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VOLUME 10 NUMBER 23 **NOVEMBER 12-18, 2009**

63-year-old tradition continues

by Debbie Norman

This was the year The Mother Goose Parade almost wasn't – at least that's what many people in the community thought. Yet in the minds of the parade's directors, "The Show Must Go On," and on it will. Always held the Sunday before Thanksgiving, this year's event will fall on Sunday, Nov. 22 with a kick-off of 10 a.m. on Main and Magnolia in El Cajon.

"This year's parade won't be full of Hollywood stars, but it will be full of our community stars," said Patti Shryock, president of the Mother Goose Parade Association.

That sentiment has been felt throughout the entire board of directors as they have worked tirelessly day and night to pull the parade together in an economy that would make most events close its doors.

"This parade was originally conceived for the children of our community, and that's what the directors have brought it back to," Shryock added.

The Mother Goose Association changed several board directors over the summer months. The local community newspaper, the East County

Gazette, is on board to help keep the parade on track for the wide community it serves.

"I'm proud of all the directors, new and old, who have really come together when there wasn't a lot of hope," Shryock said.

The enthusiasm of this new board has ignited the community, and many local businesses and individuals have stepped up to the plate with donations. The office phone has been ringing with volunteer offers.

"There is a real excitement in the community that we haven't seen for a while," said Carrie Adams, parade office coordinator. "The phones are going wild."

The parade will host bands, horses, clowns, dignitaries, floats, fire trucks, military, flags, scouts, dance groups and more exciting groups. The Grand Marshal of the 2009 Mother Goose Parade is the Chula Vista Park View Little League World Champions.

This year kids of all ages will enjoy a new edition to the parade festivities – a vendor village, complete with participation from the LEGO Company. LEGO will have several booths with fun and exciting

activities for the kids. John Robert Powers will also be in the village with arts and crafts for the kids. DuHamel Design will be on hand to "Airbrush" little faces.

For hungry parade goers, vendor village has that covered as well. Food vendors will serve everything from lunch cuisine to cotton candy, Kettle Korn, snow cones and snack foods. In addition many restaurants along Main and Second Streets will be open and ready to seat families.

This is an exciting time when the community pulls together as a whole to makes things happen and keep the community traditions alive.

As parade director Sam Sparrow (the Board's resident pirate) says, "Stay the course, follow the dream. Aye!"



Above: Boy Scouts in 2007 Mother Goose Parade.
Right: Balloon of Mother Goose at the 2008 annual Mother Goose Parade in El Cajon. Photo by Debbie



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Local News & Events

Bits and pieces around East County

Viejas Is Home to SoCal's Largest Outdoor Ice Rink for the Holidays

Viejas Outlet Center officially kicks-off the holiday season this weekend, November 13, with the opening of Southern California's largest ice rink, holiday tree lighting, the return of the Legend of the Ice Princess and super holiday savings at all retail stores, showcasing Viejas Outlet Center as San Diego's only lifestyle outlet shopping center.

Viejas Outlet Center is proud to be the home of the largest outdoor ice skating rink in Southern California again this holiday season. The rink, measuring 70'x140', will be open to the public November 14 through January 3, 2010. For \$12, skaters will enjoy 90 minutes of skating, which includes skate rental (military discounts available). The rink will be open from 5 - 10 p.m., Monday through Friday (Nov. 16 - Dec. 18), noon to 10 p.m. Monday through Friday (Dec. 21 - Jan. 1) and from noon to 10 p.m. on Saturday and Sunday. The rink will also be open at 4 p.m. on Thanksgiving and Christmas Day. Log onto www.viejasoutletcenter.com for updates and specific hours of operation.

The beginning of the holiday season would not be complete without a holiday tree lighting, and this Friday, Nov. 13, Viejas Outlet Center transforms into a winter wonderland and presents the biggest and best holiday tree lighting in San Diego County. The festivities will begin at 6 p.m. in the Outlet Cen-



Viejas Outlet Center will open the annual ice rink on November 13. Photo courtesy of Viejas

ter Park area and will feature a live, choreographed ice show culminating with the lighting of the 87-foot holiday tree and a visit from Santa Claus. The night concludes with the first public performance of the Legend of the Ice Princess at 7:30 p.m. in the Show Court. All performances are free and open to the public.

The Legend of the Ice Princess, a holiday favorite, is the story of Crystal, a young fairy princess whose magical powers bring winter to the holiday season amidst amazing pyrotechnics, dancing fountains, lasers and incredible special effects. The Ice Princess performs nightly, November 14 through January 2 at 7:30 p.m. (weather permitting) and is free and open to the public.

Effective November 13, the

Viejas Outlet Center holiday hours are:

Monday - Thursday, 10 a.m. - 8 p.m.;
Friday & Saturday, 10 a.m. - 9 p.m.;
Sunday, 11 a.m. - 9 p.m.;
Friday, Nov. 27: 12:01 a.m. - 9 p.m.;

Dec. 18 - Jan. 3, 2010
Monday - Saturday, 10 a.m. - 9 p.m.;
Sunday, 11 a.m. - 9 p.m.;
Christmas Eve: 10 a.m. - 6 p.m.;
Christmas Day: CLOSED;
New Years Eve: 10 a.m. - 9 p.m.;
New Years Day: 10 a.m. - 9 p.m.

Make plans to come back to the Viejas Outlet Center on November 27 at midnight for Midnight Madness shopping, where shoppers will be able to get the first pick at some of America's top name brands at extremely low prices. And later in November, Viejas is thrilled to open its newest attraction, Viejas Bowl, where there's fun for everyone. Details coming soon.

For more information, visit www.viejasoutletcenter.com, www.viejasbowl.com or call (619) 659-2070.

Friends of East County Arts, Inc. Celebrates 25th Anniversary

Friends of East County Arts, Inc., celebrating their 25th year of supporting the arts in East County, will present its An-

nual Holiday Tea at the Ronald Reagan Community Center, Thursday Dec. 3, 2009 from 1 to 3 p.m.

This year's event promises participants a stimulating afternoon of delicious tea and sandwiches, entertainment, a Chinese auction and raffle prizes. Entertainment will be provided by Caprice Strings of La Mesa whose musical arrangements are always a crowd pleaser.

The guest speaker will be Dr. Cindy L. Miles, Chancellor of the 29,000 student Grossmont-Cuyamaca Community College District. Dr. Miles assumed the position of Chancellor in March of this year following a four year stint at Hialeah Campus of Miami Dade College. Dr. Miles focuses on the issues and needs facing community college students and has spearheaded efforts to improve both student retention and academic success.

Friends of East County Arts, Inc., a philanthropic 501 c(3) organization of 100 members volunteering time and energy to further the growth and development of audiences for the visual and live performing arts and to support the fine arts and artists in the Greater East San Diego County, has contributed more than \$500,000 to arts-based programs in the community.

Seating will be limited. Tickets for the Holiday Tea are \$30 per person. Contact: Bonnie Fredensborg at (619) 442-6031 for tickets and information.

Computer sense saves cents: Chapter 5

Window washing Part 2 - Vista blues

by Brice Pedrin

Using Windows Vista is sometimes a chore. Working around annoying Pop-ups and constant slow down the operating system using even the most basic of applications can make users sometimes regret not buying that more expensive MAC instead. Although Vista is a huge system hog, there are many ways to lighten the load off of the operating system to get the PC to run again.

First step would be to turn off Automatic Disk Defragmentation. Windows Vista has a feature which automatically runs a disk defragmentation in the background. While some may think this feature is handy, it is completely unnecessary and can cause the PC to slow down dramatically. Just remember to run a defragmentation manually every week or so.

1. Select 'Start' then 'Computer'
2. Right Click the 'C:' Drive
3. Select 'Properties'
4. Select the 'Tools' Tab
5. Select 'Defragment Now'
6. Uncheck 'Run on Schedule'

Second step is to turn off Remote Differential Compression. Remote Differential Compression measures the changes in files on a network to transfer them with minimal bandwidth rather than transferring an entire file that has previously been moved. By constantly checking for file changes, this service can hinder system performance drastically.

1. Open 'Control Panel'
2. Switch to 'Classic View'
3. Select 'Program Features'
4. Choose 'Turn Windows features on and off'
5. Scroll down and uncheck 'Remote Differential Compression'

Next, select the correct power usage setting. Doing this can give a PC using Vista a much-needed boost:

1. Open 'Control Panel'
2. Select 'Performance information and Tools'
3. Select 'Power Settings' on the left hand column
4. Select 'High Performance'

Another good option is to turn off Windows Hibernation. Windows hibernation background services use a large amount of system resources. If a user doesn't use the Hibernate feature on a regular basis it is recommended to disable it to give Vista a good performance boost.

1. Select the 'Control Panel' then 'Power Options'
2. Select 'Change Plan Settings'
3. Select 'Change Advanced Power Settings'
4. Expand the Sleep selection
5. Expand the 'Hibernate After selection'
6. Turn the selector down to zero
7. Click 'Apply'

Next is to Disable User Access Control (UAC). This much-loathed new Vista feature attempts to protect a PC from malware infection by making the user manually confirm a whole host of everyday user operations. While it doesn't directly impact performance, it can be annoying and might be more hassle than good.

