

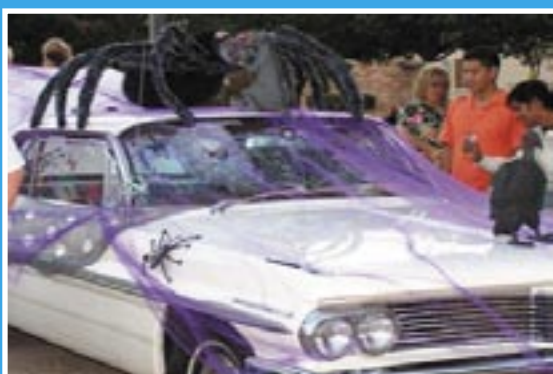


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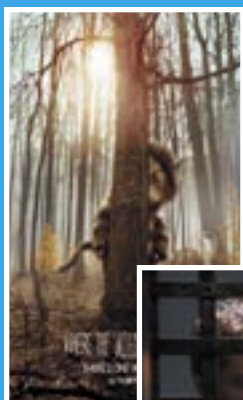
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VOLUME 10 NUMBER 20 **OCTOBER 22-28, 2009**

Trunk or Treat



Cajon Classic Cruise Halloween Car Show, Costume Contest & Downtown "Trunk or Treat" event will be held on Wednesday, Oct. 28 from 5 to 8 p.m. in Downtown El Cajon. Admission and parking are free. See more on page 14.

What's new in theatres?



Read about
'Law Abiding Citizens'
'Where the Wild Things Are'
and
'Paranormal Activities'

by Diana Saenger
& Michael Black



Smokin' in the Park was Smokin'



Sam the Cooking Guy, the Piggy D's BBQ team and Viejas' Charlie Brown hold the grand prize winning check at last Saturday's 'Viejas Smokin' in the Park' event. Photo by Debbie Norman

by Diana Saenger

BBQ was the word, Viejas the place this weekend as thousands turned out Saturday for the 5th Annual Smokin' in the Park BBQ Event. Fifty-five of State's best BBQ teams entered the Kansas City Barbecue Society (KCBS) sanctioned event to prove their recipes could take home the awards. Competing

in five categories, the Grand Champion Winner all the way from Winthrop Washington was Piggy D's BBQ. Reserve Grand Champion was 155 South Bar-B-Q.

Starting at 10 a.m. and continuing until 10 p.m., this year the event was staged in both lower and upper decks of the Viejas Outlet parking lots running from East to West

ends with entertainment, food vendors, merchants' booths, a beer and fun zone and contest participants. Groups performing on the Oak Stage included Dusty Rhodes and the River Band, Dirty Sweet, The Mother Hips, JJ Grey and Mofro and Karl Denson. Those who ventured over to the Park Stage enjoyed hearing Billy Midnight, Jesse Dayton, Dave Alvin and The

Guilty Women, Texas Tornado and Los Lobos.

The KCBS, a nonprofit organization dedicated to promoting and enjoying barbeque, is the world's largest organization of barbeque and grilling enthusiasts with over 10,000 members worldwide. KCBS sanctions almost 300 barbeque contests coast-to-coast
See SMOKIN' ... page 2

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Local News & Events

Smokin' in the Park...



Thousands flock to get their tickets for the BBQ tasting.

Continued from page 1

throughout America and has strict rules for the barbecue competitors and judges. The meat is cooked and delivered in shifts to the judging room. This year more than 50 judges, some certified KCBS judges and others trained and sworn in, face the grimy task of sampling 30 to 40 pieces of meat.

Mark Bellar, a more recent KCBS sanctioned judge, came from Fresno to judge his second BBQ event. Like most judges he enjoys barbecuing and figured judging would be a good way to learn the ropes. Some of these competitors

have a big investment in their smokers and rigs so I figured I start this way and learn everything I can," Bellar said.

There's more to good barbecue than a big rig or a smoker. "There are teams who just use a standard round smoker and do well in the competition," Bellar said. "Sometimes it's more about the cut of meat and knowing how to prepare and cook it. And that includes rubs and spice for flavor or sauces or some never put sauce on their entry."

Bellar was impressed with the entire event Viejas put on, especially the quality of bands.

Many families came out. Juan Martinez, his wife and three kids made their first trip to Viejas. "We can't believe the crowd and everything that is going on," he said. "Our kids are having so much fun we don't know which way to go next."

Overall the event was a tremendous triumph for everyone involved. "This year's event was a big success," said Nancy Kennedy, Marketing Manager for the Viejas Outlet Center. "We had great weather, great crowds, great music and, of course, great barbeque. Viejas enjoys hosting this event every year, and we are especially proud to donate proceeds from this year's event to the music and math programs at the Alpine School District. It's nice to know that our local kids will

benefit from an event that the entire community supported and participated in."

The Alpine School District, which according to Greg Ryan, Alpine Union School District Superintendent, is in desperate straights, was thrilled to hear this news. "We can use every bit of help to support the program we offer students, and any help is greatly appreciated," he said.

Some of the Smokin' in the Park BBQ proceeds went to another local group. "We also helped the Hot Stuff Cheer Group raise more than \$1800 through the Duckling Dash that ran at 3 p.m. during the BBQ," Kennedy said. The team sold duckling entries from August until the BBQ, and was thrilled at the opportunity."



Papa's Smokehouse BBQ was one of the many vendors at Viejas Smokin' in the Park event.



There's nothing like a hot tasty BBQ. Pictured above is one of the "People's Choice" for taste testing by the public. Photos by Debbie Norman

Other winners in the cook-off competition

Chicken

1. Santa Ynez BBQ,
2. BBQ by Dan
3. Rib Tickler BBQ
4. Piggy D's BBQ
5. Tops BBQ
6. Four Q BBQ
7. Soaked In Smoke
8. Meat, Inc.
9. All Sauced Up
10. McFrankenboo BBQ

Pork

1. All Hogs go to Heaven
2. 155 South Bar-B-Q
3. West's Best BBQ Team
4. Soaked In Smoke
5. Santa Ynez BBQ
6. 7 Kinds of Smoke
7. Tropical Heat BBQ
8. T-Roy Browns
9. Team Braz-b-que
10. BBQ by Dan

Pork Ribs

1. Auntie Shoes Bodacious B
2. Big Poppa Smokers
3. Otis and the Bird
4. 155 South Bar-B-Q
5. All Hogs go to Heaven
6. Rusty Barrel BBQ
7. The Rib Doctor
8. Here's the Rub
9. One Smoke Over the Line
10. Rhythm 'n QUE

Brisket

1. Piggy D's BBQ
2. BLQUE Cuttin Edge QN
3. McFrankenboo BBQ
4. Papa's Smokehouse BBQ
5. Four Q BBQ
6. Otis and the Bird
7. The Rub Company
8. Pasadena Pig Parade
9. Rhythm 'n QUE
10. Rubbed The Right Way

BBB is offering scholarships to high school juniors and seniors

The San Diego Better Business Bureau (BBB) is offering a total of \$5,000 in cash scholarships to high school juniors or seniors (graduating classes of 2010 or 2011) attending an accredited high school in San Diego County who are

willing to write a 400-word essay on the importance of marketplace ethics and integrity in our community. There is no cost to submit an essay. Deadline for submission is 5 p.m., Monday, Oct. 26. Essays can be submitted via mail, fax or e-mail.

