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**VOLUME 10 NUMBER 19** **OCTOBER 15-21, 2009**

## This weekend's highlights

### Viejas Smokin' in the Park



Teams from around the country cook up a good time at the FREE "Smokin' in the Park" Festival Saturday, Oct. 17 at Viejas Casino & Outlet Center. This is California's largest BBQ cooking championship. 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 barbeque 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 barbeque 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.

# Local educators honored



From left, Randy Ward, SD County Office of Education Superintendent; Teacher of the Year Kelly Kovacic; Teacher of the Year Mike Love (Grossmont); Teacher of the Year Melanie Tolan; Teacher of the Year Donna Farquar (Santee); Teacher of the Year Eric Mabrey; Bill Geppert, Cox Senior Vice President and General Manager. Photo credit: Cox Communications

by Diana Saenger

**F**ive local educators selected from a field of 44 nominees were named San Diego County Teachers of the Year during the 19th annual Cox Presents: A Salute to Teachers brought to you by Ashford

University in cooperation with the San Diego County Office of Education. The sold-out annual event honored San Diego County's public school teachers and was televised live on Channel 4 San Diego from the Balboa Theater in downtown San Diego.

#### The 2009-10 San Diego County Teachers of the Year are:

Donna Farquar, District English Learner Resource Teacher (Santee School District);

Kelly Kovacic, The Preuss School UCSD (San Diego Unified School District)

Mike Love, Mt. Miguel High School (Grossmont Union High School District)

Eric Mabrey, Olympian High School (Sweetwater Union High School District)

Melanie Tolan, Sarah Anthony  
See **TEACHERS OF ... page 2**

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# Local News & Events

## Bits and pieces around East County

### Three cities to provide cooperative fire services

**T**he cities of El Cajon, La Mesa, and Lemon Grove have agreed to enter into a Joint Exercise of Powers Agreement (JPA) that will create a shared management team to coordinate fire and emergency medical services, firefighter training, fire prevention, emergency planning, and community preparedness.

Goals of the JPA are creating additional staffing capacity and containing costs, while maintaining a high level of fire and emergency medical services and preserving local control. By sharing management functions, a savings of \$560,000 is projected for the first year.

These three cities have a long history of cooperative efforts in training and dispatch facilities. This shared management approach will further improve service and flexibility by coordinating resources and

enhancing training through standardized policies, procedures, and practices.

### Exciting changes planned for The East County Performing Arts Center

Positive changes continue in the revitalization of downtown El Cajon. The agreement between the City of El Cajon and Art Beat Management for management services of the East County Performing Arts Center will terminate effective January 1, 2010. Given the difficulty in successful fundraising on behalf of Art Beat and the economic constraints of the City during this recessionary period, it has become financially impossible to continue to operate the theater.

Art Beat Management has been the theater manager since January 2006. They have brought numerous patrons to the theater and have greatly contributed to the educational enrichment of thousands of

school children in theater arts through the productions they have booked. The most popular must see event is the annual *Traditions of Christmas*. This will be the last performance at this theater until the reopening, currently anticipated in late 2011.

The City has been working on a master plan for the Civic Center area that will include substantial renovations to the theater itself. Funding for this plan will be provided by the City of El Cajon Redevelopment Agency. In addition to replacing the roof, upgrading the interior and improving handicapped access, a goal is to change the orientation of the theater so that it is accessed from Main Street. This has been a long time dream of theater patrons, the City Council and downtown merchants. In addition, the Public Safety Center is currently under construction and adjacent landscaping will be reconfigured to allow more extended use for theater events and fund raisers. It will also tie together pedestrian access

from the Promenade to the theater and on through the Civic Center to both Magnolia and Park Avenues.

Since parking in the area will be difficult during the two year construction of the Public Safety Facility, this appears to be a perfect time to make some much needed changes and renovations to greatly enhance the theater going experience in El Cajon. Once

the changes are made to the theater, the surrounding plaza and the Public Safety Center is complete, expect a Grand Opening Celebration!

### County hoping new bill will spur home solar, wind energy

Owners of home solar and wind energy systems that generate extra kilowatts can soon

turn those surplus electrons into compensation thanks to new legislation signed by the Governor this week.

Assembly Bill 920, which earned strong backing from Chairwoman Dianne Jacob and the San Diego County Board of Supervisors, allows electric utility customers who install solar or wind generation systems on their properties to

**See ENERGY page 5**

## Teachers of the Year ...

**Continued from page 1**

ny School (San Diego County Office of Education)

The five teachers will go on to represent San Diego County in the California Teacher of the Year program, which will be announced later this year. Nominees for San Diego County Teacher of the Year were selected by their school districts based on student achievement, teaching philosophy, familiarity with current issues in education and community involvement.

### East County Winners

Donna Farquar is an English language development teacher at the Santee Elementary School District Educational Resource Center. Farquar works toward getting her students reclassified as Fluent English Proficient students. She can be found working with the district's nine schools and students from kindergarten through 8th grade whose first language ranges from Spanish and Russian to Kurdish and Arabic. Farquar uses her own second-language learner experience she had as an adult teaching abroad in Brazil and Hong Kong to help her stu-

dents overcome their anxiety and apprehension of not being English proficient.

Mike Love has been a math teacher at Mount Miguel High School in Spring Valley for 15 years. Much of his career there has been spent preparing underserved and under-represented students for college through the AVID program. Love was instrumental in Mount Miguel becoming the first high school in the nation to have a chapter of the Student African-American Brotherhood, a naturally chartered program that promotes leadership, self-discipline and intellectual development in young men of all backgrounds. Love says that he is not just a math teacher. He is a life skills teacher, a philosopher, a psychologist, a father figure, and a stand-up comedian in his classroom because all of those roles play an important part in his ability to connect with his students.