1. Click 'Start' then 'Control Panel'
2. Select 'User Accounts'
3. Select 'Turn user account on or off'
4. Uncheck 'User account control box'
5. Restart as recommended.

Another is to disable excess Windows Services that Auto-Launch at Start-up. Just like Windows XP, Vista ships with all kinds of services enabled that load at start-up and may never be used by most users. To see what loads at start-up and disable the ones users likely won't be needing (they can always be started manually later) do the following:

1. Select 'Start' then 'Control panel'
2. Select 'Administrative Tools'
3. Choose 'System configuration'
4. Click 'Services Tab'

See WINDOW CLEANING page 5

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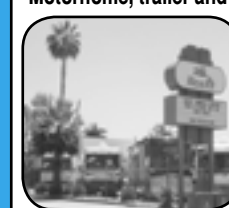
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

El Cajon Police Neighborhood Forum is Monday

The El Cajon Police Department is inviting all City of El Cajon residents to a community forum to discuss issues that face our community. We are going to be talking about holiday safety and taking your questions, so come ready to share. Join us Monday, Nov. 16 from 6 to 7:30 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. If you have any questions regarding this event contact Officer Dan Hansen at (619) 441-1597 or visit www.elcajonneighbors.org.

Calendar of events for the Salvation Army's East County Toy & Food Drive

Nov. 20 - Dec. 24 - Red Kettle fundraising campaign begins at store locations throughout the East County.

Nov. 24 - Celebrity Waiter Night at the new Hooley's location in Grossmont Center. It's 5 to 10 p.m. All tips and donations support the Christmas efforts.

Dec. 9 - Stoney & Rob's Holiday Party and Auction at the Viejas Dreamcatcher Lounge in Alpine from 6 to 9 p.m.

Dec. 12 - From 9 a.m. to 12 p.m. The Firefighter Toy Parade & Live KOGO Broadcast from the El Cajon Target parking lot at Graves & Broadway. A parade of fire engines will travel from Fire Station 6 at 100 E. Lexington Avenue to the Target location, carrying toys and food items donated in the weeks leading up to the 12th. KOGO radio will broadcast live and donations will be accepted at the event.

Dec. 17, 18, and 21 - Distribution of food and toys to needy East County families that have pre-registered with the Salvation Army.

Call the Salvation Army for more information on registering for help, registration dates are Nov. 7 and 17, or, if you would like to donate to help families in need during the holidays, call (619) 440-4683, ext 401.

Join Youth Basketball

Youth Basketball begins this Winter Season! Winter marks the return of youth basketball! Boys and girls in grades K through 8 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 November 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. For more information about the El Cajon Recreation Department parks, facilities, programs, classes and events call (619) 441-1754 or go online to www.elcajonrec.org.

He will talk about infiltrating pedophile groups. There are over 100,000 registered sex offenders! Please come to this meeting (bring a relative, friend, neighbor) and get informed.

Lend A Hand Day this weekend

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 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.

Special guest speaker

The National Active and

Retired Federal Employees (NARFE), El Cajon Valley Chapter 0669 meeting, will be held on Wednesday, Nov. 18, at 1 p.m. at the Ronald Reagan Community Center, 195 E. Douglas Avenue in El Cajon. Their special guest speaker is Bob Hamer, a Retired FBI

Agent, who spent many years as an undercover agent.

He will talk about infiltrating pedophile groups. There are over 100,000 registered sex offenders! Please come to this meeting (bring a relative, friend, neighbor) and get informed.

The Mother Goose Parade is November 22

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 marching high school bands. Visit www.mothergooseparade.org for more information.

El Cajon Police Storefront at Westfield Parkway in December

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 - it's 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.

Special Vigil

The Alzheimer's Foundation of America & Visiting Angels National Commemorative Candle Lighting is Sunday, Nov. 15, from 5:30 to 6:30 p.m. The ceremony is being hosted by Starbucks Coffee at 124 West Main Street, at the corner of Main and Magnolia Avenue. Thank you to Starbucks for providing free coffee and pastries to all participants. Music is compliments of Visiting Angels' Music Therapist, Donna Mae. Visiting Angels will once again be participating in The National Commemorative Candle Lighting. This nationwide event is sponsored by the Alzheimer's Foundation of America to remember and honor Americans who have been or will be affected by Alzheimer's disease or related illness. The annual event is held each November in recognition of National Alzheimer's Disease Awareness Month. For more information please contact Visiting Angels at (619) 401-2040.

Friends of East County Arts Annual Holiday Tea

Friends of East County Arts, Inc., celebrating their 25th year of supporting the arts in East County, will present its Annual Holiday Tea at the Ronald Reagan Community Center, Thursday Dec. 3 from 1 to 3 p.m. Enjoy an afternoon of delicious tea and sandwiches, entertainment, auction and raffle prizes. Entertainment will be provided by Caprice Strings of La Mesa whose musical arrangements is always a crowd pleaser. The guest speaker will be Dr. Cindy L. Miles, Chancellor of the Grossmont-Cuyamaca Community College District. Dr. Miles focuses on the issues and needs facing community college students and has spearheaded efforts to improve both student retention and academic success. Friends of East County Arts, Inc., a philanthropic 501 c (3) organization of 100 members volunteering time and energy to further the growth and development of audiences for the visual and live performing arts and to support the fine arts and artists in the Greater East San Diego County, has contributed more than \$500,000.00 to arts-based programs in the community. Seating will be limited. Tickets for the Holiday Tea are \$30 per person. Contact Bonnie Fredensborg at (619) 442-6031 for tickets and additional information.

Jingle Paws in December

The ACES Foundation & Camp Bow Wow is holding

"Jingle Paws First Annual Walk For Pets" event on Saturday, Dec. 5 from 8 a.m. to 1 p.m. at Wells Park, located at 1153 East Madison Avenue. Registration and check-in begins at 8 a.m. and the walk begins at 9 a.m. There will be a Santa's Village with Doggy goods vendors - pictures with Santa, a Santa's playground and agility course, and a Santa's Adoption Village with local rescue organizations taking part. For more information call (619) 447-3535, or visit ACES online at www.acesfoundation.org.

Home Ownership Fair planned for January 2010 - save the date

The 5th Annual East County Homeownership Fair will be held on Saturday, Jan. 16, 2010, from 9:30 a.m. to 2 p.m. at the Ronald Reagan Community Center, 195 East Douglas Avenue, in Downtown El Cajon. Admission, parking and children's activities are all free. This event is sponsored by U.S. Bank, and presented by El Cajon Community Development Corporation (CDC), City of El Cajon, and Housing Opportunities Collaborative. The fair will offer services and information for both prospective and current homeowners seeking guidance and counseling regarding foreclosure prevention. Event exhibitors will be on hand from the real estate, lending, homeownership counseling, foreclosure prevention, and counseling professions. Multiple workshops will be offered on down payment assistance, foreclosure prevention, home buying and financial literacy, and much more - all to help you learn what you need to know about homeownership! One-on-one confidential counseling will also be available, as will some fun activities for the kids. Additional sponsors include Bank of America, Union Bank of California, and Cox Communications.

For more information, to become a vendor, presenter, or sponsor contact Kathryn Courter, at the CDC, at (619) 401-8858, or visit www.downtownelcajon.com.

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.

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to remember

Nov. 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.

Nov. 19- Chamber Business Mixer/ Café 67 from 6 to 7:30 p.m., \$5 charge., 12381 Maplevue St., corner of Hwy 67 and Maplevue.

Dec. 3, 10, 17, 24, 31 - Farmers market at Lindo Lake

Dec. 5 - Spirit of Christmas 1 to 6 p.m. Maine Ave. Tree Lighting at 5:30 p.m.

Dec. 5- 21st Annual Holiday Home Tour 10 a.m. to 2 p.m. \$15 donation to tour four unique homes in the Lakeside area. 2:30 p.m. reception for ticket holders. Call 561-1886 for info.

Dec 7- Chamber Board Meeting

Dec. 2, 16- Lakeside Planning Group meeting 7 p.m. at Community Center

Dec. 11- Chamber Christmas Party

at 4 p.m. at the Lakeside Fire Protection office, 12365 Parkside Ave.

Spirit of Christmas

This years Spirit of Christmas Celebration will be held Saturday, Dec. 5. The Lakeside Chamber of Commerce is seeking volunteers to be on the Spirit of Christmas committee.

Contact the Chamber at 561-1031 if you are interested.

ECPOA

East County Property owners (ECPOA) is here for residents with questions regarding county zoning regulations, permits and code enforcement (compliance). ECPOA can offer guidance towards the correct answers.

