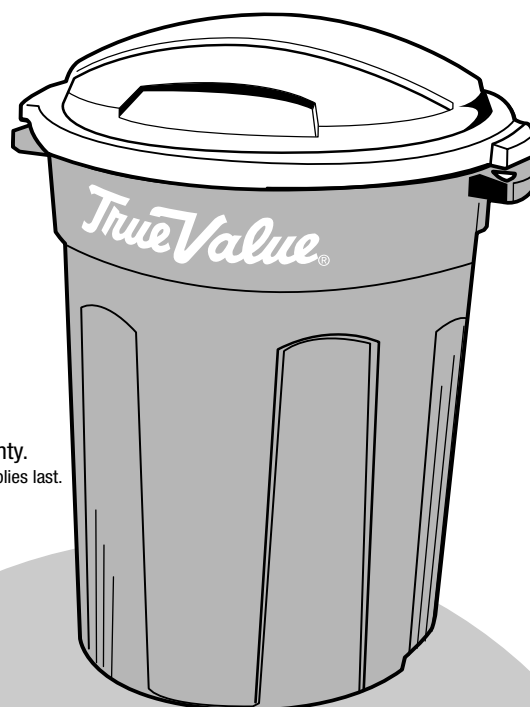
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# For Health's Sake

## Fire Safety Month

# U.S. home fire smoke alarm report

**F**our of every 10 home fire deaths resulted from fires with no smoke alarms in 2003-2006, according to a new report *Smoke Alarms in U.S. Home Fires*, released today by the National Fire Protection Association (NFPA).

"Smoke alarms are one of the greatest fire protection devices of our time and have significantly contributed to the decline in home fire fatalities since the late 70's," said James M. Shannon, president of NFPA. "But it's not enough to randomly put up one smoke alarm and forget about it. In addition to placing smoke alarms in recommended areas, they must be kept in good working order, which includes testing them monthly, changing batteries at least once a year, and making sure that they are not disconnected."

Working smoke alarms cut the risk of dying in reported home structure fires in half. The 2007 edition of *NFPA 72, National Fire Alarm Code®* requires smoke alarms in every bedroom, outside each sleeping area, and on every level. They should also be interconnected so that when one sounds, they all sound.

Other key findings from *Smoke Alarms in U.S. Home Fires*:

- Smoke alarm failures usually result from missing, disconnected, or dead batteries.
- In one-fifth of all homes with smoke alarms, none were working.
- Most homes still have

smoke alarms powered by batteries only.

- More than half of home fire deaths that occurred where no smoke alarms or no working smoke alarms were present happened between 11 p.m. and 7 a.m.

- The death rate per 1,000 reported fires is 84% lower when hardwired smoke alarms and wet pipe sprinklers are present.

- People 55 or older were more likely to have smoke alarms that were more than 10 years old. (Smoke alarms should be replaced every ten years.)

According to NFPA approximately 3,000 people a year die in home fires. "This report reinforces the importance of smoke alarms in saving lives and identifies the way to further reduce that number through the installation of home fire sprinklers," said Shannon. "It is not acceptable to say 3,000 deaths are okay when we know we can do better."

NFPA offers the following tips for smoke alarms. Visit <http://www.nfpa.org/smokealarms> for more information and to see video with basic smoke alarm safety tips.

- Choose a smoke alarm that bears the label of a recognized testing laboratory.
- Install a smoke alarm in every bedroom, outside each sleeping area, and on every level of your home, including the basement.

- Interconnect all smoke alarms throughout the home. When one sounds, they all sound.

- Replace batteries in all smoke alarms at least once a year. If an alarm "chirps," warning the battery is low, replace the battery right away.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 years old or sooner if they do not respond properly when tested.

- Test your smoke alarms at least every month, using the test button or an approved smoke substitute and clean the units,

in accordance with the manufacturers' instructions.

- An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms, or a combination alarm (photoelectric and ionization), should be installed in homes.

- Be sure that all doors and windows that lead outside open easily and that everyone in the home knows the escape plan.

- Consider home fire sprinklers when building a new home or doing a major renovation.

## Laughter is the Best Medicine

### Catholic Horse

**O**ne day while he was at the track playing the ponies and all but losing his shirt, Mitch noticed a priest who stepped out onto the track and blessed the forehead of one of the horses lining up for the 4th race. Lo and behold, that horse - a very long shot - won the race.

Before the next race, as the horses began lining up, Mitch watched with interest the old priest step onto the track. Sure enough, as the 5th race horses came to the starting gate the priest made a blessing on the forehead of one of the horses.

Mitch made a beeline for a betting window and placed a small bet on the horse. Again, even though it was another long shot, the horse the priest had blessed won the race.

Mitch collected his winnings, and anxiously waited to see which horse the priest would bless for the 6th race. The priest again blessed a horse. Mitch bet big on it, and it won. Mitch was elated. As the races continued the priest kept blessing long shot horses, and each one ended up coming in first.

By and by, Mitch was pulling in some serious money. By the last race, he knew his wildest dreams were going to come true. He made a quick dash to the ATM, withdrew all his savings, and awaited the priest's blessing that would tell him which horse to bet on.

True to his pattern, the priest stepped onto the track for the last race and blessed the forehead of an old nag that was the longest shot of the day. Mitch also observed the priest blessing the eyes, ears, and hooves of the old nag. Mitch knew he had a winner and bet every cent he owned on the old nag. He then watched dumbfounded as the old nag come in dead last. Mitch, in a state of shock, made his way down to the track area where the priest was.

Confronting the old priest he demanded, 'Father! What happened? All day long you blessed horses and they all won. Then in the last race, the horse you blessed lost by a Kentucky mile. Now, thanks to you I've lost every cent of my savings - all of it!'

The priest nodded wisely and with sympathy. 'Son,' he said, 'that's the problem with you Protestants, you can't tell the difference between a simple blessing and last rites.'

Submitted by S. Dows of El Cajon.

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

## Keys to a successful relationship

by Judy Callihan Warfield



**C**an't find your soul mate? Tired of dead end relationships? Is your marriage lacking a connection? Well it's time to do something about it. Relationship does not just mean dating or marriage either. Relationships are between yourself and co-workers;

other family members; and friends.

First of all you need to learn what type of suggestibility you are and then learn to recognize your "natural opposite". Unions that are formed with "natural opposites" tend to be stronger unions because your weakness is your partner's strength; your strength is your partner's weakness. This makes for a great balance in the relationship and keeps people from competition with each other. Once you have learned how to recognize your "natural opposite" you will find that relationships will be more successful and not as difficult to keep going.