Eric Mabrey is a 20-year teaching veteran at Olympian High School. He is an instrumental and choral music teacher in the same district where he attended school. He draws on his experiences as a student in a diverse cultural

community to connect and relate to his students. Well known in the music educational community for consistently having performing groups that score at the top during festivals and competitions, Mabrey used his musical talents to compose the alma mater and fight song for Olympian High School.

Rounding out the 10 finalists are: Jennifer Eckle, Vista Magnet Middle School (Vista Unified School District); Bill Freeman, Walter J Porter Elementary (San Diego Unified School District); Arlene Gapusan, Black Mountain Middle School (Poway Unified School District); Yvonne Fojtasek, San Elijo Elementary School (San Marcos Unified School District); and Diana Souther, Valley Center Primary School (Valley Center-Pauma Unified School District).

Cox Presents: A Salute to Teachers will replay on Channel 4 San Diego Sat., Oct. 17 at 9 p.m.; Sat., Oct. 24 at 7 p.m.; and Sat., Nov. 7 at 6 p.m. Time Warner also will carry the show live and all replays, and ITV will replay the show on Fri., Oct. 16 at 7 p.m.; Sat., Oct. 24 at 5:30 p.m.; and Thurs., Oct. 29 at 6 p.m.

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# SHOP EAST COUNTY



## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by **Monica Zech**  
City of El Cajon Public  
Information Officer

## Lend A Hand is Oct. 24

**T**ake a couple of hours and join your neighbors and local groups in our City by helping to remove trash and graffiti in our community. The next Lend A Hand is coming Saturday

morning, Oct. 24, from 9 to 11 a.m. at East Park Avenue and Roanoke Road. This is a great way to teach children how to care for the community and inspire others to get involved. It's also a good time to clean the garage! The El Cajon CDC will be accepting non-working electronics, or E-Waste, for proper disposal, and San Diego Rescue Mission

will be present to turn usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, and working electronics to the event. Please RSVP to Rebecca Reyes, Community Development Assistant, at (619) 401-8858.

## 3<sup>rd</sup> Animal Shelter Open House On Sunday, Oct. 25

Anyone planning to dress up their dog for Halloween, bring them to the Animal Shelter Open House. The public is invited to attend our 3<sup>rd</sup> Annual Open House at the El Cajon Animal Shelter, located at 1275 North Marshall Avenue in El Cajon. Admission is free; hours are from 11 a.m. to 2 p.m. This event will feature a Halloween pet costume contest at 1 p.m., games, food, prizes, clowns and a miniature horse.

Micro chipping and rabies vaccines will be available for \$15 and \$6, licensing will also be available and late fees will be waived. There will also be the opportunity to tour the shelter, watch a Police K-9 demonstration, SNAP, the spay and neuter scooter bus, will also be there. Bring a new or gently used clean blanket or bath rug to donate to the shelter, and receive a free hot dog. The El Cajon Kiwanis club will have hot dogs, sodas, and water available for purchase. This fun event is hosted by the El Cajon Animal Center for Education and Services Foundation (ACES). El Cajon ACES Foundation is a private non-profit 501(c)(3) community organization, whose mission is to support the El Cajon Animal Shelter by raising money to enhance medical care, encourage animal adoptions, and promote public education about the proper care of animals. For more information please call (619) 447-3535, or visit online at [www.acesfoundation.org](http://www.acesfoundation.org).

## Cajon Classic Cruise Trunk Or Treat

On October 28, it's the Cajon Classic Cruise Trunk Or Treat event! It's a Halloween car show with vehicles decorated in Halloween theme decorations and vehicle owners will hand out candy to the children from 5 to 8 p.m. East Main Street will be closed between

Magnolia Avenue and Claydell for this event making this a safe place to take your children trick or treating.

## Crime Free Multi-Housing class planned

The successful Crime Free Multi-Housing Program will hold their next training session on November 10<sup>th</sup>. This Crime Free Multi-Housing Program (CFMH) is a, state-of-the-art, crime prevention program designed to reduce crime, drugs, and gangs on apartment properties. The El Cajon Police Department adopted the program in 1997 and since then other law enforcement agencies have joined the program in the County.

The Crime Free Multi-Housing Program is a unique, three-phase certification program for rental properties of all sizes, including single-family rental homes. The first phase of the program is the completion of an eight (8) hour program taught by attorneys, police and fire personnel. Often guest speakers will attend to address specific topics relating to rental properties. This police-sponsored program is designed to be extremely effective at reducing criminal activity in rental properties.

Property owners, managers, leasing staff, maintenance personnel and others in the management team are encouraged to attend the entire 8-hour training class. For more information about this program or to register for the class on November 10<sup>th</sup>, please contact Samantha Hook at (619) 579-4227.

## Women In Leadership Luncheon

Mark your calendar for October 30, for the Annual Women In Leadership Luncheon, hosted by the East County Chamber. It's from 11:30 a.m. to 2:30 p.m. at the Doubletree San Diego, 7450 Hazard Center Drive in Mission Valley. Congratulations to El Cajon Councilmember Jillian Hanson-Cox, she'll be one of the wonderful

women honored for all her great work in our community! For more information please call (619) 440-6161.

## How is your dancing?

Ballroom Dancing is about to reach new heights at CCT/CYT's Spotlight Dance Arts! A new Ballroom Specialist is joining their staff. Debbie Lindner is sure to get you stepping right in both SMOOTH and RHYTHM Ballroom. Be sure to register now for the new classes about to begin.

