




Adoptable pets . . .page 15
INSIDE THIS ISSUE
 Local 2-7
 Motor and Sports ... 8-10
 Gift Guide 11
 Legal Notices... 12-13
 Entertainment Sec. B

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VOLUME 10 NUMBER 25 **NOVEMBER 26-DECEMBER 2, 2009**

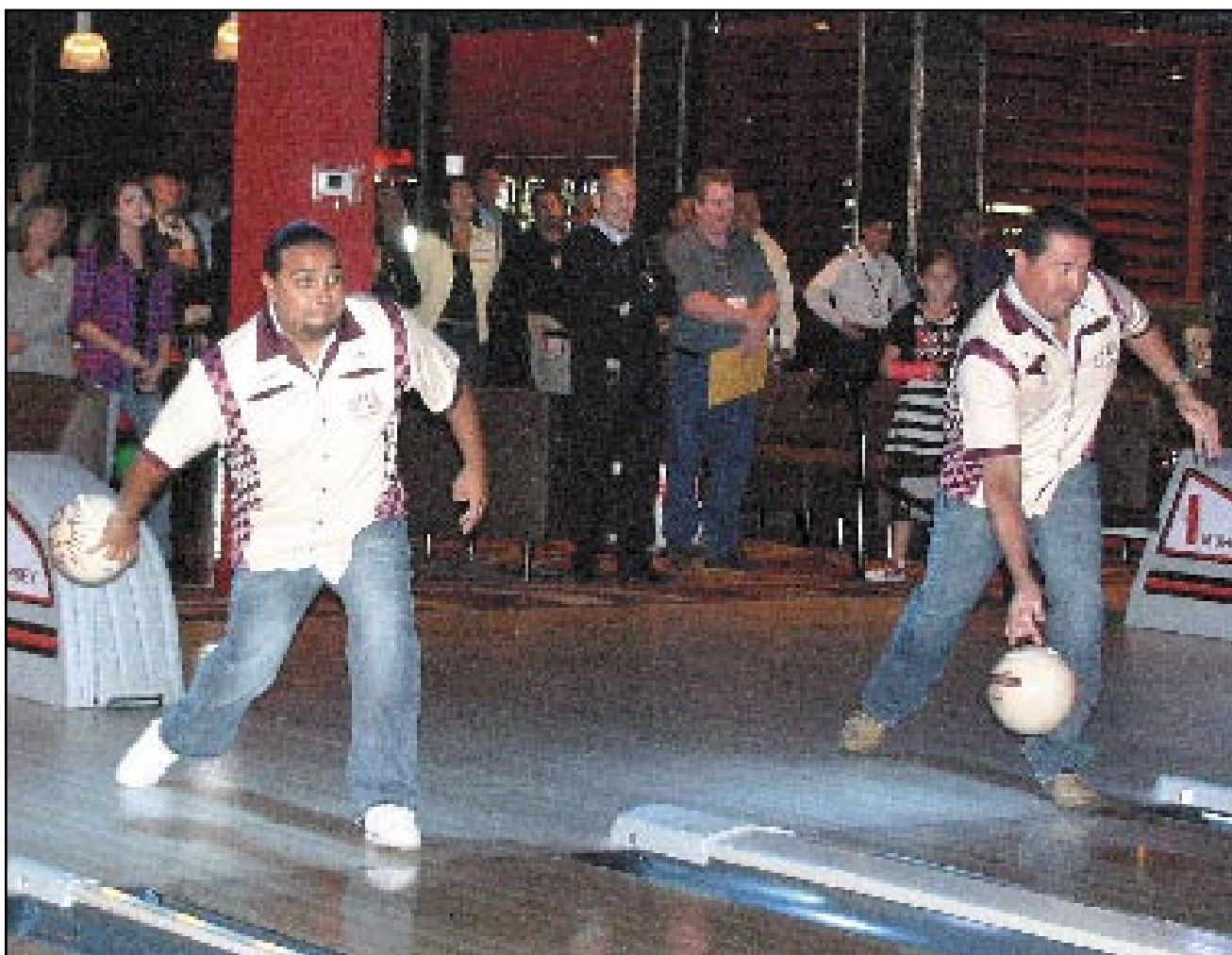
Mother Goose Parade



The faces say it all . . . The 63rd Annual Mother Goose Parade was a huge success with approximately 250,000 people in attendance. Pictured above are the Chula Vista Park World Champion Little League team receiving trophies and medals at the 'Red Carpet' event before the Parade. See more photos on page B-4. Photo by Rich Thomas



Viejas keeps on rolling



A new bowling alley has opened at the Viejas Outlet Center in Alpine. Pictured are Tribal council members Greybuck S. Espinoza and John A. Christman as they test their skills at the new Viejas Bowl. See full story on page 2. Photo credit: Kathy Foster

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Local News & Events

Viejas strikes again at ribbon cutting

by Diana Saenger

The Viejas tribal council, tribal members – Diana L. Aguilar, Tim Bactad, John A. Christman, Virginia Christman, Greybuck S. Espinoza, Robert Welch, Jr., – and dignitaries attended the official ribbon cutting for the Viejas Bowl, located in the Viejas Outlet Center on Tuesday, Nov. 24.

