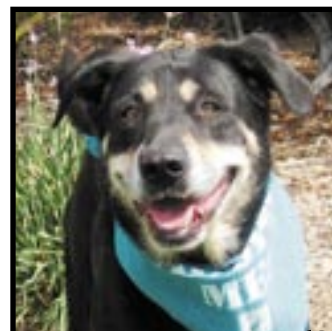


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VOLUME 10 NUMBER 22 **NOVEMBER 5-11, 2009**

Fire Chief Scott to oversee three cities



El Cajon Fire Chief Mike Scott

The City Managers of the cities of El Cajon, La Mesa and Lemon Grove have announced the appointment of the Fire Chief that will oversee operations of the cooperative management services for the three fire and rescue departments when they merge on January 1, 2010. Mike Scott, who is presently the Fire Chief in El Cajon, will head the new command.

Last month the City Councils approved a Joint Powers Agreement that creates a single management team to oversee the day-to-day operations of the three fire departments. The shared management team will coordinate fire and emergency medical services, firefighter training, fire prevention, emergency planning, and community preparedness.



Three engines come together as the cities of El Cajon, La Mesa and Lemon Grove join forces to achieve a high level of fire and emergency medical services while preserving local control. Photo credit: Monica Zech

See **JOINT POWERS** page 2

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Local News & Events

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Mount Miguel High School Cheerleaders and Marching Band greeted the Israeli Youth Ambassadors at Lindbergh Field. Also pictured is GUHSD Superintendent Bob Collins (seated left) and Cedric and June Dempsey (standing left) who serve on the Board of the America-Israel Friendship League. Photo Credit: Dave Wortman, Grossmont Union High School District

On Wednesday, October 28 10 Israeli Youth Ambassadors were greeted by the Mount Miguel High School Marching Band and Cheerleaders in Terminal 2 of San Diego's Lindbergh Field. The Israeli Youth Ambassadors kicked-off their national tour in San Diego

with the Grossmont Union High School District.

The program is in partnership with the U.S. - Israel Friendship League. It is designed to increase and develop intercultural understanding and awareness of social, political, and economic institutions.

GUHSD students will embark on a trip to Israel with the Israeli Ambassadors on November 13. Together the Youth Am-

bassadors from both countries will first attend international relations activities in New York and Washington D.C.

Joint Powers ...

Continued from page 1

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

The City Managers sought an individual from within the three organizations able to perpetuate the work started in preparation for the coordinated services. In this situation, the City Managers felt it was important to continue the momentum while at the same time being aware of the history and partnering that brought them to this point.

Mike Scott has been the Fire Chief in El Cajon since June 2005. He began his career with the department in 1984 as a Firefighter/Paramedic. Chief Scott is currently the Chair of the Board of Chiefs for the Heartland Training Facility Authority and the Heartland Communications Authority. These Joint Powers Authorities serve multiple cities. He is also the Zone 4 Coordinator for the Heartland Fire District.

Chief Scott said following the announcement, "I am honored

to be selected to lead this cooperative effort of fire and emergency medical services delivery. We have three great organizations that will now operate as one. The result will be an improved level of coordination of service on a regional level, ultimately benefiting each of our communities."

El Cajon City Manager Kathi Henry said Mike is a capable leader with a proven track record. "There is no doubt that he has the skills necessary to take us in a positive direction," Henry said. "He is both visionary and practical which makes him the perfect choice for this position."

La Mesa City Manager, Sandy Kerl and Lemon Grove City Manager Graham Mitchell have worked closely with Chief Scott over the past several months while developing the Joint Powers Agreement. La Mesa City Manager Sandra Kerl said, "Chief Scott is a proven leader in the fire profession, particularly in East County, and has the skills and abilities to make this unique fire service model work successfully." Graham Mitchell indicated that he looks forward to working with Chief Scott in this exciting time to provide even better service to the community through a cooperative approach.

Computer sense saves cents: Chapter 4 Window washing

by Brice Pedrin

There are multiple ways to make a PC work faster, whether it's upgrading, optimizing programs, reinstallation of windows, or just a spyware or virus scan. Users might not know that some of the best ways to speed up a PC is through windows itself. Here are some helpful tips to get more from a PC.

In Windows XP there are a few ways to easily increase the performance on a PC. The most important is to make sure XP is updated with service pack 3. Users can check this by opening the Control Panel under the Start tab and selecting the System icon. On the General tab, the specifications of the PC and which version of Windows service pack is installed should be listed. For anything below 3, it's highly recommended to update the operating system. This can be done by opening Internet Explorer and the Tools tab and selecting Windows Update.

Next is to disable Indexing services. Indexing Services is a small program that uses large amounts of RAM and can often make a computer very noisy. This system process indexes and updates lists of all the files that are on a computer. It does this so that when a user searches for something on the computer; it will search faster by scanning the index lists. In my opinion this system service is completely unnecessary. To disable this function go to Start, select Control Panel, Add/Remove Programs, Add/Remove Window Components, uncheck the Indexing services, and select Next.

Another helpful tip is to optimize the display settings. Windows XP looks nice but displaying all the visual items can waste system resources. To optimize the display select Start, Control Panel, System, select the Advanced tab, then in the Performance tab click Settings and leave only the following checked: Show shadows under menus, Show shadows under mouse pointer, Show translucent selection rectangle, Use drop shadows for icons labels on the desktop, Use visual styles on windows and buttons.