Start dates:  
Tuesday, Nov. 3 at 5 p.m. - Beginning Smooth Ballroom  
Tuesday, Nov. 3 at 6 p.m. - Beginning Rhythm Ballroom  
Saturday, Nov. 7 at 4 p.m. - Intermediate Ballroom/ TBD

The class will cover technique and styling to achieve basic proficiency. These dances are seen both on the ballroom floor and in the nightclubs. For more information regarding pricing for these classes, (619) 588-0206 or (800) 696-1929.

## 'Bridge to Terabithia' Comes To East County Performing Arts Center

The Bridge to Terabithia is a musical adaptation of Katherine Patterson's Newbery Award winning children's book and it's coming to the East County Performing Arts Center October 22 through the 25. This heart-warming play explores the adolescent years of Jesse Aarons as he grows up in rural Virginia and encounters Leslie Burke, an imaginative girl who recently moved from the city. Together they deal with the struggles of growing up, facing bullies, and being misunderstood by adults by escaping to their imaginary world of Terabithia, where they rule as king and queen. When tragedy strikes, not even the confines of Terabithia can keep Jesse from learning what it means to lose a friend, and the healing power of love. Tickets for adults: \$14 in advance or \$17 at the door; children: \$12 (Ages 3-19). Purchase tickets online or call the Box Office to make your reservations at (619) 588-0206 or (800) 696-1929.

*\*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 —



## Lakeside Round Up

by Patt Bixby

### Dates to remember

**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.

### 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.

### Heritage Day Luncheon

The Lakeside Historical Society will present it's annual heritage day luncheon Saturday, Oct. 24, 2009 at the Olde Church, 9906 Maine Ave. in Lakeside.

Tickets are \$15 per person. Reservations are a must due to limited seating. Lunch will be served at 1 p.m., Catered by Cupid's Catering.

Heritage Day will celebrate the 50<sup>th</sup> anniversary of El Capitan High school 1959-2009. Come early and visit friends and neighbors and celebrate El caps Vaqueros.

For reservation information contact the Historical Society at 619-561-1886.

### Volunteers needed

Volunteers needed for the Lakeside Spirit of Christmas. The Chamber is looking for people to help with this community event. They need help with decorating, traffic, set-up, take -down and other fun activities. If you would like to be a part of the Spirit of Christmas call the Chamber at 561-1031.

### Walgreens Grand Opening

Your neighborhood Walgreens in Lakeside is having their grand opening Friday,



Oct. 16, 2009 from 11 a.m. to 2 p.m. at 9728 Wintergardens (old Albertsons). Free refreshments and a raffle. October is Breast cancer Awareness month. Come enjoy a delicious hot dog to support Susan G. Komen race for the Cure! There will be special savings on October 16 only.

### Our Lady of Perpetual Help

A ribbon cutting was held Thursday, Oct. 8 for a new lakeside Chamber of Commerce member, Our Lady of Perpetual Help School (OLPH). OLPH is a Christ-centered, child focused, catholic school located at 9825 Pino Dr. in Lakeside.

## Teachers of the Year ...

### Continued from page 2

be paid by their electric utility for the surplus electricity they produce.

"The Governor is to be commended for giving green-minded San Diegans a fair return on their investment," said Chairwoman Jacob, who brought the matter to the Board of Supervisors in November 2008. "The utilities have been allowed to profit from the investments of home solar and wind customers for long enough," she said.

In the past, for generation systems of up to one megawatt, the surplus was carried forward on a customer's bill for 12 months. Any yearly excess went to the utility. Jacob said California's new legislation has the potential to drive many more homeowners to invest in home solar and home wind.

"If you couple the benefits of AB 920 with the County efforts to roll out a program to help San Diegans afford the upfront costs of home solar and wind systems, you've got all the ingredients necessary for a residential renewable boom," said Chairwoman Jacob. "The benefits of that boom will be

far-reaching. We can clean the air, create jobs, stimulate the economy and lessen the nation's dependence on imported fossil fuels," she said.

Colorado, Connecticut, Maryland, New Jersey, Min-

nesota and many other states compensate residential PV customers for surplus power. In Oregon, credit from some surplus solar is granted to customers enrolled in the state's low income assistance programs

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### Computer sense saves cents: Episode 1

## Attack of the Dust Demons-

by Brice Pedrin

This new article will take you into problems that face PCs every day that can make for poor performance. One may tell themselves "My PC seemed to be so fast when I bought it. Now I can't get it to do anything that it used to do." These are the all too familiar words that most of us have said at least once throughout our computing history. My hope for this article is to help people embrace these problems and find what is plaguing their computer. I will start with the most basic of issues and work my way up to more advanced over the next few months.

The most basic but of upmost importance with problematic computers is dust. Over a few months, sometimes days depending on where one lives, dust and pet dander is blown into the computer and will cake itself around computer components and cooling fans. Enough dust build up will clog the fans which limit or stop the intake of air causing the PC to overheat. Which in turn will cause crashes, very slow performance and eventually short circuit the components (Motherboard, Video Card, ECT). To prevent these costly issues it's recommended to keep the PC where air can flow freely, by making sure not to place anything on the sides or back of your computer and to let the fans do their work by removing the hot air from inside the computer. Next is to buy a can of compressed air (\$5-\$10) and to blow out any fans that may be on ones computer. Also to make sure to blow out the power supply fan which should be on the back of your pc, directly next to the power plug. Don't be afraid to remove the side panel of your PC and blow out all components inside. Just try not to touch the components with the nozzle or hands as to avoid static discharge. Hold a metal part of the PC case while blowing out just to make sure. Make sure to do this in an open space where dust can flow away from ones face as it is surprising how much dirt, pet hair and dander can blow out. Do this every few weeks to insure that the computer stays clean and to avoid possible costly repairs.

Join me next week when I discuss how to streamline startup times

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## — LOCAL NEWS &amp; EVENTS —



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# Alpine happenings ...