General Manager of the Outlet Center and VP of Property Management for the tribe, Peter M. Cortese, welcomed everyone before Viejas Councilwoman Virginia Christman did the tribal blessing on the bowling alley. Viejas Bowl opens to the public on November 25 at 4 p.m. and will remain open through midnight on Thanksgiving Day.

“We want to thank the tribal council for the opportunity to try a new product,” Cortese said. “We look forward to the impact it will make on our community.”

The 15,667 sq. ft. Viejas houses 12 U. S. Bowling Congress certified lanes, flat screen TVs for sporting and other events, and it includes an enclosed gaming area with class 2 slot machines. The décor – as witnessed by one patron after another’s wide eyes of surprise when entering – is stunning. The Bowl boasts a family-friendly atmosphere, pool tables, an eating lounge and roomy seating areas. The lighting is exciting, and management is excited about the different options of bowling that will begin after the new year including leagues and late night bowling. Times are set for couples, seniors, juniors bowling and Beat the Clock on Sunday Mornings where games are only \$1 per game from 9-10 a.m.

“What Viejas is doing reflects a vision to serve its community,” said Patrick Murrey, President and CEO of Murrey International whose company installed the bowling lanes. “Our company has been around since the 1930s, and we understand that to be successful you must be willing to make change. Viejas is ahead of the curve in their model.”

The tribal council all took their first swings together – some blushing, others boasting and a few who just wanted to have fun.



Viejas Bowl balls and artsy table Photo credit: Kathy Foster



Tribal council members – Diana L. Aguilar, Robert Welch, Jr., Tim Bactad, John A. Christman, Virginia Christman – cut the ribbon opening the doors to the new Viejas Bowl. Photo credit: Kathy Foster

“I look at this project as a success,” Councilwoman Virginia Christman said. “We have to thank our Kumeyaay

ancestors for what they gave us and what we have here today. This is a wonderful place where tribal and community families

can come together have fun and be entertained.”

For more information visit www.viejas.com

Many thanks from the Board of Directors of the Mother Goose Parade

The Mother Goose Parade Association Board of Directors would like to thank the El Cajon community and all the surrounding communities for their support. When the chips were down, citizens came to the aide of the Mother Goose Parade. For that the Association offers its heartfelt thanks.

We would like to thank our major sponsors: Cox Communications, Sycuan Band of Kumeyaay Nation, Viejas Band of Kumeyaay Indians and Barona Band of Mission Indians for their donations. We could not have had a parade without the generosity of these companies.

A thanks also goes to all of our sponsors, advertisers, donors and volunteers. Every donation, whether it was money or time, made a huge difference in seeing the 63rd Annual Mother Goose Parade take place.

Monica Zech, as always, is so efficient in handling the numerous press releases and media contacts — thank you. We also need to thank Tim Roberts and the El Cajon Police Department for taking time to attend board meetings and for helping us with all the street closures and security. Job well done guys.

A big thanks goes to Mark Lewis, the Mayor of El Cajon, and the City of El Cajon (City Council and staff) for their support. In a time of economic downfall the community needs events like this to raise spirits.

Please remember that the Board of Directors of the Mother Goose Parade Association are volunteers who want to serve their community and be forerunners of the Parade for future generations.

The Mother Goose Board Association

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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

City Thanksgiving schedule

On Nov. 26 and 27, City offices will be closed in observance of the Thanksgiving holidays.

El Cajon Police Promotion & Retirement Ceremony

All City employees, volunteers, reserves, mounted police, cadets and retired personnel are invited to the El Cajon Police Promotion and Retirement Ceremony on Friday, Dec. 4, 4 to 5 p.m., at the Ronald Reagan Community Center, East Room, 195 E. Douglas Avenue. Promoting in the department: Timonthy McFarland, Police Dispatcher, and Julie Cotton, Records Specialist. Retiring: Debbie Setzer - Police Captain, Bonnie Asserson - Records Specialist, Patti Conrad - Police Service Officer, Jim Welty - Police Officer, Todd Moore - Police Officer, Gary Ryno - Police Officer. Refreshments will be served. Please RSVP to (619) 579-3351, (619) 441-1523, or (619) 441-5502.

El Cajon Police Storefront opens December 7 at Westfield Parkway

Back by popular demand, the El Cajon Police Storefront returns during the month of December! They'll be located between the food court and

J.C Penney. The storefront will be open weekdays, December 7 - 31, except Christmas Day & New Years Day, with hours from 10 a.m. to 6 p.m., and some days until 10 p.m. Stop by and pick up some great safety tips for the holidays and see all the great displays. For more information please call Officer Dan Hansen at (619) 441-1597.

Join us for Jingle Paws December 5

Bring your dog to the ACES Foundation & Camp Bow Wow's "Jingle Paws Walk For Pets" event on Saturday, Dec. 5. It's 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.

Salvation Army's East County Toy & Food Drive Schedule

Last year, the Salvation Army served 1,303 East County families during the holidays. This year, over 1,500 families will receive assistance. If you can help, donations of food and toys can now be taken to your local fire station. In El Cajon,

please take your donations to the main fire station located at 100 East Lexington Avenue.

Note: If you are having an office holiday party or a holiday civic group meeting, please consider asking those attending to bring a new unwrapped toy to donate for this annual toy drive.

Here is the remaining East County Toy & Food Drive Schedule:

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 twelfth. 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.

Please call the Salvation Army if you would like to donate to help families in need during the holidays, at (619) 440-4683, ext 401.