The BBB's scholarship program, sponsored by Sycuan Casino and Encore Capital Group, is part of the BBB's 2009 Torch Awards for Marketplace Ethics, its 12th annual program that honors companies and non-profits for demonstrating ethical business

practices. The essays should include viewpoints and examples of how marketplace ethics involves integrity, honesty and civility in our community. Judges will evaluate the essays based on relevance to the theme, readability and clarity, and spelling and grammar. Five high school students who write outstanding essays will be awarded with cash scholarships of \$1,500, \$1,250, \$1,000, \$750 and \$500. Recipients must be available to attend the Torch Awards presentation luncheon on Dec. 8 at the Town and Country Resort Hotel in Mission Valley. An application form and more details are available at www.bbb.org. On the San Diego BBB homepage, look for "Announcements," then click "2009 Torch Award for Marketplace Ethics."

Last year, a total of 234 essays from students attending 78 different high schools in San Diego County were evaluated by the judges.

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Lend A Hand is this weekend

Take 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 your 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 your non-working electronics, or E-Waste, for proper disposal, and San Diego Rescue Mission will be present to turn your usable household donation items into hope for families in need. Bring a tax-deductible donation of clothing, furniture, and working electronics to the event. RSVP to Rebecca Reyes, Community Development Assistant, at (619) 401-8858.

Clear out those old prescriptions

The Oxy Task Force and the San Diego County's Sheriff's Department is hosting a "prescription drug take back" day this Saturday, Oct. 24 from 9 a.m. to 1 p.m. at five county-wide locations. This is an excellent opportunity for adults and older adults to get those expired and not-used prescriptions out of their households - and at the same time you can help keep these drugs out of hands of teenagers! In El Cajon, bring your unused prescription drugs to the East County Courthouse, 250 East Main Street in the parking lot. No questions asked.

Sunday is the 3rd Animal Shelter Open House

If you plan to dress up your dog for Halloween, bring them to our Animal Shelter Open House. The public is invited to attend our 3rd 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. You'll also have the opportunity to tour the shelter, watch a Police K-9 demonstration, and view a dog obedience demonstration. SNAP, the spay and neuter scooter bus, will also be there. If you bring a new or gently used clean blanket or bath rug to donate to the shelter, you'll 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 call (619) 447-3535, or visit online at www.acesfoundation.org.

Trick or Treat Wednesday at the Cajon Classic Cruise

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.

Trick or Treat at Westfield Parkway too!

Westfield Parkway will be hosting Trick or Treating again this year. The date is Saturday, Oct. 31, from 3 to 5 p.m. While candy supplies last! Stop by the Concierge Center and participating stores within the mall. A few rules: They do not allow masks, anything that resembles a weapon, the use of silly string, blow horns etc. Visit their Pumpkin Station, which is open in the parking lot by Walmart. It's a great place for children to have fun, pick out their pumpkin and enjoy the rides. For information call customer service at (619) 579-9974.

Crime Free Multi-Housing Class planned for November

The successful Crime Free Multi-Housing Program will hold their next training session on Nov. 10. 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 in the County have joined.

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 Nov. 10, contact Samantha Hook at (619) 579-4227.

Next Police Community Forum is set for November

The next El Cajon Police Department Community Forum is scheduled for November 16 at the Ronald Reagan Community Center. Residents of El Cajon are invited to this forum to discuss the issues that face our community, such as traffic, gangs, and the homeless - or to say thank you to our police department for keeping us safe. This forum will also address "holiday safety". For more information contact Officer Dan Hansen at (619) 441-1597.

Women in Leadership Luncheon

Mark your calendar for Oct. 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 call (619) 440-6161.

Historic Highway 80

Passport Road Trip coming

On Saturday, Oct. 24 join us for the Historic Highway 80 4th Annual Passport Road Trip, from 9:30 a.m. to 2:30 p.m. beginning at The Desert View Tower at In-Ko-Pah and ending with special activities and opportunity drawings on the Promenade in Downtown El Cajon at 3 p.m. Drivers will head eastward at dawn on Interstate 8 to the Desert View Tower for registration at 9:30 a.m. Once in El Cajon, there will be a display of classic cars, sports cars, motorcycles, and family autos as we gather at the Promenade. Local restaurants will be offering specials for the day. The Historic Highway 80 Corporation is a non-profit, charitable organization. The Road Trip is supported by member businesses in the communities along the route. For more information or to learn how you can support the effort to build awareness of Historic Route 80 call (619) 445-0180.

'Bridge to Terabithia' comes to ECPAC

The Bridge to Terabithia
See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

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.

Nov. 2: Chamber Board Meeting

Nov. 4, 18: Lakeside Planning group 7 p.m. Community Center

Nov. 5, 12, 19, 26: Farmers Market

Nov. 19: Chamber Mixer/Café 67.

Oma's Pumpkin Patch

Many of the cars traveling along El Monte Rd. have one destination in mind, Oma's Pumpkin Patch located at Van Ommering Dairy. Pumpkins are \$6 per child. Open Tues. through Sat. from 10 a.m. to 7 p.m. Closed Sunday and Monday. 14950 El Monte Rd. For more information call 390-2929.

Grand opening Walgreens

Wintergardens near Woodside where the old empty Albertsons store along with a run down strip mall was once considered a blighted area of Lakeside, but no more as a new Walgreens has opened.

The Grand opening of Walgreens took place Friday, Oct. 16 with the once empty parking lot filled with cars.

Come see the new Walgreens. "Shop local-Shop Lakeside".

Eucalyptus Hills Road Improvements

The Posthills and Valle Vista road improvements were scheduled to be completed last week. Posthill was completed. Valle Vista was not started.

The reason is that the Lakeside Water District pipes under Valle Vista were a concern to the County. What if there was a water line break while the County was working. Lakeside Water District was prepared with a crew standing by just in case. This was not enough for the County. They seem to have a specific focus on the underground water pipe going up Valle Vista from the fire station to about 200 feet north. The County and Lakeside Water are sorting this out.

Lakeside Union School District

The Pledge of Allegiance was led by students from L. Mizar's class at Wintergardens. Suzie Smith shared activities at the school such as intervention strategies, computer programs and new technology.

Captain Patricia Duke of the Santee Sheriff's Department for her immediate direction and support to curb vandalism in Lakeside schools. Duke accepted a "piece of the rock" on behalf of the Santee Deputy Sheriff's.

Pam Fleming, the new district nurse, was welcomed. Employees spoke in regards to the bus driver lay off. The board listened with interest, no comment were permitted.

Tina Brady reviewed the CST results. The District went up to four points. Some schools showed a nice growth while a couple of schools slipped a few points. The district did not make the AMAO's (Annual Measurable Achievement Objectives) and will begin to develop a districts improvement plan.

The H1N1 flu situation was discussed. The schools will monitor absences and will report them centrally to the county. The county wants to know when a school reaches 10 percent or above in absences.

Chris McDuffie announced Tierra del Sol Middle School received a \$25,000 Chargers



Ron Witek, Store Manager and Walgreen representatives Jennifer Jackson and Maribel Marcial at Walgreen's grand opening. Photo by Patt Bixby

grant and thanked the board for their support.

Next regular board meeting

6 p.m., November 12, Multipurpose Room, District Administration Center at 12335 Woodside Ave.

Highlights ...

Continued from page 4

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 Oct. 22 through the 25. This heartwarming 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.

Sophie's Art Gallery - open studio classes

Design Hand-Painted Shoes

on Friday, Nov. 6, from 5:30 to 8 p.m. Custom design a pair of canvas sneakers with paints, dyes, markers, buttons and found objects to make a one-of-a-kind fashion statement. The cost of this class is \$25. Or, on Nov. 7, a class on how to Design a Braided Wire Necklace, it's from 10 a.m. to 3 p.m. Learn how to make a necklace by crocheting three beaded wire strands and then braiding them together for a stunning look. The cost is \$45. Sophie's is located at 109 Rea Avenue in Downtown El Cajon. Call (619) 593-2205 for more information, or to reserve a spot for one or both of these classes.