One of the best ways to optimize windows is to optimize the Pagefile. If the user gives the pagefile a fixed size it saves the operating system from needing to resize the page file, which in turn will free up a good amount of system resources. To do this, right click on My Computer and select Properties. Then select the Advanced tab. Under Performance choose the Settings button. Select the Advanced tab again and under Virtual Memory select Change. Highlight the drive containing your pagefile and make the initial Size of the file the same as the Maximum Size of the file.

Windows XP sizes the pagefile to about 1.5 times the amount of physical memory by default. While this is good for systems with smaller amounts of memory (under 512MB) it is unlikely that a typical XP desktop system will ever need 1.5 times 512MB or more of virtual memory. If a user has less than 512MB of memory, leave the pagefile at its default size. If one has 512MB or more, change the ratio to 1:1 pagefile size to physical memory size.

All of these changes to Windows are 100 percent safe and provide boosts in windows performance by freeing up system resources. These settings can also be made in the resource hungry Windows Vista which has many unnecessary settings and extras that severely bog down Windows performance. Join me next week when I break down windows Vista and offer tips on how to keep the nice extras Vista has to offer, but also how to rid of the unneeded resource hogs.

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights



Several Apartment owners and managers were recognized at a recent City Council for their participation in the Multi Housing Crime Free program. The group is pictured with El Cajon Police Chief Pat Sprecco. Photo credit: Monica Zech

by Monica Zech
City of El Cajon Public
Information Officer

City Commissions Application deadline approaching

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 currently accepting applications for the Personnel and Planning Commissions. The filing period is Oct. 14 through Nov. 6 at 5 p.m. The interviews and appointments of selected applicants will be Nov. 17 at 7 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 of El Cajon 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 Jan. 31, 2011, and one ending Jan. 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 used 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 Jan. 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 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.

Recreation Department offering youth basketball!

Youth Basketball begins this winter season! Winter marks the return of youth basketball! Boys and girls in grades K through eight are invited to enroll. This safe and affordable 10 week instructional league will help your child learn fundamental skills, basic rules, individual and team effort, and sportsmanship.

Early Bird registration for our basketball league is Nov. 9 - 14. Late registration begins Nov. 16 and continues until the league is full. League dates are January 11 - March 19, 2010.

Sign up at the neighborhood recreation center nearest your home or child's school in order to balance participation throughout the league. Proof of age and residency is required. Contact the City of El Cajon Recreation Department at (619) 441-1754 for more information or log onto www.elcajonrec.org.

Sign up for the next Crime Free Multi-Housing Class

Whether you are an apartment manager or owner, sign up for the next Crime Free Multi-Housing Program training session scheduled for Tuesday, 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.

Lend A Hand Day

The public is invited to the next monthly Saturday morning neighborhood clean up day scheduled for Saturday, Nov. 14, from 9 to 11 a.m. at Wisconsin Avenue and Chambers Street, in Downtown El Cajon. "Spend a morning meeting your neighbors and making a difference," says Christina Burke, Community

Development Coordinator for the El Cajon Community Development Corporation, which organizes the monthly clean up event. The non-profit El Cajon CDC provides the tools, materials, and refreshments, while volunteers provide the elbow grease. The El Cajon CDC will also collect electronic waste such as computers, laptops, printers, cell phones, TVs, and batteries. The San Diego Rescue Mission will collect your working electronics, furniture, household articles, baby items, or clothes. Your donations can be tax deductible. If you are interested in helping please RSVP with the El Cajon CDC by calling (619) 401-8858.

Join us for the next El Cajon Police Neighborhood Forum

Do you have questions you'd like to ask someone in local law enforcement? If so, plan to join us as the El Cajon Police Department holds another Community Forum on Monday, Nov. 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 come by to say thank you to our police department for a job well done. This forum will also address holiday safety. For more information please contact Officer Dan Hansen at (619) 441-1597.

The Mother Goose Parade is just around the corner

The Mother Goose Parade is Sunday, Nov. 22, starting at 10 a.m. on East Main Street at Magnolia Avenue. The parade will travel east on Main Street down to Second Street. See floats, local dignitaries and high school marching bands. Visit www.mothergooseparade.org for more information.

See HIGHLIGHTS page 11



At the Oct. 27 City Council meeting, The City Council issued a proclamation declaring November 4 as "Law Enforcement Records and Support Personnel Day" in the City of El Cajon. A special day to thank members of the police department's support staff for their dedication to the department. Honored were (From L to R) Frances Darling, Julie Cotton, Antonia Slatten and Shannel Honore - they were joined by Captain Debbie Setzer and El Cajon Police Chief Pat Sprecco. Photo credit: Monica Zech

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by **Patt Bixby**

Dates to remember

Nov. 5, 12, 19, 26: Farmers Market at Lindo Lake Park.

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. 18- Lakeside Planning Group meeting at Community Center at 7 p.m. **Nov. 19:** Chamber Mixer/Café 67.

Lakeside Fire Protection District Board

The October 27 Lakeside Fire Protection District Board meeting spent much of the time discussing a number of "Island areas" (as they have been referred to in the San Diego Local Agency Formation Commission report-LAFCO), which were left out of the fire agency re-organization project approved by the commission and Board of Supervisors in 2008. The re-organization involved the activation of latent powers for structural fire protection and emergency medical services within an unincorporated area.

The largest and most extensively developed area is crossed by state Highway 67 and is located northeast of the city of Santee and southeast of the City of Poway. Island No. 2 contains 64 parcels that are developed with single family residents. Fourteen additional parcels have some level of improvement. Island No. 2 has had structural fires, medical emergencies, traffic accidents and rescue incidents which have resulted in surrounding jurisdiction responding without reimbursement. First responders estimate response into Island No. 2 to be at least 100 times a year.