Holiday Fun - Parade of Lights Car Show & Toy Drive

The Cajon Classic Cruise annual Parade of Lights Holiday car show is scheduled for Wednesday, Dec. 9, from 5 to 8 p.m. on downtown's Main Street. Admission is free and this year's event will feature the East County Toy & Food Drive in cooperation with The Salvation Army. Please bring a new, unwrapped toy to donate for needy children this holiday season. This very special holiday event is presented by the El Cajon Community Development Corporation, and features a holiday-themed car show, a visit from Santa Claus on the Prescott Promenade, and a caravan of vehicles, decorated and lighted for the holidays, driving down Main Street in a spectacle of lights. Downtown merchants will also be featuring holiday specials, so make sure you bring the family for some great shopping and dining as well. The Cajon Classic Cruise features hundreds of classic, custom, and hot rod cars, as well as motorcycles - all in a street festival setting. For more information visit the Cajon Classic Cruise web page at www.downtownelcajon.com or call (619) 401-8858.

Holiday Tea By The Friends of East County Arts

It's time for the 25th Annual Friends of East County Arts, Inc. 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 and help support the arts in East County. 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 Grossmont-Cuyamaca Community College District. Dr. Miles focuses on the issues and needs facing community college students. 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 additional information.

The East County Performing Arts Center presents The Nutcracker

What a wonderful way to start the holiday season. The Nutcracker will be performed at the East County Performing Arts Center on Friday, Dec. 4 and on Saturday, Dec. 5. On the fourth, the performance is from 7:30 to 10:30 p.m., and on Dec. 5, from 2:30 to 5:30 p.m. Ticket prices are from \$22 to \$52. To purchase tickets, you can go to the following websites: www.ecpacalive.com or www.tickets.cyt.org, or go to their box office at 1545 Pioneer Way in El Cajon. For more information call (619) 440-2277.

Traditions Of Christmas begins December 10

An annual favorite is back! The Christian Youth Theater presents Traditions of Christmas from December 10 through December 23 at the East County Performing Arts Center, 210 E. Main Street. The annual event offers wonderful family entertainment that showcases favorite holiday traditions from every century, every culture, and every generation. To purchase tickets, go to www.tickets.cyt.org, or visit their box office at 1545 Pioneer Way in El Cajon. For more information call (619) 440-2277.

Stop by Sophie's Gallery during December

Sophie's Gallery is holding their annual Holiday Show from Dec. 4 - 31. Sophie's Gallery Celebrates their 10th Annual Holiday Show featur-

ing a collection of unique angels, winged mosaic pieces and much more. The public is invited to a free reception on Friday, December 4th, from 5:30 to 8 p.m. Enjoy holiday food, refreshments and live music. Suggested donation is \$20. Sophie's is located at 109 Rea Avenue in Downtown El Cajon. For more information call Sophie's Gallery at (619) 593-2205.

San Diego Antiques and Collectible Show

The San Diego Antiques and Collectible Show is Wednesday, Dec. 9, from 2 to 7 p.m. at the Ronald Reagan Community Center. Dealers from all over the county display and sell antiques and collectibles. There are approximately 45 dealers per show, several with multiple tables. Coffee and cookies from New York Bakery will be served, raffle tickets for gift certificates donated by local businesses will be sold, and an auction of donated items will be held. For more information contact Patricia Kamolnick at (619) 851-3272.

Lend A Hand's December Saturday morning clean up

In December, the next Saturday morning clean up is Saturday, Dec. 12, at West Palm and Richardson Avenue. Spend a couple of hours on Saturday sweeping the streets of Downtown El Cajon clean. From 9 to 11 a.m., residents, business owners, and community-minded individuals come together to remove trash and graffiti in the neighborhoods of Downtown El Cajon. Recycle San Diego will be present to collect your electronic waste including cell phones, batteries, computers, televisions, and laptops. The Lend A Hand program has partnered with the San Diego Rescue Mission. They will be collecting any usable items you no longer need. Please donate your working electronics, furniture, household articles, baby items, or clothes (and remember, your donations are tax deductible). To register or for more information please contact: Rebecca Reyes at (619) 401-8858.

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

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

Dec. 12 - Blackhawk Helicopters will arrive with Santa at the Alpine Albertsons from 3-7 p.m.

Dec. 13 - Art Fair and Live Auction presented by the Magic Horse Therapeutic Riding Center from 12 to 4 p.m. at Lakeside VFW Hall. Original paintings by the Horses Admission & Meal Ticket \$25.

Chamber Mixer

Sixty people enjoyed an evening of good food with business associates and friends at Café 67 on November 20. The event was the last Lakeside Chamber mixer for 2009.

Representative Ellen Malin from Senator Dennis Hollingsworth office and Caroline Braun from Chairwoman Supervisor Dianne Jacobs' office updated the group on state and county business.

Owner of Café 67 Brenda Asaro thanked everyone for coming with a special thank you to the La Palapa Restaurant for

the rice and Café 67 employee Marsha for the taco meat. Marsha has her own business selling her taco meat at several of the local Farmers Markets.

Chamber President Todd Williams told everyone about upcoming chamber events. In December there will be the chamber Christmas Party. January 30 will be the annual EXPO where businesses and organizations have a chance to showcase their business as well as do some networking.