The Nov. 3 ECPOA meeting focused on the 2020 map and County Code Enforcement. BIA representative Ron Pennock gave a report on his contacts with county staff. Pennock said he could set up a round table with county staff and ECPOA. ECPOA is interested in attending a kick off meeting with county representatives to work with the county on code enforcement regulations.

The East County Property Owners association meets the first Tuesday of each month

21st Annual Holiday Home Tour

Enjoy a self-guided tour of four unique homes in the Lakeside area on Dec. 5 from 10 a.m. to 2 p.m.. A reception will be held at 2:30 p.m., for ticket holders only, at the Olde Church 9906 Maine Ave., Lakeside. A \$15 donation is asked to preserve the Olde Church. Contact (619) 561-1886 for any questions.

Christmas Concert

Christmas Concert December 11 at 7 p.m. at Lakeside Community Presbyterian Church on 9909 Channel Rd., Lakeside, CA, 92040. Theme is an international Christmas with songs from all over the world. Narration will include Christmas traditions from other countries.

Window washing ...

Continued from page 2

5. Users can safely deselect:
 - Offline Files (unless using Offline File Sync)
 - Tablet PC Input Service (unless the user has a tablet PC)
 - Terminal Services
 - Windows Search (If indexing is already disabled)
 - Fax (unless one is using a fax modem)

A tip to give one of the best performance boosts is to add a 2GB or higher USB Flash drive to take advantage of Windows Ready Boost (Additional Memory Cache). Ready Boost is Microsoft's name for using a USB thumb/flash drive to provide some quick access memory the operating system can use as extra RAM. The Ready Boost system can significantly improve system performance. To do this:

1. Insert USB Flash Device
2. Click 'Start' then 'My Computer'
3. Right click the USB in my computer
4. Select the 'Ready Boost Tab'
5. choose 'Use this device'
6. Choose as much space as you can free up (RAM Usage vs. Storage usage)
7. Uncheck 'Autostart' at the bottom of this window

Next week I will discuss tips on how to properly pick the best way to purchase a new PC. With so many company's and manufacturers to choose from its hard to get the best bang for buck compared to what is needed in a users everyday computing environment. A lot of companies try to get a user to buy what is not needed just to make a profit. I will put an end to that and will help to pick exactly what one is looking for.

Lease signed at Santee Town Center



Chuze Fitness will open in January at Santee Town Center.

The San Diego office of Cushman & Wakefield announces that Rachas, Inc., dba Chuze Fitness, has signed a seven-year, \$1,225,500 lease for 21,500 square feet of retail space at Santee Town Center, 215 Town Center Parkway, Santee, Calif. (92071),

by John Jennings of the Cushman & Wakefield Retail Advisory Team.

Santee Town Center, a 626,411-square-foot commercial center on a 706-acre site, is anchored by Costco, Walmart and Home Depot.

The Lessee, Chuze Fitness was represented by Chad Iafrate of Grubb & Ellis | BRE Commercial. The Lessor, MIS Limited, LLC, was represented

This will be the second San Diego County location for Chuze Fitness. The fitness facility is set to open January 2010.

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— LOCAL NEWS & EVENTS —



Alpine happenings ...

Thanksgiving at the Community Center

Thursday, Nov. 26, Thanksgiving Day, the Alpine Community Center will serve a hot meal, flowers, placement and holiday goodie bags to the Alpine seniors. If anyone knows a senior who is homebound or alone for the holiday, let the Alpine Community Center know at (619) 445-7330. Donations are needed.

Holiday party

Saturday, Dec. 5, The Mountain Health & Community Services, Inc. will have a Holiday Parties at the Jacumba Highland Senior Center, 9 a.m. - 12 noon and at the Mountain Empire Community Center, 5 - 8 p.m. For more information call Carol Lewis at (619) 445-6200 or <http://www.alpinechamber.com>. Donations are needed.

Breakfast with Santa

Saturday, Dec. 5, 8 - 11 a.m. Breakfast with Santa at the Alpine Community Center.

Breakfast, photos with Santa, door prizes, goodie bags and auction items. Children participate in a craft project and decorate their own cookie. For more information contact the Alpine Community Center at (619) 445-7330. Donations are needed.

Lions, Tigers & Bears

Saturday, Dec. 5, 1 - 5 p.m. Lions Tigers & Bears presents Holiday Party 2009. Help big cats while shopping, get friends and family together to make holiday shopping fun again. Vendor & networking tables still available. Call (619) 659-8078 for more information.

Alpine Parade of Lights

Friday, Dec. 11, 6:30 p.m. The 14th Annual Alpine Village Christmas Parade of Lights & Snow Festival. Santa is coming to Alpine. After the parade, The festival and Santa with his helpers will light the Community Christmas Tree at Alpine Creek Town Center.

Holiday Song Book

The Holiday Songbook/

Program Book will be distributed in local businesses and at the Alpine Village Parade of Lights & Snow Festival. If you are interested in placing

an ad and to help support this community event, contact Kelly@alpinechamber.sdcx-mail.com or see at <http://www.alpinechamber.com>.



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For Health's Sake

November is American Diabetes Month

Proper foot care can help decrease risks

Twenty-four million children and adults in the United States live with diabetes, a disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease and blindness. Sadly, without proper footcare 15 percent of diabetics will develop foot ulcers which can lead to an increased risk of foot amputations.

"Diabetics, especially those with significant peripheral neuropathy, are less likely to walk for exercise and would therefore have a higher risk for blood clots related to inactivity," said Dr. James Altizer, MD, FACPh, RVT, RPVI, Vein Center of Charlotte and Fellow in the American College of Phlebology. "In addition, the neuropathy would make it less likely that the patient would feel leg pain from a venous thrombosis so wearing graduated compression diabetic hosiery can play a key role in a daily footcare regimen and overall health."

Graduated compression socks work by placing the greatest compression at the ankles where it's needed most,

helping accelerate the velocity at which the blood flows through the deep veins, resulting in improved circulation.

AmesWalker.com, specialists in graduated compression hosiery, offers more than a dozen unique socks for diabetics, each designed to provide specific medically correct benefits, either as a therapeutic or a preventive. Proper diabetic hosiery can protect the feet and legs by, improving circulation, reducing the risk of chafing/blisters, diminishing sock slippage and bunching under foot sole, avoiding binding or creasing of the skin and lessening pressure on foot sole.

When looking for a therapeutic or preventive diabetic hosiery, consider one of the following:

Ulcer Treatment Stocking (Style 62901) is highly effective for the treatment of skin ulceration on the lower legs caused by venous insufficiency, edema and lymphedema. This stocking also speeds healing and reduces the risk of recurrence. They feature:

- Zipper stocking greatly eases application over sensi-

tive, swollen legs

- Virtually any patient can use this stocking without assistance (often not possible with hosiery in this compression level)

- Outer, zipper stocking with lightweight, inner stocking with combined gradient compress of 40mmHg

- Skin-friendly blend of cotton, Lycra, Spandex and nylon

- Outer zipper stocking for easier donning

Diabetic Care Crew Socks (Style 196) an effective preventive, these socks are specially designed to promote healthy feet and legs. They feature:

- Super soft Hydrotec polyester fibers that wick moisture away to keep feet dry and healthy

- A seamless toe which greatly reduces pressure and protects against friction

- Cushioned foot bed with "comfort channels" to provide a "pillow soft" feel

- Mild, non-constricting graduated compression in the ankle to hold the sock in place

- An anti microbial finish to discourage bacterial growth

Easy Walker Plus - Moder-

ate Support Diabetic Socks for Sensitive Feet (Style 190) an effective preventive these socks are designed for moderate compression, ideal for the diabetic or those with sensitive feet. Features:

- 8-15 mmHg graduated support for improved venous blood flow in the legs

- Soft padded sole for added foot protection

- Superb moisture wicking fibers keep feet dry all day

- Flat, non binding toe seam design, for added comfort, non-bunching contour fit

- 80% Acrylic, 12% Dupont Lycra Spandex, 8% Nylon

In addition to wearing appropriate footwear and socks, diabetics with at-risk feet and legs should never going barefoot, should check their feet every day for blisters, cuts and redness and seek medical care at the first sign of infection or inflammation.

All AmesWalker.com products are expertly knitted from high-quality yarns and rigidly inspected for any flaws in material or manufacture.

For more information visit www.AmesWalker.com or call 1-877-525-7224.

Hypnotherapy and Post Traumatic Stress Syndrome

by Judy Callihan Warfield



Readers may have been reading more and more about this issue in the current headlines. There are members of the armed services returning home with this issue. Many people have had this issue for many years and either never had it diagnosed properly or never moved forward to resolve it.

PTSD can be brought about not only by stress of combat but also rape, incest, domestic violence and any survivor of any manner of trauma. It is a common issue with the police and firefighters. Many of the common factors to this issue have to do with stress and not being in control of your thoughts. By that I mean that the mind keeps revisiting the trauma and therefore reinforcing it.

