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VOLUME 10 NUMBER 21 **OCTOBER 29 - NOVEMBER 4, 2009**

Mother Goose Parade Queen and Court are chosen



2009 Mother Goose Parade Queen and her court were chosen last Saturday evening at the Elks Lodge in El Cajon. (Left to right back row:) Jade Snead, Vanessa Baker, America Newell, Nicole Ross, Paloma Herbert, Essay winner Alanna Butler, Melissa Porter, Jauna Reaves, Alyssa Rios and Erica Cordes. Front row: Tiyler Winslow, Adriana Vasques, Valentina Hernandez, High Point Princess, Miss Photogenic and Miss Congeniality Katie Hudgins, Miss Mother Goose Queen Brittany Garcia, Maid of Honor and Speech winner Miranda Cazares, Jennica Boltan and Quiana McMorris. Photo by Kathy Foster

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Local News & Events

Bits and pieces around East County

Field Show Extravaganza

Grossmont Union High School District Marching Band and Color Guard are hosting a

Field Show Extravaganza. Tuesday, Nov. 17 at 6 p.m. at Monte Vista High School Stadium, 3230 Sweetwater Springs Blvd., Spring Valley

The Extravaganza will feature performances by:

- El Cajon Valley H.S.
- Santana H.S.
- Granite Hills H.S.I
- Mount Miguel H.S.
- Monte Vista H.S.
- West Hills H.S.I
- Steele Canyon H.S.
- Grossmont H.S.
- El Capitan H.S.
- Valhalla H.S.
- Helix Charter H.S.

Starring SDSU Marching Aztec Band

The grand finale will be a massed band performance by all the bands together on the field.

Refreshments and DVDs of the show will be available for sale.

Admission: \$8 at the gate. Children up through fifth grade are free. Middle school students 6, 7, 8 grades are free with school ID or letter from band director. Parents are expected to accompany children

Spring Valley Clean-Up Day

Spring Valley Clean-Up Day will be held Saturday, Nov. 7 from 7 a.m. to 1 p.m. at Monte Vista High School, 3230 Sweetwater Springs Blvd., Spring Valley.

Beat The Rush, Get There Early! Trash, tire recycling, E-Waste, Shredding. Bring your



Don't Forget...

Set your clocks back 1 hour

Sunday, Nov. 1 2 a.m.

Daylights Savings Time Ends

junk, tree trimmings, tires without rims, etc. NO HAZARDOUS WASTE, No auto fluids, cleaning fluids, painting fluids, poisons, etc. This clean up is limited to Spring Valley residents. This event is sponsored by the Spring Valley Chamber of Commerce and the County of San Diego.

For additional information call the chamber office (619) 670-9902.

Library Friends announce essay contest winners

First-place winner in the children's division, Dylan Sudoriak, a sixth grader at Hill Creek Elementary school in Santee, summed up the ques-

tion with, "By now, I'm sure you've seen that the library is not just a place where you can check out bestselling books. It has computers to use, it is a Cool Zone, a lounge area, a place to meet new friends, is a movie rental place, and an entertainment zone for a younger child...the library is much more than just a place for readers."

The LFSDC, which is the umbrella group of all County Library Friends of the Library organizations, with a membership of nearly 5,000, awarded winners in the children, teen and adult categories \$100 for first place, \$50 for second place and \$25 for third place. The winning essays will be posted on the LFSDC Web site: www.lfsdc.org.

The following are the winning writers:

Children:

First: Dylan Rose Sudoriak, Santee Library
Second: Sarah Smudz, Poway Library
Third: Chloe Chan, Solana Beach Library

Teen:

First: Brannon Smudz, Poway Library
Second: Ryan Cardenas, Encinitas Library
Third: Annette Moreno, 4S Ranch Library

Adult:

First: Kaitlyn Gainok, Poway Library
Second: Laurie Alloway, Poway Library
Third: Bob G. Trimm, Julian Library



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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Special honors for El Cajon Councilmember

El Cajon City Councilmember Jillian Hanson-Cox will be one of four women honored at Friday's Annual Women In Leadership Luncheon. Ms. Hanson-Cox will be honored with the Women In Leadership "Government" award. The

luncheon, hosted by the East County Chamber of Commerce, is Friday, Oct. 30, from 11:30 a.m. to 2:30 p.m. at the Doubletree San Diego Hotel, 7450 Hazard Center Drive in Mission Valley. For more information please call (619) 440-6161.

Time change this weekend

The Daylight Savings Time ends on November 1. The Daylight Savings Time change

is really a transition back to Standard Time. This will allow you to sleep in one additional hour Sunday, November 1, after a long night of fun on Halloween. The November 1, 2009, time change happens at 2:00 a.m. local time.

Note: With the time change, it's also good time to remember to change the batteries in your smoke alarms. We should also be testing our smoke alarms at least once a month to make sure your alarm is working properly and ready in case a fire should occur in your home. You should also have a home escape plan. For more information on fire safety visit www.elcajonfire.com.

The reason that the Daylight Savings Time change exists is to conserve energy. In the spring, the Daylight Saving Time change moves us forward an hour. This causes the sun to appear to rise a little later, but allows us to enjoy the sunlight

for additional hours in the evening. During the fall, the Daylight Savings Time change takes us back an hour and returns us to standard time. So remember, November 1, 2009 is the time for the "fall back" period of the Daylight Savings Time change.

Have a fun and safe Halloween!

For some great Halloween safety tips to discuss with your family visit our Fire Website at www.elcajonfire.com and look in the section marked Safety Tips.

Trick or Treat at Westfield Parkway too!

To avoid traffic while trick or treating, 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 pumpkins and enjoy the rides. For information please call customer service at (619) 579-9974.

Crime Free Multi-Housing Class planned for November

Are you an apartment manager? Sign up for the next Crime Free Multi-Housing Program 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 November 10, contact Samantha Hook at (619) 579-4227.

Another El Cajon Police Neighborhood Forum in November

The El Cajon Police Department will hold another Community Forum on 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 please contact Officer Dan Hansen at (619) 441-1597.

Applications now being accepted for two City of El Cajon Commissions

If you live in the City of El Cajon, and would like to be more involved, consider applying for one of two City Commissions. The El Cajon City Council is now accepting applications for the Personnel and Planning Commissions. The filing period is October 14, 2009, through November 6, 2009, at 5 p.m. The interviews and appointment of selected applicants will be November 17, 2009, at 7:00 p.m. in the Council Chambers, located at 200 Civic Center Way in El Cajon.

There are four upcoming vacancies for the Personnel Commission. Requirements: Applicants must be a resident of the City for not less than one year prior to appointment and continue to reside in the City during the term of office. (Applicants nominated by the employee associations are not subject to this requirement.) Personnel Commissioners are required to file a Form 700 according to provisions of the Political Reform Act, the Fair Political Practices Commission, and the City's Conflict of Interest Code.

The City Council shall make two appointments directly to fill unexpired terms, one ending January 31, 2011, and one ending January 31, 2013. Two vacancies must be filled from a list of three persons nominated by employees in the Classified Service. (The list of three persons may be the same list to fill the two employee association nominations.)

The other vacancy is for the Planning Commission. The duration is one (1) Four-Year Term that will expire January 31, 2014. Requirements: Applicants must be a resident of the City for not less than one year prior to appointment and continue to reside in the City during the term of office. Planning Commissioners are required to file a Form 700 according to provisions of the Political Reform Act, the Fair Political Practices Commission, and the City's Conflict of Interest Code.

Applications are available at the City Clerk's Office, First Floor City Hall, 200 Civic Center Way, El Cajon, California.

See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

Nov. 2: Chamber Board Meeting

Nov. 3- East County Property Owners meeting at the Fire District Office, 4 p.m.

Nov. 3- Skate Park Committee Meeting at Elks Club from 6:30 to 8 p.m.

Nov. 4 & 18- Lakeside Planning Group meeting at Community Center at 7 p.m.

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

Nov. 11- Design Review meeting 7 p.m., Community Center

Nov. 12- Lakeside Collaborative meeting from 3 to 4:30 p.m. in School District Meeting room

Nov. 19: Chamber Mixer/Café 67.