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

Computer Sense Saves Cents: Chapter 2

Speedy start ups

by Brice Pedrin

Every day people purchase new personal computers (PCs) to rid themselves of the clunkers that seemed to age faster than a piece of fruit sitting in the summer sun. Although the PC can be a few years old, it doesn't mean that the hardware and the Windows operating system can't be brought back to life. No, this isn't a recreation of "Frankenstein!" It's surprising how easy it is to resurrect the PC and make it work to its highest capabilities. So let's tackle how to recover start up times.

If it takes up to 15 minutes to boot up a computer, there is a problem. This could be because too many programs are set to run at the startup. This doesn't leave enough Memory (RAM) to function properly. Considering it takes memory usage to run each background application, the computer needs enough to handle the desktop, the internet, and applications, etc. to run properly. So it's recommended to minimize which applications a user has listed for startup and which are not needed and can be disabled. Some consists of Spyware and Malware such as: toolbars, trial programs and fake virus scanners (advertisements to get one to purchase a product by scaring the user into thinking he/she has a virus, spyware etc).

Spyware and Malware is a special case with more general problems that result in; too many programs loading at Windows startup. Most of the programs that install don't need to load when the computer boots up. However there are some programs (RealPlayer, Java, Quicktime) that register themselves or some of their components to start automatically each time the PC boots without even asking permission of the user. These components may update that program, or allow one to access it from the system tray, or do something different. In order to remove these programs from the list that start along with Windows itself, Windows has a tool called MSCONFIG, which allows a person to disable or enable programs that run during startup. To run MSCONFIG click on the Start button and depending on whether one has Windows XP or Windows Vista, either click 'Run' or click on the search field and enter 'msconfig.'

In the MSCONFIG utility switch to the Startup tab and look at the list and which programs are "Enabled" or "Disabled." Many like Media players and Java are listed above and can be disabled to make your System boot quicker and free up much-needed memory. Any user unsure about some programs and what they do should leave them enabled to insure proper loading of windows. However some of these programs that fall under "Unsure" can be spyware, malware, or even a virus. To ensure that these are programs needed by windows and not one of these, it is recommended to do regular scans for these threats.

Next week I will continue this discussion on how to scan for threats and some of the best free scan programs.

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Alpine happenings ...

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Historic tour

Saturday, Oct. 24, 9:30 a.m. to 3 p.m. Historic Highway 80 will rumble as the 4th Annual "Passport Through Time" Road Trip. Starting at the Desert View Tower at In-Ko-Pah, travelling west thru Campo, Pine Valley, Descanso, Alpine to El Cajon. There are 23 "Pit Stops" lined up and opportunities for prizes at the end. For more information, contact Eric Lund/Jeanette Perez at (619) 445-0180, or to the Chamber website <http://www.alpinechamber.com>.

Trunk or Treat

Saturday, Oct. 31, 6 – 9 p.m. Albertsons Trunk or Treat. Please join us in a haunting good time in the Albertsons parking lot. Kids costume contest all day. Reserve your space, for more information, contact Store Manager, Bob Ring at (619) 445-0231 or see the flyer <http://www.alpinechamber.com>.

Farmer's Market

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

Alpine Village Christmas Parade

Friday, Dec. 11, 6:30 p.m. The 14th Annual Alpine Village Christmas Parade of Lights &

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Stay away from lighted candles.

Halloween plans typically include frightful activities, and paying attention to a few safety tips can make the difference between having a frightfully-fun experience versus a frightfully-tragic one.

Decorations were the first item ignited in an estimated average of more than 1,000 home structure fires per year during 2002-2005, according to the National Fire Protection Association (NFPA) report Home Structure Fires that Began with Decorations. More

than half of these fires were started by candles.

"There are many things that parents, kids, and adults can do to make sure that Halloween remains a very safe holiday," said Lorraine Carli, NFPA's vice president of communications. "Make sure costumes purchased are labeled flame-resistant or flame-retardant, choose materials that will not easily ignite, and keep fire safety in mind when decorating your home, both inside and out."

Fire safety concerns are often

unique at haunted houses and other spooky venues typically visited during this time of year.

"It is important to know how to get out of a room or a building in case of emergency no matter where you are, and to teach kids to do the same," said Carli. "A haunted house is a unique venue and with other things competing for your attention, it may take a little extra effort to identify exits and plan your escape; however, if there is an actual emergency or the ghosts and goblins simply get too scary, you'll be glad you did!"

- Buy only costumes, wigs and props labeled flame-resistant or flame-retardant. If you are making your own costume, choose material that won't easily ignite if it comes into contact with heat or flame. Avoid using billowing or long trailing features. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.

- Provide children with light-weight flashlights to carry for lighting or as part of their costume.

- It is safest to use a flashlight or battery-operated candles in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are

lit. When lighting candles inside jack-o-lanterns, use long fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn including trick-or-treaters, doorsteps, walkways and yards.

- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs and heaters.

- Remember to keep exits clear of decorations, so nothing blocks escape routes.

- Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

- Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.

- If your children are going to Halloween parties at others' homes, have them look for exits and plan how they would get out in an emergency.

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The Laws of ultimate reality

Law of Mechanical Repair: After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity: Any tool, when dropped, will roll to the least accessible crevice furthest away from you.

Law of Probability: The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers: If you dial a wrong number, you never get a busy signal and someone always answers.

Law of the Alibi: If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire while running late for work.

Variation Law: If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

Law of the Bath: When the body is fully immersed in water, the telephone rings.

Law of Close Encounters: The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

Law of the Result: When you try to prove to someone that a machine won't work, it will.

Law of Biomechanics: The severity of the itch is inversely proportional to the reach.

Law of the Theatre: At any event, the people whose seats are furthest from the aisle arrive last.

The Starbucks Law: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Murphy's Law of Lockers: If there are only two people in a locker room, they will have adjacent lockers.

Law of Physical Surfaces: The chances of an open-faced jelly sandwich landing face down on a floor covering are directly correlated to the newness and cost of the carpet/rug.

Law of Logical Argument: Anything is possible if you don't know what you are talking about.

Brown's Law of Physical Appearance: If the shoe fits, it's ugly.

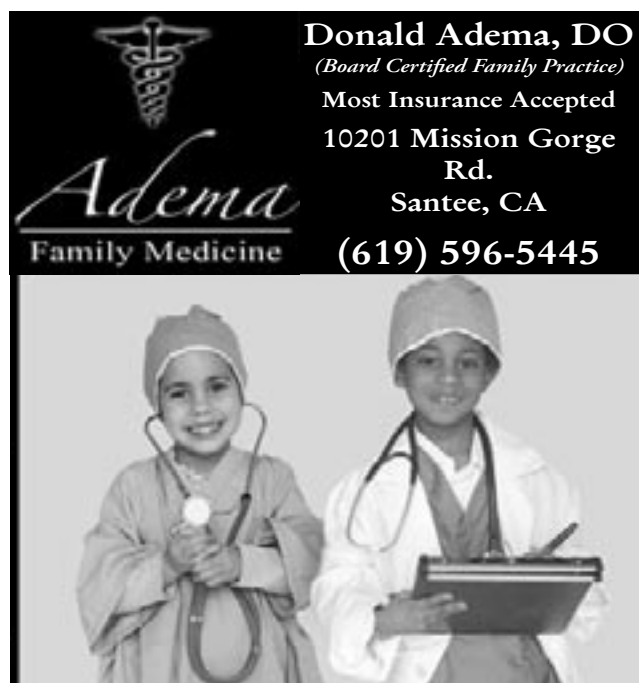
Oliver's Law of Public Speaking: A closed mouth gathers no feet.