Secondly, it is important to learn the way your partner recognizes when they are loved. We all have our own way that we recognize that we are cared for and loved. There are five different love languages. They are: verbal appreciation; quality time; gifts; acts of service; and physical touch. Which one is yours and try to determine which is your partner's. It is usually easy to pick out your own because that is how you also try to show your loved one that you care. Unfortunately, your language of love may not be the same and you are doing things that really don't relate to your partner.

Thirdly, try and learn how your partner communicates. Using Neuro Linguistic Programming (NLP) techniques people take in information 5 different ways: Visual; Auditory; Kinesthetic; Olfactory, and Gustatory. Make sure you are speaking your partner's language.


Fourthly, there are several keys to a successful relationship. 1. Like each other...now this sounds too simple, but it is possible to love someone and not like them. Ask yourself what qualities does that person have that allows you to like them? 2. Trust...it is impossible to have a lasting relationship with someone you can't trust. 3. Respect...Again, you can not have a long term relationship with someone you don't respect...do they their life in an honorable manner? Loss of respect is quite often the underlying reason for a breakup? Do you request respect and give respect? 4. Good communication...Don't fall into the trap of expecting someone else to read your mind.

It is your responsibility to communicate your needs. 5. Good sex...sex should never be used to control or manipulate the relationship. Good sex is 10 percent of a great relationship and bad sex is 90 percent. Sex is usually the barometer of a relationship. 6. Similar interests...you must continuously create interests that bond and allow relationship to grow. 7. Separate interests....make sure they continue to cultivate separate interests to build your own self confidence and continue to make yourself interesting and vital. Don't burden others with task of "fulfilling" you.


If you are tired of not having a positive and supportive relationship in your life, perhaps now is the time to make a change.

- Create the relationship of your dreams
- Create and obtain your personal goals
- Reduce and eliminate negative thinking
- Build self esteem and self confidence
- Create Happiness
- Take control of your health and life
- Eliminate blocks that hold you back from having a relationship
- Eliminate Fear

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



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## New 'Snow White' Blu-Ray release has amazing production value



by Diana Saenger

In 1939 the world received a treat no one knew would entertain millions for years to come. This was the Walt Disney Studios release of the film *Snow White and the Seven Dwarfs*. Fast forward 70 years and the new technology called Blu-Ray is once again bringing this extraordinary and beloved film to the forefront. The first of what is called the new Diamond Collection, *Snow White and the Seven Dwarfs: Diamond Edition* is thoroughly restored to the highest level of picture and sound and features groundbreaking state-of-the-art immersive bonus content.

Everyone remembers the story of Snow White; the princess whose evil stepmother was so jealous of Snow White's beauty, she ordered her killed.

The woodsman didn't have the heart for the job and let Snow White escape. She ended up in a forest where she found a small house occupied by seven little men. The Dwarfs – Bashful, Doc, Dopey, Grumpy, Happy, Sleepy, and Sneezzy – love their new roommate and are determined to protect her from the evil Queen. But she's a wily sorcerer who finds a way to put a spell on Snow White and put her into a forever sleep. Nothing the dwarfs can do will reverse the spell. But the charming prince has the magic to awaken Snow White so they can live happily ever after.

The Blu-ray version of the film is amazing to watch. The restoration and brilliant colors add a new magic to the film. The rainbow colors of the dwarf's outfits help create their unique personalities. The sparkling images of the diamonds in the mine that Dopey puts in his eyes accentuate his goofy nature. The sound quality of the wonderful orchestra music enhances every scene. The 3-disc Blu-ray includes a regular DVD version and great bonus features. Hyperion Studios, a 'Backstage Disney' feature, digitally transports viewers to 1937 to discover where *Snow White and the Seven Dwarfs* was conceived and developed. The Magic Mirror serves as the "host" for an immersive experience that allows viewers to create a customized Snow White

experience. Mirror, Mirror On The Wall is one of 'Disney's Family Play' features, through BD-Live. Additional Family Play features include, "What Do You See?" is an interactive game where players must untangle scrambled images and "Jewel Jumble" is a game where jewels from the Dwarfs' mine must be put in order to win the game. *Snow White and the Seven Dwarfs: Diamond Edition Blu-Ray* is available now, and the standard DVD will be released on Nov. 24. Rated "G" – Walt Disney Studios Home Entertainment.

Also available on DVD

#### 'A Muppets Christmas: Letters to Santa'

Gonzo steps into action when three important letters to Santa get lost. Muppet mayhem surfaces when he gets Kermit and friends to help. The first movie in four years, this DVD includes never-before-seen footage, music and bloopers. Rated "TV-G" – Walt Disney Studios Home Entertainment.

#### 'Away We Go'

Sam Mendes' heartfelt and humorous story focuses on one couple's journey to find the perfect place to call home. John Krasinski and Maya Rudolph star in this funny yet extraordinary look at life through those around you. Both the standard and Blu-Ray versions have terrific bonus features. Rated "R" – Universal Home Entertainment.

#### 'Drag Me To Hell: Director's Cut'

Too intense for theatres this edition will delight Halloween fans who want to get that "extra" scream in. Alison Lohman, Justin Long and David Paymer star in a tale about what goes wrong when a young woman tries to evict someone from her house. This film is crazy-fun with terrifying horror. Rated "R" – Universal Home Entertainment.



Goofy. Photo credits: WDSHE

#### 'Drifter: Henry Lee Lucas'

This true-crime thriller stars Antonio Sabato Jr. as one of the nation's most notorious serial killers. This inside look at the man and his motives begin with his childhood and include flashbacks that recreate crime scenes and eerie revelations. Rated "R" – LionsGate Home Entertainment.

#### 'Superman/Batman: Public Enemies'

What happens when the world's greatest super heroes becomes America's most wanted criminal? The answer is explored in this sixth entry of the DC Universe series which is based on the graphic novel. The 2-disc special edition DVD has fun galore for comic fans. Rated "PG-13" – Warner Home Video.

#### 'The Proposal'

Available in Blu-Ray and on

DVD this romantic comedy scored well at the box office. The marriage of convenience plot steers stars Sandra Bullock and Ryan Reynolds' characters into some unexpected situations. Available Oct. 13, it's delightfully funny with interesting bonus features. Rated "PG-13" – Walt Disney Studios Home Entertainment.

#### 'Willy Wonka & The Chocolate Factory'

A favorite of movie fans of all ages this film will dazzle on Blu-Ray. Gene Wilder as the legendary candy man is unforgettable and everything from the beautiful visuals to the crazy Oompa-Loompas entertains like seeing it for the first time. The bonus features are just as fun. Rated "G" – Warner Home Video.