The Party Express

Several thousand people gathered at the Tuna Harbor Park next to the Midway and helped kick off the first of 38 Tea Parties to be held across the country ending November 12 in Orlando, Florida.

People from the East County joined the multi-city event on Sunday, Oct 25 addressing concerns over what is felt to be the wrong direction the government is taking. The orderly crowd listened as various speakers, including radio talk show host Roger Hedgecock, expressed frustration over how citizens feel the Obama administration is handling health care, global warming and ignoring the wishes of the American people.

There were a number of signs expressing the protes-



Tea Party Express held at Tuna Harbor Park. Photo by Patt Bixby

tors' feelings. Examples of such signs are: "Social Justice Does Not Equal Marxist Socialism", "Obama Don't Attack Our Freedom of Xpression-what are you Afraid of- The Truth?" "Think health Care is Expensive now? Just Wait Till it's FREE!" "Global Warming is Non-Sense", "It's We- the People, not We The Party".

The second Tea Party was held in Los Angeles, Monday, Oct. 26 at Griffith Park.

For further information go to www.TeaPartyExpress.org.

Heritage Day Celebration

Nearly 80 people attended the Annual Lakeside Heritage Day Celebration held at the Olde Church on Maine Ave., Saturday, Oct. 24. This year's theme, Celebrating 50 years of El Capitan Vaqueros, brought out many people from past graduating classes. The afternoon was filled with laughter as people reminisced about their high school days.

The delicious lunch was catered by Cupids Catering. Dessert was prepared by Historical Society Co-Presidents Janis Shakelford and Dixie

Lansdowne.

The Lakeside Historical Society once again presented the community with an outstanding Heritage Day Celebration.

Highlights ...

Continued from page 4

fornia 92020. Phone number: (619) 441-1764. Additionally, the Public Service Appointment Application Form will be interactive and downloadable through the "What's New" section of the City's website at www.ci.el-cajon.ca.us.

Sophie's Art Gallery - Open Studio Classes

Get creative and enroll in the Design Hand-Painted Shoes class set for Friday, Nov. 6, from 5:30 to 8 p.m. at Sophie's Art Gallery. 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 November 7, a class on how to Design a Braided Wire

Necklace will be held 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 3

The best things in life are free

by Brice Pedrin

I can't think of anyone that doesn't like the word "Free." Some say the best things in life are free. So why isn't this the same case for Windows Programs that protect from viruses, spyware and malware that will optimize the desktop to fix registry issues, clean up junk files and to boost the PCs overall performance?

Every day computer users dish out hard-earned money toward these programs thinking they are a must have. It would seem to make sense that programs that cost hundreds of dollars are better than anything that's free. Right? But this is wrong, and here is why.

To keep a PC running from start to finish without hiccups, a normal PC user needs a small set of programs. First and foremost is a good antivirus that keeps any potential threats from making its way onto the PC. Second is a Spyware, Malware scanner. The next program is some kind of cleaner-PC booster that gets rid of junk files and optimizes windows. With research I have found the perfect programs that are not only free, but are user friendly and have just as many features as the most expensive, "Guaranteed" programs on the market.

Most important to own is an easy-to-use virus scanner. I believe one of the best is found here - <http://www.avast.com/>. It's a free (Home Edition) virus scanner. I think this outdoes any Norton product because Norton imbeds itself into the system and uses a lot of a PC's resources to run. Avast is small, easy to use and uses literally no resources to bog down the PCs performance. The best feature of this program that is hard to find on other virus scanners is the ability to scan the PC before startup. This catches any threats that could start with windows and may not be able to be removed when the system boots. You can find this in the options once it's installed. This program also automatically updates and verbally tells the user that the database has been updated. When a threat is detected, an alarm sounds and the program again, verbally states that a threat has been detected and gives the option to remove it. After my many years of computing, I find this to be the best product around.

Along with virus removal software, Spyware removal is important to keep threats off a PC. At http://www.lavasoft.com/products/ad_aware_free.php reliable free spyware and malware remover-scanner can be found. This program is easy to use and is fully featured. The user can select to scan only certain files or folders or to complete a full system scan. This is also handy because it runs in the background and uses very little system resources. It's recommended to scan for spyware once every two weeks, to insure the PC is clean and running at optimal condition.

Working as a backbone for the above mentioned programs is a cleaner, optimizer program. At <http://www.ccleaner.com/> there's a little program that does a lot. It not only cleans the unneeded junk files off a users PC, it also scans for registry errors and has a one button fix. This is extremely easy to use and is 100 percent safe. I recommend running the cleaner and registry scan after every use to insure the PC runs at optimal speed.

Next week I will discuss some options under windows operating systems, and how to squeeze every last drop of performance out of a tired PC. This is a must for Vista users.

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— LOCAL NEWS & EVENTS —



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Alpine happenings ...

Holiday Home Tour Dec 6

The Alpine Woman's Club will hold its Fifth Annual "Christmas in Alpine" on Sunday, Dec. 6 from 10 a.m. to 4 p.m. Attendees will have an opportunity to stroll through five stunning country estates including the Enchanted Holiday Display in the home of Wes and Terri Wise who built their home atop a hill with panoramic views in 1993; Denise Gerken's mother "Hooked" her on Christmas decorating when Denise was a

child. Even Ebenezer Scrooge will smile after touring this home; And, Margaret Smith's home exemplifies the meaning of Christmas with Nativity Scenes displayed throughout her home; plus three historic buildings, including the Alpine Museum buildings and the Town Hall.

There will be a \$500 opportunity drawing and other raffle items. Winners for all drawings need not be present to win. Tickets for the tour are \$25 per ticket. To order please mail a check to the Alpine Woman's

Club P.O. Box 231, Alpine, CA 91903. Tickets can also be purchased the day of the event at the Woman's Club 2156 Alpine Blvd. Proceeds benefit

the preservation of the historic Town Hall which was built in 1899. For further information call Michelle Albee (619) 722-1032.

Trunk or Treat

Saturday, Oct. 31, 6-9 p.m.. Albertsons Trunk or Treat. 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>.

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"Dia de la Mujer Latina" Health Festival

MANA de San Diego is honored to lead a collaborative effort between local health agencies and programs to celebrate the Sixth Annual San Diego "Día de la Mujer Latina" Health Festival on Saturday, Nov. 7, 9 a.m. to 5 p.m. at Wells Park, 1153 E. Madison Avenue in El Cajon.

There will be a wide range of health services (booths): cancer prevention and control, environmental health, diabetes and domestic violence, plus live entertainment, food, prizes and children's activities throughout the day.

Breast exams/mammograms (for low income women over 40 with limited or no medical insurance). Testing for cholesterol/glucose, eye exams, HIV/AIDS, health development tests for children 4 months to five years old. The exams will be offered under first come - first served basis, plus activities for children.

Latinos have the highest

uninsured rates than any racial or ethnic group in the United States, and they are three times more likely to be uninsured than other ethnic group.

**Source: Strategies for Improving Latino Healthcare in America, Report of the Latino Healthcare Taskforce.*

Hundreds of medically underserved Latinas will receive cancer screening and other medical services that would have been otherwise unattainable.

Event is sponsored in part by Kaiser Permanente.

Día de la Mujer Latina, Inc. health festival was founded in Atlanta in 1997 by Venus Ginés and has organized a successful annual health fiesta in an effort to eliminate health disparities among Latinos. This one-day culturally appropriate health fiesta is currently being replicated in 15 states and in Puerto Rico. In San Diego, the event builds and expands on the annual health fairs that MANA de San Diego has spearheaded since 1999.

Originally founded in 1974, the Mexican-American National Association (MANA) is

a non-profit organization with a goal to eliminate social and economic challenges facing Latinas. Founders were comprised of women dedicated to the educational, economic, and community betterment of their hermanas (sisters). MANA de San Diego was founded in 1986 to empower local Latinas through education, leadership development, community service and advocacy. Some of MANA's flagship programs include the Hermanitas® Youth Leadership Mentor Program, the Silvia Chavez Scholarship Program, San Diego Día De La Mujer Latina Health Festival, and the Latina Success - Mujeres Con Exito Conference.