Wilson's Law of Commercial Marketing Strategy: As soon as you find a product that you really like, they will stop making it.

Doctors' Law: If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick.


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

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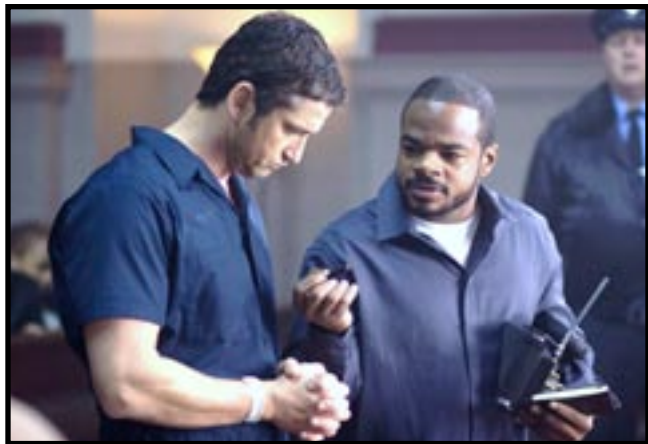
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— CLASS ACT DINING & ENTERTAINMENT —

'Law Abiding Citizen' – contrived-maybe, enjoyable-yes

Gerard Butler and director F. Gary Gray in *Law Abiding Citizen*.
Photo credit: John Baer / LAC Film

Review by Diana Saenger

News stories of brutal crimes that play over and over on our TV sets often leave us wondering what we might do in the same situations. While watching *Law Abiding Citizen*, viewers will need to think about right and wrong, but screenwriter Kurt Wimmer constructs a tricky crime thriller that makes those ideals seem impossible to narrow down. Ultimately, no

matter which man you root for, Jamie Foxx and Gerard Butler create such intense characters it's hard to take one side over the other.

In the first moments of the film, Clyde Shelton (Gerard Butler) quickly reveals he's a great dad and wonderful husband. An engineer who loves to tinker with things, he praises his young daughter as she strings letter cubes to make her mother a necklace. Mo-

ments later Clyde answers the doorbell only to be whacked in the head with a baseball bat. He's tied up and must watch as two invaders rape and kill his wife and murder his young daughter.

Days later, lead prosecutor Nick Rice (Jamie Foxx) makes jokes with his boss, District Attorney Jonas Cantrell (Bruce McGill), about having a near perfect conviction record. Maybe that's behind his decision not to prosecute one of the criminals (Christian Stolte) who killed Clyde's family – after all, he turned state's evidence against his partner. When Clyde challenges Rice over this decision, he receives a blasé answer about not enough evidence.

The movie then jumps forward 10 years to the execution of one of the killers. Something goes seriously wrong in the death chamber. Clyde stalks the other criminal – who walked – and viciously tortures the man to death. Rice and his team are now on the manhunt for Clyde, but he outsmarts them at every turn. Rice's as-

sistant, Sarah (Leslie Bibb), finds an undercover operative who knows about Clyde's companies and his expertise. He tells Rice, "If Clyde wants you dead, you're dead."

This cat-and-mouse game continues even after Clyde is caught and put in jail. There are some implausible elements in the story, especially since a man can't be put in prison (such as the one shown in this film) without first going to court and being convicted and sentenced. We see nothing like that happening here.

Bars seem no barriers to Clyde, and many of the team who helped free the guilty killer are murdered. The beauty of this scenario involves no one knowing when it's coming and how the justice – or injustice – will be done. I saw *Law Abiding Citizen* twice, and both times the majority of the viewers jumped and gasped or screamed at the film's surprising incidents.

By the third act of the film, it's time to wrestle with one's conscience. Who's the guilty

one? The prosecutor who let the guilty man go or the victim who crosses the line and takes the law into his own hands. But that's not easy to answer. Considering Butler delivers such an excellent performance as a brainiac who can outthink a horde of law officials, it's hard not to root for him. With roles in a variety of movies such as *300*, *Nim's Island*, *Beowulf & Grendel* and *Phantom of the Opera*, he's covered practically every genre. As the diabolical schemer and planner Clyde, his obvious delight in killing could place Butler on equal ground to play a Hannibal Lecter character.

Foxx (*Ray*, *The Soloist*) doesn't offer anything extraordinary in his roll. McGill (*Obsessed*, *Vantage Point*) is very believable as the District Attorney who is always under control and observant. Viola Davis (*State of Play*, *Doubt*) has little screen time to make any impact as the Philadelphia's mayor. Director F. Gary Gray (*The Italian Job*) heightens a sense of anticipation with his deft direction. Surprisingly, there are also some amusing

scenes in the movie.

Although not satisfied with how the movie ends, I did enjoy *Law Abiding Citizen*. Some critics are calling the film contrived, pervasively absurd, lacking in social graces, and having lunatic plotting. However, while walking slowly to exit from my two screenings, I overheard viewers giving high praise for the movie's scare factor and surprise elements.



Law Abiding Citizen
Studio: Overture Films
Gazette Grade: B+
MPAA: "R" for strong bloody brutal violence and torture, a scene of rape, and pervasive language
Who Should Go: fans of *Unusual Suspects* and intriguing crime thrillers

See more movie reviews
page 12

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'Paranormal Activities' — simple but interesting

Review by Michael Black

Simple is sometimes better. *Paranormal Activity* is a low budget scary movie that induces viewers to the edge of their seats in anticipation for something happening. However, when it does, it's a bit disappointing to hard-core fright fans. To new fans of this genre it might get their pulse racing.

The story is based on some actual happenings in a real home (also where it was actually shot) in San Diego. Day trader Micah (Micah Sloat) and his college student girlfriend Katie (Katie Featherston) live in San Diego. Micah buys a video camera and is determined to record the strange noises they

keep hearing overnight. Katie hires a psychic who tells the couple they are plagued by a demon but should pay no attention to anything going on. Micah ignores the psychic's advice and antagonizes the demon every day determined to get it out of the house. Progressively, the spirit becomes more and more aggressive until Micah and Katie must make a decision to leave the house or face the consequences.

Director Oren Peli did an excellent job with only a \$15,000 budget and seven days to shoot the film. The camera tricks are simple but very effective to those who are not

familiar with them. Thankfully Peli believed in a tripod and relatively steady handheld camera shots so that the audience doesn't get a headache while watching the film. Featherston was believable in her performance, and Sloat was humorous at times.

The slow buildup to the ending is more effective than any over-the-top action and gore although that usually makes films more realistic. For experienced fright fans who have seen these tricks before *Paranormal Activity* is an average movie, however better than some movies I've seen this year. It gained a huge audience



Scene from *Paranormal Activity*. Photo credit: Paramount Pictures

through social media word of mouth rather than a marketing campaign by Paramount

Moviegoers may find it inter-

esting that the *Paranormal Activity* filmmakers have touched on something that everyone can relate to; being scared in one's own home.

'Where the Wild Things Are' is extremely disappointing

Review by Diana Saenger

There are two distinguished elements in director Spike Jonze's *Where the Wild Things Are* — the cinematography and the amazing costumes of the beasts. Unfortunately, they can't overcome the failure of everything else about the film that features angry behavior throughout and seems so odd it often feels creepy.