Of the surrounding cities and districts, only Lakeside Fire Protection District, Ramona Municipal Water District and City of Poway have logical access and proximity of emergency facilities. The Ramona Municipal Water District has unanimously moved to reject annexation of any portion of Island No. 2. The City of Poway is not interested in annexing any portion of Island No. 2 because the city would be required to subsidize the cost for extending other city services into the area. The Lakeside Fire Protection District Board of Directors discussed the financial burden of responding to Island No. 2 incidents. The district would not be able to support annexation unless sufficient revenue was provided. The board indicated subsidizing of services in this area may be limited in the future.

Two residents of Island No. 2 attended the October 27 meeting. The residents advised the board they had just received the LAFCO report informing them the area does not have dedicated structural fire protection and EMS service. Neither resident had been aware they did not come under any jurisdiction and expressed a desire to be annexed into the Lakeside Fire Protection District.

The fire board advised that property owners are responsible for proposing and promoting a special assessment district. Board Chair R. Smith suggested the homeowner form a coalition. It was advised adequate funding will not be provided from a proposed transfer of the property tax revenue generated scenes to be the logical answer, however formation of an assessment district could be a problem because Island No. 2 is not currently with in a jurisdiction that could underwrite formation, costs and activities.

As the general governance authority within Island No. 2, it is appropriate that the County assume lead role in counseling and supporting constituents.



County Supervisor Dianne Jacob tries out the new equipment at Lindo Lake Park. Photo by Patt Bixby

When asked about the situation, County Chairwoman Supervisor Dianne Jacob said it is important for residents to ask questions about the area they live in. What fire district do you fall under, as well as sewer, power and school districts? It is up to the residents to be aware of eh area they live in.

LAFCO staff will re-visit Island No. 2 in 2011 during a required municipal service review (MSR) of the latent power area within CSA No. 135. The MSA will present an opportunity to evaluate prog-

ress in securing funding and providing service.

Some information provided from the LAFCO report Nov. 2.

County Chairwoman Dianne Jacob and County of San Diego Department of Parks and Recreation representatives participated in the Ribbon Cutting at the new seventeen exercise stations at Lindo Lake County Park. The exercise equipment will provide the public with a total workout with out the cost of a gym membership.

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Alpine happenings ...

Lt. McCalla guest speaker



Vincent Higgins.

Meet Lt. Gigi McCalla, a veteran of almost 25 years with the San Diego County Sheriff's Department. Lt. McCalla will be the guest speaker at the monthly meeting of members, future members and guests of the Alpine Mountain Empire Chamber of Commerce.

McCalla is also a 20-year veteran of the Sheriff Department's Explorer program. McCalla's busy career with the department has included working the Central Jail in downtown San Diego, internal affairs and Santee patrol. She was the lieutenant at the Lemon Grove Sheriff's Station before transferring to Alpine.

There will be plenty of hot food to wake up to as well as an opportunity to share news about business, organization or church at every "Hot Topics" breakfast. It's a great way to find out what's happening now in the region and what will be coming.

Reserve tickets in advance by calling the Chamber at (619) 445-2722.

Local youth needs help

Vincent "Vinnie" Higgins of Alpine has discovered he is facing a life changing illness, bone cancer. Vincent is only 13 years old and he and his family can use some help.

The Joan MacQueen Middle School eighth-grader has been an Alpine American Little League player. This year he was playing for the Alpine Pop Warner Mountaineers.

Several weeks ago Vinnie was hurt during football. He was sent to Children's Hospital in San Diego, where the cancer was discovered in his

be an adults' only fund raiser at the Viejas DreamCatcher Lounge. The date and details for this gala evening will be released soon.

To donate funds or auction items, please contact any officer of PLAY or Chuck Taylor at (619) 251-6998, or on the web-site at www.playalpine.org.

femur. Fortunately, there was no trace of the disease in his lungs at that time. Now Vinnie faces a 20-week schedule of chemotherapy treatment. It's also possible at least part of his thigh bone will be removed.

Vinnie's family has insurance, but not nearly enough. So in the spirit of Alpine looking after its own, PLAY (Park Land for Alpine Youth) is overseeing a large fund raising effort for the family. All donations and goods are tax deductible, because PLAY is a nonprofit 501 (c) 3 corporation.

The first major fund raiser is an auction and dinner from 6-9 p.m. on Nov. 9. It will be at the Alpine Community Center, which is donating the space and the dinner.

PLAY is accepting donations of money as well as auction gifts for the event. Auction items so far include great two-night stay stays at San Diego waterfront resorts, dinners at upscale area restaurants, a Southwest Airlines ticket to any place they fly, golf packages, NASCAR rides and a trip for two by private plane for breakfast at Casa Del Zorro.

Special guests from the Padres and Chargers will make appearances at the fund raiser. Alpine residents Mark Bailey, Channel 6 television news anchor, and Mark Grant, Channel 4 Padres broadcaster and former Padres pitcher, also will be there.

Later in December there will

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El Cajon CDC's Best of Show Winner Graham Simpson and his 1969 Camaro



Navy Dispatch Newspaper's Winner Thomas Golembiewski and his 1970 VW Max II



East County Gazette's Winner Steve Eastman and his 1948 GMC Panel



RE Enterprises' Winner John Hickman and Alex Rutter and their 1969 Chevy Camaro



Toyota of El Cajon's Winner Jaime Freitas and his 1949 Ford Custom



PG Series Trucks' Winner San Diego Police Museum and their 1961 Museum Truck



Barona 1/8th Mile Drag Strip's Winner Orlando Santos and his 1970 Nova



The Californian's Winner Don and Sherry Walker and their 1965 Chevy Malibu SS



El Cajon Harley-Davidson's Motorcycle Winner Derek Stone and his Yamaha R2 350



Sycuan Casino's Winner Steve Carter and his 1964 Dodge 440

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October 13 – November 16

See Club Sycuan for Official Rules.