Help! I'm A Caregiver

Find out about resources for family caregivers, placement options, support groups and more from Andrea Holmberg, Operations Coordinator of the Sharp Grossmont Senior Resource Center. This free class covers emotional issues about caring for a loved one. Thursday, Nov. 5, 2 to 4 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Healing through the holidays

Learn ways that bereaved persons can better understand their grief and improve their coping skills during the

holiday season, and discover a sense of hope from Randye Golden-Grant, LCSW, Sharp HospiceCare Bereavement Counselor on Thursday, Nov. 12, 11 a.m. to 12 p.m. at the Grossmont Healthcare District Conference Board Room, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Free blood pressure screening

No appointment necessary. Open to the public. For information, call (619) 740-4214.

Sharp Grossmont Hospital Brier Patch Campus, Senior Resource Center, 9000 Wakarusa, La Mesa on Tuesday, Nov. 3, 9:30 - 11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Nov. 20, 9:30-11 a.m.

Project C.A.R.E. Community Action To Reach the Elderly

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.



Health... Just Common Horse Sense

by Dr. Donald Adema

In the past two weeks there have been seven new patients that I have established exclusively to clean up their medication list. Some will not be able to leave their present health care system but will incur the extra expense to achieve better health. "It is still cheaper to go this route as I will not have to pay so many co pays to constantly adjust them and maybe even get another one." That earnest patient quoted could no longer walk the mall after the fourth medication was added in efforts to lower her blood pressure to 110/70. When she walks the mall it would average 120/84 but that was not good enough.

"Did your cardiologist discuss the drug addition with the nephrologist?" That type of question is usually met with a blank stare or a dark laugh. The potential of drug interactions is more of a concern of the TV viewer than my profession. The risk vs. benefits of each drug is weighed separately with too little thought as to the potential interactions when added to the list. Besides, we have a new med to handle the new symptom of a new interaction. (Scared yet? I guess it is appropriate that this article is being released around Halloween.)

Trimming the medication list is not a quick task. As our practice matures in the art of medicine, the protocol for withdrawal is accompanied by a liver cleanup. That process is also guarded as released toxins can lead to a number of symptoms that can tempt one to add another medication. It is amazing how a patient can augment the liver cleanse by drinking six glasses of good water a day and limiting caffeine and soda intake.

The earnest patient took her first return trip to the mall yesterday and reports an average blood pressure of 135/85. She also reports that she is less dizzy and that the brain fog is dissipating. Now, you would think she would be over seventy. Wrong! She is sixty two and too close to this physician's age to tolerate. Next job on her return to function list is to nudge her near dead adrenal glands. Stay tuned.

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

Laughter is the Best Medicine

The Laws of ultimate reality

Several men are in the locker room of a golf club. A cell phone on a bench rings and a man engages the hands free speaker function and begins to talk. Everyone else in the room stops to listen.

Man: "Hello."

Woman: "Honey, it's me. Are you at the club?"

Man: "Yes."

Woman: "I am at the mall now and found this beautiful leather coat. It's only \$1,000. Is it OK if I buy it?"

Man: "Sure, go ahead if you like it that much."

Woman: "I also stopped by the Mercedes dealership and saw the new 2010 models. I saw one I really liked."

Man: "How much?"

Woman: "\$90,000."

Man: "OK, but for that price I want it with all the options."

Woman: "Great! Oh, and one more thing, the house I wanted last year is back on the market.. They're asking \$950,000."

Man: "Well, then go ahead and give them an offer of \$900,000. They will probably take it. If not, we can go the extra 50 thousand if it's really a pretty good price."

Woman: "OK. I'll see you later! I love you so much!"

Man: "Bye! I love you, too."

The man hangs up. The other men in the locker room are staring at him in astonishment, mouths agape.

He turns and asks: "Anyone know who this phone belongs to?"



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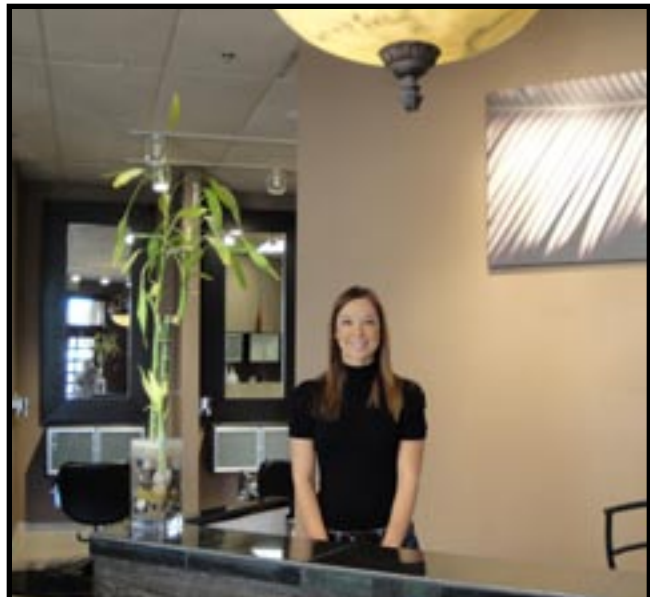
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— BUSINESS REVIEW —

Fabulous Salon and Day Spa strives to pamper and rejuvenate



Tricia Prazen, owner of the Fabulous Salon and Day Spa.

by Diana Saenger

Two years ago Tricia Prazen didn't see much future in the tanning salon she owned so she went to massage school. She opened the Fabulous Salon and Day Spa at the Viejas Outlet Center two years ago and is very proud and excited about her busi-

ness. The Spa is a full service salon whose serene atmosphere seems to fit in perfectly with the peaceful surroundings of the Outlet Center.

A lot of planning went into the 3000 sq. ft. space which features three large sections up front and six private therapy rooms. "I did lots of research on

what I thought would work for me, and about different related subjects," Prazen said. "I hired an architect to draw up my concepts, and I was the owner/builder overseeing the project. I picked out everything from the tile to the wall coverings."

The black chrome of beautician's chairs and white pedicure chairs blend well with muted gray art décor colors. The sparse artistic accents seem to enhance the quiet atmosphere and soft relaxing music. Prazen employs another massage therapist in addition to herself and two estheticians. She's currently looking to hire hair stylists.

Services at the spa include a list of different massages ranging from \$40 to \$104 and include options such as hot stones, deep tissue, sports focus and pre natal massages. "Massage is good as a regular treatment for several reasons," Prazen said. "It gets your blood flowing, is relaxing and makes anyone feel pampered. That goes for the men, too. We have many repeat male customers."

Donna Lockhart has been coming to the Fabulous Salon

and Day Spa since it opened. She finds it nearby, very competitive and very convenient with plenty of close parking. "I loved the ambiance the first time I went in," Lockhart said. "Now I go about once a month. When I first went there I was on crutches and in pain. After regular massages I'm free of the crutches. Sue Kraus is my massage therapist and does such a wonderful job. I feel so rejuvenated I don't want to leave."

Skin Care options at the Spa include several types of facials including acne or European that range from \$40 to \$80. They also do waxing, permanent makeup, peels, wraps and glows. Christy Stamper and Mariana Souza are licensed estheticians who perform the skin care treatments. Dr. Donna Richardson can schedule medical procedures such as Botox, Cosmoderm, Restylane and other cosmetic procedures at the Spa.

Souza also works with a new procedure called Sugaring, a gentler, safer process for hair removal. She has been at the Spa for a year and sees the



Mariana Souza and Tricia Prazen in one of the skin care treatment rooms. Photos by Diana Saenger

value of skin care treatments again and again. "It's about more than just pampering," she said. "It's vital to get the impurities out of one's skin and then to exfoliate, and treat with anti-aging antioxidants, refresh with a hydrating mask and have moisturizers and vitamins A, C, or E applied."

In a hurried world it's often unheard of to take time out for oneself. Souza not only enjoys what she does for a living, but sees many benefits for her customers. "I know the good things

I'm doing for their skin, but I also enjoy seeing the transition of the customers from when they come in to when they go out. It's like they're suddenly detached from the worries of the world."