For more of Diana Saenger's DVD reviews go to [www.reviewexpress.com](http://www.reviewexpress.com) Saenger Syndicate



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**Read next week's Class Act  
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## — CLASS ACT DINING &amp; ENTERTAINMENT —

# Michael Moore stirs a nation in 'Capitalism: A Love Story'



Michael Moore seeks answers. *Capitalism: A Love Story*. Photo credit: Overture Films

Review by Diana Saenger

No matter which side of the political arena or the economic tsunami you are on, no one can deny that Michael Moore gets the storm troopers out on both sides in his new film *Capitalism: A Love Story*. In yet another look at what's wrong with XYZ, Moore points out a lot of truths and offers some biased observations. But while he smacks us in the face about the realities of what's going on around us, he also does it with a keen sense of humor.

One element of the film involves a Bart Simpson style look at Wall Street. Moore entertains moviegoers – and people on the street there while filming was going on who look on in disbelief – while he puts crime tape around buildings on Wall Street. Through a bullhorn, he beckons bank scoun-

drels to come out for a citizen's arrest. In another scene he goes to a bank with a laundry bag to get back the money CEO's took as bonuses.

Next up on Moore's list are home foreclosures. The networks have done a pretty good job of covering this topic but Moore goes a little deeper when he follows a few families literally thrown out on the street with only a few hours notice. His cameras focus on a neighborhood of locals fed up with injustice. They match wits with a local sheriff over whether their family can remain in their home even though they had a legal eviction notice. The sheriff finally succumbs to Moore's attention-getting methods and leaves. A note in the film claims the family is still living there a year later without paying any additional payments.

One segment Moore includes

in *Capitalism* is something I was totally unaware of. It concerns American companies that take out insurance policies on their employees without their knowledge. In a memorandum from one company Moore spotlights, it refers to these people as Dead Peasants. In one family exposed in the film, the wife was an employee who died unexpectedly. The husband and kids are shown as he explains her company got \$81,000 from her policy while he didn't even have enough

money to pay for her funeral. Other companies mentioned have netted millions with this practice.

Although Moore is a liberal, he puts on the gloves against both national parties in this film, and it seems moviegoers on both sides are hailing his efforts. His look at the coverage of a group of auto workers let go without pay and their reaction is quite inspiring about the human spirit. As a filmmaker, he certainly goes

to great lengths to prove a point – or at least to bring it into the forefront. And you can't argue with his success. Combining the above average ratings of his last five films, the approval rate is 90 percent by the nation's critics.

In the end, I believe Moore wants us all to consider our own answer to the question *Capitalism: A Love Story* ultimately asks, which is, "What is the price that America pays for its love of capitalism?"

And I can't help smiling at Moore's response to the question concerning what he hopes audiences will take away from this film – "Popcorn and pitchforks."



**Capitalism: A Love Story**

Studio: Overture

Gazette Grade: B+

MPAA: "R" for some language

Who Should Go: Those who like interesting films

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## Viejas is 'Smokin' in the Park' as they host California's largest BBQ Cooking Championship

The Viejas Casino & Outlet Center is proud to host California's largest BBQ cooking championship again this year, one of the best FREE events in southern California. The "Smokin' in the Park" BBQ Championship & Festival ([www.viejasbbq.com](http://www.viejasbbq.com)) is back for its 5th year...bigger and better than ever. This year, more than 60 teams will compete for \$23,000 in cash and prizes, making it the largest competition of its kind in the state.

An exciting new feature this year will be the People's Choice Award where event attendees cast a vote for their favorite barbecue every time they purchase a sample from various award-winning teams. This year's event has also expanded to include two stages

of live entertainment featuring Los Lobos, The Texas Tornados and many more; multiple beer gardens with craft beers; a kids play area; vendors; and all the sights, sounds and smells a barbecue lover can handle.

The event takes place from 10 a.m. to 10 p.m. Saturday, October 17 in the west parking lot of Viejas Casino, directly across from the Viejas Outlet Center. The event and parking are free and open to the public.

For more information on the event, visit [www.viejasbbq.com](http://www.viejasbbq.com) or call (619) 659-2070. And as always, event attendees will get to enjoy savings up to 70 percent at brand name stores at the Viejas Outlet Center.



# MOTOR AND SPORTS

## 2009 Ducati Monster 1100

by Dave Stall

The philosophy of Ducati is when they were designing the Ducati Monster 1100 motorcycle was 'less is more'. Well I can now say Ducati accomplished what they have set out to do.

Thanks to Moto Forza in Escondido I had the thrill of riding the Monster all over San Diego County racking up around 500

miles of back country, freeway and city roads. I know a few of you folks know me and also know I'm 64-years-young, that's right young and that is why I had so much fun riding the Ducati. Now I have ridden a lot of sport bikes and really wasn't all that comfortable, but the Monster was a different story, maybe it was the fact it only weighed in at 370 pounds dry, correct 370 pounds carrying a 1100 cc engine that

produces 95 horsepower at 7500 rpm. What really makes the Monster stand out is the torque, 75.9 foot pounds of raw torque, rider snaps the throttle while in six gear doing around 70 miles per hour, and had better hang on! Because this horse what's to run!

The Ducati is fuel injected by the way of Siemens electronic fuel injection with a 45 mm throttle body, dual aluminum

exhaust pipes run through the chassis and out the rear next to the tail section of the bike. Being a Harley rider, noise is everything. Not so on the Monster, sure it makes noise, but very docile, in fact it was a sound I could really get used to, and did (I feel like taking her out for just one more spin, but I better finish this review first!)

When starting a Ducati Monster one must be aware it is



2009 Ducati Monster 1100. Photo by Dave Stall

very cold blooded, not a bad thing, just need to turn on the key, flick the ignition knob to "on" and push the button and she will come alive, wait a minute or two and it's off and riding. Oh, did I mention that Ducati is smarter than the average motorcycle? Like Harley Davidson? What I'm driving at is once I started the Monster and dropped it into first gear the engine died. Okay still cold, started it again and again it died. I looked at the very informative instrumentation pod (which is full of good information) and it showed that it was almost warm. I started it again, dropped it into first gear and guess what? It died!

For the seasoned sport bike riders, stop chuckling, I know you have already figured it out. I had left the kick stand down and when the rider tries to start a sport bike with the kick stand down it will automatically die, safety first!

Back to the bike, this was the S model with adjustable Ohlin rear suspension, Brembo brakes for that "stop on a dime and give nine cents change"

feel. This bike was very well balanced and one thing I need to mention, yes it is wicked fast, but when coming to an off or on ramp the rider needs to slow down a little and all he/she really needs to do is de-accelerate, no brakes just twist the throttle back and the compression really pulls the Monster down, grab a lower gear and knee drag yourself through the turns. (Okay I never dragged my knee, but I did think about it.)

I know what my readers are thinking, this is an Italian bike and must be very expensive to operate, which is farthest from the truth. Service every 7500 miles, a few parts and a two year unlimited mile warranty.