## 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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— LOCAL NEWS & EVENTS —

Weekend at a glance ...

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EL CAJON FIRE SAFETY AND CAREER DAY



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EL CAJON FIRE SAFETY AND CAREER DAY



MOTHER GOOSE BENEFIT 'TRIBUTE TO THE STARS'



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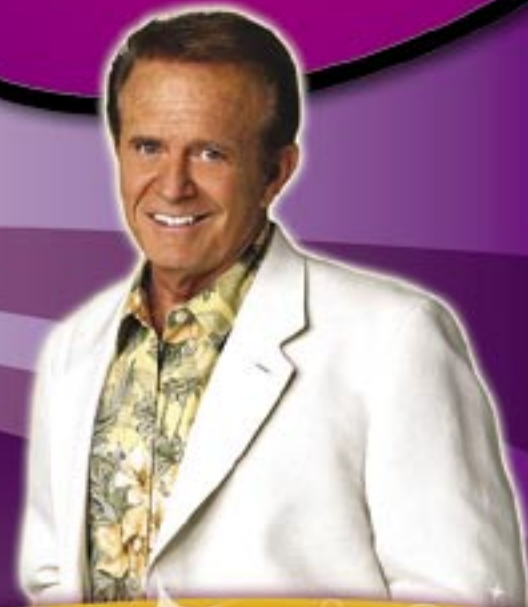
Swipe your Club Sycuan card daily to INSTANTLY win prizes like T-shirts, hats and tickets to the \$260,000 Game Show Spectacular!

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See Club Sycuan for Official Rules.

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# MOTOR AND SPORTS

## 2010 Aston Martin DBS Volante



2010 Aston Martin DBS. Photo by Dave Stall

by Dave Stall

Aston Martin, talk about heritage in racing and just driving. I had the privilege to slip behind the wheel of a 2010 Aston Martin DBS Volante. This V12 is pumping out 510 horsepower backed by a six speed paddle shifting transmission that when the driver blipped the down shifting paddle (located on the left side of the leather wrapped steering wheel) he/she gets a high rev sound not unlike a Formula One race car, but it will make the hair stand up on one's arm (that's if one has racing oil in their veins).

Of course the first thing noticed is the styling when one walks up to the DBS. One look and buyers would think it was doing 200 miles per hour just sitting there, low sleek and ready to romp.

To start the Aston the driver slips a crystal key fob in the center of the well appointed dash, push a little harder, two clicks to be exact and the starter grabs the flywheel and gives it a massive tug and the 5.9-liter V12 wakes up with a growl. Next release the hand brake located on the left side of the driver seat. Note: check the hand brake light on the dash before leaving. The way Aston Martin

designed the hand brake system is once the handle is lifted and engaged it drops freely along side the driver seat. If one just jumps in, starts the car, drops it into gear the V12 will destroy the emergency brake system and I would imagine within a few miles and minutes.

Now that the Aston is purring at idle waiting for the driver to take it out for a spin there are a row of buttons on either side of the key fob in the enter of the dash, P for park, N for neutral and D for drive. If the driver is not interested in paddle shifting just push the D button and Aston will do the rest. Now if one is cruising down the freeway and wants to check out the paddle shifter, just either up shift or down shift and the paddles system cancels out the D mode and off one goes!

The Volante is a convertible model with a very smooth acting top, but if anyone looks at the colored pictures on my website [www.davestall.com](http://www.davestall.com) lookers will see that the body is painted Lighting Silver and the top is red with Chancellor

Red leather interior. Aston is a four seater, but forget about the back seats they will be good for storage or very small kids.

The Aston is really all about driving, yes it has all the safety gear one would want, but driving is what it is really all about with rear wheel drive, 3.46:1 rear gear ratio, and 4-wheel ventilated brakes with Carbon Ceramic disc brakes, ABS, Adaptive Damping System, Electronic Brake Force Damping, Dynamic Stability Control and Traction Control. Speaking of brakes, this Aston really stops on a dime, I mean really stops!

One of my favorite parts of the car is the sound system and hey how could one go wrong with a Bang & Olufsen BeoSound DBS Audio System with trip computer, top up or down and the sound system rocks! Oh and one of the photo's shown at my website shows a little round unit on top of the right side of the dash, that is a speaker that rises from the dash when the sound system is engaged, cool!



Inside the 2010 Aston Martin DBS. Photo by Dave Stall

Aston had a rule no more than 200 miles could be put on the car during its visit to a journalist. I forgot to set the trip meter, but so far no phone calls, this car just likes to run. This car is not insane horsepower, but it is more like power on demand and when applied it is controllable and will give you a sense of accomplishment, funny but true.

Now the price of the car could buy you a real nice house in San Diego, just under \$300,000, but if you add tax and license your up over \$300,000 so who buys this car and why? Once you drive it you will understand why you would pay the price and

if you had that kind of money why not, just look at this car.

Downsides, yes there are major downsides to the Aston; the front lip is about 2 inches off the ground, Ouch! The 10 spoke Diamond Turned Graphite rims are mounted on low profile tires which make these really cool rims exposed to curbs and pot holes not to mention the tires. Fuel mileage is OK, 12 mpg in the city and 18 on the open road running on Premium gas.

Very few get a chance to drive an Aston Martin, but the lucky few who do will have a big grin on their face, trust me!

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# For Health's Sake

## Summer end — begin healthy habits

**W**hen sizzling summer temperatures start mellowing into cooler autumn days and back-to-school bells command attention, a new season of adventure and learning begins. A fresh start can also dawn for a

healthy lifestyle through TOPS Club, Inc. (Take Off Pounds Sensibly).