The Fabulous Salon and Day Spa is located in space 59 at the East End of Viejas Outlet Center, 5000 Willows Road, Alpine. Hours are Mon. - Sat. 10 a.m. - 6 p.m., Sun. 11 a.m. - 5 p.m. Call (619) 445-0883 for information or to make an appointment.

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‘Amelia’ – flies under the radar



Richard Gere and Hilary Swank star in *Amelia*. Photo credit: Fox Searchlight Pictures

Review by Diana Saenger

As the box office marquee is being prepared for better movies to come with year-end Oscar hopefuls, many moviegoers have anticipated the arrival of *Amelia*. What could be more exciting than a biopic with Hilary Swank playing a world famous aviatrix who died for her infatuation? Perhaps a movie filled with more passion for dreaming than a screenplay that seems to be written from Amelia Earhart's history-making time-lines.

The production notes for *Amelia* begin with the words "Visionary. Lover. Dreamer. Fighter. Legend. Icon." Had these elements been fully explored throughout this story, it might have been far more satisfying for me. So let's explore them one by one.

Anyone who knows only the tiniest bit about Amelia Earhart – that she disappeared on her historic flight around

the world – can assume she was a DREAMER. Director Mira Nair's film does begin with Amelia as a young girl in a Kansas field staring up at a biplane soaring overhead. But that's about the extent of what we see concerning her young life. I would like to know more about Amelia's family. Did they approve of her uncharacteristic goals as a young woman? And what was behind her drive to achieve her goals at all cost? None of that comes across in this movie.

Ron Bass has written terrific screenplays for romantic films such as *Snow Falling on Cedars*, *Waiting To Exhale*, and *My Best Friend's Wedding*. However, in *Amelia* his skills are overplayed, and the almost sappy romance between Amelia and George Putman (Richard Gere) is too much a part of this movie. Considering Amelia's warnings to George about not wanting to be married as well as her wish to be free to pursue her own passions, I needed more information about why this

relationship worked. Or didn't, considering the movie also features segments about Amelia's love affair with TWA founder and aviation politico, Gene Vidal (father of famed writer Gore Vidal). Also, neither Gere nor Swank made me feel any chemistry between them. So for me, the LOVER angle here left holes I wanted filled with more significant elements.

LEGEND is perhaps the real reason Putman first set his eyes on Amelia. As a member of the Magnet Putman publishing house, maybe George only sees dollar signs when he begins to court her. Her first few news-making flights hint at some unsure moments, but Swank's face never reflects any apprehension about what she's about to tackle. I'm sure she must have been a strong-willed woman, yet her successes would have seemed even more noteworthy had there been more build up in this film to her accomplishments.

Fortunately, Christopher Eccleston, as Amelia's navigator Fred Noonan, who also disappeared with her, brings some of the more intriguing moments to the screen. Part of my disillusion may be because the movie actually starts with Amelia on her flight around the world with back flashes of her earlier aviation history. Beautiful scenes of her piloting the plane over gorgeous sand dunes and lush forests only made me think about *The English Patient* rather than try to connect Amelia's past and present story.

To me, the word FIGHTER means rebel or someone who is groundbreaking and doesn't give up. Amelia was truly such a person. However, in trying to recollect scenes from the film, I get more memories of Swank as a sullen, paint-freckled woman who seemed more pensive than overt about

her ambitions and intentions to fulfill them. I wanted to see some of the grit and heartfelt emotion co-screenwriter Anna Hamilton Phelan brought to the screen in her films *In Love* and *War and Girl Interrupted* in this movie.

I was very excited about seeing *Amelia*, pumped up more than usual as I had invited Grace McGuire to accompany me to the film. She's an aviatrix who began making plans to recreate Amelia's flight years ago and has had more derailments than an early locomotive on its way across the Mojave Desert. Like Amelia, McGuire still has her mind set on taking her Muriel, her 1935 Lockheed Electra L-10E – and the same model flown by Earhart in 1937 and

one of the last in existence – on that historic journey next year. Happily, McGuire filled me in concerning many of the holes about Amelia's equipment and flights briefly shown in the movie.

Finally, Amelia has definitely become an ICON, but I left the theater knowing little about this woman who set many world records, wrote best-selling books and helped start the formation of The Ninety-Nines, an organization for female pilots (briefly mentioned in the film). Swank does her best to portray her version of Amelia, and while her appearance scored high marks (I think it would have been even better without the painted-on freckles), she had a weak script to overcome. Many are already

predicting Swank's third Academy Award nomination for this performance. So far, I don't see her on my list – but that depends on the acting in films yet to come.

REEL FACTS

Amelia
Studio: Fox Searchlight Pictures
Gazette Grade: C-
MPAA: "PG" for some sensuality, language, thematic elements and smoking
Who Should Go: Aviation history fans

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spinach) \$8.85
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Sunday:
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'Oliver!' held my attention all the way through

Review by Haley Price

The timeless classic of Dicken's *Oliver Twist* is recreated in *Oliver!* Lionel Bart's musical adaptation. This is a great choice by San Diego Junior Theatre for their 62nd season opener. Currently playing at the Casa del Prado Theatre at Balboa Park, the play is directed by Executive Director Will Neblett and runs through Nov. 8.

Based on the book *Oliver Twist* by Charles Dickens, the story is about Oliver (Spencer Wilhelmy), an orphan boy. After he's kicked out of an orphanage, Oliver runs away from a mortuary and is taken in at a pickpocket hideout. The Artful Dodger (Ben Sutton) and Fagin (Morgan Hollingsworth), Dodger's boss, befriend Oliver. From the hideout to his unknown grandfather's house, marvelous tales about Oliver unfold

in this play. It's at the grandfather's house where we meet the horrible Bill Sykes (Vander Turner). He's a mean, murderous pickpocket who exhibits aggressive behavior.

Set design for *Oliver!* is by Tony Cucuzzella, and he did a wonderful job. The stage looked like a perfect little hideout home for all the little pickpockets. The transition of scenes with different sets was fast and prompt. The orchestra did an amazing job, too, everyone from the oboe to the flute players.

All of the actors in the show did an excellent job. Nancy (Rachel Liuzzi), who plays Bill Sykes' girlfriend, has a great voice. My favorite portrayal was Morgan Hollingsworth as Fagin. He did a terrific job with staying in character, and he looked like he was having a lot of fun. Turner was very persuasive as the mean drunk Bill. I found all of the actors very believable in their roles and was impressed they all kept their English accents while in character.

Oliver! held my attention all the way through and got a standing ovation at the end. I

think everyone who attended thoroughly enjoyed the show. This is definitely a wonderful family production, although there are scenes in the second act that may not be suitable for younger children. I would recommend this play for ages seven and older.

THEATER - TO GO

Oliver

Where: Casa del Prado Theatre
1600 Village Place,
Balboa Park,
San Diego

When: Now-Nov. 8 p.m.

Tickets: Tickets or info
at (619) 239-8355 or
juniortheatre.tix.com



Spencer Wilhelmy and Morgan Hollingsworth star in *Oliver!*
Photo credit: Ken Jacques.

'The Savannah Disputation' — inviting and funny



Mikel Sarah Lambert stars as Margaret in *The Savannah Disputation*. Photo credit: Craig Schwartz.

Review by Kathy Foster
and Laurie O'Brien

Didn't our mothers tell us never to discuss politics or religion? Thankfully Playwright Evan Smith didn't follow this advice when he penned *The Savannah Disputation*, a thoroughly entertaining play about religion. This topic shouldn't scare anyone away because this is a warm, funny and well-acted play. The Old Globe West Coast Premiere of *The Savannah Disputation*

ends November 1, so buy those tickets right away.

An encounter with Melissa (Kimberly Parker Green), a fundamentalist Christian missionary, leaves two Catholic sisters — Margaret good-natured and susceptible and Mary no-nonsense and spirited — with doubts about their faith. When Melissa tells Mary (Nancy Robinette) and Margaret (Mikel Sarah Lambert) that they are going straight to hell because they are Catholic, the dispu-

tation begins. Mary invites Melissa and the parish priest Father Murphy (James Sutorius) to dinner, each unaware that they will be defending their religion this evening.