Some people may turn to drugs or alcohol or other obsessive behavior to try and run from these emotions. Work with a psychologist or psychiatrist may also be beneficial for many. Hypnotherapy and Guided Imagery provide an effective and drug free way to arm oneself with the tools and behavior to begin to feeling like you are back in control. Remember, that a Hypnotherapist can not diagnose, but if one has received this diagnosis from your physician and wants a form of help that will not interfere with their medical protocol, Hypnotherapy may be for them. Hypnotherapy can assist with stress reduction; improve sleep patterns; focus on fact based thoughts only; motivate one toward positive habits and behaviors; and reinforce that inner core of strength and that sense that you are back in control.

During times of high levels of stress it sometimes brings out our tendency toward self doubt. Why not work toward reinforcing strengths and talents and move forward with confidence.

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



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Gotta pee

Two women friends had gone for a girl's night out. Both were very faithful and loving wives, however they had gotten over-enthusiastic on the Bacardi Breezers.

Incredibly drunk and walking home they needed to pee, so they stopped in the cemetery.

One of them had nothing to wipe with so she thought she would take off her panties and use them.

Her friend however was wearing a rather expensive pair of panties and did not want to ruin them. She was lucky enough to squat down next to a grave that had a wreath with a ribbon on it, so she proceeded to wipe with that.

After the girls did their business they proceeded to go home.

The next day one of the woman's husband was concerned that his normally sweet and innocent wife was still in bed hung over, so he phoned the other husband and said:

"These girl nights out have got to stop! I'm starting to suspect the worst. . . My wife came home with no panties!!"

"That's nothing" said the other husband, "Mine came back with a card stuck to her bottom that said... 'From all of us at the Fire Station. We'll never forget you.'"

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

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Gifts For Kids

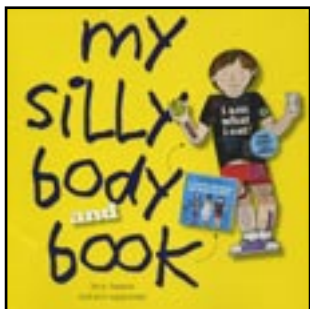


100 Dumb Things You Have to do While Playing this Game – Want to get loud or be silly? Kids will laugh uncontrollably while doing some crazy things in this new family game of ridiculous antics. Players pick cards that tell them to salute the nearest wall, do the Chicken Dance around the room or walk like a gorilla. Other cards set off chain reactions among players. Your actions might cause others do a hula dance, pretend to jump rope or hiss like a snake. One wild thing definitely leads to another in this zany game of craziness! For 3 or more players. Ages 7 to adult. SRP is \$15.00. www.patchproducts.com



Aquapod Bottle Launcher – looks like one of the coolest gifts on the block this year. Just try to keep kids, brothers, dads and friends from wanting to try this first professionally manufactured bottle launcher on the market. It can launch a 2-liter plastic bottle up to 100 feet in the air. Instructions are simple to follow then move back 15 feet to the launch position, pull the trigger and watch it go! At \$24.99 it's a great way to get kids off of the computer and outside. For orders or more info visit www.theaquapod.com

My Silly Body and Book – helps kids meet their own body and learn how it works. The book unfolds into a life-size, interactive, die-cut figure that teaches the basics of the human body with a hands-on



approach. From the organs to the bones to the funny noises they make after eating too many beans, kids ages 4 – 8 will love this book. The book includes a full-sized, color illustrated cardboard cut-out that reveal the organs, bloodstream, nerves, and muscles. Captions describe what the guts, heart, lungs, stomach, intestines and brain do. Flip the figure over, and it's like looking at a perfect X ray—a complete 4-year-old skeleton, from skull to the small bones in the toes and fingers. There is also a 64-page illustrated owner's manual that reveals many mysteries. Available at retail or online book outlets. ISBN-10: 0761154094, ISBN-13: 978-0761154099.

Gifts For Him or Her



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The Ugly Truth – is now available on Blu-ray and DVD

November 10 from Sony Pictures Home Entertainment. Two of Hollywood's hottest stars, Katherine Heigl and Gerard Butler team up in this no-holds-barred comic updating of the age old battle of the sexes. Heigl is Abby Richter, a romantically-challenged morning show producer who squares off against a chauvinistic news correspondent, Mike Chadway (Butler), with outrageously funny results! The Ugly Truth is a classic screwball comedy with a deliciously modern sensibility that's had male and female moviegoers talking - and laughing. Both editions are loaded with hours of revealing bonus features. Available at retail or online retailers.

Gifts For Family



Gift-ready wreaths – This year, Lindsay Olives offers beautiful, budget-friendly wreaths whose purchase helps alleviate hunger. Gorgeous handmade wreaths come in two sizes of olive, bay and eucalyptus branches to hang as a sweet-smelling front door welcome or enjoy as natural, lovely centerpiece. Proceeds from wreath sales go to The

Meals On Wheels Association of America (MOWAA), the oldest and largest national organization in the United States, representing programs that provide meals to people in need. The Lindsay Olive Holiday Wreath is available exclusively at www.lindsayolive.com or by calling (800) 765-2029.



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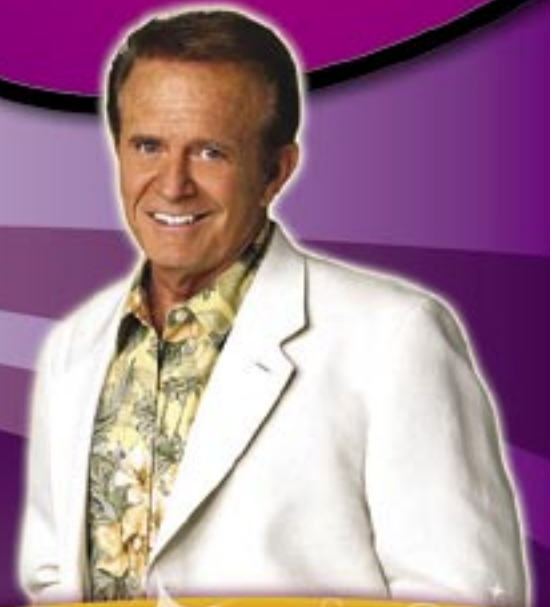
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'A Christmas Carol' — not suitable for children

Review by Diana Saenger

I left the screening of Robert Zemeckis' *A Christmas Carol* as fast as I could – and highly disappointed. Shown in 3-D and made in motion-capture animation, the movie is excessively dark with many scenes too frightening for children. During the entire film, I felt Zemeckis had taken the Charles Dickens holiday favorite and jammed it into a garbage disposal where emotionless characters, CGI, and horrible images rattle around for 96 minutes constantly spewing pieces of rubbish everywhere.

Since Dickens penned his short story of *A Christmas Carol* in 1843, the theme has been rewritten and explored in almost every medium. The story of the miserly Ebenezer Scrooge who has no heart; his

faithful employee Bob Cratchit who must plea for time off on Christmas to spend with his family, and the emotional subplot of Cratchit's son Tiny Tim and his failing health are all unforgettable.

This new version of the classic seems spawned from some ghoulish dream. The three Ghosts who appear on Christmas Eve to baptize Scrooge in recollections of better times are more like something out of a *Transformer* movie than Dickens' story. Scenes of Jacob Marley's (Scrooge's former partner) embalmed corpse and hideous flapping jaw belong in a horror cartoon. The chase scene with skeletons gnawing at Scrooge's heels serves to reflect a reason why Scrooge would lose any sense of normalcy. And that's only a few of the far-fetched and distasteful images in this film.

And then there's the cast. Jim Carrey portrays the elderly Scrooge, Scrooge as a young boy, Scrooge as a teenager and Scrooge as a middle-aged man plus the Ghost of Christmas Past, Present and Yet To Come – whew! Usually there's some trace of Carrey in a look, a funny motion, or something. But with the motion-capture technique and the miserable or gruesome faces on these characters, it's insignificant that Carrey plays these roles. I really didn't care because I didn't want to spend time with any of them. Colin Firth, Gary Oldman, Bob Hoskins and Robin Wright Penn also portray characters, but unless you can push the pause button on this film, you're likely to miss them.

This technique is not new for Zemeckis. *Beowulf* and *The Polar Express* are both films he



Jim Carrey as Scrooge in *A Christmas Carol* Photo credit: ©2008 ImageMovers Digital LLC

directed using this process. And while some stories may benefit from constant chaotic motion every second in front of your

eyes – *Beowulf* for example – films like *The Polar Express* or *A Christmas Carol* have a real message to impart. Why use this method when there are so many filming options? I just watched a recent DVD release of *Mickey's Christmas Carol*, a Disney adaptation of the classic Dickens tale, and it was delightful every minute.

I never felt anything warm, nurturing or symbolic of a tradition while viewing Zemeckis' *A Christmas Carol*. I don't recommend it for children of any age. The little ones will probably be frightened and the older ones too confused about what they're seeing.