Williams thanked the 60 businesses for attending the mixer. Businesses that enjoyed the Café 67 mixer included a therapeutic riding center, realtor, pizza shop, off road recreational business and a hypnosis therapist. Each of the 60 businesses had an opportunity to introduce themselves and say a few words about their business.

President Williams said "Hats off to board member Mike Anderson for the great work in putting together this years Chamber mixers," he went on to say "In these hard times with the weak economy everyone needs to pull together." Become a Chamber member and get this extra support.

Wildfire Safety from Chairwoman Supervisor Second District Dianne Jacob
The catastrophic events of

two of the largest fires in California history, as well as a number of other fires over the past six years demonstrates how important it is for San Diego to be on constant alert. The county has invested over \$180 million since 2003 to improve fire protection and emergency medical services.

As a result the county now has two new firefighting helicopters, over 70 pieces of additional or replacement apparatus (34 engines and water tankers), the installation of mass notification system such as ALERT San Diego and Reverse 911, the formation of the San Diego County Fire Authority, an improved regional communication system and new Emergency Operations Center, as well as removal of over 500,000 dead, dying or diseased trees.

These are just a few examples of the improvements that have been put into place to further protect lives and property against the next major fire.

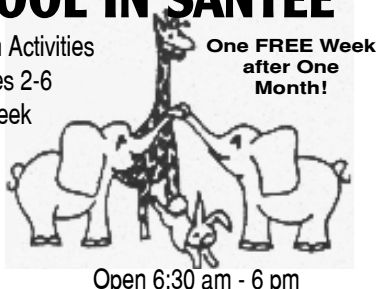
21st Annual Holiday Home Tour

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.

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Santee's 'goings -on'

Christmas Bazaar and Bake Sale

Santee- Carlton Hill Lutheran Church is holding a Christmas Bazaar and bake sale on Saturday, Dec. 5 from 8 - 4. Items available will include lovely knitted and crocheted items, crafts, table runner, gift bags and more! Start or finish Christmas shopping with these lovely gift items. We can be found north of Mast Blvd at 9735 Halberns Blvd. in Santee.

Color Me Mine Santee continues a holiday tradition

Color Me Mine Santee will be open Thanksgiving Day and there will be no studio fee all day a tradition that has continued since owner Carmen McKissack opened her doors in 2006.

"This is a great way to pass the time in a relaxing environment while creating memories, keepsakes, and the beginning of a family tradition and have something to look forward to every year" said McKissack. "Why not officially start the holiday season by painting your gifts while the turkey cooks slowly in the oven. What a fun way to work up an appetite!"

Color Me Mine has over 1000 different items to choose from, including ornaments, tree tops, Santa platters, menorahs, cookie plates, and much more. Their staff is happy to share wonderful ideas, such as the popular reindeer platter made with your little one's foot and handprints!

The store is located at 214 Town Center Parkway, Suite B, Santee, CA 92071 (across from Michael's) and will be open Thursday, Nov. 26 from 11 a.m. to 5 p.m.

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More HOT News from The GOLDEN ACORN CASINO

Grand November Finale from Golden Acorn Casino

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Friday - that is, Payday Friday, you could win up to \$1,000 in FreePlay.

And don't forget the popular Play for Pepsi 7 days a week. Saturdays are Super for a chance to win \$100,000 Call Player's Gold at 619-938-6012 for all the details.

And finally, for November . . . MMA CAGE FIGHTING Saturday, Nov. 28, 8pm to 10pm. Tickets are on sale now. To reserve your ticket, call 619-938-6012. Doors open at 7pm. Afterparty on the Casino floor and live music from 10pm to 1am. Lots of fun to be had at the Golden Acorn Casino for the rest of November.

Watch for next week's edition for a glimpse of December and the New Year's Eve festivities.

The Golden Acorn Casino extends cordial best wishes to our mountain neighbors as we begin a Joyous Holiday Season!



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— LOCAL NEWS & EVENTS —



Alpine happenings ...

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.sdcxmail.com or see at <http://www.alpinechamber.com>.

Help spread the holiday cheer on Alpine Boulevard and Tavern Road by sponsoring a street banner. Banners help promote the

Alpine Village Christmas Parade of Lights & Snow Festival. Contact Kelly or see at <http://www.alpinechamber.com>.

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MOTOR AND SPORTS

Chargers rout Broncos 32-3

by Chuck Karaszia

The (7-3) San Diego Chargers now sitting atop the AFC Western Division have come down to earth winning their fifth straight after defeating the Denver Broncos (6-4) last Sunday, deservingly coming home to celebrate 50-years of Chargers football.

"It's just nice to be in a position to pound on a team," said

a confident Chargers Head Coach Norv Turner.

"We have been waiting to get in that position. The line-man love it, the backs love it, the defense likes staying on the sidelines watching it. It feels good."

It started five weeks ago for the Bolts after beating the Raiders, the Chiefs, the Giants, the Eagles, and now a divisional win against the former first-place Denver Broncos.

These two teams are going into opposite directions from a month ago. The Chargers winners of five straight, the Broncos are losers of four straight. They now control their own destiny.

Chargers fans got a little nervous when Broncos quarterback Kyle Orton suffering from a previous ankle sprain got into the game after an ineffective effort from Chris Simms who tried to rally his troops to no avail.