The play, a laugh-out-loud play about religious beliefs, the origins of the bible, and people in general, is performed in the Arena Stage at the Copley Auditorium in the San Diego Museum of Art complex. The intimate theatre in the round, like the Cassius Carter (currently being renovated), imaginatively places patrons in the cozy home of Mary and Margaret, where the ensemble-cast bring their characters to life before your eyes.

The Savannah Disputation is engaging and thought provoking, but never heavy or preachy. The subject is discussed from many angles, with no prejudice, and a lot of funny dialog between the four excellent cast members.

THEATER - TO GO

The Savannah Disputation

Where: Arena Stage
at the Copley
Auditorium
Balboa Park,
San Diego

When: Now - Nov. 1
Tickets: Tickets or info
at (619) 23-GLOBE or
www.TheOldGlobe.org

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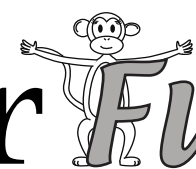
The park is over 800 square miles...



www.readingclubfun.com

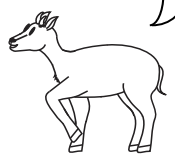


Newspaper Fun!




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...in the Smokies part of the Appalachian Mountains.



Great Smoky Mountains National Park 75th Anniversary!




Our family had lots of fun watching and photographing animals while traveling through the Great Smoky Mountains National Park!

Have you ever heard of the Smoky Mountains? They are some of the **oldest** mountains in the world. Scientists believe they were formed as long as 200-300 million years ago. Inside the park they range from 875 **feet** to the highest peak, Clingman's Dome, which is 6,643 feet high. These mountains form the border between Tennessee and North Carolina. The name "Smoky Mountains" comes from the haze or **fog** that lingers above them. The mountains are nicknamed the "**Smokies**."

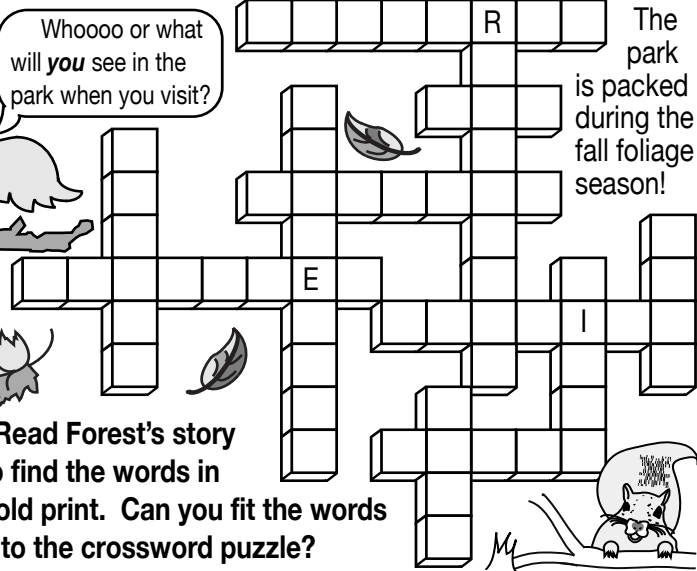
The first people to live in the Smokies were the Cherokees. Later, when settlers were moving westward, these Native Americans were forced to give up their **land** and walk 1,000 **miles** to Oklahoma. On this hard walk, many people died and the path is now called the "Trail of **Tears**." Some of the Cherokee refused to move and hid in the mountains. Their descendants are the Cherokee who now live on a reservation and in a town named **Cherokee** nestled in the Smokies.

The first white settlers who came to the Smokies were mostly farmers. A few small towns grew. Men came to work in the **lumbering** trade to meet demand for wood to build houses. Soon, many trees were stripped off the land and people wanted to stop the logging. People realized the destruction of the forests was going too far. They knew that had unusual beauty with many waterfalls and was home to many animals and plants. Money was raised by many people, including school **children** who donated their pennies to start a new park.

The 75-year old Great Smoky Mountains National Park was started by Congress in 1934 and was dedicated by President F. D. **Roosevelt** in 1940. Eight to 10 **million** people visit the park every year, making it the most visited national park in the country.



Whoooo or what will **you** see in the park when you visit?



The park is packed during the fall foliage season!

Read Forest's story to find the words in bold print. Can you fit the words into the crossword puzzle?

What Animals Might You See?

The Great Smoky National Park is famous for its wide array of animal life. Read the clues in each set below, then match them to the animals they describe:

1. These animals lived in the park, but no longer do.

2. The largest animal in the Smokies, it can weigh up to 700 pounds!

3. More than 240 kinds of these have been found here.

4. Believe it or not, this animal with its hooked claws can climb trees!

5. The park is given the title "_____ capitol" of the world because there are at least 30 kinds that live in the park.
6. You know this animal is around when you see trees that have been cut and dams built.

7. There are 14 kinds of these. These are the only ones in America that can flash their lights at the same time.

8. There are 27 different kinds of these: deer mouse, eastern chipmunks, gray squirrels, woodchucks and even beavers.

9. This wild animal was brought to the mountains from outside. It causes damage to the park by wallowing and rooting.

10. The largest predators in the park. There are about 1,500 of them, or about 2 per square mile.
- A. elk

B. gray fox

C. bison

D. birds

E. salamander
- A. European hog

B. black bear


C. beaver

D. synchronous fireflies


E. rodents



Looks like these elk don't know enough to "come in out of the pouring rain!"



We can flash at the same time!



I read that deer mice and white-footed mice are the most common mammals in the park!

Sign up for our reading club.

Wow!

It's free!

Visit our website www.readingclubfun.com to see the answers to the puzzles. While you are there, **join our national reading club**. Check out Forest's Diary.

MOTOR AND SPORTS

2010 Lexus 250h — what's the buzz all about?



2010 Lexus 250h. Photo by Dave Stall

by Dave Stall

With the entire buzz about hybrid vehicles, I felt it was time to devote some quality driving behind the wheel of

this vehicle. The problem I have with hybrid vehicles is the cost. This test vehicle is a 2010 Lexus 250h Premium, and it will cost \$48,155 plus tax and license. The base price is \$36,970 plus the rest are op-

tions that a buyer may or may not need.

I feel today's hybrid vehicles have a lot more features than most of us need, want or will even use over the ownership life of the vehicle. My wife has a 1982 Toyota Supra L model that has a trip computer, the car has over 300,000 miles on it and she has never used the trip computer. That computer was real hi-tech in 1982.

I realize today's drivers are more techno savvy, and want all the bells and whistles found on today's vehicles; hybrid or not. My test vehicle for this week came from the factory, and I drove it all over San Diego County and a trip to LA for a week. I have nothing negative to write about the Lexus 250h; in fact it was a great vehicle and next week I will get the 350h. I feel the 250h gave me all the acceleration and performance out of a hybrid that I could ask for. The vehicle had comfortable seating with heating and cooling for those nasty days. The back seat was very comfortable and the trunk

was large enough for those golf bags and a lot of groceries.

This 250h came with a 2.4-liter 16-valve dual overhead camshaft 4-cylinder engine with variable valve timing mated to two electric motors, one for the engine assist and the other to start the car. Lexus gives the driver a drive-mode feature allowing the driver to choose between four settings — normal, power, eco and ev. Using the eco setting at freeway speeds is a little uncomfortable; the car acts like it is searching to give you the best with the least, but once in town the eco and ev mode were perfect. The transmission is a continuously-variable transmission which acts like a golf cart transmission, one speed from stop to top speed, very smooth and precise; all done with a small shifter in the dash.

Speaking of the dash, in the center console is a hump that houses a computer mouse and a control on each side. It's smooth and drivers can maneuver the mouse with ease

working the navigation system or climate control or one of the many radio stations available with am/fm/satellite's weather, sports, news. This is all voice activated for those not into a mouse. The dash layout runs up hill to the top of the dash where a wide view monitor will rise from the dash and offer all the information on a crystal clear screen, very stylish dash. In fact the entire car has tons of style. Not interested in looking at the screen? Just touch a button located near the mouse and the unit folds back into the dash.

Another feature to think about is a Tech Package that includes Lane Keep Assist, which advises who is in the blind spot on the left and the right side of

the vehicle; Dynamic Cruise Control that keeps the driver from rear-ending the vehicle in front by using a string of red lights and an audible noise to alert the driver; a heads up display; Park Assist front and rear and a Pre-Collision System with Driver Attention Monitor.