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MOTOR AND SPORTS



Motor Press Guild Track Days



2009 Subaru WRX STi. Photos by Dave Stall

by Dave Stall

A couple of weeks ago I went to Auto Club Speedway with the Motor Press Guild (MPG), of which I am a member. This is a group of automotive journalists who contribute to the success of the automotive industry in print, TV and radio and the internet. In this column I will review a collection of cars I drove on the road course of the Auto Club Speedway.

With more than 200 vehicles at our disposal, choosing a test car is not easy. Drivers get three laps, and all wear helmets. My

first choice was a 2009 Subaru WRX STi, which has an all wheel drive and is a screamer on the track. Based out at \$24,995, this car features a performance hard to beat at that price.

Next up was the 2009 Charger SRT 8. This is a great four door slammer that handles the track so much like a wannabe police car I wanted to pull a few guys over but no luck. The base price is \$24,390. There is no stick shift available, but the next car on the track took care of that.

A 2010 Dodge Challenger SRT 8 with a six speed manual

had great performance and enough exhaust noise to make any gear head happy. The Dodge base unit goes for \$22,200.

An anticipated drive, the 2010 Camaro SS with a 6 speed manual transmission and a 6.2 liter V8 pumping out 426 horsepower was my next drive. Wow what a ride! The interior was a little strange but the Camaro handled the road course like a pro. So why didn't Chevrolet put the Camaro in the Nationwide Series instead of using the Impala? What a mistake!

My next drive was the 2009 Ford Roush Trac Pak 427, a six-speed manual and a car that was set up for the track. I wasn't thrilled with the color combination but once the gas pedal is hit, everything is a happy blur.

I was waiting for a Mini Cooper S next but the BMW rep said I needed to drive a 2009 BMW X5 M Class. He told me everyone who drives it comes back with a big smile. He was right.

Next up was a Mini Cooper JCW (John Cooper Works) with a six speed manual. I have a Mini Cooper JCW GP, and I would never flog my car, but I put this little Mini through its paces, and a Nissan 370Z couldn't catch me. The Mini base price is under \$20,000, but I would highly recommend the JCW S package, which will put it over \$30,000. Anyone who drives it will see it's worth every penny.

I was not allowed to drive the next test vehicle; no one was. The 1969 Jim Wangers Pontiac Judge was driven by a professional driver. This car is all new from the ground up pumping a 505 big block, and it drove like a NASCAR on the track.

My last drive was a 2009 Lotus Elise. It's probably the most money for its size starting at \$47,250, but is a blast to drive. That was all I could squeeze into my day to test drive. There were lots I didn't have time for, but I had fun with the ones I tested, and I think buyers should remember to purchase vehicles with fun in mind, too.



Mini Cooper.



2009 Lotus Elise.



2010 Dodge Challenger SRT 8 and 2009 Charger SRT.



2009 Ford Roush Trac Pak 427.



1969 Jim Wangers Pontiac Judge.



2009 BMW X5 M Class.



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Bumper To Bumper with Dave Stall

Dave: We have a 05 Honda Odyssey Touring model with the Michelin PAX tire system. When we replace our 4 tires, can we use another type of tire? If so, do we have to replace the rims along with the tires? The tire size is 235-710R460A. Thank you for any help. The PAX tires are waaaaay too expensive. Kay.

Kay: I was at the PAX launch in LA and I knew they were headed for trouble, the tire and rim package was a great idea it just didn't have enough support in the event you had a tire issue. Now the bad news, yes you have to replace the rim and tire together or buy PAX tires.

Dave: I want to take my new Ford F-350 diesel to Mexico but everyone is telling me I won't make it back because their diesel fuel is dirtier than ours, is that true? I go to Mexico a lot and I bought this truck just for my many trips to Baja and below. Is there something I can add to my fuel to help me make it down and back? Helen.

Helen: Yes there are additives you can buy. Stop by any truck stop and ask one of the technicians and he will guide you to the right product. I have had guys go down and back with no problem then again I have had trucks get a bad tank of fuel and have to be towed back. I would never let my California diesel fuel get below half a tank, that way you will always have a little of the right fuel for your truck.

Dave: I'm sure you have been asked this question a million times, do you get better fuel mileage with your tailgate down or up on a pickup truck? Ron.

Ron: You're correct I get this question a lot of times, here is the deal, leave the tailgate up! The tailgate acts like a pusher, when the air comes off the roof and over the tailgate it actually has a turbulence action behind the tailgate and will push the truck rather than with the tailgate down there is no "push" to help you down the road. This push will even give you a mile or two better mileage. Want better mileage? Put a soft or hard cover over your bed or maybe a form fitted cargo top but leaving the tailgate down will take away mileage! Don't believe it do the test yourself, I did!

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

— MOTOR and SPORTS —

Chargers bolt past the Raiders 24-16

by Chuck Karazsia

One day after Halloween, the San Diego Chargers played some trickery of their own and treated themselves to a win over the Oakland Raiders, improving their record to (4-3), now just down 2 games to the (6-1) Denver Broncos in the AFC West standings.

Not distracted by the costumed Raider nation, the Chargers have now won a lucky 13 consecutive times against their storied foes.