San Diego Chargers wide receiver Vincent Jackson goes up high for a first down against the Denver Broncos at Invesco Field. The Chargers defeated the Broncos 32-3 and take over first place in the AFC West. Photo by Tom Walko

See CHARGERS page 10



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MOTOR AND SPORTS

Auto tires made from Orange peels



Yokohama Orange Tires. Photos by Dave Stall

by Dave Stall

Instead of a vehicle review this week I'm offering an inside look at a new tire technology. The DB Super E-spec tire is made by Yokohama. The company invited a handful of automotive journalists to attend a presentation about their new tires in Carson California. We spent a day test driving the new tires on a controlled cone course. There was nothing speedy but a few journalists got to test vehicles out of control and handle a few spins with no damage to the tires.

It's not complicated – just drive the product as it was intended. If it's a street tire, drive like on the street. Or if it's a race car or race tires being tested, drive at the correct speed.

The Yokohama tire test was done on the street. For anyone with a hybrid who needs to

replace his tires and maintain good mileage the Yokohama tire could be the answer. In talking with the engineers I discovered that by squeezing the oil out of orange peels, it became a perfect product for their eco tire. Yokohama has developed a product called Super Nano-Power Rubber Compound (SNPR), by significantly reducing petroleum-derived oil using orange oil and other natural elements. Yokohama has created a tire with extremely low rolling resistance, but one that's made from renewable resources rather than how conventional tires are made. Because orange oil and natural rubber molecules share similar architecture, they form an excellent bond and are the basis of the SNPR compound.

We tested the tires on the controlled road course in a Mini Cooper S's all with the new tires. I drove it as it was intended and with a little speed added for fun and found the

tire responded as expected. Braking was good, cornering was good and road noise was minimal.

The best part of these tires is the fuel mileage. Another bonus is Yokohama has placed an inner liner in their tire, not like in NASCAR where if you

get a flat it will not totally deflate. This light-weight tire with its air retention liner has low resistance which makes the tire easier rolling on the road and gives maximum fuel mileage.

The tire has gone through some pretty strong indepen-

dent testing and blows the competition away. Don't worry about the price of oranges sky rocketing in price at the grocery store. The part of the orange that's used is normally discarded into a dumpster or hog feed. The DB Super E-spec works in all weather conditions, and cost a bit more. The benefit is

better fuel mileage, and a quiet tire that lasts a long time. They also have race tires. That's my kind of company – one that has racing in mind!

For more information call Yokohama 1-800-722-9888 or visit www.yokohamatire.com.

Chargers top division ...

Continued from page 8

As of 4:15 p.m. time last Sunday more than 7,000 tickets still remain unsold for the upcoming home game against the Kansas City Chiefs, who by the way upset the Pittsburgh Steelers.

Go to www.chargers.com to view the anniversary of 50 years of Chargers football in San Diego and to be part of a huge day Sunday as current and former members of 50-years of Chargers football will be honored during the weekend and at game time this Sunday.

In the game Sunday the Chargers had 203-yards rushing, 73 from Future Hall-of-Fame running back LaDainian Tomlinson. He should pass the great Marcus Allen from Lincoln High Sunday for career rushing yards this weekend.

Chargers quarterback Philip Rivers was once again a master managing and directing his team with complete efficiency. Not dominating the statistics, River accomplished what was most needed, not making any mistakes, getting the Chargers into scoring drives, especially on third-down situations, 5-of 13, 38 percent, 17-of 22,



San Diego Chargers tight end Antonio Gates (85) dives to the goal line against the Denver Broncos at Invesco Field. The Chargers defeated the Broncos 32-3 and take over first place in the AFC West. Photo by Tom Walko

145-yards, 1 TD, no INT's overall.

"The way we were playing defense and to get the running game going (203-yards) Philip

was sharp on third downs, particularly in the first half. We were not that sharp the way we played them the first time," said Norv Turner "I think the biggest concern is the ankle

by Jeromy Clary. I'm afraid it's going to cost us some time. We are going to have to make some adjustments. Every time we had to do that we have handled it extremely well. It seems normal now to have Dombrowski at center."

This was the most complete game the Chargers have played this season. They protected Philip Rivers. The running game was outstanding, more than double the season average. They got to the opposing quarterback. They did everything well, on the road at the altitude of a mile-high stadium, sending the fans home early, which has to be a pleasant thought in every Chargers players mind.

The Chargers entertain their 50 greatest players this weekend and oppose the Kansas City Chiefs Sunday. A divisional win they need.

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Gazette Gift Guide

Gift guide makes shopping easier

If the idea of Black Friday seems less fun than a poke in the eye, then the Gazette weekly gift guide is here to save the day. For the next four weeks our guides will offer suggestions for all ages from a diverse list of fun, unique and desirable products.

Gifts For Kids

Dora the Explorer – has



a digital camera with talking sounds. This easy-to-use camera is perfect for any little explorer to capture images of their daily adventures. Plus, it has fun phrases that Dora is known to say and fun interactive software so you can create picture books, stories, and much more. Ages 4+, SRP \$24.99. Available at retailers.

Ni Hao Kai-Lan Walkie Talkies – fun walkie talkies that make it easy to communicate with your best friend. Features on/off switch to save battery life, a flexible safety antenna to withstand tough treatment, and a belt clip. Ages 3+, SRP \$14.99.