The Lexus drives like a dream, and I love the keyless fob. Just hook the fob on a belt and walk up to the 250h and it recognizes the driver is there and unlocks the car. With the push of the start/stop button it engages and off I go. The fuel mileage is 35 city and 34 on the open road. I will take those numbers all day long. Check it out and see if a hybrid belongs in your family!



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Dixieline Lumber donates vintage Ruggles to the San Diego Auto Museum

Dixieline Lumber has made a very generous donation to the San Diego Automotive Museum. The company has donated its 1922 Ruggles lumber truck, which has become part of the museum's permanent collection. The truck was used for many years to as a regular delivery truck. After it was meticulously restored, it was part of many community events including the Mother Goose Parade.

Frank W. Ruggles, the originator of the Ruggles Truck Company, first built a light delivery wagon in Ware, Massachusetts in 1905. When Ruggles moved to Sagnia, Michigan in 1921, he established the Ruggles Motor Truck Company. The company pro-



duced business trucks that included: sightseeing buses, cartage trucks, light delivery vans, and laundry trucks. The company stopped production in 1928.

Regular museum hours are 10 a.m. to 5 p.m. (the last admission at 4:30 p.m.).

The museum is located at 2080 Pan American Plaza, Balboa Park. Phone (619) 231-(2886).

Bumper To Bumper with Dave Stall

Dave: Is it necessary to put oil additives in to today's vehicles? My grandfather has a product that you can't get in California, I think he gets it from Texas, but he swears by it; sorry I don't know the name. He keeps it in an old paint thinner can but he says he has never had an engine failure by using this product. My question is would it effect my new car warranty if I put the product in my engine? He also puts it in the transmission, power steering and I think the brake system as well. I am all for making my car last, but I don't want to cause any negative warranty issues. Delores.

Delores: You may find this hard to believe, but I think I know what product you're talking about. John Rose of Rose Toyota swore by that product, but today's engines and transmission are very sensitive to aftermarket products and if you didn't use any of them and serviced your vehicle according to the manufacturer you would still get 300,000 plus mileage out of your drive train. Now I am not saying that if you use or not use an aftermarket product you won't have a failure. From a warranty point of view, if the engine or transmission fails and they find a foreign product in the pan that give the manufacture a way out of paying for any repairs whether it was the cause of the aftermarket product or not. My advise, don't use anything other than what the manufacturer recommends and you should be fine.

Dave: I'm sure this question has been asked many times, do you have to wax a new car? If so, what would you recommend? Is paint sealant a good deal? Joe.

Joe: No you don't have to wax a new car; I would use any of the top wax companies, on the market. Look for a product that is easy to apply and remove. Meguiars, Mothers, Eagle One just to name a few are great products or you could have a company do the job professionally and the chance of damaging your paint is better if in the hands of a professional, then in the hands of someone who doesn't do it on a regular bases. Paint sealant is great for the person who hates to wax their vehicle, just make sure you read the instructions if you apply it and if you have a professional do it, dealer or independent find out what you need to do to keep it under their warranty.

Check out my radio shows on KCBQ AM 1170 3 to 5 pm every Saturday and my website www.davestall.com

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— MOTOR AND SPORTS —

Chargers storm past Chiefs 37-7

by Chuck Karaszia

Less than a week after being bucked by an undefeated Denver Broncos' team, the (3-3) San Diego Chargers' rebounded last Sunday with a much needed divisional victory over the Kansas City Chiefs in the single biggest win point differential for the Chargers ever at Arrowhead Stadium.

It was raining in Kansas City and as true as the lightning bolts on the helmets of the San Diego Chargers, the Bolts provided the thunder and lightning of this blue and gold team.

The thunder was the sound of a fierce Chargers defense that sacked opposing Chiefs quarterback Matt Cassel four times while causing him to throw three interceptions.

Led by a swarming, blitzing defensive backfield and a resurgent pass rush, the Chargers did not budge an inch... be it on the ground (Larry Johnson 49-yards rushing) or in the air, (Matt Cassel 97-yards on 25 attempts). Outside linebacker Shaun Phillips had two quarterback sacks keying a Chargers defense that held the Chiefs to just three third down conversions and one touchdown.

Fullback Jacob Hester on a special teams play blocked a punt and recovered it in the end zone for a score sealing the victory for San Diego with 7:42 left in the game.

The lightning was LaDainian Tomlinson off to a quick start running effectively which

opened up the passing game and two first quarter touchdown strikes from quarterback Philip Rivers, the first one to Malcolm Floyd (3-yards), the second to Vincent Jackson (10-yards).

In this contest Vincent Jackson re-wrote the record books for San Diego. He had the most receiving yards ever by a Charger in one half of football (142-yards).

Philip Rivers distributed his passes to six different receivers. His last touchdown went to Darren Sproles on a short toss and long scamper for a 58-yard score.

Rivers finished the game (18-of-30, 268 yards, 3 touchdowns, no interceptions).

Nate Kaeding made three-of-four field goals (20, 39, 19 yards) missing one from 43 yards.

LaDainian Tomlinson had a season best 71-yards rushing in the game highlighted by a 39-yard run in the first quarter, that set up the Chargers first score.

Head coach Norv Turner gave his take after the game saying, "We've been getting better each week over the last month. We talked about it at the beginning of the week. Let's keep growing and getting better as a group."

"No question getting the run going early helped us. Throwing some quicker passes, getting the ball out quick helped us. I believe we protected better. Defensively I thought we flew around and we're very impressed. Obviously we

played a lot better on third down on both sides of the ball and that helps.

"This group is a resilient intelligent group. I think they trust and understand what we're doing. I thought Wednesday we had the best practice this year. Our guys could have hung their heads (after the Denver loss), but they didn't. We do understand it's a long season. We put ourselves in a bind. We had some tough situations after the Oakland game (injuries) that we had to recover from. As we've gotten healthier we've played better. I think we have made improvements."

"This team is a long way from being done, and I'm looking forward to playing next week and looking forward to going through the season with this group," concluded the Chargers head coach.

The (1-6) Chiefs aren't the quality of opponent as in years past, but playing on the road, in the rain, at Arrowhead is no gimme. The Bolts have now won four straight against Kansas City.

This was a good game as San Diego regrouped, and refocused. They played well in all phases especially on the defensive front, linebackers, and secondary. Tim Dobbins had the best game of his career (11 tackles, 1 INT.), allowing his team the win.

The Bolts need to improve their goal-line offense. The Chargers square off against their long-time rivals, the Oakland Raiders this Sunday at Qualcomm Stadium. Kickoff time is 1:05 p.m.



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Official Entry Form must be received by November 1, 2009
Detach and Mail with Check

Make Check to: CAF Air Group One
Mail To: 8450 Gem Lake Ave., San Diego CA 92118

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☐ I wish to be a Hole Sponsor; enclosed is my tax-deductible \$200 (also enclose a business card or information for your sign) \$ _____

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Golfer #2 _____

Golfer #3 _____

Golfer #4 _____

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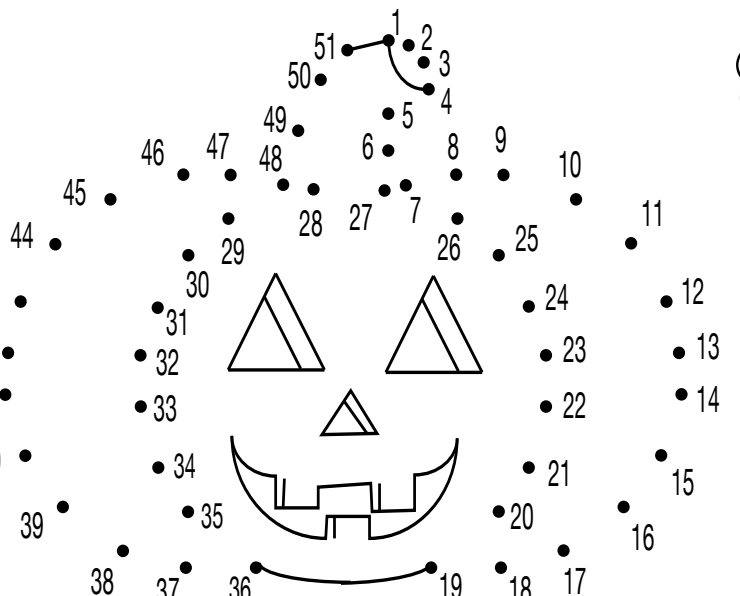
Phone: () _____

Whaaaaaat is it?