On the opening drive at Qualcomm Stadium the Raiders offense moved down the field into scoring position quickly.

Antonio Cromartie then

deftly intercepted a JeMarcus Russell pass thwarting the Raiders scoring drive.

The trickery employed by the Chargers offense involved future Hall-of-Fame running back LaDainian Tomlinson. On a direct shotgun snap to him in what the Chargers call the 'frog' (other teams refer to it as the Wildcat) formation, L.T. put the Chargers on the scoreboard first busting over from six-yards out giving the San Diego an early 7-0 lead.

The Raiders offense then drove down the field again, this time scoring in the second quarter on a J. Fargas 3-yard run tying the game at 7-7.

That's when Vincent Jackson came alive for the blue

and gold, catching five balls on a 12-play, 78-yard drive culminating with an 8-yard touchdown pass from Philip Rivers.

The Chargers scored again on their next possession with L.T. once again reaching the end zone this time on a 10-yard burst giving the Chargers a 21-7 lead with 54 ticks on the clock before the half. That play gave LaDainian Tomlinson 12,004 yards rushing in his career "He's getting his burst and explosion back," said Norv Turner.

Sebastian Janikowski kicked a 48-yard field goal just before the intermission to make the score 24-10.

With no touchdowns scored

in the second half, the Raiders kicker would end up kicking two more field goals in the game (41, 28 yards). Chargers kicker Nate Kaeding ended the scoring in the contest with a 28-yard field goal of his own, putting the Bolts up by 8 points with 4:43 left in the game.

That was enough time for Oakland to tie the game with a score and two-point conversion. They drove to the Chargers 44-yard line before consecutive sacks by Shaun Phillips and Shawne Merriman ended the contest with the Oakland Raiders falling to (2-6).

The Chargers played a weird game dominating the first half

of play, holding Oakland to under 100-yards rushing in the game, but let the Raiders hang around to make it interesting.

Head coach Norv Turner now 7-1 against his former team summarized the game by saying, "It was a nice game. I thought we could have finished them off a couple of different times. The interception off Vincent (thrown behind him), and when Sproles fumbled (punt return) cost us field position."

He continued saying, "We are getting better. Our pass rush is coming back. You can visually see it with Phillips and Merriman coming back. They got a lot more explosion and burst

on a weekly basis. It's because they worked their asses off. It's a process when you come back from the type of injury Shawne went through. He's winning that fight right now."

San Diego Chargers survived this contest with no major injuries, unlike the first encounter in week one.

The real test comes this Sunday against a proven offensive line of the New York Giants. The Giants are going to give it their best shot after just losing a couple of games. Let's see if the Chargers can mount a pass rush against their former traded first-round draft pick quarterback Eli Manning.

Highlights ...

Continued from page 4
El Cajon Police Storefront is back!

The El Cajon Police Storefront is back during the month of December! They'll be located across from McDonald's, east of the Food Court in the old Walden Book Store next to Spencer's. They operate from Dec. 7 - 31, Monday through Friday, except Christmas Eve & New Years Eve, from 10 a.m. to 6 p.m., and some days until 10 p.m. For more information please call Officer Dan Hansen at (619) 441-1597. The increased police presence has done an amazing job in reducing crime, especially vehicle theft, at the Westfield mall during the holidays.

Join the next Open Studio Class at Sophie's Art Gallery

Get creative and enroll in the Design Hand-Painted Shoes class set for this 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. On Nov. 7, there is a class on how to Design a Braided Wire Necklace 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 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.

Laughter is the Best Medicine

The dog

A man had just settled into his seat next to the window on the plane when another man sits down in the aisle seat and puts his black Labrador in the middle seat next to the man...

The first man looks very quizzically at the dog and asks why the dog is allowed on the plane. The second man explains that he is a Drug Enforcement Agency officer and the dog is a 'Sniffer' dog. 'His name is Smithy and he's the best there is. I'll show you once we get airborne, when I put him to work.'

The plane takes off, and once it has leveled, the agent says: 'Watch this.' He tells Smithy to 'search'. Smithy jumps down, walks along the aisle, and finally sits very purposefully next to a woman for several seconds. Smithy then returns to his seat and puts one paw on the agent's arm.

The agent says, 'Good boy', and he turns to the man and says: 'That woman is in possession of marijuana, so I'm making a note of her seat number and the authorities will apprehend her when we land.'

'Say, that's pretty neat,' replies the first man.

Once again, the agent sends Smithy to search the aisles. The Lab sniffs about, sits down beside a man for a few seconds, returns to his seat and this time, he places TWO paws on the agent's arm. The agent says, that man is carrying cocaine, so again, I'm making note of his seat number for the police.'

The agent then tells Smithy to 'search' again. Smithy walks up and down the aisles for a little while, sits down for a moment and then comes racing back to the agent, jumps into the middle seat and proceeds to poop all over the place.

The first man is really amazed by this behavior and can't figure out how or why a well-trained dog would behave like this, so he asks the agent 'What's going on?'

The agent nervously replies, 'He just found a bomb.'