Max (Max Records) feels unfilled in his life. His mom (Catherine Keener) pays more attention to her new boyfriend (Mark Ruffalo), and his teenage sister is preoccupied with her friends who laugh at Max and even jump on and forcibly destroy a snow igloo with the boy inside. Max emerges without physical harm, but he cries big sobs of emotional pain, which his sister ignores.

Alone and miserable; Max's face tells it all. Later that day — and dressed in a wolf costume with pointed ears — Max has a confrontation with his mother. He bites her and runs out the door into the forest. He then crosses major seas in a boat and lands on an island.

There Max meets an eclectic group of wild animals three times his size. His first encounter is with Carol (voiced by James Gandolfini), the animals' leader. Carol appears to be schizophrenic. One moment he's melancholy and the next he's hurling objects at his clan, breaking down their shelters and exhibiting angry behavior children will not understand. Because he's empty minded about how to be a leader, Carol decides Max must be their king, one who has come to rule them into happiness.

Judith (Catherine O'Hara), very unattractive with a large horn growing out of her nose, is a pessimistic confusing creature who spars often with Carol and her mate Ira (Forest Whitaker). Paul Dano plays Alexander the goat, about the only one of the creatures able to reason, and Chris Cooper portrays Douglas, a bird-like creature who talks a lot about nothing. Lauren Ambrose is KW, a creature who



Max (Max Records) questions Judith (Catherine O'Hara) and Ira (Forest Whitaker) in *Where the Wild Things Are*. Photo credit: Warner Bros. Pictures

bonds with Max on a normal level where her counterparts see him as the one who can make sense of their world.

Jonze's intentions for the film make no sense according to what I saw. "I didn't set out to make a children's movie; I set out to make a movie about childhood," he said.

The problem with that idea involves the film's lack of much emotion. Max's only true feelings come out when he's the victim of a vicious attack. From then on he's almost a cardboard cutout in a journey that includes defying his mother appearing perplexed by the harshness of Carol's behavior and the group's mayhem of dirt clod fights and rampaging in the forest.

I understand why youngsters need creativity to dream and be heroes or princesses or even tough guys like Iron Man. *Finding Neverland*, *Mr. Magorium's Wonder Emporium*, *The Iron Giant* or *James and the Giant Peach* include adventure, fun and imagination while overcoming childhood problems in a positive way — not living with someone who throws tantrums,

disrespects the property of others, shows no affection for those he lives with (even pulls off of the bird's arm) and never sets a good example to others. Max has behavior problems; he's even mean to the family dog. I was annoyed when Max returns home and instead of addressing his misbehavior for running away, he's rewarded with a big piece of chocolate cake.

With a rebellious youth and angry behavior by sinister characters there is nothing uplifting for kids or adults *Where the Wild Things Are*, it will probably end up somewhere on my list of the worst 10 movies of the year. For a full review of this movie go to Diana's website www.reviewexpress.com

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REEL FACTS

Where the Wild

Things Are
Studio: Warner Bros.
Pictures

Gazette Grade: C-
MPAA: "PG" for mild
thematic elements,
some adventure action
and brief language
Who Should Go: Spike
Jonze fans

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...serve apples, mini sandwiches, raisins and nuts!

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Hey! 'Which' and 'witch', aren't they homophones?

Homophones! That's a big word!

They are words that are usually spelled differently and have different meanings, but sound the same when you say them.

I'm so proud of myself!

Which of my ideas will you use to brew a safer Halloween? Match the first part of each idea to the second part to make good sense.

1. trick or treat

2. have an adult or a friend

3. carry a flashlight

4. have Mom or Dad check

5. wear

6. wearing make-up instead of a mask

A. to see and be seen

B. brightly colored clothes

C. walk with you

D. only at homes of people you know

E. will allow you to see things better

F. all treats before you eat any

Have a Safe and Happy Halloween!

Check out our website: www.newspaperfun.com for more spooky fun!

The words below are called "homophones" because they sound the same, but are spelled differently and have different meanings. Can you match each word to its homophone?

1. creak (squeaking sound)

2. moan (low, mournful cry)

3. groan (short, strong sound from pain)

4. wrack (damage)

5. night (late part of day)

6. chilly (frosty temperature)

7. toad (hopping animal)

8. wail (loud cry)

9. claws (sharp fingernails)

10. soul (your spirit)

A. clause (extra idea in a contract)

B. towed (pulled by rope)

C. rack (stores items)

D. creek (a stream)

E. sole (the only one)

F. grown (gotten bigger)

G. chili (spicy food)

H. mown (cut grass)

I. knight (hero in armor)

J. whale (largest mammal)

Have a Safe and Happy Halloween!

A Howling Halloween!

Don't you love stories and movies filled with flying bats, moaning ghosts, monsters and creatures that make you shiver? On Halloween many people dress in costumes to look like scary creatures. Can you read the clues and fill in the crossword with the names of magical or scary creatures?

1. mummy

2. unicorn

3. witch

4. King Kong

5. Loch Ness Monster

6. Bigfoot

7. skeleton

8. ghost

9. werewolf

10. goblins

11. headless horseman

12. Abominable Snowman

13. dragon

14. vampire

15. devil

Can you find and circle 6 words that have an 'oo' sound like the word 'BOO'?

1. person who practices magic

2. supreme spirit of evil

3. giant monster that breathes fire

4. imaginary horse-like creature with long horn on its forehead

5. framework of bones inside us

6. giant movie ape that ran wild in New York City

7. headless character who rode a charging stallion

8. lumberjacks named this mysterious creature after finding huge footprints along the Pacific coast of North America

9. small, evil creatures believed to live in dark places

10. large creature said to be living in a deep lake in Scotland

11. Egyptians created this by wrapping a body in specially treated cloth and placing it in a case sealed in a tomb

12. in folk tales, a fanged creature that rises at night

13. in the Himalayas strange footprints in the snow led to stories of this hairy, ape-like creature

14. spirit of a dead person showing itself to a living human

15. human being who can change into a wolf

MOTOR AND SPORTS

2010 Ford Taurus SHO



2010 Ford Taurus SHO. Photo by Dave Stall

by Dave Stall

Taurus is back after a 2-year holiday and is one of the most recognized car names in the industry. Ford sold a ton of Taurus's and the car became a work horse in the transportation world. Now the Taurus is back and the car is making a loud statement, "get in, sit down and drive," and not just because it is a SHO, (the high performance version of the Taurus).

It all starts when one first looks at the cutting edge styling; it looks like it is moving as it is approached. It looks bigger than before, but truth be told the roof line is about three-inches lower, the driving position is lowered by

about two-inches giving the driver and occupants a stylish performance car that can haul five occupants and a lot in the trunk.

It looks great from the outside, but inside is where the driver or passenger will find themselves right at home starting with the seating. The seats are made of memory foam which makes for a real comfortable seat. Another feature, which seemed a little strange at first, was the massage system in the bottom of the driver seat. Once engaged, it started massaging one butt cheek at a time. After some time I got pretty comfortable with this feature. Now most manufacturers only treat the driver with the most adjustments and seat features,

Ford gave the massage chair to the front passenger as well. Buyers can also get heat and cool in the front seats and also the rear seats, well maybe not in San Diego, but in Detroit, yes sir!

The dash is laid forward and flows from the top to the center console and night driving is reminiscent of being in a fighter jet, lots of lights and very nice looking. If one looks close there are a few Mustang touches.