Do you like my Halloween mask?
This is my first time out on a Halloween night.

I like this bright, smiling thing in front of me, but don't know what it is.

Can you connect the dots so I can see it?



LEGAL NOTICES



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:
ROCK PILE REMOVAL
AT CITY ANIMAL SHELTER
ENGINEERING JOB NO. 3121
BID NO. 016-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on December 1, 2009
BIDS TO BE OPENED AT:
2:00 p.m. on December 1, 2009

PLACE OF RECEIPT OF BIDS:
City Hall
1st Floor, Lobby Counter
200 Civic Center Way
El Cajon, CA 92020

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded free from the City website www.ci-el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$5.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

A mandatory pre-bid conference and job-site walk-through will be held at 10:00 a.m. on November 17, 2009 at the project site located at 1275 N. Marshall Ave., El Cajon.

Copies of the general prevailing wage rate of per diem wages, as determined by the California Director of Industrial Relations and by the US Department of Labor Statistics, are available from the websites of the respective agencies.

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

a) California General Prevailing Wage Rates

In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascertained the general prevailing rate of wages as determined by the Director of the Department of Industrial Relations applicable to the work to be done as listed in the California Department of Transportation publication entitled general Prevailing Wage Rates, dated March 1, 1994 which is on file in the office of the City Clerk.

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

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

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 (10) 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 Lobby Counter, 1st floor at the City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, they will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

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

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

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

/s/ Dede Porter
Purchasing Agent
October 29, 2009

East County Gazette- GIE030790
10/29, 11/05/09

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



ORDINANCE NO. 4936

AN ORDINANCE APPROVING SPECIFIC
PLAN NO. 510

TO EXCEED THE 20 FT. HEIGHT
LIMITATION IN THE RESIDENTIAL,
MULTIPLE-FAMILY, RESTRICTED
(R-3-R) ZONE FOR A PROPERTY
LOCATED ON THE SOUTH SIDE OF
EAST WASHINGTON AVENUE
BETWEEN SOUTH ANZA STREET AND
WASHINGTON HEIGHTS ROAD,
AND ADDRESSED AS 1123 EAST
WASHINGTON AVENUE.

The City Council of the City of El Cajon does ordain as follows:

SECTION 1. On June 13, 2006, the City Council held a public hearing on a request by B & B Properties 2000, LLC to approve Specific Plan No. 510 to exceed the height limitation in the Residential, Multiple-Family, Restricted (R-3-R) Zone on property located on the south side of East Washington Avenue, between South Anza Street and Washington Heights Road, and addressed as 1123 East Washington Avenue (APN: 493-112-08). The applicant has complied with all recommended pre-ordinance conditions of approval set forth in Planning Commission Resolution No. 10308 and the final mylar for Specific Plan No. 510 has been received by the City.

SECTION 2. The City Council finds that the approval of Specific Plan No. 510 to exceed the height limitation in the Residential, Multiple-Family, Restricted (R-3-R) Zone is consistent with and will still promote the systematic execution of the General Plan, in that the proposed 27 ft. height limitation follows sound design practices, and that proper facilities and rights-of-way are recognized and respected on the plan.

SECTION 3. The City Council hereby approves Specific Plan No. 510 to exceed the height limitation in the Residential, Multiple-Family, Restricted (R-3-R) Zone on property located on the south side of East Washington Avenue, between South Anza Street and Washington Heights Road, and addressed as 1123 East Washington Avenue, as presented in the revised specific plan site plan previously approved by the City Council on June 13, 2006.

SECTION 4. This ordinance shall be effective thirty days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 27th day of October, 2009, by the following vote to wit:

AYES: Lewis, Kendrick, Wells
NOES: None
ABSENT: Hanson-Cox, McClellan
DISQUALIFY: None

MARK LEWIS

Mayor of the City of El Cajon.

ATTEST:

KATHIE RUTLEDGE, CMC

City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4936 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 27th day of October, 2009.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790
10/29/09

To place your
legal ad, call
(619) 444-5774

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME

CASE NO.37-2009-00069911-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF SEAN TODD ALLEN FOR CHANGE OF
NAME PETITIONER: SEAN TODD ALLEN
HAS FILED FOR AN ORDER TO CHANGE
NAME FROM:

SEAN TODD ALLEN

TO: SEAN TODD HARRIS

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 14, on December 02, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

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

THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON OCTOBER 01, 2009.

East County Gazette – GIE030790
10/08, 10/15, 10/22, 10/29, 2009

ORDER TO SHOW CAUSE FOR
CHANGE OF NAME

CASE NO.37-2009-00068399-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

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
10/22, 10/29, 11/05, 11/12, 2009

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 contacting your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, 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-entitled action, as follows:
1. General damages
a. Pain, suffering, and inconvenience.....\$ 250,000.00
2. Special damages
a. Medial Expenses (to date)...\$153,623.43
b. Future Medical Expenses (present value)... TBD
c. Loss of earnings (to date)...TBD
d. Loss of future earning capacity (present value)...\$0.00
Date: October 13, 2009
Matan Drelich, Esq. (#204965)
East County Gazette GIE030790
Oct. 22, 29, Nov. 5, 12, 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF CARMEN J. NOLLET. CASE NUMBER: 37-2009-00152336-PR-PW-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of CARMEN J. NOLLET. A PETITION FOR PROBATE has been filed by JESSICA D. MCCOLLOUGH in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JESSICA D. MCCOLLOUGH be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: NOVEMBER 19, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3RD FLOOR, SAN DIEGO, CA 92101 Probate Division. 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. Petitioner Jessica McCollough 2316 Hannah Court, Imperial, CA 92251

EAST COUNTY GAZETTE – GIE030790
Oct. 29, Nov. 5, 12, 2009

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

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

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**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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-027970**

FICTITIOUS BUSINESS NAME(S): Stan's Liquor
Located at: 9907 Campo Rd., Spring Valley, CA 91977
This business is conducted by: An Individual
The first day of business was: July 15, 1989
This business is hereby registered by the following: Michael Ibrahim 1814 Muncle Ct., El Cajon, CA 92019
This statement was filed with 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. 2009-028763**

FICTITIOUS BUSINESS NAME(S): Madina Market, Inc.
Located at: 6957 University Ave., La Mesa, CA 91941
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. Madina Market Inc. 6957 University Ave., La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on October 07, 2009

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 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. 2009-029411**

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. 2009-030613**

FICTITIOUS BUSINESS NAME(S): Family Discipleship Ministries
Located at: 561 N. Magnolia Ave., El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: May 19, 1999
This business is hereby registered by the following: Family Support Foundation 561 N. Magnolia Ave., El Cajon, CA 92020
Family Support Foundation California
This statement was filed with Recorder/ County Clerk of San Diego County on October 27, 2009.

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-029928**

FICTITIOUS BUSINESS NAME(S): a.) Kevin Perkins Enterprises b.) Advanced Cleaning Systems
Located at: 2435 Washington St., Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kevin Perkins 2435 Washington St., Lemon Grove, CA 91945
This statement was filed with Recorder/ County Clerk of San Diego County on October 19, 2009

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-029961**

FICTITIOUS BUSINESS NAME(S): Ecological Biohazard Cleaning dba EBC
Located at: 1235 E. Lexington Ave., El Cajon, CA 92019
This business is conducted by: Co-Partners
The business has not yet started.
This business is hereby registered by the following: 1. Theodore G. Aurfot 8662 Wintergardens Blvd., Lakeside, CA 92040
2. Susan Leaman 1235 E. Lexington Ave., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030066**

FICTITIOUS BUSINESS NAME(S): Pool Beautiful
Located at: 15117 Creek Hills Rd., El Cajon, CA 92021
This business is conducted by: Husband and Wife
The first day of business was: January 1, 1995
This business is hereby registered by the following: Jerome Bulinski 15117 Creek Hills Rd., El Cajon, CA 92021; Penny Bulinski 15117 Creek Hills Rd., El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009.