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

CREST/DEHESA/GRANITE HILLS/HARBISON CANYON SUBREGIONAL PLANNING GROUP

P. O. Box 21489, El Cajon, CA 92021-1489
www.crestplanning.org

PLANNING GROUP MEETING PRELIMINARY AGENDA/PUBLIC NOTICE

DATE: 7 pm, November 09, 2009

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

1. Call to order/Pledge of Allegiance/Roll call/Approval of September 14, September 28, and October 12, 2009 meetings minutes/Expense Reimbursement requests.
2. Announcements.
3. Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
4. Committee Reports:
5. (a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).
6. Private project proposal:
(a) AD 09-045 Brooks Proposed second dwelling unit at 1385 Gibsom Highlands (Dillard& Ulm
(b) Singing Hills Estates TPM 5380RPL1, subdivision for approximately 170 homes which was proposed in 1991.
7. Public Project Proposal:
(a) PLDO List.
8. Unfinished Business
(a) None
9. New Business
(a) None
10. Adjournment

Planning Group Members:

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

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

Chairman
Wally Riggs
(619) 442-4612
wrplanning@aol.com

Vice-chairman
Jason Harris
(619) 659-9675
jharris91901@yahoo.com

LEGAL NOTICES



NOTICE OF PUBLIC HEARING

The El Cajon City Council will hold a Public Hearing on **November 17, 2009, at 3:00 p.m.** in the Council Chambers at 200 Civic Center Way, El Cajon, to consider the following:

Amendment to the Five-Year Regional Transportation Improvement Program (2008 RTIP), Fiscal Year 2009-2013, Addition of Projects for the City of El Cajon.

The proposed Amendment is available for review in the City Clerk's Office at City Hall, 200 Civic Center Way, El Cajon. For questions, please contact Dennis Davies at (619) 441-1753.

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

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

Kathie J. Rutledge, CMC
CITY CLERK

East County Gazette- GIE030790
11/05/2009

NOTICE OF PUBLIC SALE

NOTICE IS HEREBY GIVEN PURSUANT TO CALIFORNIA HEALTH AND SAFETY CODE SECTION 18037.5 AND CALIFORNIA COMMERCIAL CODE 9504, THAT THE FOLLOWING DESCRIBED PROPERTY WILL SOLD AT PUBLIC AUCTION TOT EH HIGHEST BIDDER FOR A CASHIERS CHECK MADE PAYABLE TO MURPHY BANK (PAYABLE AT THE TIME OF SALE) ON NOVEMBER 18TH 2009 AT 12:00 P.M. BY MURPHY BANK AT THE FOLLOWING ADDRESS: The Main Entrance to the Superior Court of California-County of San Diego-East County Division 250 E. Main St., El Cajon, CA 92020

"SAID SALE TO BE WITHOUT COVENANT OR WARRANTY AS TO POSSESSION, FINANCING, ENCUMBRANCE, OR OTHERWISE ON AN "AS IS, WHERE IS" BASIS. THE PROPERTY WHICH WILL BE SOLD IS DESCRIBED AS FOLLOWS: Manufactured Home: Cavco

Year Model: 2005

Serial #s: CAVAZLPO515452X/U
THE CURRENT LOCATION OF THE HOME IS

255 E. Bradley Ave., #24, El Cajon, CA 92021

THE TOTAL AMOUNT OF THE UNPAID BALANCE OF THE OBLIGATION SECURED BY THE PROPERTY TO BE SOLD AND REASONABLE COST, EXPENSES, AND ADVANCES AT THE TIME OF THE SALE IS \$88,846.03 TILL NOVEMBER 18TH, 2009.

Dated: October 29, 2009

Signed: Murphy Bank

Contact: Jon Dominguez Ph# 559-225-0318

East County Gazette- GIE030790
11/05, 11/12, 2009

FICTITIOUS BUSINESS NAME

STATEMENT NO. 2009-027699

FICTITIOUS BUSINESS NAME(S): a.) Schreiner Financial Solutions b.) SFS Located at: 7777 Alvarado Rd. Suite 261, La Mesa, CA 91941

This business is conducted by: An Individual The first day of business was: January 20, 2004

This business is hereby registered by the following: 1. Susan A. Schreiner 1721 Lisbon Lane, El Cajon, CA 92019

This statement was filed with Recorder/ County Clerk of San Diego County on September 28, 2009.

East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009



CITY OF EL CAJON PUBLIC NOTICE

FY 2010-11 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

Under Title I of the Housing and Community Development Act of 1974, as amended, cities such as El Cajon are provided with an opportunity to implement community improvement programs and/or projects not otherwise possible under the constraints of the regular City budget. In order to receive the funding, the City must submit a proposal of projects to the U.S. Department of Housing and Urban Development for FY 2010-11 (July 1, 2010 – June 30, 2011) by May 3, 2010.

To determine which activities will best meet the needs of the El Cajon community, City officials believe it is important to obtain input from residents, non-profit organizations and others on how the Community Development Block Grant (CDBG) funds should be spent. The City of El Cajon therefore extends an invitation to the community to submit project proposals for the thirty-sixth year of this program, to the Department of Redevelopment and Housing by 4:30 p.m. on December 4, 2009. The City welcomes and encourages citizen participation in the establishment and implementation of our thirty-sixth year of the CDBG Program.

The City of El Cajon estimates it will receive approximately **\$1,250,000** in federal CDBG funds for program year 2010-11. In order to receive the funding, the City must submit a list of proposed projects/programs, which are operated by non-profit organizations and designed to meet one or more of the following national objectives:

- 1) Benefit a majority of low/moderate income residents; and/or
- 2) Alleviate an immediate and serious threat to the health and/or welfare of the community when no other source of funding is available; and/or
- 3) Serve to prevent or eliminate conditions of slum and blight.

The emphasis of the City's CDBG program will be on activities, which will improve the living conditions/environment for low and moderate income families in El Cajon. Residents/organizations should keep the goals of the City and the national objectives in mind when preparing their proposals.

Any non-profit organization wishing to submit a proposal for funding consideration may do so by obtaining an application from the Department of Redevelopment and Housing. All completed applications must be submitted no later than 4:30 p.m. on Friday, December 4, 2009.