Many times, a renewed commitment to an exercise routine and weight-loss program is bolstered by encour-

agement. As summer begins to give way to fall, TOPS experts provide guidance to boost back-to-program resolve.

Amy Goldwater, M.S., educator, former body-building champion, and physical fitness expert for TOPS, offers advice to get exercisers motivated as brisk days provide a comfortable outdoor environment. She points out that TOPS has long promoted walking as a way to get in shape and has encouraged the use of pedometers to help walkers track their progress.

Goldwater suggests that, using a pedometer, walkers are motivated by being able to see their progress right away, and that helps encourage them to not only stay committed, but to go further, too. "The pedometer can help people set goals and gives them instant feedback about how they're doing in reaching those goals," she adds.

Goldwater teaches that walking three times per week is a good goal for beginners. Follow a schedule that eventually leads to walking 30 minutes per day most days of the week at a pace of about 3.5 miles an hour, she advises.

### Strategies for Change

Patricia M. Amborn, M.S.M., educator and wellness author and expert for TOPS, offers some suggestions on attaining goals. "I think sometimes we fail because we think we have to wait for the right person to come into our life at the right time to inspire us, but it's really a lot of little steps," she says.

Amborn outlines a four-step process to effect change. She starts with George Bernard Shaw's quote, "Life is not about finding yourself. Life is about creating yourself." She advises keeping in mind that each of us creates his or her own self.

Her second point is that self-improvement is a personal choice. Whether good habits or bad habits prevail, it's a choice. "Remembering this prevents excuses," Amborn notes. "It puts the onus back on the person because it's his or her choice to change or not."

Amborn believes that no one actually has to be motivated in order to get moving. "You can start something, and you'll become motivated," she

says. She gives the example of someone who knows he or she should get outside and go for a walk, but can't find the will-power to do it. If that person simply puts on sneakers and starts putting one foot in front of the other, the action will create the resulting motivation to do it.

She also says that everyone needs to practice self-reflection in order to set goals. "How do you know what to move toward if you don't know what's important to you?" Amborn asks. "September, when school starts, could be a time to learn more about ourselves."

### Self-Work Tools

To promote self-reflection, Amborn suggests the following methods:

- Use self-talk with affirmations such as, "I can achieve this." Negative self-talk is a defeating drain on energy.

- Positive thinking is another tool. "We would be surprised to find how often we sabotage ourselves with negative thinking," she observes. "An example is: 'I'm too overweight already so why bother?' We often pick on ourselves. Recognize it for what it is and tell yourself to stop."

- "Create a vision board; cut out pictures from magazines of how you'd like to look and keep them in a prominent spot to view. Have some fun with it. You could also journal to record your dreams and success stories, along with failures, because you learn from failures," Amborn adds.

With practice, the self-work tools get easier. "It can be hard to master some of these techniques but, once you do, it's powerful," Amborn says.

Along the way, she emphasizes, practice patience. Visualize enjoying a life that is newly created. "Practice stopping the negative self-talk; use the other tools, and be patient," she advises. "Start and end with self-love. Starting with that will help you create the life you desire in the first place. And, end with self-love, because you are worth it."

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view [www.tops.org](http://www.tops.org) or call (800) 932-8677 for more information.



*Health... Just Common*  
**Horse Sense**  
by Dr. Donald Adema

**P**onder this encounter between integrative and traditional oncology therapy. The setting is a yearly oncology convention heavily sponsored by the pharmaceutical companies that manufacture American chemotherapeutic agents. A gifted and internationally renowned oncologist has just presented his successes with a blended approach that included traditional therapies accompanied by antioxidant support to protect normal tissue and guide the immune system and the chemotherapeutic agent to the abnormal cancer cells and their aggressive mitotic activity. The American traditional oncologist is utilizing the microphone in the middle of the auditorium to comment on the creative therapeutic results.

"How can you state you have had a success when the tumor is still evident on testing? You are misguiding the patient into thinking they are cured. You are a charlatan!" (Ah, my profession; too often so supportive of innovative approaches. Not!!!) The response was reported as calm and rather taken back. Quietly he asked how the accusing oncologists' patient with a similar cancer was faring. Well, the patient had total tumor abscence at the time of his death. That statement was followed by a sudden deafening silence. Was the host sacrificed for total tumor success?

In successful cancer treatment, should we focus on tumor abscence or support the immune system to keep the abnormal cellular activity of cancer contained? Should the word cure be replaced with the word contained? Instead of poisoning the cancer cells, should we cut off their food supply? Hey, how about making a lifestyle change or two that will not allow for the inflammation that led to the cancer path? Stay tuned

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

## Laughter is the Best Medicine

### Why seniors should not have babies

**W**ith all the new technology regarding fertility, recently a 75-year-old woman was able to give birth to a baby. When she was discharged from the hospital and went home, her relatives came to visit. May we see the new baby?" one asked.

"Not yet," said the mother. "I'll make coffee and we can visit for a while first." Thirty minutes had passed, and another relative asked, "May we see the new baby now?"

"No, not yet," said the mother, looking a little disturbed. After another few minutes had elapsed, they asked again, "May we see the baby now?"

"No, not yet," replied the mother. Growing very impatient, they asked, "Well, when can we see the baby?"

"When he cries!" she told them. "When he cries?" they asked. "Why do we have to wait until he cries?"

"Because I forgot where I put him. . . okay?"

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.