I loved this bike and if anyone is a first time rider male or female and they like the sport bike, check out Ducati's line of bikes at [www.moto-forza.com](http://www.moto-forza.com) or call (760) 746-6001 and tell them "Dave sent you"! As far as price, Moto Forza will be happy to tell you the number, but look at all the accessories first then ask for the price!

## Bumper-to-bumper with Dave Stall

**Dave:** I have been using this same shop in my hometown for years and I just found out that when he changes my engine oil he used to use 20-50 motor oil now he uses a synthetic blend of 5-40, my question is will this harm my engine? One more question, I have 2 cases of 20-50 in garage, can I mix the oils? If not what would I do with the 20-50 oil? Dorothy.


**Dorothy:** I just had the same thing happen to me! I would not recommend mixing oils. Give your technician a call and tell him when you bring in the car for an oil and filter service you will be bringing in your own oil until all the 20-50 is gone, he should have no problem with that.



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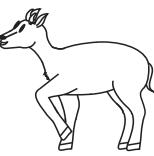





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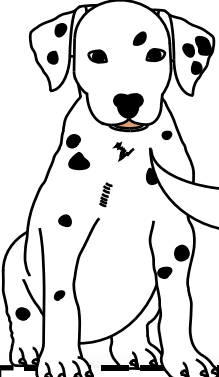


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Animills LLC © 2009 V6-N39



In the days of horse-drawn fire carts Dalmatians did the job of running in front of the horses to clear the path and to guide them to the fire!

Today Dalmatians are mascots of firehouses. Sometimes we help to locate people in fires. We also make good guard dogs, watching over the firehouse and the equipment.


Fire Safety! Spread the Word!

Firefighters rush to the rescue when there is a fire, but do you know they also work hard to spread the word on fire prevention and safety too?

Here are 6 ways that we learn about fire safety:

1. Programs are being developed on \_\_\_\_\_ that will show fake flames and fire situations to help kids learn how to react if ever stuck in a fire.
2. Cartoon \_\_\_\_\_ like Smokey Bear or Marty, the fire explorer, and Jett, his pet turtle (part of the USFA for kids) teach safety.
3. They are mascots at fire houses; some dogs or other \_\_\_\_\_ are trained to alert people when there is smoke or to find people in fires.
4. Firefighters can send \_\_\_\_\_ by remote control into dangerous fires to fight them.
5. Firehouses have \_\_\_\_\_ that send firefighters to your classroom to talk.
6. \_\_\_\_\_ travel the country in buses, are set up at schools, malls or fairs.

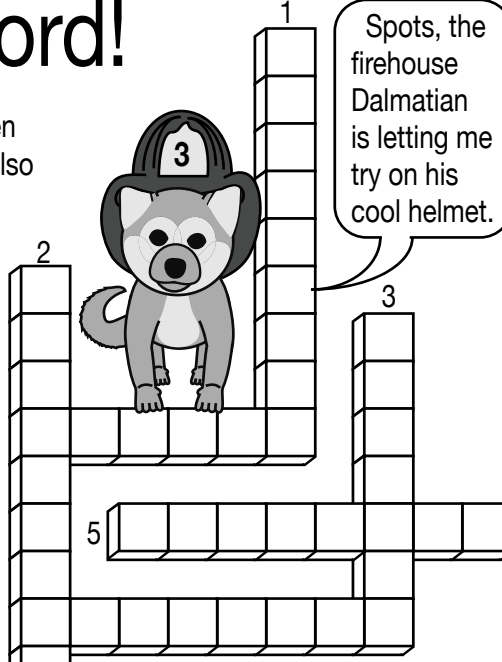
exhibits  
robots  
animals  
programs  
characters  
computers



Sign up for the reading club. It's free!

Visit our website [www.readingclubfun.com](http://www.readingclubfun.com) to see the answers to the puzzles. While you are there, join our national reading club. Check out Forest's Diary.

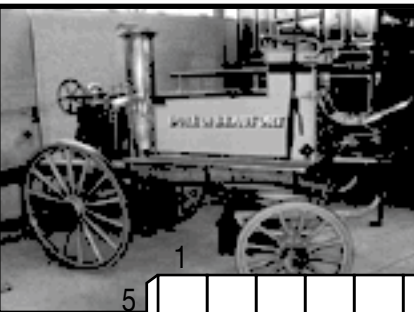
Spots, the firehouse Dalmatian is letting me try on his cool helmet.



Help spread the word on fire safety! Talk to the grownups in your family about fire safety. Cut out the checklist.

Family Fire Safety Checklist

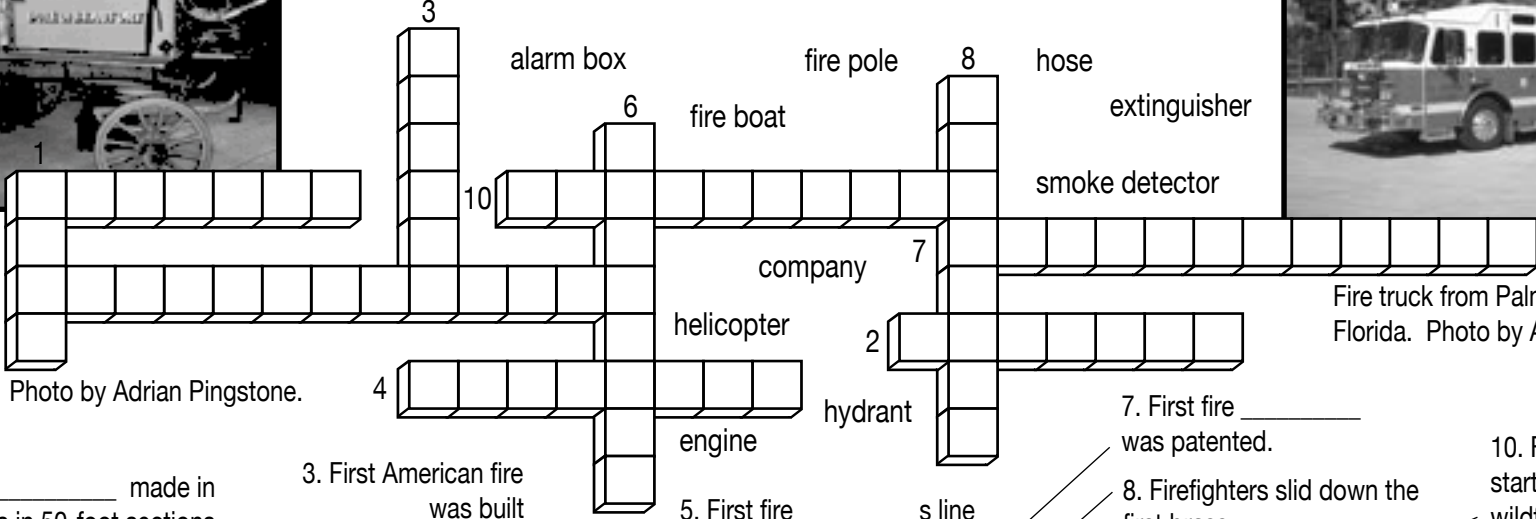
- ☐ Only cook in the kitchen when an adult is helping you.
- ☐ Don't touch matches, lighters or candles. They are for adult use only.
- ☐ Do you have smoke detectors on every level of your home? Test them monthly and change the batteries at least once a year.
- ☐ Do you know two or more ways out of the house?
- ☐ Never use elevators (stairs are much safer) if there is a fire.
- ☐ Smoke rises, so if there is a fire, stay low: crawl under the smoke.
- ☐ Have you picked a place to meet the rest of your family once you are all out of the house?
- ☐ Once you are out of the house, **stay out** of the house.