Under the hood is probably the best news, if anyone listens to my shows on KCBQ AM 1170, the *You Auto Know Show*, I have interviewed a few Ford folks who have talked about Ecoboost, twin turbo V6 engine. This was my first time behind the wheel of an Ecoboost equipped vehicle. Being a die-in-the-wool V8 guy I must admit, I was skeptic of the V6 Ecoboost. Well today I'm not. In fact, I would probably choose the Ecoboost V6 because of the sophistication of the engine package. This is a 3.5-liter 365 horsepower, 365 pound foot of torque so there is no need for those other two gas guzzling cylinders; the

power and acceleration are there. It may not feel like it has the power, but just glance down at the speedometer and drivers will be amazed. The 6-speed SelectShift automatic transmission with paddle shift was smooth and really worked well with the engine. Gas mileage was a bonus of 17 city and 25 highway.

Ford is really stepping out when it comes to technology, Has everyone heard of Sync, which connects you to the car with voice activation and the ability to tell the driver where to go, what to eat, restaurant review, what is the price range or maybe a movie? Not only will Sync find the movie, but give times and throw in a movie review.

Another feature that should be standard on all vehicles, accident avoidance system, which I used while testing the Taurus SHO. Heading out to Alpine I was on the back roads and the driver in front of me decided to test my brakes and slammed on his or her brakes and I had to engage a panic stop, before I could touch the brake pedal a bright red strip of lights appeared in the center



Under the hood of the Taurus. Photo by Dave Stall

of the driver side windshield to alert me this guy was stopping. I was amazed! There are other safety systems on board and a Ford sales rep will be able to explain and show just how these life saving systems work.

Ford Motor Company is really on a roll, everything they touch turns to gold lately and this Taurus SHO or no SHO is a winner.

I want to thank my buddy Paul Dyke General Manager at El Cajon Ford for the chance to take out a SHO and have it for a few days, sweet!

Pricing? I almost forgot, only because price has become secondary, but here it is, base price on my 2010 Ford SHO tester was \$37,170 and with a few well positioned options it hit \$42,945 plus tax and license.

Free Halloween Car Show and Trunk or Treat October 28

Friends, family and children are invited to attend the free annual Cajon Classic Cruise Halloween Car Show, Costume Contest & Downtown "Trunk or Treat" event on Wednesday, Oct. 28, 2009 from 5 to 8 p.m. in Downtown El Cajon. Admission and parking are free. Main Street will be closed to traffic in order to accommodate the cars and spectators.

Downtown businesses will host a "Trick or Treat" and car owners will host a "Trunk or Treat," offering candy and treats from the trunks of their parked vehicles. Treat bags will be provided by the El Cajon CDC, so stop by the CDC booth to pick yours up before trunk or treating. Businesses and cars will be decorated in a Halloween theme, and everyone is encouraged to come in costume.

Other activities will include both adult and children's costume contest, and a Best Dressed Car contest. That's

right, dress your car up in Halloween décor or any décor of your choice, and compete for the best dressed car!

Presented by the El Cajon Community Development Corporation, the annual Halloween event attracts several hundred classic, custom and hot rod cars, in addition to thousands of spectators. The free event is centered on East Main Street at Prescott Promenade, just east of intersection of Main & Magnolia in the heart of Downtown El Cajon. Spreading out over several blocks, spectators stroll El Cajon's booming Historic Downtown District while enjoying the cars, the action, restaurants, street vendors, food, DJs, and live entertainment presented amid a vibrant small town atmosphere.

For more information, call the El Cajon CDC at (619) 401-8858, or visit the on-line events directory at www.downtownelcajon.com.

Bumper To Bumper with Dave Stall

Dave: I have a 1999 Mercury Mountaineer and I think I am having transmission problems, the truck has over 300,000 miles and the transmission has been rebuilt once about 100,000 miles ago. Here is the problem, I can't back up, I have to push it backwards and when I put it in drive I have to be very gentle or it will slip. I don't have the money to rebuild it again so I was wondering if I should dump it and buy a new or certified used truck? Craig.

Craig: 300,000 miles on a Mercury Mountaineer! Wow! Congratulations! That is a lot of miles and the engine I am assuming is still running strong which is not uncommon. Let me make sure I understand you, you can't afford to rebuild the transmission but you can buy a new truck? I'm confused! If you can buy a new or used vehicle why couldn't you rebuild the transmission? Now you need to look at the vehicle, does it pass smog with little effort? If not that could mean the engine is ready to come apart, but if the Mountaineer is in good shape and it does what you want look at it this way, a new or used certified vehicle will cost you at least \$10,000 for used and close to \$20,000 for new, that is a lot of engines and transmissions. Get the vehicle inspected, get the transmission looked at then make a decision.

Dave: I just bought my first brand new car, I love it. I have a question though, I wanted to take it to the drive though car wash and my Dad said I would be making a big mistake, he said I should wash it myself. Why is he against car washes? He said they will ruin the paint job and anything hanging off the car could be ripped off by the car wash machine. If that is true how do they stay in business? How do you wash a car? Where can you learn? Gloria.

Gloria: Your dad is a little outdate, car washes used to be pretty hard on cars, ripping off antennas, mirrors and the like but today they have had to clean up their act. My concern is how long can they stay in business with the water shortage we have here in San Diego. You should learn to wash and wax your car, the instructions are on the bottles at the parts house or you could enroll in a class taught by Total Pros in Oceanside, www.totalpros.com they will teach you techniques that will keep you and your car happy and shiny.

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— MOTOR AND SPORTS —

Broncos' buck the shell-shocked Bolts 34-23

by Chuck Karaszia

The Denver Broncos are for real. Improving their record to an unblemished (6-0), the Denver Broncos came to Qualcomm Stadium last Monday night, and in front a nationally televised audience, laid a whipping upon the now (2-3) San Diego Chargers.

Special teams: was the name of this game. Led by receiver/return man Eddie Royal, this Denver Bronco became only the 11th player in NFL history to return a kickoff and a punt for a touchdown in the same game. Drafted in the second

round in 2008, Royal had never accomplished that feat in his career.

"It's a spark", said the second-year player from Virginia Tech.

Now with diminished hopes of winning a divisional title, the Chargers had no excuses for the loss on Monday night after coming off a bye week being fully rested and having good practices up to the game.

Getting off to a rare first half lead after a dazzling 77-yard touchdown punt return by a near untouched Darren Sproles, the Chargers looked

poised to keep pace in the contest with the divisional leading Denver team.

This was not the case as the Broncos pinned their ears back and came after quarterback Philip Rivers after the half. The Bolts failed on six second-half third down conversions while the Broncos converted on 56 percent of their opportunities.

This was another game where the Chargers couldn't

cover the opposing tight end.

Broncos tight-end Tony Scheffler also had a career day catching six passes for 101-yards and a touchdown.

Broncos quarterback Kyle Orton sealed the deal with almost three minutes left in the game hitting Brian Stokely on a 5-yard touchdown pass, concluding the scoring, giving Denver the victory.

La Dainian Tomlinson has his best day in 2009 for San

Diego rushing for 70-yards on 18 carries.

Chargers quarterback Philip Rivers once again managed the helm with a superb performance completing 20-of-33 passes for 274 yards and one touchdown while repeatedly rushed, hurried, and sacked throughout the second half of the game.

The Chargers offense coughed up the ball four times on fumbles and gave up five quarterback sacks.

The Broncos have now out-scored their opponents 76-10 in the second half of their games.

The San Diego Chargers to a man are determined not to fold their tents, and will play the last 11 games one-at-a time, hoping to catch at least a wild card berth into the playoffs.

Their next opponent Sunday is the Kansas City Chiefs on the road.