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## Dear Dr. Luauna

Dear Dr. Luauna,



*I have been a Christian now for 20 years, I am a vital part of the choir and help out with the youth at church. My kids are now teenagers and they love church. My wife decided, out of nowhere, I don't want to be a Christian and I don't want to go to church; she seems to be getting harder against me and the things of God. She was a Christian when we met, I am torn and troubled.*

**Signed, Torn & Troubled in San Diego.**

Dear Torn & Troubled,

My heart goes out for you; you are going to have to be very strong during this time for the spiritual growth and the future of your children. Being a teenager is already tough, and building a good spiritual foundation in them from a child is one of the best things any parent can offer. Whatever you do, do not stop going to church and do not allow your wife to pull your children out. See if your wife will go to counseling and find out what the root of her anger is.

In our life there will be many trials which will come our way, this trial must not tear down your foundation in Christ, build your house upon the Rock, which is Jesus. The devil comes to steal, kill and to destroy and Jesus came to give life and life more abundantly. Somewhere along the line, your wife believed a lie and bitterness snuck in and is trying to destroy her. Pray for her everyday, seek counseling, but whatever you do, do not compromise with her; it could cost you the souls of your children.

Two things can happen in this situation; she will see your faithfulness, repent and come back to God. Or she can become harder and end up leaving you completely; I have seen both happen in the years of my ministry. Our hope is for her return to the Lord, but you must be strong no matter which direction she chooses because God rewards the faithful. Read these verses: Matthew 7:24, Proverbs 14:1, John 10:10, Nahum 1:7

Submit questions to: [questions@drluana.com](mailto:questions@drluana.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.drluana.com](http://www.drluana.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



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 INVITING SEALED BIDS**

**PUBLIC PROJECT:**  
**INSTALLATION OF PEDESTRIAN CURB RAMPS AT VARIOUS LOCATIONS IN THE CITY OF EL CAJON, PROJECT NO.15**  
**ENGINEERING JOB NO. 3283**  
**BID NO. 014-10**

**BIDS MUST BE RECEIVED BEFORE:**  
**2:00 p.m. on November 12, 2009**

**BIDS TO BE OPENED AT:**  
**2:00 p.m. on November 12, 2009**

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$6.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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

**a) California General Prevailing Wage Rates**

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

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

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

or

**b) Federal Minimum Wages**

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

If there is a difference between the Federal

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

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

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

A Performance Bond and Labor and Material Bond, each in an amount equal to 100% of the contract, shall be executed by the successful bidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public Contract Code.

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

Bids shall be delivered to the Purchasing Agent at the 1st floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, they will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been delinquent or unfaithful in any former contract with the City.


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

However, at the time the contract is awarded, the contractor shall be properly licensed in accordance with the laws of this state. The first payment for work or material under any contract shall not be made unless and until the Registrar of Contractors verifies to the agency that the records of the Contractors' State License Board indicate that the contractor was properly licensed at the time the contract was awarded. Any bidder or contractor not so licensed shall be subject to all legal penalties imposed by law, including, but not limited to, any appropriate disciplinary action by the Contractors' State License Board. The agency shall include a statement to that effect in the standard form pre-qualification questionnaire and financial statement. Failure of the bidder to obtain proper and adequate licensing for an award of a contract shall constitute a failure to execute the contract and shall result in the forfeiture of the security of the bidder. Dated: October 15, 2009

/s/ Dede Porter  
Purchasing Agent

East County Gazette- GIE030790  
10/15, 10/22/09

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



**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. 2009-027224**

FICTITIOUS BUSINESS NAME(S): Define Seminars

Located at: 244 Via Tierra, Encinitas, CA 92024

This business is conducted by: An Individual

The business has not yet started.

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

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

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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027395**

FICTITIOUS BUSINESS NAME(S): AX XA

Located at: 9410 Adlai Terrace, Lakeside, CA 92040

This business is conducted by: An Individual

The first day of business was: March 01, 2009

This business is hereby registered by the following: 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

**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

**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. 2009-027970**

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

**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, CA92020. 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

**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, CA92020. 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

**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. Eivan 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



JUST ONE STOP!  
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YOU A COPY!

To place your legal ad stop by our office —  
1130 Broadway, El Cajon  
or call (619) 444-5774

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

**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.  
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.37-2009-00070128-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF:  
NICOLAS HAKIM LUKUDU AND LILIANA  
SUBECK ON BEHALF OF MINOR MAYA  
HAKIM LUKUDU FOR CHANGE OF NAME  
PETITIONER: NICOLAS HAKIM LUKUDU  
AND LILIANA SUBECK ON BEHALF OF  
MINOR MAYA HAKIM LUKUDU HAS FILED  
FOR AN ORDER TO CHANGE NAME  
FROM:  
MAYA HAKIM LUKUDU  
TO: MAYA NICOLAS LUKUDU  
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-15, on November 30, 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 08, 2009.  
East County Gazette – GIE030790  
10/15, 10/22, 10/29, 11/05, 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 Salton 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. 2009-025862**  
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. 2009-028052**  
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