World's Largest Gummy Bear – if your kids love Gum-



my Bears, they won't believe their eyes when they get a five-pound Gummy Bear! That's equal to 1400 regular-sized bears. The Gummy Bear on a stick comes is nearly 90 times larger than a standard gummy bear and comes in blue, green, orange and red and sells for \$9.95. Available at some retailers or <http://www.vat19.com/about.cfm>

Gifts For Him or Her
Cassette Tape 4-port USB 2.0 Hub – It's fun, practical



and unique. This high speed 4-port USB 2.0 hub in the iconic shape of an audio cassette. Every detail, down to rotating ribbon wheels, has been painstakingly copied. In fact, these USB Hubs fit perfectly inside any cassette tape case. They cannot, however, play any old Boz Scaggs. But, it will add an additional four USB ports to your computer, which is undoubtedly more useful. Includes a 4-foot USB cable to connect the hub to your computer. Compatible with Macs, PCs, and Commodore 64s retro-fitted with USB ports. Available at some retailers or <http://www.vat19.com/about.cfm>

Gifts For Teens
Classic Game Pens – with



working versions of Operation, Etch-A-Sketch, and Boggle in pen form. Kids can have fun at home or on the go with these cool game pens. Great fun – low price at \$5.50. Available at some retailers or <http://www.vat19.com/about.cfm>

Gifts For Family

Santa Buddies (Two-Disc Blu-ray/DVD Combo) – Disney's irresistible talking puppies return in a heartwarming all-new holiday adventure! Take a fantastic journey with your beloved Buddy friends to the magical world of the North Pole! Join The Buddies (Budderbear, B-Dawg, Rosebud, Buddha and Mudbud) in a wonderfully wacky twist on a classic Christmas favorite.

When Puppy Paws, the fun-loving son of Santa Paws, gets tired of the North Pole, he finds Budderbear on Santa's naughty list and figures he's just the dog to show him how to be an ordinary pup. What happens next is a big surprise and fun for the entire family. Available at retail and online DVD outlets.

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Then the priest comes in. "Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be."

The priest replies: "Get out. You're on my side."

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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LEGAL NOTICES

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. 2009-029674
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. 2009-032238
FICTITIOUS BUSINESS NAME(S): Scott Parloh Sings
Located at: 8516 Highwood Drive, San Diego, CA 92119
This business is conducted by: An Individual
The first day of business was: October 15, 2009
This business is hereby registered by the following: Scott Delmas 8516 Highwood Drive, San Diego, CA 92119
This statement was filed with Recorder/ County Clerk of San Diego County on November 13, 2009.
East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-032836
FICTITIOUS BUSINESS NAME(S): Chandler Pool and Spa Services
Located at: 520A S. Sunshine Ave., El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Kevin Chandler 520A S. Sunshine Ave., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on November 20, 2009
East County Gazette- GIE030790
11/26, 12/03, 12/10, 12/17, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-032482
FICTITIOUS BUSINESS NAME(S): Off Road Warehouse
Located at: 7915 Balboa Ave., San Diego, CA 92111
This business is conducted by: A Corporation
The first day of business was: March 9, 1977
This business is hereby registered by the following: 1. ORW Import Parts & Machine Inc. 7915 Balboa Ave., San Diego, CA 92111
This statement was filed with Recorder/ County Clerk of San Diego County on November 17, 2009
East County Gazette- GIE030790
11/26, 12/03, 12/10, 12/17, 2009

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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


CITY OF EL CAJON
NOTICE INVITING SEALED BIDS

PUBLIC PROJECT: FABRICATION AND INSTALLATION OF WAYFINDING SIGNS AT VARIOUS LOCATIONS
ENGINEERING JOB NO. 3248
BID NO. 017-10

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on December 29, 2009

BIDS TO BE OPENED AT:
2:00 p.m. on December 29, 2009

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

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

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

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

a) California General Prevailing Wage Rates

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

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

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

or

b) Federal Minimum Wages

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

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

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

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of

the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

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

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

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

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

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

Dated: November 19, 2009
/s/ Dede Porter
Purchasing Agent
East County Gazette- GIE030790
11/19, 11/26/09

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-031626
FICTITIOUS BUSINESS NAME(S): Team Notary Services
Located at: 137 Frances Drive, 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: Karen D. Ballek 137 Frances Drive, El Cajon, CA 92019
Laura Griffin-Gross 13932 Calle Bueno Ganar, Jamul, CA 91935
This statement was filed with Recorder/ County Clerk of San Diego County on November 06, 2009.
East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-027699
FICTITIOUS BUSINESS NAME(S): a.) Schreiner Financial Solutions b.) SFS
Located at: 7777 Alvarado Rd. Suite 261, La Mesa, CA 91941
This business is conducted by: An Individual
The first day of business was: January 20, 2004
This business is hereby registered by the following: 1. Susan A. Schreiner 1721 Lisbon Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on September 28, 2009.
East County Gazette- GIE030790
11/05, 11/12, 11/19, 11/26, 2009


CITY OF EL CAJON
PUBLIC NOTICE
FY 2010-11 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