1906 horse-drawn steam fire engine. Photo by Adrian Pingstone.

History of Firefighting!

Read the sentences on the timeline below and fill in the crossword with each missing word.



alarm box  
fire pole  
hose  
extinguisher  
smoke detector  
fire boat  
company  
helicopter  
hydrant  
engine



Fire truck from Palm Beach County, Florida. Photo by Aaron M. Lang.

1. First fire \_\_\_\_\_ made in Holland, was in 50-foot sections.

2. First fire \_\_\_\_\_ was organized in Boston.

3. First American fire \_\_\_\_\_ was built by Thomas Lote

4. First \_\_\_\_\_ set sail in New York City.

5. First fire \_\_\_\_\_ s line the streets of Phillidelphia.

6. First fire \_\_\_\_\_ was put on a wall in Boston.

7. First fire \_\_\_\_\_ was patented.

8. Firefighters slid down the first brass \_\_\_\_\_.

9. First electric \_\_\_\_\_ helped saved lives

10. Fire \_\_\_\_\_ s started putting out wildfires from the sky.

What new ideas might be developed in the future?



# Business & Finance

## A true estate sale — a look at life



A Garage Sale is cheese jars, old shoes, last decade's sofa, and plastic plates. A true real estate sale offers the contents of one family's home life...a generation of objects -some

fine, some useful, some mistakes. It includes furniture, "best" dishes and silver, jewelry, kitchenware, art, books, and sometimes clothes.

Handle With Care's Emile Jacobson, a California Native, has been conducting true estate sales for 35 years. Some of her early ones were in San Diego. She says, "We honor each family by presenting their houseful with care and respect. Their treasures move on to new homes where they will be loved again."

Of course, there is an art to

preparing and presenting an estate sale. Everything must be

removed from closets, drawers, and cupboards, be properly displayed, a p - praised, a n d tagged. Professionals can do this more easily and accurately than family members.

Many estate sale companies work with mailing lists of special collectors, and also of people who "just love to buy."

Look for on-premises true estate sales in ads and on-line. When you purchase an heirloom from such a sale you have an opportunity to rendezvous with the past and enjoy the magic of owning a relic with a story of its own. You can imagine the context of

family encounters and events with fine candelabra to coun-

try wash-stands, with elegant grand pianos to sauerkraut slicers. This is a way to savor the past, yet make it part of your present and future.

Handle With Care can be reached at 323-664-0941 or [hwcinvites@sbcglobal.net](mailto:hwcinvites@sbcglobal.net) or <http://handlewithcaresales.blogspot.com>

### Four free career workshops at Grossmont College

The Grossmont College Career Center will present four free career workshops on campus at the Career Center office, Room 627, located adjacent to the Student Center, during its 2009 Career Week, Oct. 19 to 22. The public is invited to attend.

The free workshops include: "Job Search Tips" from 9 a.m. to 1 p.m. on Monday, Oct. 19; "Career Pathways in Health Care" from noon to 1:30 p.m. on Tuesday, Oct. 20; "Green Careers and Renewable Energy" from 5:30 to 7 p.m. on Wednesday, Oct. 21; and "Meeting the Needs of Veterans" from noon to 1:30 p.m. on Thursday, Oct. 22.

For more information, phone (619) 644-7614, or visit [www.grossmont.edu/careercenter](http://www.grossmont.edu/careercenter). Grossmont College is located at 8800 Grossmont College Dr. in El Cajon. For a campus map and driving directions, visit [www.grossmont.edu](http://www.grossmont.edu).

## Dear Dr. Luauna



Dear Dr. Luauna,

I am a single Christian man, 33 years old and I've never been married. I work with a beautiful young lady who has shown interest in me. I just found out from someone else she is married, when I asked her about this, she said, they are not in love anymore and she claims they are planning on getting divorced. I asked when, she could not answer. I am confused and need some advice. Signed, Confused in Santee.

Dear Confused,

The answer is RUN, RUN, AND RUN FAST! You were right to be concerned when you found out the young lady was married, the first thing is she does not respect the boundaries of marriage and she is not honest, because she did not tell you she was married when she showed interest in you. This is a terrible foundation to start a relationship on: adultery and lying. Adultery only leads to heartache, many times brings disease and sometimes death; in the case of a jealous husband.

The Bible is filled with wise counsel for you and warnings about the consequences of pursuing a married woman. I can speak from experience when I tell you my husband was murdered when he went home with a married woman and her husband came home, caught them and killed him, you can read about this in my book, "A Mother's Story." Do not continue in ANY kind of relationship with her.

Read these verses: Proverbs 5:1-8, Proverbs 6:32, Proverbs 7:1-27. Submit questions to: [questions@drluauna.com](mailto:questions@drluauna.com)

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 [www.drluauna.com](http://www.drluauna.com)

[www.atouchfromabove.org](http://www.atouchfromabove.org) [www.amothersstory-the-book.com](http://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



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**619-390-6304**

## Rare Antiques and Collectibles Estate Sale!



*Handle With Care*

*is excited to be conducting an estate sale in the San Diego Area*

**Saturday & Sunday, Oct. 10 & 11,  
10 A.M. until 3 P.M.**

**3525 HELIX STREET,  
SPRING VALLEY,  
CA 91977**



*The public is welcome!*

**60 year family collection plus antiques in a cottage FULL of surprises**

Elegant Vienna Breakfront, Fine Furniture, Rare Jewelry, Silver; Cut Glass, China; Country Kitchen with Antique Cylinder Churn; Books; and much more! Loads of treasures from generations past.