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-027921**  
FICTITIOUS BUSINESS NAME(S): Scorpion  
Sand Products  
Located at: 9745 Airport Vista Road, Santee,  
CA 92071  
This business is conducted by: A  
Corporation  
The first day of business was: January 2,  
2003  
This business is hereby registered by the  
following: 1. Scorpion Sand Products, Inc.  
9745 Airport Vista Road, Santee, CA 92071  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on September 29, 2009  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-025661**  
FICTITIOUS BUSINESS NAME(S): Ralley  
Quik 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  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028979**  
FICTITIOUS BUSINESS NAME(S): a.)  
Anchor Funding Escrow b.) Lions Loans c.)  
Lions Home Loans d.) www.lionsloans.com  
Located at: 3750 Convoy St. #320, San  
Diego, CA 92111  
This business is conducted by: A  
Corporation  
The first day of business was: October 1,  
2009  
This business is hereby registered by the  
following: 1.Anchor Funding Inc., 3750  
Convoy St. #320, San Diego, CA 92111  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 08, 2009.  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028217**  
FICTITIOUS BUSINESS NAME(S): Arturo's  
Market  
Located at: 315 El Cajon Blvd., El Cajon,  
CA 92020  
This business is conducted by: A  
Corporation  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Arturo Mercado, Inc. 315 El  
Cajon Blvd., El Cajon, CA 92020  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 01, 2009  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028725**  
FICTITIOUS BUSINESS NAME(S): Done  
Deal Maintenance  
Located at: 1475 Oakdale Ave. #8, 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. Daniel Gibbs-Lopez 1475  
Oakdale Ave. #8, El Cajon, CA 92021  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 07, 2009.  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028571**  
FICTITIOUS BUSINESS NAME(S):  
Foresight Sports  
Located at: 9411 Alto Dr., La Mesa, CA  
91941  
This business is conducted by: A Corporation  
The first day of business was: January 12,  
2009  
This business is hereby registered by the  
following: 1. WAWGD, Inc. 1780 Koll Center  
501 W. Broadway, San Diego, CA 92101  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 06, 2009  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-028385**  
FICTITIOUS BUSINESS NAME(S): T.H.  
Customs  
Located at: 607 Brazos St. Suite I, Ramona,  
CA 92065  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. Trevor Henton 281 Feghali Rd.,  
Ramona, CA 92065  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on October 05, 2009.  
East County Gazette- GIE030790  
10/15, 10/22, 10/29, 11/05, 2009

See page 14 for more  
legal notices

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— LEGAL NOTICES —

A  
G  
E  
N  
D  
A

Alpine Community Planning Group  
P.O. Box 819, Alpine, CA 91903-0819  
NOTICE OF REGULAR MEETING  
Thursday, Oct. 22, 2009  
6:30 P.M.  
Alpine Community Center,  
1830 Alpine Boulevard, Alpine, CA 91901

- I. Call to Order
- II. Invocation / Pledge of Allegiance
- III. Roll Call of Members

Brad Bailey

Roger Garay

Richard Saldano

George Barnett

John Hood

Vacant

Jim Easterling

Cory Kill

Kippy Thomas

Joe Ford

Jennifer Martinez

Scott Tuchman

Greg Fox

Lou Russo

Dana Zeno
- IV. Approval of Minutes / Correspondence / Announcements

1. Amended Minutes: September 2009

2. APG Statement:  
*The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.*
- V. Open Discussion

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

1. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to or from APG Sub-Committees.

2. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to from APG Sunrise Powerlink ADHOC.
- Organized / Special Presentations:

1. Neville Connell - Alpine Fire Safety Council - informational presentation to discuss Alpine's future fire prevention plans

2. Jeff Bosvay , Unit Manager, County of San Diego-Department of Public Works Wastewater Management; an informational presentation to discuss a proposal to consolidate County sanitation districts.

Consent Calendar

1. Circulation

1. Discussion and Vote: None
2.
3. Communications

1. Discussion and Vote: None
4. Private Actions

1) Discussion and Vote: None

2) Discussion and Vote: None

3) Discussion and Vote: None
5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None
6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote on PLDO Expenditures
8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None
- VIII Subcommittee Reports (Including Alpine Design Review Board)

A. Private Actions

Richard Saldano

B. Trails & Conservation

Scott Tuchman

C. Parks & Recreation

Brad Bailey

D. Public Facilities & Services & Major Public Policy

John Hood

E. Circulation

Greg Fox

G. Alpine Design Review Board

Kippy Thomas

H. Alpine Safety ADHOC

Jim Easterling

J. Albertson Park ADHOC

Brad Bailey

K. Alpine High School ADHOC

Lou Russo
- IX. Officers Reports

A. Chairman

Dana Zeno

B. Vice Chairman

Brad Bailey

C. Secretary

Jim Easterling

D. Immediate Past Chair

Vacant
- X. Open Discussion 2 (Only if Necessary)

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

A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)
- XII. Approval of Expenses / Expenditures
- XIII. Announcement of Sub-Committee Meetings

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

1. Thursday, November 19, 2009, 6:30 P.M. (One (1) week early due to Thanksgiving.
- XV. Adjournment of Meeting

LEGAL NOTICES

NOTICE OF PUBLIC AUCTION

Pursuant to Section 1988 of the Civil Code, notice is hereby given that Asset Resolution and Disposition, LLC to satisfy storage charges fees and costs, presently due and outstanding will cause to be sold at Public Auction to the highest bidder at 1261 Victor Street, El Cajon, CA 92021 following described property deemed to have been abandoned by Carmen Bustamante, All Unknown Occupants, formerly occupying unit #6 and garage at 1261 Victor Street, El Cajon, CA 92021.

This public auction will be held at 10:30 A.M. on October 23, 2009 or there after until all goods are sold or until the lien is satisfied unless the charges are paid the day before sale. Terms: CASH ONLY.

List of Items to be sold are miscellaneous household items such as: TV Refrigerator Washer Stove Table Chairs Bedding Pictures Books Lamps Mattresses Couch Bed Hospital Bed Dresser End Table Bike Scooter Microwave Toaster File Cabinet Toys Stroller Baby Seat Tools Paintings Clothing Shoes Boxes Containers Bags

BBQ Cabinets and other Miscellaneous Household Items.

INSPECTION: On October 23, 2009 from 10:00-10:30AM.Property will be sold in bulk lot. Phone: 619-270-6925. Auction Conducted By: Auctioneer Jack Jung. CA Bond: 00105239610

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



# Our Best Friends

## Exercise and rest, how much for my dog... ask a trainer

By Nan Arthur,  
CDBC, CPDT, KPACTP

**Dear Trainer,**  
**M**y dog is really hyper and never seems to relax. I exercise her at least three times a day and take her to the dog park 2-3 times a week to help her burn off energy. She is a spayed shepherd mix and is about 2 years old. I have had her for a year now, and nothing I do seems to slow her down. I'm going crazy trying to keep up with her. Do you have some suggestions?