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

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

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

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

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

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

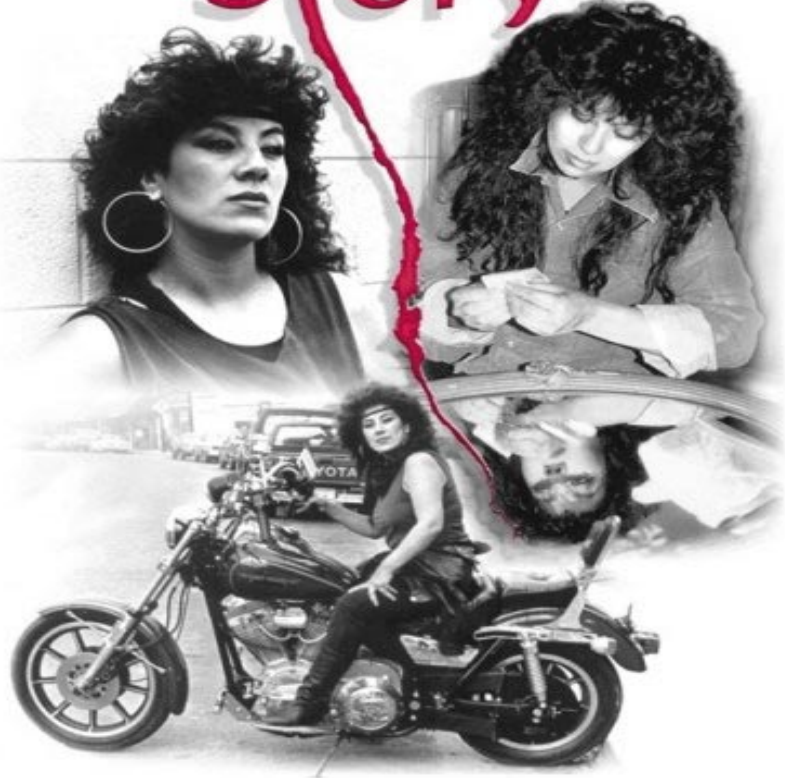
The City Council will hold a public hearing on the proposed CDBG projects on Tuesday, February 9, 2010 at 7 p.m. to allocate FY 2010-11 CDBG funds. A second public hearing will be held on Tuesday, March 23, 2010 at 3:00 p.m. Final adoption of funding allocations is expected to occur at the second public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

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

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

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

A Mother's Story



By Dr. Luana Stines

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-032132**

FICTITIOUS BUSINESS NAME(S): SD
Commercial Real Estate
Located at: 1333 Camino Del Rio Ste. 300,
San Diego, CA 92108
This business is conducted by: A
Corporation
The first day of business was: November
12, 2009
This business is hereby registered by the
following: 1. Barzal & Scotti Real Estate
Corporation 1333 Camino Del Rio Ste. 300,
San Diego, CA 92108
This statement was filed with Recorder/
County Clerk of San Diego County on
November 12, 2009

East County Gazette- GIE030790
11/26, 12/03, 12/10, 12/17, 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

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-032283**

FICTITIOUS BUSINESS NAME(S): The
Applectrate
Located at: 8458 Briar Glen, El Cajon, CA
92021
This business is conducted by: Husband
and Wife
The first day of business was: May 13, 1985
This business is hereby registered by the
following: Judith S. Kirk 8458 Briar Glen, El
Cajon, CA 92021
Raymond Kirk 8458 Briar Glen, El Cajon,
CA 92021
This statement was filed with Recorder/
County Clerk of San Diego County on
November 16, 2009.

East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 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: LMOB, 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. 2009-030815**

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. 2009-031029**

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. 2009-032595**

FICTITIOUS BUSINESS NAME(S):
American Restomod
Located at: 2670 Pine Glen Ct., 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: 1. Omar Mikhail 2670 Pine Glen
Ct., El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on
November 18, 2009

East County Gazette- GIE030790
11/26, 12/03, 12/10, 12/17, 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

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**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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-030485**

FICTITIOUS BUSINESS NAME(S): Doomed
Industries
Located at: 294 Chambers St. #14, El Cajon,
CA 92020
This business is conducted by: Husband
and Wife
The first day of business was: October 26,
2004
This business is hereby registered by the
following: Jason Vaughn 294 Chambers St.
#14, El Cajon, CA 92020
Kristi Runge-Vaughn 294 Chambers St. #14,
El Cajon, CA 92020
This statement was filed with Recorder/
County Clerk of San Diego County on
October 23, 2009.

East County Gazette- GIE030790
11/19, 11/26, 12/03, 12/10, 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. 2009-032793**

FICTITIOUS BUSINESS NAME(S):
Executive Treatment In Home Services
Located at: 8980 Westhill Rd., Lakeside,
CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Patricia Schwen 8980 Westhill
Rd., Lakeside, CA 92040
This statement was filed with Recorder/
County Clerk of San Diego County on
November 20, 2009

East County Gazette- GIE030790
11/26, 12/03, 12/10, 12/17, 2009

Dear Dr. Luauna

Dear Readers,

With this being Thanksgiving
week, I want to stop and say thank
you! Please take a moment to think
of all the things we have to be
thankful for, family, loved ones and
friends here and afar. The small
things that some of us take for
granted. The lungs that can breathe
fresh air, the eyes that can see the beautiful sunrise and
sunset, the ears that can hear beautiful music and the
simple whisper of, “I love you!”

Do not let this week go by without thanking
someone. I want to thank the East County Gazette and
the faithful laborers of this newspaper who work every
week to support the East County community with news
and events. I want to thank every single person who
takes time out of their day to read this newspaper. I want
to thank those who take time out and watch our
television program every Tuesday night and our
wonderful TV producer who helps make it happen. I
want to take a moment to tell my staff how thankful I am
for their faithfulness, for their years of labor and hard
work.