Concerts at Viejas an enjoyable escape

Fall has arrived with cooler temperatures and perhaps less events on that summer-to-do calendar. Top entertainment performs year round in the inviting DreamCatcher at Viejas showroom with a wide venue of entertainment including music of varied types and laughs. Tickets are on sale now.



The DreamCatcher at Viejas is inside the Viejas Casino at 5005 Willows Rd., Alpine (8-East to Willows Road Exit in Alpine). The Park area is inside the Viejas Outlet Center. There is paid valet or free self-parking available.

DreamCatcher at Viejas & Concert in the Park concert schedule:

October 30: 9 p.m., CMT TOUR 2009 Jamey Johnson & Randy Houser

November 7: 8 p.m., Billy Currington

December 4: 8 p.m., Thunder From Down Under

December 5: 8 p.m., Thunder From Down Under

December 12: 8 p.m., Tower of Power

February 19: 8 p.m., David Sanborn

Check out Viejas' full entertainment schedule at: <http://www.viejasentertainment.com/> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

Note: Ticket prices range from \$5 and up and some concerts are free

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By: David & Doreen Dotson

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LEGAL NOTICES



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 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.

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

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 Recorder/ County Clerk of San Diego County on September 23, 2009.

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

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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 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. 2009-027970

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 Mundle Ct., El Cajon, CA 92019
This statement was filed with 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. 2009-027433

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 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 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. 2009-027224

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 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. 2009-027667

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 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. 2009-027729

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 Recorder/ County Clerk of San Diego County on September 28, 2009.

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027395

FICTITIOUS BUSINESS NAME(S): AX XA
Located at: 9410 Adlai Terrace, Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: March 01, 2009
This business is hereby registered by the following: Bashar Najjar 9410 Adlai Terrace, Lakeside, CA 92040
This statement was filed with 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. 2009-029595

FICTITIOUS BUSINESS NAME(S): Helix Business Ventures
Located at: 7364 El Cajon Blvd. #104, San Diego, CA 92115
This business is conducted by: A Corporation
The first day of business was: September 15, 2009
This business is hereby registered by the following: 1. Lefta Inc. 7364 El Cajon Blvd. #104, San Diego, CA 92115
This statement was filed with Recorder/ County Clerk of San Diego County on October 15, 2009.

East County Gazette- GIE030790
10/22, 10/29, 11/05, 11/12, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029411

FICTITIOUS BUSINESS NAME(S): John Electric
Located at: 1060 Billings St. #4, 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: Ghanim Sitto 1060 Billings St. #4, El Cajon, CA 92020
This statement was filed with County Recorder/ Clerk of San Diego County on October 14, 2009.

East County Gazette- GIE030790
10/22, 10/29, 11/05, 11/12, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029268

FICTITIOUS BUSINESS NAME(S): BFF
Located at: 5500 Grossmont Center Dr. #FC-11, La Mesa, CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Trinh Ha 2654 Comstock St., San Diego, CA 92111
This statement was filed with County Recorder/ Clerk of San Diego County on October 13, 2009.

East County Gazette- GIE030790
10/22, 10/29, 11/05, 11/12, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-028567

FICTITIOUS BUSINESS NAME(S): Mr. Deal
Located at: 1110 Broadway, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: October 5, 2009
This business is hereby registered by the following: 1. Monica Rodriguez 1360 Surfwood Lane, San Diego, CA 92154
This statement was filed with Recorder/ County Clerk of San Diego County on October 06, 2009.

East County Gazette- GIE030790

CASE NUMBER 37-2009-00090822-CU-PA-CTL SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): RWKMB, Inc. dba R/S Towing; Daniel L. Baker, Sr.; YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Aldo Lepe You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services. (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, San Diego County, 330 West Broadway, San Diego, CA 92101. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Matan Drelich, Esq. Law Office of Matan Drelich, P.C., 501 W. Broadway, Suite 1780, San Diego, CA 92101 (619) 239-1296. Date: (Fecha) June 2, 2009 Clerk (Secretario, S. Dyson, Deputy (Adjunto) STATEMENT OF DAMAGES To: Daniel L. Baker, Sr. Plaintiff: Aldo Lepe seeks damages in the above-entitles action, as follows:

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00069630-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

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029674

FICTITIOUS BUSINESS NAME(S): a.) KJF Photography b.) KCB Notarial and Administrative Services
Located at: 5333 Baltimore Dr. #9, La Mesa, CA 91942
This business is conducted by: Co-Partners
The first day of business was: October 1, 2009
This business is hereby registered by the following: 1. Kerry Bullard 5333 Baltimore Dr. #9, La Mesa, CA 91942; 2. Kelly Fitzpatrick 5333 Baltimore Dr. #9, La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on October 16, 2009.

East County Gazette- GIE030790
10/22, 10/29, 11/05, 11/12, 2009

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

**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 Salon LLC 333 Wisconsin Ave. #5, El
Cajon, CA 92020
THIS STATEMENT WAS FILED WITH THE
COUNTY CLERK-RECORDER OF SAN
DIEGO COUNTY ON September 25, 2009

East County Gazette GIE 030790
10/01, 10/08, 10/15, 10/22, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-025862**
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 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 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 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 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 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 Shaffer 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
Shaffer St., San Diego, CA 92106
This statement was filed with 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 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 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 Convoyst 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
Convoyst St. #320, San Diego, CA 92111
This statement was filed with 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 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 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 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 Recorder/
County Clerk of San Diego County on
October 05, 2009.

East County Gazette- GIE030790
10/15, 10/22, 10/29, 11/05, 2009

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

Healing from rejection

by Dr. Luauna



I have just returned from Mission
America Tour 2, driving through
9 states and over 5,000 miles, reach-
ing people in every walk of life.
This has been amazing! Not only
reaching others at the same time,
the Lord showing me where he had
brought me from. I was asked to
minister in a little church in Pueblo,
Colorado which was connected to
the old orphanage I was in as a child.

A million memories went through my mind of yesteryear, I
think, the greatest thing the Lord showed me was how he
brought me out from underneath the bondage of rejection.
I have met thousands of people and many are still caught
up in this invisible prison of rejection.

Things that happen in our lives as a child can do two
things, shape, mold us or scar us for life. I am here to tell
you, you are special and that God loves you more than you
can even imagine. If you have been plagued by rejection,
please read my latest story on my website: www.atouch-fromabove.org, it will touch your heart. This is my story!
In case you do not know, I was placed in an orphanage at
a young age, then into a group home, and detention center.
Rejection had plagued me for years.

My dear friends, I want you to know that there is freedom
from rejection! Are you doing things and you don't know
why? Do you tend to shut everyone out? Are you afraid
of being hurt? Are you fearful of being betrayed? There is
freedom, I promise! God's plan is to give you perfect peace,
joy and freedom! On this second tour, I saw hundreds set
free. We serve an amazing God! How do I know this so
well? Because I've been set free! I am here to help you.
Rejection is hard to admit because it leaves you so vulner-
able, let me help you find total freedom.

Please visit our church services: A Touch From
Above, 16145 Hwy 67, Ramona, CA 92065, Sundays
at 8:30 am & 10:30 am; Wednesdays at 7 p.m.

Submit questions to: questions@drluauna.com

Watch Dr. Luauna Stines Television Program in San Di-
ego County, Cox Cable, Every Tuesday at 9 pm, Channel
18 & 23. (760) 780-6207 www.drluauna.com

www.atouchfromabove.org www.amothersstory-the-book.com

Dr. Luauna is an Evangelist. Following is a list of her
ministry activities:

- Television: A weekly public access program airing from
San Diego across to the east in Atlanta, GA.