Signed,  
Overdone!

**Dear Overdone,**

Of course dogs need exercise, just like we do to maintain and condition our bodies. It's the type and amount of exercise that becomes the question. Since my focus is about dogs that have a difficult time relaxing and those that drive their owners crazy with their "busy work," day in and day out, I tend to look at exercise a little differently.

My first question is how much rest and sleep is your dog getting each day? The authors of the book *Stress in Dogs* found that the most well-adjusted dogs were those that were getting at least 17 or more hours of rest and sleep each day. When we consider how short a life span our dogs have, it really makes sense that they require a lot of recovery time from just everyday activities. So if your dog is not getting that kind of rest and sleep, you need

to consider something different in her life.

When dogs, like kids, don't get the recovery time their bodies need, there is a likelihood that they may be more cranky, more irrational and not as cognitive as need be for working on behavior issues, and in fact, not getting enough down time might have created many of the issues in the first place. This study points to the fact that, at least in mice, they are dummed down by too much exercise, and by withholding that same exercise for a short time, they return to normal. [http://www.sciencentral.com/articles/view.php3?language=english&type=&article\\_id=218392111](http://www.sciencentral.com/articles/view.php3?language=english&type=&article_id=218392111)

There have also been some recent studies down on humans that pointed to the same conclusion, and dogs as we know them, are not good at dissipating heat and so risk overheating and adding to stressors that can be linked to over-exercised bodies.

Another concern is that you might be training your dogs to become out of control because every time she acts bored and becomes annoying or destructive, you find ways to exercise. It doesn't take long for a dog to figure out that her annoying behaviors results in fun activities with you. I worked with a dog that was given up to the shelter where I worked at the time because she was too active. She was a young (1-2 years) chocolate lab that never seemed to slow down. She was beautiful and was adopted

quickly and we didn't spend much time with her. Well, she was back about a month later with the same complaint—too active. In fact the adopters gave up on ways to exercise her to "get her energy out," when having her job along side their jeep didn't work!

She was so stressed when she came back and there was some real concern about her health. She was overly muscled (a sign of stress in the body), too thin and didn't seem connected to humans at all. This was a frantic dog that could no longer think about anything other than running and that is a very sad state for a dog. We worked on everything calm for her and she had to earn short sessions of ball playing, via focus and attention work, such as the Relax on a Mat and Auto Eye Contact that are in my book *Chill Out Fido* ([www.dogwise.com](http://www.dogwise.com)). She slowly came back around to being a normal dog (normal for a young lab) and was adopted to her forever home after a few weeks of the calmness work.

Second, the risk of taking a dog for an infrequent run, playing an intermittent game of fetch, visiting a dog park occasionally, or injuring a dog that is less than a year old and still developing bone and muscle, all have the potential to stress a dog's body with these types of infrequent, but high-energy activities. Stay within a dog's normal limits or beginning a more rigorous exercise program that slowly builds endurance and muscle,

is the only way to increase the intensity of exercise for a dog, or a human.

Also, it has been found that domesticated dogs living in the wild or natural states without humans, exercise much less than most would imagine, and it's not hard to envision how it wouldn't serve those dogs to run, play or fight, (such as we see in our pet dogs), for fear of burning precious reserves of energy, or becoming injured. Survival and safety are the first order of importance for dogs living in their natural habitats, just as it is on some level for our dogs.

The dog that shares your home is still a canine with many of the same natural drives as their untamed counterparts, and it is those genetic components that hold the answers in terms of how much exercise is

really needed for the dog living with you.

The balance that many experts are trying to find with exercise includes a good deal of mental exercise and leads right back to the information in the *Stress in Dogs* book about rest and sleep. Dogs that use their minds a good portion of the day doing things like chewing on bones, working on Kongs or other food puzzles, training with their owner, are dogs that get that balance and as such, need much less intense physical exercise to help them be more quiet and less problematic. I believe when this balance is met, it serves to satisfy some deep innate behaviors that we see in wild dogs, such as hunting for small prey, and scavenging for food. Many of my clients now feed their dogs from Kongs, paper bags, or boxes, have them scavenge

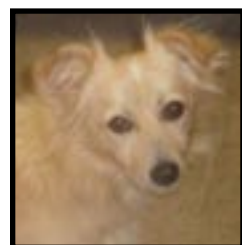
the grass for their kibble, or train with their meals to help satisfy that need to forage and look for their meals. (Be sure you are feeding a high end diet that is low or no carbohydrates, and without corn, wheat or soy products.)

I also find that dogs that are engaged in high level physical activities every time they leave the house, in order to "tire them out," often miss just enjoying "smelling the pee on the roses," as someone recently stated. Dogs have those finely turned snouts and it's a sad waste if they never get the opportunity to enjoy exploring the world with their noses because they are moving all the time. At the very least, exploring scent games for dogs can help them in that area.

So, when looking at exercise, look for balance!

### ADOPT-A-PET

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.



Little Timmy is a 11 month old Terrier mix, with a heart of a gold! His eyes tell the entire story, gentle, a bit timid, but full of love. He enjoys everyone he comes into contact with from the furry to the not so furry. His little size is perfect for families with small children or just an individual that wants a lap buddy. And, he's not to shabby on the leash! Timmy's adoption fee is \$150 which includes his neuter, vaccinations, deworming treatment, training DVD, 1 free months of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m. - 5 p.m. For details call (760) 757-4357 or visit [www.nchumane.org](http://www.nchumane.org). ID 46568

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.



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