**IN THE GARDEN AND UNDER  
THE MAGNOLIA TREE**

So much more: 1000's of Rocks  
(Crystals, Fossils,  
Cabochons, Slag & Geodes)  
Collected All Over These United States;  
The Overflow of Kitchenware,  
"30's Colored Glassware;  
Old-Time Collectibles

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**East County Gazette — P.O. Box 697, El Cajon, CA 92020**

Visa/MasterCard # \_\_\_\_\_ Exp. Date \_\_\_\_\_


Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ one year \_\_\_\_\_  
two years \_\_\_\_\_



LEGAL NOTICES



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

**PUBLIC PROJECT: GRAFFITI**  
**ABATEMENT SERVICES**  
**BID NO. 012-10**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on October 27, 2009**

**BIDS TO BE OPENED AT: 2:00 p.m. on**  
**October 27, 2009**

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

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

Reference is made to the specifications for said work, on file in the office of the Purchasing Agent, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded free from the City's website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or may be obtained at the office of the Purchasing Agent for a fee of \$5.00 (plus \$2.95 postage if mailing is requested). This amount is not refundable.

The plans and specifications show general information only. It shall be the bidder's responsibility to examine the project site(s) in order to determine the exact existing conditions, and the character and extent of the work to be performed. The bidder's omission, or failure to visit the project site(s) and acquaint itself with existing conditions shall in no way relieve the successful bidder from obligations with respect to the Contract. Submission of a bid shall be prima facie evidence of the bidder's compliance with this requirement

The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at [www.dir.ca.gov/DLSR/PWD/index.htm](http://www.dir.ca.gov/DLSR/PWD/index.htm). Any successful bidder who intends to use a craft of classifications not shown on the general prevailing wage determinations may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

All bids submitted shall be accompanied by a check 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 in an amount equal to 100% of the contract price, 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 provide the City with an executed non-collusion affidavit.

Bids shall be delivered to the Purchasing Agent at the 1st floor front counter of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, all bids 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.

NOTE: No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

/s/ Dede Porter  
Purchasing Agent  
October 8, 2009

East County Gazette- GIE030790  
10/08, 10/15/09



**CITY OF EL CAJON**  
**NOTICE OF PUBLIC HEARING**  
**POTENTIAL REALLOCATION OF**  
**CDBG FUNDS**  
**POTENTIAL CHANGE IN ONE-YEAR**  
**ACTION PLAN FOR 2009-2010**

NOTICE IS HEREBY GIVEN that a public hearing will be held at 3:00 p.m. on **Tuesday, October 27, 2009**, in the City Council Chambers located at 200 Civic Center Way in El Cajon. The purpose of the public hearing is to provide El Cajon citizens with the opportunity to voice their opinions on and participate in the possible reallocation of CDBG funds from the U.S. Department of Housing and Urban Development. Reallocation of these funds would also result in the modification of the City's existing One-Year Action Plan for the use of these funds during FY 2009-2010 (July 1, 2009 – June 30, 2010).

All comments and/or other inquiries should be forwarded to the City of El Cajon Redevelopment and Housing Department, 200 Civic Center Way, El Cajon, CA 92020 or (619) 441-1710. Comments received after 5:00 p.m., October 16, 2009, will not be addressed in the written report to the City Council.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen with speech, or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763 as far in advance of the meeting as possible.

East County Gazette- GIE030790  
10/08, 10/15/09

**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

**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: Bashar 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**  
**Reference: Case #09-003901**

Notice is hereby given that the El Cajon Police Department holds the following recovered property:  
A collection of 21 turquoise-colored rings, 5 pocket watches, multiple silver-colored rings, 1 jade-colored bracelet, two ladies watches, 1 silver-colored bangle bracelet, 2 gold-colored bracelets, and multiple small pieces of costume jewelry.

Area recovered: 100 block of W.  
Washington, El Cajon, CA

Date recovered: Early April 2009

The owner(s) 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 seven (7) days following publication of this notice.

East County Gazette- GIE030790  
10/08/09

**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: 1. 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

**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 D28B, 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. 2009-027224**  
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

**ORDER TO SHOW CAUSE FOR**  
**CHANGE OF NAME**  
**CASE NO.37-2009-00069911-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF SEAN TODD ALLEN FOR CHANGE OF NAME PETITIONER: SEAN TODD ALLEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
SEAN TODD ALLEN  
TO: SEAN TODD HARRIS  
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 December 02, 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 OCTOBER 01, 2009.  
East County Gazette – GIE030790  
10/08, 10/15, 10/22, 10/29, 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

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

**PLANNING GROUP MEETING**  
**PRELIMINARY AGENDA/PUBLIC NOTICE**

DATE: 7 pm., October 12, 2009

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

- Call to order/Pledge of Allegiance/Roll call/Approval of September 14 and September 28, 2009 meeting minutes/Expense Reimbursement requests.
- Announcements.
- Open forum followed by Group Forum: An opportunity for members of the public Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- Committee Reports:
- (a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).
- Private project proposal:  
(a) AD09-035-Proposed second dwelling unit on La Cresta Blvd., Crest (Cox-Dillard)  
(b) AD09-045 Proposed second dwelling unit at 1385 Gibson Highlands
- Public Project Proposal:  
(a) PLDO List.
- Unfinished Business  
(a) None
- New Business:  
(a) Request by Crest resident Christina Seebold to pursue the possibility of getting San Diego Gas and Electric to place utilities underground in Crest.
- Adjournment

Planning Group Members:

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

Final agenda will be posted at the Harbison Canyon Community Building, 72 hours prior to meeting.

Chairman  
Wally Riggs  
(619) 442-4612  
[wrplanning@aol.com](mailto:wrplanning@aol.com)

Vice-chairman  
Jason Harris  
(619) 659-9675  
[jharris91901@yahoo.com](mailto:jharris91901@yahoo.com)



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BY OUR OFFICE,  
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**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-025206**  
FICTITIOUS BUSINESS NAME(S): Cheecks  
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

**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. 2009-026681**  
FICTITIOUS 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.37-2009-00069048-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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-026615**  
FICTITIOUS 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.37-2009-00069332-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 17, 2009.  
East County Gazette – GIE030790  
9/24, 10/01, 10/08, 10/15, 2009

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
CASE NO.37-2009-00068908-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

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
CASE NO.37-2009-00068399-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF:  
STEVE FERNANDO ROBLES HERRERA  
FOR CHANGE OF NAME PETITIONER:  
STEVE FERNANDO ROBLES HERRERA  
HAS FILED FOR AN ORDER TO CHANGE  
NAME FROM:  
STEVE FERNANDO ROBLES HERRERA  
TO: STEVE FERNANDO ROBLES  
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  
E-14, 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 04, 2009.  
East County Gazette – GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