The City Council will hold a public hearing on the proposed CDBG projects on Tuesday, February 9, 2010 at 7 p.m. to allocate FY 2010-11 CDBG funds. A second public hearing will be held on Tuesday, March 23, 2010 at 3:00 p.m. Final adoption of funding allocations is expected to occur at the second public hearing. All meetings will be held in the Council Chambers located at 200 Civic Center Way in El Cajon. Please look in this newspaper two weeks prior to the meeting dates for the specific times of the meetings.

For additional information on the City's CDBG program, please contact Xavier Velasco in the Redevelopment and Housing Department at (619) 441-1786.

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

East County Gazette- GIE030790
11/05/2009



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



CITY OF EL CAJON

REF: CASE #09-010131

Notice is hereby given that the El Cajon Police Department is holding the following recovered property: A man's silver and gold colored ring with four small clear stones.

Area Recovered: Near the vault door at Union Bank of California, 580 North Second, El Cajon, CA.

Date Found: On March 19, 2008, and held by Union Bank of California until October 14, 2009.

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

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

East County Gazette- GIE030790
11/05/2009

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

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

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

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 gratuitos 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. Medical 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

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

JUST ONE STOP!
— WE FILE WITH THE COUNTY AND SEND YOU A COPY!

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

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. 2009-030966
 FICTITIOUS BUSINESS NAME(S): CJ Publishing
 Located at: 6350 East Lake Dr., San Diego, CA 92119
 This business is conducted by: An Individual
 The first day of business was: March 11, 2004
 This business is hereby registered by the following: Caroline Danner 6350 East Lake Dr., San Diego, CA 92119
 This statement was filed with Recorder/ County Clerk of San Diego County on October 29, 2009.
 East County Gazette- GIE030790 11/05, 11/12, 11/19, 11/26, 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. 2009-028725
 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
 East County Gazette- GIE030790 10/29, 11/05, 11/12, 11/19, 2009

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. Aufort 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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-028966
 FICTITIOUS BUSINESS NAME(S): Carpet & Flood Patrol
 Located at: 8445 Snow White Dr., El Cajon, CA 92021
 This business is conducted by: An Individual
 The first day of business was: June 13, 1995
 This business is hereby registered by the following: Rigoberto Figueroa 8445 Snow White Dr., El Cajon, CA 92021
 This statement was filed with Recorder/ County Clerk of San Diego County on October 08, 2009.
 East County Gazette- GIE030790 11/05, 11/12, 11/19, 11/26, 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. 2009-028571
 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. 2009-028567
 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

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 10/29, 11/05, 11/12, 11/19, 2009

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030951
 FICTITIOUS BUSINESS NAME(S): a.) ICE Diamond b.) ICE Diamond Jewelry
 Located at: 186 Decker Ct., El Cajon, CA 92019
 This business is conducted by: An Individual
 The first day of business was: October 29, 2009
 This business is hereby registered by the following: Ziad M. Azari 186 Decker Ct., El Cajon, CA 92019
 This statement was filed with Recorder/ County Clerk of San Diego County on October 29, 2009.
 East County Gazette- GIE030790 11/05, 11/12, 11/19, 11/26, 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): Rally 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 Convoy St. #320, San Diego, CA 92111
 This business is conducted by: A Corporation
 The first day of business was: October 1, 2009
 This business is hereby registered by the following: 1. Anchor Funding Inc., 3750 Convoy St. #320, San Diego, CA 92111
 This statement was filed with 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. 2009-029595
 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. 2009-029844
 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: It has taken me a while to finally sit down and write, I have read your articles, and thought over and over, "How can I write?" I would think, "What good is it?" Well, getting up enough nerve I decided to write. I am 23 years old and I am a prostitute, I hate what I do and yet it seems like I can't stop. I've wanted to talk to somebody but couldn't. When I was a little girl of 6 years old, my dad started molesting me all the way through my teen years. I grew to hate myself, I started doing drugs at a young age because I felt so guilty and ashamed, and I still do. I feel so filthy and at times I've even thought of suicide. Is there a way out of all this madness?

Signed, Violated in San Diego.

Dear Violated,
 I am so sorry for all you to have gone through! You are precious and valuable, God does love you more than you can even imagine. Your father stole your purity and violated you as a child. He stole your trust when he was supposed to be your protector. We cannot change the past, but we can change your future.
 We need the Lord's grace, let's pray and ask Jesus to come into your heart and bring healing from deep within, nothing is too hard for God. Let's pray, "Jesus, I need help, I am angry, mad and guilty. I need your strength to change and to forgive my father and myself. I ask you to be Lord of my life and deliver me out of this dark lifestyle I am in now, in Jesus name, Amen."
 Next, let's get you some good Christian counseling. There will be a time where you will have to confront your father and report him to the authorities, I am sure you are not the only victim, because that is exactly what you were, a victim of his own lust and for that I am truly sorry. You were created in the image of God and his plans for you are to soar like an eagle. I am going to help you come out of this shame and guilt, with Christ and a counselor. We will take one day at a time, and you will be free.
 I want you to know, I have worked with other women who have walked in your shoes, they were prostitutes and violated. Today they are now free and married to good men, as a matter of fact; they have wonderful families and children. The scar is there, but the pain is all gone, Jesus is the Healer and Restorer!
 Read these verses: Isaiah 1:18, Psalms 23:3, Joel 2:25, Psalms 6:2
 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

Cat doesn't like being touched ... ask a trainer

Dear Trainer,
I have a new cat that I adopted from a rescue, and whenever I try to pet him, he gets overly excited and often bites, kicks and scratches me. I got a cat so I could touch and pet him. Do you have any suggestions about how I can make him like being touched more? **Signed, Cat bit**

Dear Bit,
Congratulations on your new cat, and thank you for rescuing him. I'm sorry that your cat hasn't turned out to be much of a cuddle bug, but hopefully the following will give you some ideas on how to approach your cat's handling issues.