'The Box' — boring and baffling



James Marsden and Cameron Diaz star in *The Box*. Photo Credit: Warner Bros. Pictures / Dale Robinette

Review by Michael Black

Director Richard Kelly enjoys a good psychological thriller. Kelly's 2001 sci-fi thriller *Donnie Darko* found a real following and has become a cult classic. Kelly is back as writer and director of *The Box*. This is an expanded version of the 1970s' short story "Button, Button" by Richard Matheson, which was also made into a *Twilight Zone* episode in 1986. *The Box* has several problems – its length and too many plot holes that confuse audiences;

22 moviegoers walked out at a screening I attended.

The Box is set in 1976 in Virginia. Arthur (James Marsden) and Norma Lewis (Cameron Diaz) are busy with their jobs and raising their only child, Walter (Sam Oz Stone). Arthur is a NASA optics engineer and Norma, a teacher. Life seems good until Arthur's application to be an astronaut is denied – basically leaving him jobless – and Norma loses her school tuition benefits for Walter.

When a strange box with a big red button on top arrives one morning, the couple is confused by the note saying the sender will call on them at 5 p.m. Arthur is still at work when Arlington Steward (Frank Langella) arrives and Norma is immediately taken back by one side of his face that's disfigured. Yet she lets him in, which, I think, most women of Norma's caliber would not.

Arlington is very straight forward as he explains the couple can get one million

dollars if they just press the red button – however that will cause the death of someone somewhere. Facing dire financial problems, Arthur and Norma are faced with an ethical dilemma. They desperately need money; but is it worth a person's life?

The story might have been interesting without the film's continuous problems. The further into the plot, the more dreadful, preposterous and boring it gets. At every new development I was more confused and left with unanswered questions. Some of these elements that just didn't connect include; columns of water that are universal gateways, mysterious transmissions from Mars, townspeople walking around like zombies, and wondering who Steward worked for. The musical soundtrack didn't help either; I kept thinking like I was watching B movie.

Cameron Diaz, James Marsden and Frank Langella all turned in a mediocre performance. Diaz didn't really work for me as responsible mom – maybe it's all those bad movie choices. Langella had no emotions in the film, which I guess was good as that was the way his character was supposed to be portrayed. Richard Kelly fans may find this film entertaining, but I think even that's a stretch.



A Christmas Carol

Studio: Walt Disney Pictures

Gazette Grade: D

MPAA: "PG" for scary sequences and images

Who Should Go: motion-capture animation fans

The Box

Studio: Warner Bros. Pictures

Gazette Grade: D-

MPAA: "PG-13" for thematic elements, some violence and disturbing images.

Who Should Go: Richard Kelly fans


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...learning about the history of the Cherokee.



Cherokee Nation

(Eastern Band)

When my family visited the Smokies, I took notes for a school report. Here is my poster and part of my report:


Archaeologists think the first people to live in North America were the Paleo-Indians. At the end of the last Ice Age (around 12,000 years ago) these people moved from Asia into North America on a land bridge that existed then. It is believed that they lived in small family groups and moved constantly to **hunt** animals like the mastodon (an elephant-like animal that is now extinct) and to **gather** foods like berries and nuts. Arrowheads for spears and other tools mark places they lived.

In the next period, called the Archaic (8,000 to 1,000 BCE), these families had homes with wooden poles covered with hides, which could be **moved**. In the spring they would move to the river valleys to **fish** and **collect** shellfish. In the fall they would move to the forest to hunt deer or turkey and gather nuts and berries. Archaeologists have studied **tools**, soapstone bowls, cemeteries and pottery to understand these people's ways.

In the third period, called Woodland Indians, people were thought to have had villages, as well as seasonal camps. **Corn**, a key part of the Indian diet, was introduced. The first evidence for the bow and arrow were found. It is believed that there was **trading** between people: of salt, beads, shells, fish, pottery and animal skins.

During the next period, of the Mississippian Indians, settlements became more permanent. Squash, corn and beans, known as the **Three Sisters**, were important and foods from hunting and gathering were now added to the foods harvested from gardens. Beautiful **jewelry** and pottery were created too.

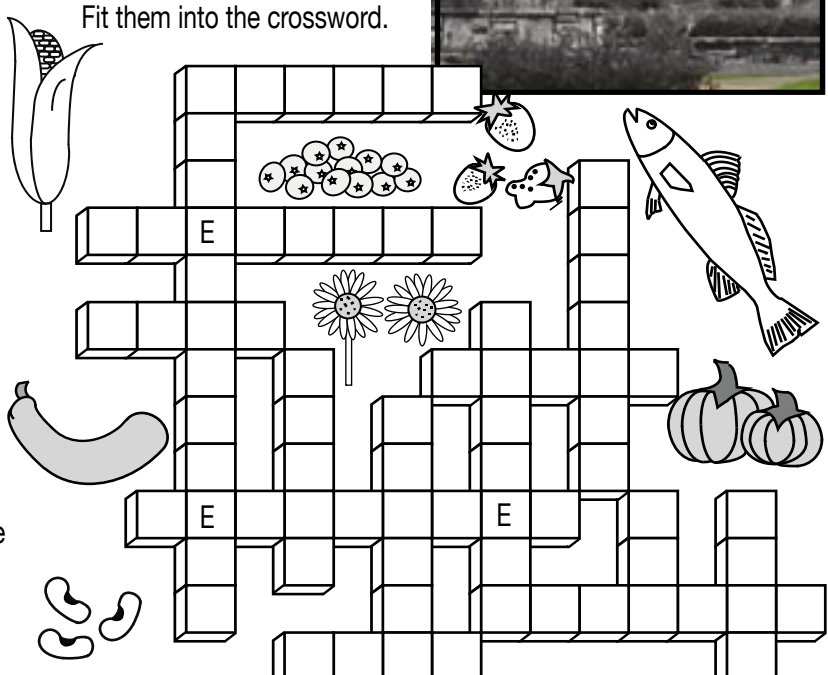
After 1650, when the first Europeans moved into the area, there were many years of both peace and fighting. In 1836, the U.S. Senate accepted a **treaty** signed by a small group of **Cherokee** to sell their land and the Cherokee were forced to leave the east to be **resettled** in Oklahoma. They were expected to walk 1,000 miles to get there! On this hard walk, it is estimated that 4,000-8,000 people died. The path is now called the "Trail of Tears." Some Cherokee refused to move and **hid** in the mountains. Their descendants are the Cherokee, many of whom now live on Qualla Boundary, a preserve.



About 13,000 Cherokee Indians live in North Carolina, mostly on tribal land.

The town of Cherokee is in the Great Smoky Mountains.

Find the 14 words or phrases in **bold print** in Forest's story. Fit them into the crossword.




Sequoyah Invents a Cherokee Alphabet

Sequoyah was a young Cherokee who learned how to work with silver. He wanted to sign his work like the white silversmiths did, so he went to visit Chief Charles Hicks who could write in English. After Sequoyah learned to write his name using the alphabet letters, he began to think about having a writing system for the Cherokee language. With it they would be able to read and write letters, write down stories and record their history. He created a system where each sound was represented by a symbol, so each letter was a syllable of a word. His system was easy to use and many Cherokee learned to read and write using it.

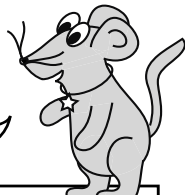
Sequoyah liked papers and books that had print and could help people exchange ideas. He called them:

Y = Yellow
G = Green




Don't wait... sign up for the reading club today!

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MOTOR AND SPORTS

2010 Lexus RX450H



2010 Lexus RX450H. Photos by Dave Stall

by Dave Stall

Some drivers might ask why anyone would build a hybrid SUV. Because there are folks out there that have kids who play sports or have large equipment or gear that needs to be moved from place to place. Plus the driving public is trying to be environmentally concerned about our surroundings.

The 2010 Lexus RX 450h is a great vehicle to have such a sophisticated system aboard. I could hardly tell I was in a hybrid except for when I started the Lexus and there was no sound coming from under the hood; then after a few seconds it roared to life. The Lexus hybrid is as comfortable as the gas burner RX and has all the amenities – heated and air conditioned seats with lumbar support. The leather is soft and supportive, and there are a lot of seat adjustments. This RX has heads up display. At

one time this feature was only found in the Corvette, but now it's available in a Lexus RX. One feature I liked was the ability to put the navigation on the windshield along with radio volume and driving speed. On the 250h the HUD controls were well positioned on the RX and in a more obscure position which made it difficult to operate at higher speeds.

The 450h comes with a 3.5-liter Atkinson-cycle V6 for grunt power and a generator with two electric motors for electric power for short trips only. A combination of electric and gas propulsion will get this car to its destination. The transmission is an Electronically Controlled Continuously Variable Transmission, which is kind of like driving a golf cart with a ton of sophistication. The RX comes in two-wheel or all-wheel drive depending on the driver's needs. Anyone wanting to tow with a hybrid must have the All Wheel Drive version.

This vehicle has electric power steering – a gas saver – four wheel disc brakes and standard 18-inch alloy wheels. My tester came with 19-inch alloy wheels with low resistant tires for added fuel mileage.