**NOTICE OF PETITION TO ADMINISTER  
ESTATE OF ROBERT LUKACS. CASE  
NUMBER: 37-2009-00151899-PR-LA-CTL**  
To all heirs, beneficiaries, creditors, contingent  
creditors, and persons who may be otherwise  
interested in the will or estate, or both of  
ROBERT LUKACS. A PETITION FOR  
PROBATE has been filed by SANDRA L.  
TRACY in the Superior Court of California,  
County of San Diego. THE PETITION FOR  
PROBATE requests that SANDRA L. TRACY  
be appointed as personal representative to  
administer the estate of the decedent. THE  
PETITION requests authority to administer the  
estate under the Independent Administration  
of Estates Act. (This authority will allow the  
personal representative to take many actions  
without obtaining court approval. Before taking  
certain very important actions, however, the  
personal representative will be required to give  
notice to interested persons unless they have  
waived notice or consented to the proposed  
action.) The independent administration  
authority will be granted unless an interested  
person files an objection to the petition and  
shows good cause why the court should not  
grant the authority. A HEARING ON THE  
PETITION WILL BE HELD IN THIS COURT  
AS FOLLOWS: NOVEMBER 5, 2009 AT 9:00  
A.M. IN DEPT. PC, ROOM 1, LOCATED AT  
1409 FOURTH AVE., THIRD FLOOR, SAN  
DIEGO, CA 92101. IF YOU OBJECT to the  
granting of the petition, you should appear at  
the hearing and state your objections or file  
written objections with the court before the  
hearing. Your appearance may be in person  
or by your attorney. IF YOU ARE A CREDITOR  
or a contingent creditor of the deceased, you  
must file your claim with the court and mail a  
copy to the personal representative appointed  
by the court within four months from the date  
of first issuance of letters as provided in  
Probate Code section 9100. The time for filing  
claims will not expire before four months from  
the hearing date noticed above. YOU MAY  
EXAMINE the file kept by the court. If you are  
a person interested in the estate, you may file  
with the court a Request for Special Notice  
(form DE-154) of the filing of an inventory and  
appraisal of estate assets or of any petition or  
account as provided in Probate Code section  
1250. A Request for Special Notice form is  
available from the court clerk. Attorney for  
Petitioner JOANNE TAN APUSEN 1685 E.  
MAIN ST., SUITE 201, EL CAJON, CA 92021  
(619) 401-1002  
EAST COUNTY GAZETTE –GIE030790  
OCTOBER 8, 15, 22, 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 MUAIID SHAI  
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, 4<sup>TH</sup> 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. 2009-026325**  
FICTITIOUS 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. Elvan Soolaka 10406 Lake  
Breeze, Spring Valley, CA 91977  
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, 10/15, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-026345**  
FICTITIOUS 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, 10/15, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-026607**  
FICTITIOUS 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 September 16, 2009  
East County Gazette- GIE030790  
9/24, 10/01, 10/08, 10/15, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028052**  
FICTITIOUS BUSINESS NAME(S): Meat at  
the Garden  
Located at: 1480 Caminito Sardinia, Chula  
Vista, CA 91915  
This business is conducted by: An Individual  
The first day of business was: September  
29, 2009  
This business is hereby registered by the  
following: 1. Alvanette Berry 1480 Caminito  
Sardinia, Chula Vista, CA 91915  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 30, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-027939**  
FICTITIOUS BUSINESS NAME(S): 8503  
WG Account  
Located at: 8511 Wintergardens Blvd.,  
Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by  
the following: Francina C. Cook 8511  
Wintergardens Blvd., Lakeside, CA 92040  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 29, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028279**  
FICTITIOUS BUSINESS NAME(S): A+  
Educational Tours  
Located at: 3872 Capitol St., La Mesa, CA  
91941  
This business is conducted by: An Individual  
The first day of business was: September  
14, 2009  
This business is hereby registered by the  
following: 1. David Trevino 3872 Capitol  
St., La Mesa, CA 91941  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 02, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-027660**  
FICTITIOUS BUSINESS NAME(S): DPE  
Marketing  
Located at: 933 Saint George Ct., 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: Danilo P. Espanol 933 Saint  
George Ct., Spring Valley, CA 91977  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 25, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028322**  
FICTITIOUS BUSINESS NAME(S): Green  
Smart Technical College  
Located at: 1235 Shafter St., San Diego,  
CA 92106  
This business is conducted by: A  
Corporation  
The first day of business was: October 18,  
1998  
This business is hereby registered by the  
following: 1. Heartland Coalition 1235  
Shafter St., San Diego, CA 92106  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 02, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009

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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-025862**  
FICTITIOUS BUSINESS NAME(S): Kwai  
Sun Studio  
Located at: 9739 Towne Lane, 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. Ka'imipono Kuoha 13893  
Pinkard Way 86, El Cajon, CA 92021  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 08, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 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. 2009-025661**  
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. 2009-026236**  
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. 2009-025500**  
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. 2009-020314**  
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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-027970**  
FICTITIOUS BUSINESS NAME(S): Stan's  
Liquor  
Located at: 9907 Campo Rd., Spring Valley,  
CA 91977  
This business is conducted by: An Individual  
The first day of business was: July 15, 1989  
This business is hereby registered by the  
following: Michael Ibrahim 1814 Muncle Ct.,  
El Cajon, CA 92019  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 29, 2009.  
East County Gazette- GIE030790  
10/08, 10/15, 10/22, 10/29, 2009







# Our Best Friends

## Halloween — not always trick or treat fun for pets

By Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Readers,

It's almost that time again, and I wanted to give you my annual tips and tricks for having your pet enjoy and be safe during the festivities.

While Halloween is a wonderfully fun time for humans, the animals we share our homes with might not appreciate All Hallows Eve as much as we do. Whether you have dogs, cats, puppies, kittens or birds, Halloween can be dangerous and/or stressful for animals in many ways, including the potential to escape, being scared by people in costumes, decorations that can be dangerous and candy that your pets should not eat. So, as you shop for goodies and fuss over decorations, also plan

to spend a little time making arrangements for your pets so they are safe from goblins and other hazards.

### Keeping your pet's routine

Because of all the mentioned potential dangers, it is ideal to have your pets put away during the evening's activities. "As creatures of habit, pets rely on their daily routines and become very agitated when those are disrupted," said Nancy Peterson, companion animal issues specialists for The Humane Society of the United States. "For their comfort and safety, the most considerate thing you can do is keep them away from the evening's activities."

Planning for the confinement of your pets should be done with their comfort in mind. Think "resort, not jail." You can make the time less stressful by using white noise such as

music or television to mask the sounds of the evening, and if your dog reacts to the doorbell, think about disconnecting it, or stage yourself at the front door so the kids don't have to ring in the first place.

In addition, plan to give dogs special chew toys such as stuffed Kongs, ([http://www.kongcompany.com/worlds\\_best.html](http://www.kongcompany.com/worlds_best.html) for recipes) raw bones, rawhide or other things to gnaw. Chewing helps relieve stress and keeps your pooch occupied so he won't worry as much about what's going on in the rest of the house.