- Radio: A daily international program in the Philippines,
the area is a Muslim stronghold (Mindanao)

- Mission America: Preaching in our Revival Tent, Stadiums,
Conference Centers and Hotels in every town and city across
the United States, our homeland is our mission field.

- Mission Africa: We have a branch office and church in
Malawi, Africa. Dr. Luauna trained a Malawian National as
our Operations Director. We will also build a Bible University,
there as well.

- Christian University & Seminary: In January 2009, A Touch
From Above University & Seminary became fully accredited as
a full gospel University to train up men and women to help us
reach the world for Jesus.

- Prayer Mountain & Local Church Services: Sunday
8:30 a.m. and 10:30 a.m., 16145 Highway 67, Ramona, CA
92065

Our Best Friends

Is your dog dominant? ... ask a trainer

by Susan Zyphur

Are any dog owners concerned by some of their dog's behaviors, worried that there might be signs that he's dominant? If so, everyone will be happy to hear that dominance in dogs is a much smaller problem than he/she probably thinks. Although recent popular television performers have brought the old concept of "dominance theory" back to the forefront of the dog-owner's mind, this is more to promote sensationalism and sell a product than it is to provide accurate information. Part of the problem with the new dominance craze is that dominance cannot actually be expressed by a behavior – it is restricted to the context of a relationship, and established over time. Dominance is actually quite easy to define, despite the confusion surrounding it; it is having priority access to resources, such as food, territory, or mates. For example, if there is one bone and two dogs that want it, one of those dogs is more likely to get it than the other, and that would be the dominant dog. (I'm sure you can think of some human examples that exemplify this definition of dominance!) Sometimes dominance is established by fighting, but tight-knit social species such as dogs (and humans) have excellent communication systems designed

to avoid confrontation – in dogs, this consists mostly of body language.

So, if dog owners are in control of their dog's food, toys, belly rubs, and walks, are their dogs dominant? By definition, no. Do the dogs want to be dominant? Probably not – most dogs are perfectly content to let their humans be in control, and many prefer it. The scientific community has shown this to be the case in a recent study published in the Journal of Veterinary Behavior: Clinical Applications and Research ("Dominance in domestic dogs – useful construct or bad habit?"). The study showed that dogs are more likely to use experience than dominance to determine how to behave. This means that within relationships, dogs are more likely to rely on past experiences to guide their behavior toward the other dog or person than the rules of dominance and submission. So, unless your dog is showing signs of aggression, it's unlikely that you have a dog with a "dominance complex."

Given this information, I'm sure owners can imagine that the popularity of dominance theory has gotten quite a few innocent dogs into hot water! And, if owners are familiar with the methods used to treat dominance, it's not much of a stretch to envision that these

methods cause more problems than they fix (and often, they do). Here are five examples of common, normal dog behaviors that many dog owners find troubling because they are wrongly associated with dominance. If the dog does any of these, take heart – the dog may need some training, but it's unlikely that he's trying to establish dominance.

1. Humping is one of the "classic" examples that dog owners cite as a sign of dominance. However, it's done for multiple reasons, the least common of which is to establish dominance in a relationship. If the dog humps objects, other dogs, people, or their owners, it's most likely a response to a high level of stress or anxiety. Of course, dogs that are intact (not "fixed") are more likely to hump than non-intact dogs, but even in these cases it can often be linked to stress.

2. A dog that constantly goes out a door ahead of their owner can be dangerous, and it's especially annoying if one thinks it's because he doesn't respect the owner's authority. However, dogs simply don't make this connection. If the dog bolts in front to get out the door, it's much more likely that he is excited about what's on the other side and wants to get to it quickly, so don't take it personally. This problem is easily fixed with basic focus,

attention, and impulse control exercises.

3. Walking ahead and/or pulling on the leash are also often interpreted as dominant behaviors, when in fact they are quite normal and natural for the untrained dog. If left to their own devices, dogs tend to walk as a very loose, fluid group, changing distances between one another constantly. Your dog's natural inclination is to explore the environment as owners travel through it together, meaning that sometimes he'd walk ahead, sometimes behind, and sometimes off to the side, never maintaining any particular position. This is why leash walking can be a very difficult skill for many dogs to master, especially those bred for sport (such as tracking or retrieving) because they are designed to be distracted by the things

going on around them. If your dog walks ahead of you and pulls on leash, he's probably confident and comfortable in his environment, which is a good thing! A little work with a good positive reinforcement trainer will help dog owners and their dogs enjoy outings together as a walking team (not a sled team)

4. Jumping up on people is annoying and potentially hazardous to one's health, but it's often rooted in submission rather than dominance. One common "appeasement behavior" (behaviors that diffuse conflict and promote social bonds) in dogs is licking another dog's muzzle. Many dogs that jump up on people are actually trying to be friendly and polite, not dominant. This point of view makes it much simpler to fix – simply teach the dog to do something prefer-

able, like sitting and targeting his nose to one's hand

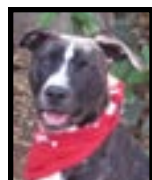
5. If the dog leans against the owner, walks into him/her, or stands on them (such as with a paw on their foot) he's exhibiting dominance – right? Actually, what's more likely is that the dog has poor body awareness or personal boundaries, or that he's anxious or scared. A worried dog might use close contact to reassure himself. If this is the case, it would do well to assess your dog's emotional state and help him by calming him down or removing him from the situation.

If anyone thinks they need help with their dog, www.sandiegodogtrainers.com is a wonderful local resource

Susan Zyphur
www.wholedogtraining.com

ADOPT-A-PET

Lennon is a 33-pound, 3-year-old terrier mix in need of a loving forever home. He is quite the looker. He gets along well with other dogs, but would rather hang with the adults. He is already neutered and microchipped. Lennon can go home with his new family the day he is adopted! His adoption fee is \$100 which includes his neuter, vaccinations, deworming treatment, 1 free month of pet insurance, training DVD, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday – Sunday 10 a.m.-5 p.m. For details call (760) 757-4357 or visit www.nchumane.org. ID# 45766. ➔

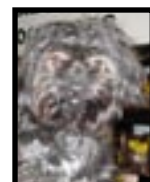


➔ Nelson is an all-around great dog! This gorgeous brindle Pit Bull mix is just shy of one year old and weighs 45 pounds. He absolutely LOVES playing with other dogs, and his playful personality is a delight. He has so much potential, he even has a "scholarship" to enroll in training classes through Just a Dog Pit Bull Rescue! For more information, call FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) at (858) 205-9974.

Pouch is a Poodle male is 5-years-old and very sweet. He loves to go for rides in the car, loves kids, dogs and even cats. He was born with a cleft palate, but requires no medical care and he can do whatever other dogs can do. To find out more information, contact Animal Jungle in Alpine at (619) 445-4022 or stop by at 1730 Alpine Blvd., #116, Alpine. ➔



➔ Pinky is a 1-year-old Chihuahua/Doxi mix. He is fun, happy and leash and crate trained already. He would make a great lap dog. For more information call Alpine Animal Jungle in Alpine at (619) 445-4022 or stop by at 1730 Alpine Blvd., #116, Alpine.



This Yorkie mix female is just 2-years-old. She is sweet and quiet. She would make a good, loyal lap dog for an adult. For more information call Alpine Animal Jungle in Alpine at (619) 445-4022 or stop by at 1730 Alpine Blvd., #116, Alpine. ➔

CUSTOMER APPRECIATION DAYS

Oct. 29th,
30th &
31st



• Cookies
• Sales
• Free Stuff

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

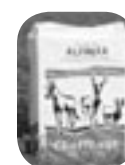
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