Inside, the vehicle has great comfort. The sound system was top notch with satellite radio, MP3 and of course AM/FM/CD sound system with nine well-placed speakers. There's Blue Tooth for hands free talking, and it also has key fob entry. That's handy to use to open the doors by grabbing the door handle. I found myself getting use to this feature, and I hope it ends up on all vehicles in the future.

The car also has a center controller with a mouse-like control on top that allows a search of the entertainment system, climate control or navigation system all with the twist of the right hand. In the same area is a sliding center console cover that allows the

driver to have a comfortable arm rest while driving. I had to spend some time looking for a 12-volt outlet, but after a few minutes of digging I found it at the bottom of the center console, out of the way and very convenient, once it was found.

The power rear hatch was a nice touch, and there is plenty of room for adult and kids stuff in the rear. How did I like it on the open road? It was great. I hauled a bunch of folks and made a few runs to the store for supplies and found the fuel mileage acceptable – 30 in the city and 28 on the open road.

My tester based out at \$43,250 plus tax and license, but as it was shipped to me with a ton of fun stuff that upped the price to \$59,815 plus tax and license. It seems a little pricey, but, it is a Lexus. My suggestion is take one out for a spin and see if it doesn't put a smile on your face.



2010 Lexus RX450H has plenty of room in the rear.

Many people find exercising the brain wards off aging

Here's something to think about: You need to exercise your brain just as you do your muscles. Mental stimulation improves brain functions and actually protects against cognitive decline, say neuroscientists from the Brain Plasticity Institute. According to a recent survey by the Institute, respondents said as they age, they are more worried about their brain health than they are about physical fitness, adult children concerns or retirement money.

Exercising the brain with challenging activities ignites the receptors that lead to new neuronal pathways, making you feel more aware--thinking faster, focusing better and remembering more.

Many people have found improvement by training their brains in stimulating ways such as:

- Learning to play a musical instrument such as the piano;
- Taking classes at the local community center or college;
- Studying a new foreign language like Spanish or Japanese;
- Meditating for 20 minutes a day;
- Training the brain with brain fitness software.

Training the brain with computer software? Yes. Brain research has caught up with interactive technologies to produce game-like exercises that actually help people improve their quality of life. A software package called *The Brain Fitness Program* from Posit Science helps improve how your brain processes what you "hear," allowing you to remember information better and later use details of a conversation or repeat a person's name. Studies prove the training speeds up brain processing, allowing the user to notice more and react quicker, as well as:

- Improving memory by the equivalent of 10 years;
- Decreasing threat of tripping and falling;
- Reducing risk of car accidents by 50 percent;
- Tracking multiple objects such as a tennis ball during a match;
- Discerning language patterns such as rapid speech.

The easy-to-use software was developed from clinical research and testing by scientists at major health institutions such as Mayo Clinic, Johns Hopkins and University of Southern California. To learn more, visit www.PositScience.com or call (866) 599-6463.

Bumper To Bumper with Dave Stall

Dave: I noticed the other day when I was driving slowly through a shopping center that when I let go of the steering wheel it rotated right and left, right and left and kept it up as long as I was moving. I thought that was pretty strange so I took my car out on the road and took it up to 55 miles per hour, let go of the wheel and the switching back and forth disappeared. Back home in front of my house it did it again. Do you have know what could be causing this? I'm not too concerned since it goes away at highway speeds. Love your column, keep up the good work. Richard.

Richard: You may have a bigger problem than you realize. It sounds like a belt inside one of your tires has either a broken belt or separation. This could be caused by hitting a curb, chuck hole or even a parking stop you see in the malls. The reason you don't feel it at 55 miles per hour is due to centrifugal force and the broken or separated belt is being pushed against the rest of the belts and the wobble disappears. You may need to have the bad tire replaced. Take it to a tire shop and have all the tires inspected and tested. If you don't, that broken or separated belt will get worse and eventually come apart – usually on the freeway. I like that you are in tune with your vehicle, your family should be proud!

Dave: I can't believe I did this. I just bought a brand new Ford Diesel truck last month, and I accidentally put about a half gallon of gas in the gas tank. I know it uses diesel, but I was distracted and started filling my truck with gas like I did with my other truck. It has been a month since I did this stupid thing and everything is running fine. Should I take it to the dealer and tell them? My friend said I killed the longevity of the diesel motor. Did I damage my new truck by doing this? Monty.

Monty: Sounds like you didn't hurt anything if it has been a month ago since this happened. No reason to take it to the dealer as long as it runs fine today. If you had totally filled it with gasoline and drove it then you would have had a problem, but that small amount in a tank on a full size Ford should not be a problem. I would throw in a can of diesel cleaner just for good measure.

Check out my radio shows on KCBQ AM 1170, Saturday 3 to 5 p.m. and Sunday Noon to 2 p.m., and KUSI Saturday at 7:40 a.m.

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— MOTORandSPORTS —

A great win the the chargers

by Chuck Karazsia

The San Diego Chargers went to the 'Land of the Giants' in East Rutherford, N.J. and defeated the former world champion New York Giants 21-20 in the final seconds of a close encounter last Sunday.

Like 'David versus Goliath', it was with deadly accuracy from the slingshot arm of Chargers quarterback Philip Rivers on a 18-yard touchdown strike to Vincent Jackson with 21 ticks left on the clock, that the Chargers mounted a comeback victory dropping the Giants in their tracks. New York has now lost four consecutive games after winning their first five. The Chargers are now (5-3) and back on track for a race at the top of the division with the Denver Broncos.

"This was one of the best wins I have been involved with in a long time," said an elated Chargers head coach Norv Turner.

After no scoring in the first quarter, both teams quarterbacks threw touchdown passes in the second quarter. Rivers to Jackson (10-yards) was first, then Eli Manning to Smith (6-yards) knotted the game at seven apiece before the intermission.

Third quarter action saw the Chargers take a 14-7 lead when Rivers hit S.Wilson from 2-yards out.

New York came storming back in the fourth with 13 points of their own on a Manning to Boss touchdown pass sandwiched between two Tynes field goals (38, 22), giving the Giants a 20-14 lead before the final two-minute warning.

That's when River and company took control. Completing 6-of-8 passes on the final 80-yard drive, Rivers found Darren Sproles for a 21-yard completion before the game winner to Vincent Jackson.

New York had a chance at the end but their effort was short lived when Shawne Merriman got his second sack of the game on the last play turning the 'lights out' on the crowd at Giants Stadium.

Philip Rivers and Vincent Jackson both had a banner game. Rivers connected on 209 yards passing completing 24-of-36 and three touchdowns. He also also ran once for 15-yards. Jackson caught five balls for

58-yards with two touchdown scores.

Future Hall-of-Fame runner LaDainian Tomlinson had his third lowest rushing yardage of his career in the game with just (22), but had a big contagious smile at the end.

Biggest day for the Bolts red-zone offense going 3-for-3.

The Chargers defense played soundly holding the Giants to two touchdowns, sacking the opposing quarterback five times (third game in a row doing it). As mentioned earlier, Merriman had two of them, Phillips, Cesaire, and Boone with one each.

Brandon Siler filled in nicely at linebacker with seven tackles. Weddle had his best day in blue and gold contributing with eight tackles.

Afterward, Coach Turner also with a big smile said, "That was a big physical team (Giants). They won a Super Bowl two years ago. They have a lot of players that are hard to deal with one-on-one. Their offensive line is great, their defensive line is outstanding. I knew it was going to be a war, and our guys were patient. There were things I wished we would have done better but, this is a four quarter game. We got the ball back with a little more than two minutes and I thought we had a chance to win the game."

"They blitzed us early and we hit a couple throws. They played the coverages they played earlier on third down and we executed a lot better. We blocked their ends better than we did earlier. Obviously when Philip has time he's going to make the throws. Our guys caught some balls we didn't catch in the first three quarters."

About the improvement of his team Norv Turner said, "That's what is hard for people to understand. We are playing guys in new positions. That's been my theme the minute we got back from Pittsburgh. We can grow, we can get better, we can build on the things we do well, and things we go to do better. We have made some changes in the secondary and on offense (released Chambers and Hart). We made them with the intention of helping ourselves get better. We're getting healthy. Merriman and Phillips are healthier than they have been at any point. We have been able to keep the same five guys on the offensive line on the field for four weeks. That's



Floyd 53 yard catch - first quarter of the Raiders game, Sunday, Nov. 1. Photo by Tom Walko

big. I think Malcolm (Floyd) in the lineup on an every play basis is going to help us."

"Our tailback's are healthy.

I know it was hard today (34-yards total rushing yards) in the running game. They (Giants) came in with a mindset. They wouldn't let us run."

"I hope our fans know we are getting better," concluded Coach Turner.

Halfway through the sea-

son the Chargers oppose the Philadelphia Eagles on Sunday at Qualcomm Stadium. Philadelphia is coming off a loss to Dallas.