Cat safety becomes more of a concern around this time of year since there are always discussions about cats used in ritualistic sacrifices, and especially black cats. Luckily the likelihood of satanic activity finding its way into most

neighborhoods is pretty slim, however, it is more likely that a wandering cat might become the victim of pranksters out for the evening, so caution should be taken to keep your cat inside.

Just as with any other time of year, there are also possibilities of someone taking your cat home with them, the risk of your cat hiding (sometimes for days), being hit by a car, or attacked by another animal such as a coyote. Therefore, play it safe and secure your cat in a room or a carrier until the last trick-or-treater is gone.

If you have a bird in your home, use a cage and cover it with a dense cover to help block the evening noise and encourage sleep.

Other potential hazards during Halloween:

- Chocolate is toxic to both cats and dogs, so make sure your fur friends do not have access to the candy bowls.

- Be sure your pets are wearing ID tags, just in case they get out.

- Cats might be tempted by decorations like fake cobwebs or dangling streamers—both of which can be hazardous if your feline becomes entangled in these or ingests this type of product.

- Birds, both pets and wild birds also run the risk of entanglement in decorations, so use these sparingly.

- Jack-o-lanterns with candles are dangerous to any animal that might be tempted to play with them or eat them. Pumpkin is fine for dogs and cats to

eat, but only if it's fresh and not moldy, however candles pose a risk of your pet being burned, and possibly setting a fire.

- Seventy percent of all dog bites happen on the property of the owner—another reason to keep your dogs inside and away from visitors.

Finally, and most importantly, whether you have a dog, cat or bird, make sure that between trick-or-treaters, you visit with your pets to make sure they are doing okay, or better yet, have a member of your family stay with them until the activities are over.

Happy Halloween!

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

## CUSTOMER APPRECIATION DAYS

Oct. 29th,  
30th &  
31st



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CEDAR, PINE & FIR SHAVINGS  
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WOODY PET • DRYSTALL  
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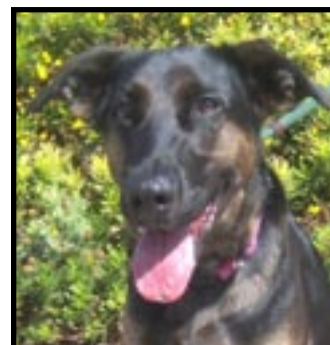
10845 Woodside Ave. • Santee, CA 92071

## ADOPT-A-PET



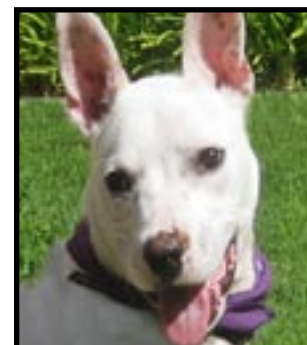
Four Paws Flying Coonhound Rescue and Friends is looking for foster homes and adopters for 10 Redbone Coonhound puppies. There are 5 males and 5 females and they are 10 weeks old. She will also be getting the mother dog. They sure are cute! Anyone interested can call at (619) 851-1129 or (619) 573-7788.

Sydney is a very sweet Australian Cattle Dog mix. This handsome black and white boy is 4 years old and weighs 49 pounds. Sydney gives great kisses, loves to have his belly or ears rubbed, and has great people manners. He's a teddy bear! Sydney is quite smart and would love to have some further training. He is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)). To learn more, call (858) 205-9974.



Grace is a 2 year old Shepard/Lab mix, who is beautiful inside and out. Grace was turned in by her owner at no fault of her own, because we think she is just incredible. She has been great with everyone she meets, two and four legged, small and large. She is very mellow and a champ on the leash. Grace will show off her skills, like "sit", "down", "stay", and "come". Grace's adoption fee is \$150 which includes her spay, microchip, 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 10am-5pm. For details call 760-757-4357 or visit [www.nchumane.org](http://www.nchumane.org).

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





**2009 Season Schedule:**

October 28 .....Trunk or Treat  
 December 9 .....Parade of Lights



El Cajon CDC's Best of Show Winner: Guy & Esther Allen and their 1936 Ford 5-Window Coupe

El Cajon  
 CDC's  
 Winner:  
 Tom  
 Harmon  
 and his  
 1969 Chevy  
 Chevelle  
 (engine  
 shown)



Harley Davidson of  
 El Cajon's Motorcycle  
 Winner: Mark Shaffer  
 and his 2009 Harley  
 Davidson

# I Believe in Downtown ELCAJON! Cajon Classic Cruise Trophy Winners Sept. 30, 2009



The East County Gazette's Winner: Dave & Vida Lembcke and their 1970 Chevy Chevelle SS



Navy Dispatch Newspaper's Winner: Frank Hefferon and his 1949 Chevy Fastback (trophy accepted by Melissa)



Toyota of El Cajon's Winner: Curtis Darnell and his 1974 Chevy Camaro

RE  
 Enterprises'  
 Winner: Paul  
 & Karen Beck  
 and their  
 1927 Dodge  
 Brothers  
 Sedan



The East  
 County  
 Californian's  
 Winner:  
 Bill Lewis and  
 his 1935 Ford  
 Cabriolet

PG Series Trucks'  
 Winner: Robby Ivy  
 and his 1932 Ford  
 Coupe



**Don't Forget 'Trunk or Treat' car show October 28!**

# SUPER 2009 SATURDAYS

GoldenAcornCasino.com  
 1-866-938-6244

Join us October 3, 17 and 31  
 November 14 and 28  
 December 12 and 26

On each of these days, one Player's Gold Club  
 member will choose an envelope in the BIG DRAWING  
 for a chance to win

# \$100,000!

Second Chance Drawings at 10pm & 11pm  
 5 names drawn and each will win \$100 in Free Play!

GOLDEN ACORN CASINO  
 & TRAVEL CENTER



5TH ANNUAL

# SMOKIN' In The PARK

BBQ & MUSIC FESTIVAL

AT VIEJAS

STAGE 1

LOS LOBOS

TEXAS TORNADOS

DAVE ALVIN  
AND THE GUILTY WOMEN

JESSE DAYTON  
BILLY MIDNIGHT

FREE!



STAGE 2

KARL DENSON'S  
TINY UNIVERSE

JJ GREY & MOFRO

THE MOTHER HIPS

DIRTY SWEET  
DUSTY RHODES  
AND THE RIVER BAND

FREE!

10AM-10PM  
ALL AGES

SATURDAY, OCTOBER 17

CALIFORNIA'S LARGEST BBQ COMPETITION

TASTE AWARD WINNING BBQ

WWW.VIEJASBBQ.COM



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