It's hard to say why your cat doesn't enjoy being touched. It's possible that this began before you became a part of your cat's life. Many people make the mistake of using their hands (and sometimes their feet) to play with cats or kittens. Unfortunately, this reinforces the cat to bite and kick, as it is very stimulating, and satisfies an underlying need to hunt. (Hunting is a very strong instinct.)

Another reason that some cats don't want to be handled or petted is their eyesight. Briefly, they don't see very well, and what they give up in clarity and sharpness, gives them the ability to see in low light and to track fast movement. In fact, the clarity of their eyesight is about 10 times less than! However, cats can see in much lower light than we can (six times lower), and are able to track movement with precise accuracy.

When our hands are near their eyes, they are virtually blind, explaining some of their abrupt reactions towards hands.

The reason that cats and kittens "torture" their prey is not some sadistic ritual; it is to stun their meal before risking putting it into their mouths and possibly bitten.

Let the cat be your guide to touching

If you are trying to pet your cat from the front of his face, he may be attacking your hands because he is not visually clear about your intentions.

With that in mind, I encourage people to use a "touch and release" method to give cats or kittens the opportunity to decide if they would like to be touched and where.

To do this, simply make a fist with your hand (which is more difficult to bite) and present it to the cat's face from the side. Hold your hand very still, and allow the cat to approach, and watch his response. Most cats will rub against your hand in the areas where they enjoy petting. This is your cat's way of showing you what parts of his body he likes touched, and it is important to make note of that. This is very important information for cats that are sensitive about being touched in certain areas on their bodies. If your cat rubs his hind end up to your fist that is where you should start with petting. If it's the side of his mouth, begin there, and so on.

Next, remove your hand for a couple of seconds, and then present it again. Does your cat come back for more or does he walk away. This will give you some tolerance ranges, as

some cats can be petted only once before getting too stimulated, and others can tolerate it a number of times. It is essential to stop touching, petting or handling the cat before he reaches an aroused state so he can learn that people will not push him over the top—which can be self-rewarding with the big rushes of adrenaline and other chemical that take place during all that arousal.

Important reminders about touching and play

To help your cat become more tolerant and gentle with you, consider the following:

- Feed your cat a high-end food without grains to quell some of his energy. Also, feed on a schedule so you can practice petting when he eats, which will pair a positive experience with the touching and petting.

- Avoid games that allows your cat to chase, bite, claw, or wrestle with hands or feet. Cats do not naturally "grow out of" this sort of play so it is important to work on boundaries as early as possible, and prevent this type of play altogether since your cat has already reached maturity.

- If your cat catches you off guard, discourage kicking/biting once after the cat has grabbed on by, "playing dead" and letting your hand or foot go limp. When the cat loosens his hold, remove your body part slowly and without drama. Do not struggle to get away—this will only intensify the cat's behavior. When your cat lets go, either remove yourself from his presence or substitute a toy for your body part, and vow to stop touching before the cat gets that

stimulated. Also, remember to provide better outlets for your cat's energy and need to play.

- Try to find a food treat that your cat really loves, so you can use that to desensitize him to touching by doing one stroke and giving him a treat. If that goes well, do another, and so on.

- Find toys that cats loves, and use those to give them the appropriate outlet for his energy.

- You can also stop trying to pet your cat for a few weeks. Sometimes, the lack of attention will find your cat craving that touching.

Good luck,
Nan Arthur,
CDBC, CPDT, KPACTP
www.whole-dog-training.com

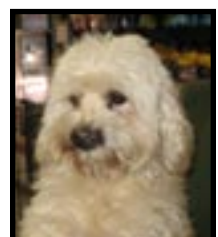
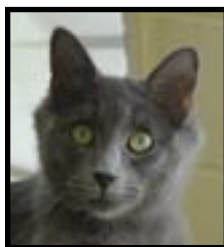
ADOPT-A-PET

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.



← **Lexi** is a sweet, 5-year old Rottweiler mix. She weighs 50 pounds, is lovable, enjoys toys, having her back scratched and likes to play in the water. The beautiful girl is looking for a home with a secure yard to help keep her safe. For more information, call FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) at (858) 205-9974.

Ursula is a 2-year-old Smokey Grey and a staff favorite! There isn't a finicky bone in her body. She will love you as much as you love her. As a young girl, she is active and enjoys all her toys. A big family would be the perfect match for Ursula. Ursula's adoption fee is \$81.00 which includes her spay, vaccinations, deworming treatment, 1 free months of pet insurance, and a free vet visit. North County Humane Society



← **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 palat, 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.

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Money Train Schedule:
 Friday, Saturday, Sunday
 7pm-11:59pm
 November 6, 7, 8
 November 13, 14, 15
 November 20, 21, 22



November 9-30



Win Viejas promotional gift cards loaded with cash – just in time for the holidays! Here's how it works:

- PLAY:** Start earning points with your slot play* November 9 at 8am.
- WIN:** Win great prizes with your points:
500 points = Long Sleeve Viejas T-shirt
1,500 points = \$25 Viejas promotional gift card
5,000 points = \$100 Viejas promotional gift card
20,000 points = \$500 Viejas promotional gift card
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