— COMIC CORNER —



Moose Lake

By Steve Krueger



LEGAL NOTICES

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

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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

PUBLIC NOTICE
MISSING PERSON- Attempting to locate Lawrence Mujais in the matter of an estate. Last seen in La Mesa 20 years ago. Call (619) 593-6848.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 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

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031146
FICTITIOUS BUSINESS NAME(S): Abby Cab
Located at: 475 Jamacha Rd., Apt. 22, El Cajon, CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Waleed S. Meyou 475 Jamacha Rd., Apt. 22, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on November 02, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031832
FICTITIOUS BUSINESS NAME(S): Credit Cure 101
Located at: 3910 Chapman St., Ste. A, San Diego, CA 92110
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Todd Bernard 3910 Chapman St., Ste. A, San Diego, CA 92110
This statement was filed with Recorder/ County Clerk of San Diego County on November 09, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029348
FICTITIOUS BUSINESS NAME(S): The Godfather Smoke Shop
Located at: 1138 Garnet Ave., San Diego, CA 92109
This business is conducted by: An Individual
The first day of business was: September 20, 2003
This business is hereby registered by the following: Devon Gappy 1875 Hacienda Dr., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on October 13, 2009.
East County Gazette- GIE030790 11/12, 11/19, 11/26, 12/03, 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

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. 2009-029411
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

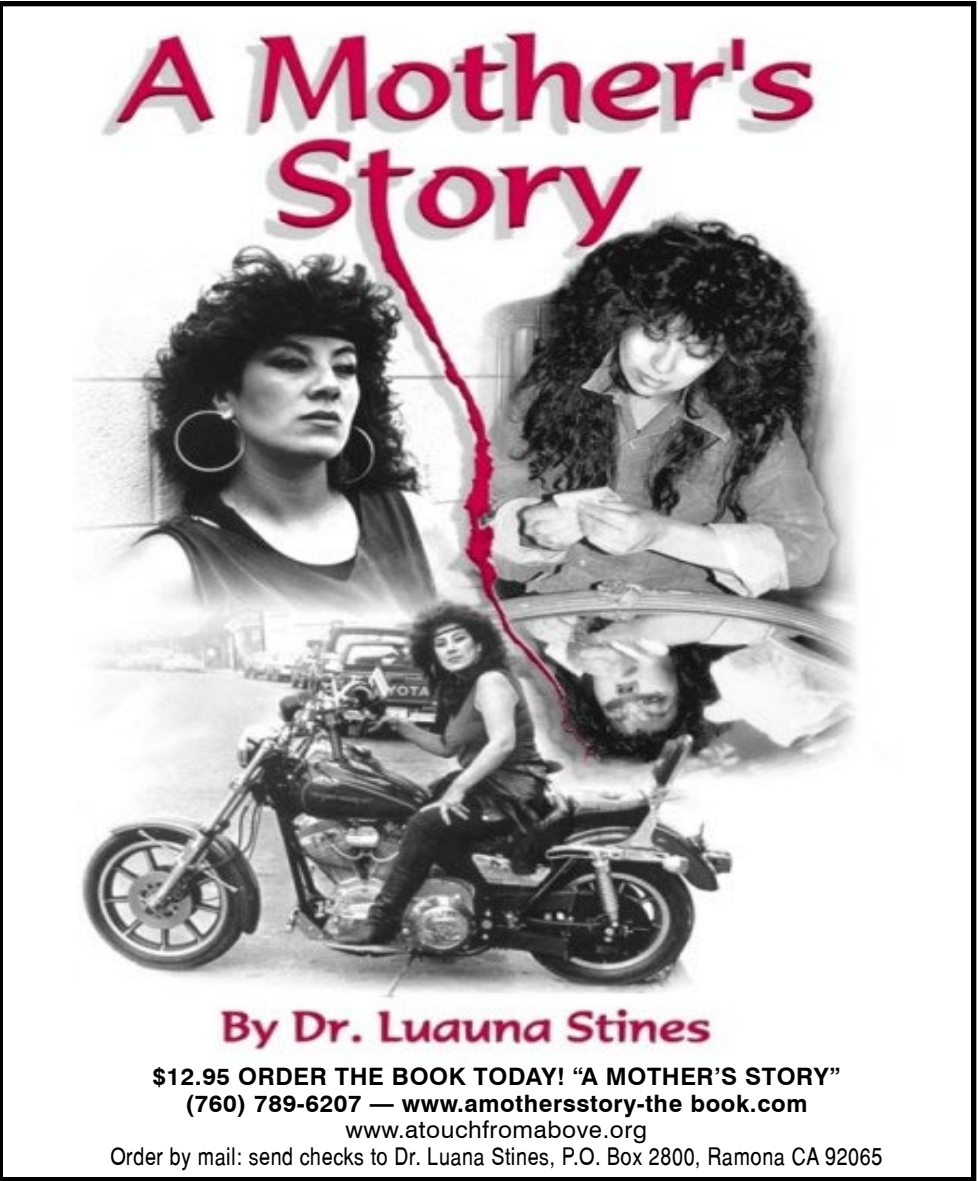
FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030613
FICTITIOUS BUSINESS NAME(S): Family Discipleship Ministries
Located at: 561 N. Magnolia Ave., El Cajon, CA 92020
This business is conducted by: A Corporation
The first day of business was: May 19, 1999
This business is hereby registered by the following: 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

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

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

CASE NUMBER 37-2009-00090822-CU-PA-CTL SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): RWKMB, Inc. dba R/S Towing; Daniel L. Baker, Sr.; YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Aldo Lepe You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, San Diego County, 330 West Broadway, San Diego, CA 92101. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Matan Drellich, Esq. Law Office of Matan Drellich, P.C., 501 W. Broadway, Suite 1780, San Diego, CA 92101 (619) 239-1296. Date: (Fecha) June 2, 2009 Clerk (Secretario, S. Dyson, Deputy (Adjunto)
STATEMENT OF DAMAGES
To: Daniel L. Baker, Sr.
Plaintiff: Aldo Lepe seeks damages in the above-entitles action, as follows;
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 Drellich, Esq. (#204965)
East County Gazette GIE030790 Oct. 22, 29, Nov. 5, 12, 2009



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By Dr. Luauna Stines

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NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

Notice is hereby given that pursuant to Section 21707-21715 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code, **Housos Family Trust, 6051 Business Center Court, #A7, San Diego, CA 92154** will sell by competitive bidding on or after **November 21, 2009 at 10:00 a.m.**

Auction is to be held at the above address. Property is to be sold as follows: Five Tru-Temp refrigerators, including two display refrigerators, and refrigerator with chiller compartment belonging to: **La Piedras Investment, Inc.**

Matea D. DeUganiza
East County Gazette – GIE030790
11/05, 11/12, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030288

FICTITIOUS BUSINESS NAME(S): Sanoes Furry Kidz Pet Grooming
Located at: 723 E. Bradley Ave., 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:

Selma M. Watt 450 S. Sunshine Ave., El Cajon, CA 92020

This statement was filed with Recorder/ County Clerk of San Diego County on October 22, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030815

FICTITIOUS BUSINESS NAME(S): a.) Ivan Stewart's Electric Bicycle Center b.) Ivan Stewart's Electric Bike Center
Located at: 14402 Bond Court, El Cajon, CA 92021

This business is conducted by: Husband and Wife

The first day of business was: October 27, 2009

This business is hereby registered by the following: 1. Linda Stewart 14402 Bond Court, El Cajon, CA 92021; 2. Ivan Stewart 14402 Bond Court, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on October 28, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-029618

FICTITIOUS BUSINESS NAME(S): Mag. Magnet Inc.
Located at: 9324 San Carlos St., Spring Valley, CA 91977

This business is conducted by: A Corporation

The business has not yet started.

This business is hereby registered by the following: Mag. Magnet Inc. 9324 San Carlos St., Spring Valley, CA 91977

This statement was filed with Recorder/ County Clerk of San Diego County on October 15, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031053

FICTITIOUS BUSINESS NAME(S): Mercado Del Pueblo
Located at: 6503 Imperial Avenue, San Diego, CA 92114

This business is conducted by: A Corporation

The business has not yet started.

This business is hereby registered by the following: LMBO, Inc. 6503 Imperial Avenue, San Diego, CA 92114

This statement was filed with Recorder/ County Clerk of San Diego County on October 30, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030757

FICTITIOUS BUSINESS NAME(S): Student Venture

Located at: 12355 World Trade Drive #11A, San Diego, CA 92128

This business is conducted by: A Corporation

The first day of business was: January 17, 1984

This business is hereby registered by the following: 1. Campus Crusade for Christ, Inc. 100 Lake Hart Drive, Orlando, FL 32832
This statement was filed with Recorder/ County Clerk of San Diego County on October 28, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030959

FICTITIOUS BUSINESS NAME(S): Young Threads

Located at: 10981 San Diego Mission Rd., Suite 220, San Diego, CA 92108

This business is conducted by: A General Partnership

The business has not yet started.