East County Gazette- GIE030790
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**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. 2009-028571**

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. 2009-027939**

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 Convo 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 Convo 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. 2009-027191**

FICTITIOUS BUSINESS NAME(S): U.P. Key Solutions
Located at: 11387 Calle Simpson, El Cajon, CA 92019
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Kathleen 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 22, 2009.

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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-029844**

FICTITIOUS BUSINESS NAME(S): Zeba Jan Enterprises LLC Smooth Cab
Located at: 11374 Creek Stone, San Diego, CA 92128
This business is conducted by: A Limited Liability Company
The first day of business was: March 20, 2004
This business is hereby registered by the following: Zeba Jan Enterprises LLC 11374 Creek Stone, San Diego, CA 92128
This statement was filed with Recorder/ County Clerk of San Diego County on October 19, 2009.

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030074**

FICTITIOUS BUSINESS NAME(S): Mike's E-Z Foods
Located at: 3012 Jamacha View Dr., 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. Michael A. Melius 3012 Jamacha View Dr., El Cajon, CA 92019; 2. Deborah C. Melias 3012 Jamacha View Dr., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on October 20, 2009

East County Gazette- GIE030790
10/29, 11/05, 11/12, 11/19, 2009

Dear Luauna



Dear Luauna: About a year ago I had pain in my back, I went to the doctor and they gave me some pain killers. I was supposed to take them for only six weeks, it has now been one year. I am addicted to pain killers in any form from Oxycotin to valium; anything I can get my hands on. I am angry, oppressed; and depressed! I am ruining my life, and making things very hard for my wife and family. Is there hope for me? Signed, Addicted in San Diego.

Dear Addicted,

First of all, I want you to know, yes, there is hope for you and Jesus loves you. This seems to be a common occurrence in these times where medication is so easily accessible and drugs are on every corner. This is a very serious problem and needs immediate attention. We have seen, not only in the media, but as a minister I have performed funerals for people who have died from this very problem. The first freedom is admitting you are a drug addict.

Second, let's take it to Jesus, say this little prayer with me, "Jesus, I need your help, I cannot do this on my own, I ask you to forgive me of my addiction. I come before your throne and I repent of my sins and ask for you to bring me out of this bondage in Jesus' name." That little prayer is a very important step for your freedom. Now let's find you a good rehab center where they can walk you through weaning your body off the drugs. Third, you need to find a really good Christian counselor to help you and your family during this time.

This is not going to be easy, but being addicted is a lot harder. God can bring you out of any problem; this is not too hard for Him. It is important that you surround yourself, with good, godly influences and strong men of God. Also, find a good home church where you can grow everyday in the blessings and the grace of God. I was addicted to cocaine, I have been clean for 30 years, today I am a brand new person because of Jesus, and nothing is too hard for God! Your problem may look like a mountain, but with God, you can tell that mountain to be removed. Please keep me posted if you need help finding a good rehab, and I will be praying for you! Read these verses: John 8:36, Matthew 17:20, Psalms 23.

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 Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 www.drluauna.com

www.atouchfromabove.org www.amothersstory-thebook.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

Helping our four legged friends get forever homes



Sissy

Meet Sassy! Sassy is a teenage strawberry roan Appaloosa mare. Sassy is kind, trustworthy, completely sound, consistent and very "forward" in nature. Sassy is not arena horse, she longs for the open trail, and the more challenging, the better! Sassy can scale any trail or hill with sure footed confidence and determination. Sassy ties, trailers, and can be turned out with any other horse. Sassy is very calm and easy going in the corral, but once you saddle her up, or hop on bareback she does not want to be held back for long! Sassy is never dangerous, stops easily on command, but this fiery miss wants to move out! Sassy needs a calm, confident, experienced rider who has the patience to make this special lady their true companion and partner in adventure. If you are interested in adopting Sassy, please call Karen, (619) 221-9191 Tijuana River Valley Animal Rescue, A 501 (c) 3 Non-Profit Organization, adoption fee \$ 750.

Meet Antavas! Antavas is a yearling, Thoroughbred colt that is kind, gentle, sweet, affectionate and quite tall! Antavas is an elegant mover with gorgeous conformation. He has enjoyed a quality life thus far, kicking it up with a bunch of other young colts in an very large corral. Antavas is not yet truly halter broke, but if you are looking for a young project horse, please consider this handsome young man! Call Karen at (619) 221-9191 for more information.



Antavas

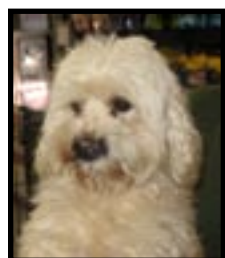


⇐ **Meet Cailin,** a petite little pit bull who walks wonderfully on a leash. Cailin has a mellow disposition, so she would bond well with a mellow family. She has mastered "sit" and is well on her way to other "tricks". Cailin's adoption fee is \$150 which includes her spay, vaccinations, deworming treatment, training DVD, 1 free month of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10am-5pm. For details call (760) 757-4357 or visit www.nchumane.org ID #42880

⇒



Cowboy is a real survivor! This 10-yr old, 14 pound fellow was found lassoed and in a trash can. Despite that, he still loves people and enjoys being petted and brushed. If you are interested in a loving cat to spend lazy days cuddling with, call us about Cowboy at (858) 405-0852. Or, come visit him at the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) cattery at the PetSmart in Pt. Loma.



⇐ **Pouch** is a Poodle male 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.

The Tijuana River Valley Animal Rescue (TRVAR) is an independent, small, grass roots animal rescue group that was founded in October, 2005.

The Tijuana River Valley Animal Rescue is dedicated to rescuing and rehabilitating abused, neglected and problematic horses and off track thoroughbreds as well as rescuing and rehabilitating stray and abandoned dogs in the Tijuana River Valley, on the U.S. side of the border.

TRVAR, which in part consists of 2,500 acres known as the Tijuana Estuary, is a natural, protected and preserved wetland habitat, accessible and available only to pedestrians and equestrians, had unfortunately become a common place for people to dump

and abandon dogs. TRVAR is active within the city limits in rescuing placing dogs from all backgrounds. All dogs receive complete, comprehensive vet care from Dr. Kirk Feinberg at Governor Animal Clinic in San Diego. The horses receive in-depth vet care from Kim Sergeant of All County Equine. Rescue works to rehabilitate the equines, both physically and emotionally, and ultimately place them appropriately based on their physical abilities or limitations as well as their emotional needs. All of these elegant animals require a specific type of training and care, TRVAR works to give all of its rescues independent attention to find the proper method in which each individual horse will thrive.

At this time, unfortunately, Tijuana River Valley Animal Rescue does not have the

space or monetary stability to provide permanent "retirement" for horses, but if that is what is required, they will work to find such a horse an appropriate placement.

Tijuana River Valley Animal Rescue has been finalized as a 501(c) 3 Non-Profit Organization as of March, 2009. TRVAR

is always working to expand their network of potential permanent homes as well as possible foster care. They hope to have a web site up and running within the next month.

If anyone would like to make a donation or are interested in adopting an animal call Karen at (619) 221-9191.



Majesty

Meet Majesty, Thoroughbred filly, foaled 3-3-08. Gorgeous conformation and elegant mover. Sweet and affectionate, this young girl was born at our ranch and has been well cared for. She has been turned out in a large corral, romping it up with a

few other young fillies. Majesty is a blank canvas, waiting to begin a life filled with love and adventure! Adoption fee \$ 900. Call Karen at (619) 221-9191

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November 9-30



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WIN: Win great prizes with your points:
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1,500 points = **\$25** Viejas promotional gift card
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KEEP: Best of all, you get to keep the points!

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Visit any V Club booth for official rules. Management reserves all rights. Please play responsibly. For help with problem gambling, call 1-800-426-2537. © 2009 Viejas Casino, Alpine CA.