This business is hereby registered by the following: 1. Alex J. Pitkin 9301 Lake Murray Blvd., Unit B, San Diego, CA 92119; 2. Chris Pitkin 4777 Del Monte Ave., San Diego, CA 92107; 3. Martin Cachero 9361 Hillery Dr., Apt. 20308, San Diego, CA 92126

This statement was filed with Recorder/ County Clerk of San Diego County on October 29, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 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. 2009-031029

FICTITIOUS BUSINESS NAME(S): Bill's Truck and Tractor Repairs

Located at: 8622 Valley View Trail, Pine Valley, CA 91962

This business is conducted by: An Individual
The first day of business was: May 1, 1996

This business is hereby registered by the following: Bill Hoskins Sr. 8622 Valley View Trail, Pine Valley, CA 91962

This statement was filed with Recorder/ County Clerk of San Diego County on October 30, 2009.

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-030917

FICTITIOUS BUSINESS NAME(S): Dave's Furniture

Located at: 131 E. Main St., El Cajon, CA 92020

This business is conducted by: An Individual
The first day of business was: August 11, 1984

This business is hereby registered by the following: 1. Daoud Malikyar 1233 Pillsbury Lane, El Cajon, CA 92020

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00069747-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: JULIA MARIE MOORE FOR CHANGE OF NAME PETITIONER: JULIA MARIE MOORE
HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

JULIA MARIE MOORE
TO: JULIA MARIE MILLS

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, FOURTH FLOOR, on December 21, 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 29, 2009.

East County Gazette – GIE030790
11/12, 11/19, 11/26, 12/03, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031221

FICTITIOUS BUSINESS NAME(S): Nordahl Liquor

Located at: 740 Nordahl Rd., Suite 112, San Marcos, CA 92069

This business is conducted by: An Individual
The business has not yet started.

This business is hereby registered by the following: 1. Rabee Rahim Polis 1660 Arnheim Court, El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on November 03, 2009.

East County Gazette- GIE030790
11/12, 11/19, 11/26, 12/03, 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. 2009-028966

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00070512-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: BRIAN RUSSELL FOR CHANGE OF NAME PETITIONER: BRIAN RUSSELL
HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

BRIAN KEITH RUSSELL
TO: BRIAN MATTHEW BRANDT

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 09, 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 NOVEMBER 02, 2009.

East County Gazette – GIE030790
11/12, 11/19, 11/26, 12/03, 2009

NOTICE OF APPLICATION TO FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE

Date of Filing Application:
November 4, 2009

To Whom it May Concern:

The Name(s) of the Applicants(s) is/are:
SHEENA MAZIN GILIAN

The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7346-50 BROADWAY, LEMON GROVE, CA 91945-1509

Type of license(s) applied for:
42-ON-SALE BEER AND WINE- PUBLIC PREMISIS

East County Gazette- GIE030790
11/12, 2009

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. 2009-029844

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

Dear Luauna



Dear Luauna: *I am a Christian man, I've been a Christian for 20 years. I started dating with the intention of finding a good wife, my girlfriend is also a Christian. After time our relationship became physical, I'm sorry to say, I let temptation get the better of me and violated God's principle by having sex before marriage. I felt condemned and repented, but this has continued over and over again. I have been struggling now emotionally, should I marry her or should I not marry her? Signed, Emotionally Distraught in Alpine.*

Dear Emotionally Distraught,

I am not surprised by your rollercoaster of emotions, when you enter into a relationship as Christians and start getting physical you begin to blur your ability to see clearly. This causes you not to see the person and their character for who they are, only just the physical, sensual desires of the flesh. Your foundation for marriage cannot be based on just sex, Christian or non-Christian, that foundation will crumble in the test of time. Should you marry her? No. Can you marry her? Yes. Is this a good foundation? No! Should you take a chance? I think not.

You have one life to live, why waste it continually making terrible mistakes. Maybe you should consider breaking it off for six months and if you still are in love with her, maybe you should for one year have a chaperone so that you have accountability and you don't get in trouble. Obeying God is far more important than allowing your flesh to have control which will only lead to emotional, physical and spiritual destruction.

Read these verses: I Corinthians (It is not good for a man to touch a woman), (Flee sexual immorality), (Fornicators will go to hell)

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

Men Only Struggling with pornography and other addictions? Peter Zindler Every Tuesday at 7 p.m.



Peter Zindler

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Our Best Friends

Outings with your dog... ask a trainer

Dear Trainer,

I take my dog lots of places and it seems like I never have all the things I need. Can you suggest the things I should take with me when I go out with my dog?

Signed, Social Dog Mom

Dear Social,

That's a great question. I am going to do a basic list of the minimal things you should take with you in order for you to be safe with your dog and keep your dog comfortable.

The Basics:

- Your dog's collar with ID and current license (consider having your cell phone on the ID in case you are not home if your dog goes missing)

- Water and a portable water dish

- A portable mat for your dog to sit on. It's good to have one that is not too bulky to carry, or that would be too warm when the weather is hot.

- Treats and treat bag, or something to carry treats in that will prevent them from spilling. Be sure to bring very

high value treats as well, just in case the environment is very exciting.

- Your dog's favorite chews—bully sticks, raw hide, raw bone, etc. Or you could have a nicely stuffed Kong or other food carrier toy that would provide oral activity.

- Hand wipes for you in case you are in an area where there is no where to clean up.

- Poop bags—of course! And make sure you bring more than one, just in case.

- A towel in case your dog gets wet so you don't have to put her in your car.

- Small first aid kit. (ask your vet for dosages for Benadryl in case of bee stings or other allergy reactions. They make a fast dissolving Benadryl that is much easier to give in an emergency.) You should carry this in your car if nothing else. They make dog versions of these that contain all the basics, but be sure to restock if you use anything.

- Sunscreen for dogs and

humans--If your dog has a pink nose or light-colored fur, they should have sunscreen applied. Be sure to use a product approved for dogs.

- A dog bag or pack to carry all of your dog's things.

- A means of securing your dog in the car safely such as dog seatbelts, crates or restraints made for dogs.

- Program the phone number of your dog's vet and/or your local emergency clinic into your cell phone. If you don't use a cell phone, be sure to have this information written down and in your possession.

Things to keep in mind while out in public:

- Be sure to call ahead to ensure pets are allowed where you want to visit. Sometimes policy changes, so make sure. San Diego county is very dog friendly, but don't assume that your dog is welcome because there is an outside dining area.

- Watch your dog for signs of stress or anxiety! Panting, shak-

ing, muscle tightness, drooling, barking, etc.

- Set your dog up for success by sitting or standing in such a place as to help your dog be comfortable with the environment or setting where you will be stationed.

- Reinforce your dog when she checks in with you, and don't wait until you are at your destination. Start before you leave home, as you get into the car, in the car, etc.

- Reinforce all calmness once you reach your destination, after all you are on an outing with your dog, so your focus should be on her.

- People don't have to meet your dog! If you don't think your dog is ready to meet people, then stand up for your

dog and tell them, "Maybe next time."

- Make sure the pavement is not too hot or cold for your dog. They don't have shoes to protect their feet!

Make sure your dog is ready to go out in public by answering the following:

- Does my dog check in with me often when there are distractions?

- Does my dog walk nicely on leash?

- Can my dog focus on me, rather than distractions?

- Can my dog walk by another dog without too much fanfare?

- Is my dog comfortable

around the majority of people?

- Does my dog know to relax and lie on a mat in many different locations without being told to do so over and over?

- Will my dog be able to greet people calmly is I allow her to meet them?

There are the basics. Always keep your dog's comfort and safety in mind, so if your dog is anxious or worried in public, it's best to leave her home and go to work on helping her build the skills that will strive toward her being more relaxed.

Good luck and happy outings.

Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

ADOPT-A-PET

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, call Karen, (619) 221-9191. Tijuana River Valley Animal Rescue A 501 (c) 3 Non-Profit Organization. Adoption fee \$ 750.



Cubby is as sweet as he is handsome. This Shepherd Collie mix is only 10 months old, and weighs about 65 pounds. Cubby was found in the desert, feet and face covered in cactus spines. He's fit as a fiddle now, and has all the exuberance and joy you'd expect in a youngster. He's eager to please, will do well in obedience training, and is full of affection. Cubby is being fostered as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. His \$150 adoption fee includes microchip, license, vaccinations, and neuter. Information: (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 & 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 45407

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ALL ABOARD FOR CASH AND PRIZES!



Every Friday, Saturday & Sunday November 6-22

- The Money Train is pulling into Viejas Casino with **\$100,000** in cash and Free Play Cash!
- Win one of **four \$500** Instant Bonuses every hour between 7pm and 11:59pm. That's **\$10,000** Free Play Cash a night!
- Plus, every time the Instant Bonus hits, the prize patrol will hand out bonus cash to select winners!

Don't Miss the Money Train!

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

KEEP: Best of all, you get to keep the points!

*Select Video Poker games are excluded from this promotion. Viejas promotional gift cards cannot be used for live Poker play or alcohol purchases.

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