Most of all, I want to thank God for His grace, His
mercy, His loving kindness and what Jesus did on the
cross so we may have eternal life. You are important
and Jesus does love you more than you can imagine.
Life is short and God is too good to live without Him,
ask Him to come into your heart, forgive you of your
sins and learn how to live a life that is filled with victory,
peace, joy unspeakable and full of glory. I am thankful
for all of you.

*In His Love & mine,
Dr. Luauna Stines*

Submit questions to: questions@drluauna.com
www.ataouchfromabove.org

A Touch From Above - Church Services

Dr. Luauna Stines, Senior Pastor
16145 Hwy 67, Ramona, CA 92065
Sunday 10:30 a.m. Wednesday 7:00 p.m.

Dr. Luauna's Television Program

San Diego County, Cox Cable
Channel 18 & 23 Every Tuesday at 9 p.m.

Deacon Peter Zindler Teaches Every Tuesday at 7
p.m. for men only. Are you struggling with
pornography and other addictions? Come and find
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gospel University to train men and women to reach the
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Our Best Friends

Teaching good manners with positive methods

Dear Trainer,

I'm trying to teach my dog good manners. I've read several books about positive reinforcement and want to use these methods to help her be a canine good citizen. Do you have any suggestions that will add to my success?

Signed,
Positive in Poway

Dear Positive,

Thanks for taking a positive road to training your dog. For doing so, your dog will have a better understanding about living with humans, and you will get better, long-term results with these methods. This is according to two different and recent scientific studies. The following are from my recent book, "Chill Out Fido, How to Calm Your Dog," which you can get at www.dogwise.com if you would like to learn more about how dogs learn, and the best tools for teaching your dog.

Top 10 list for good dog training

1. Develop a daily training plan. This requires a number of components, the first of which is defining your short-term goals. Each behavior you want to train should be defined and goals set to help your dog succeed. Considering this, it is important to break down the components of the behavior into small enough increments that the dog understands each part before moving to the next level. You will also need to

train in an environment that promotes clear thought. Trying to train in a crisis is like asking someone to do math after they were just in a car accident! Not only would that person not be able to think clearly, he or she would consider the person demanding the math equation crazy!

2. Consider how important the behavior is to you. The more important the behavior or the problem, the more the details of the behavior should be defined into its tiniest components. This will ensure better results since you will be building a strong foundation on which the finished behavior will rest. Make a list of each component so you can clearly see what you will need to train!

3. Now, decide what the behavior should look like when you are finished, and be sure to write it down so you are clear about what you want. Don't just write that you want your dog to sit; go further and be detailed, such as, "I want my dog to sit fast at my side and continue to sit until I release her." If you can't figure out the final product, it will be difficult for your dog to understand what you are trying to teach her.

4. Define your dog's reinforcement history. If you are trying to solve a problem, you will need to analyze how long, and how strong the reinforcements have been during the period of time she has been

practicing the behavior. How many times has your dog accomplished the unwanted behavior? Daily? Hourly? When dogs repeat behaviors, there is some sort of reinforcement for doing so, such as it's fun, it results in attention from humans (even negative attention can be rewarding), it relieves stress, it makes scary things go away, it gets the result (such as pulling on leash gets the dog where she wants to go), etc. This step will help to plan how many repetitions you are going to need to make progress and counter the undesired behavior.

5. Decide if you need any foundation skills or behaviors to complete the final goal. These might include a fast sit, desensitization to things in the environment, teaching your dog to take something in her mouth, clicker readiness, etc.

6. What equipment will you need to start training? Make a list of things such as clicker, food rewards, leash, tug toys, etc.

7. Understand your dog's limits and vow to avert your dog from practicing any unwanted behaviors by management and prevention. Also, vow to prevent your dog from becoming overly aroused or stressed when you are training. To accomplish this, you will need to learn to watch your dog for calming behaviors and signs of stress, many of which result in impulsive actions such as pulling on leash, tugging on

clothes, jumping on people, and the like.

8. Don't train if you feel stressed. This is important since human emotions are very much sensed by dogs. Are you feeling public pressure and stress by not having Lassie when you take your dog out? Everyone wants the perfect dog, and the social pressure can be reflected in how you handle your leash, the tone of your voice and even the way you stand. Dogs are perfect at being dogs, and they should get the things they like, as long as they can work together with humans as a team. It is, therefore, your job to build teamwork and show your dog how to live in the human world in a fair and benevolent manner. After all, your dog didn't get a choice of where she wanted to live, so it's only fair that you strive to have clear communi-

cations; positive reinforcement training is just that.

9. Don't jump ahead with your training. If your dog can't do the behavior in her comfort zone, such as when she is at home or her own yard, with fluency, don't try to take it on the road. If that means forgoing walks because she reacts or bites your leash, you will need to fill that gap with other things that will stimulate her mentally and physically until she is able to stay focused and relaxed while you increase the stimulation, a little at a time.

10. Find things that motivate your dog. You need a way to communicate with your dog that she did the right thing. Rewards are in the eye of the beholder, so find things your dog loves, and then lavish them on your dog in the early stages of training so she can learn; all the while, you

are making a significant emotional connection between the behavior and the reward. Once you have your dog doing well at one level, raise the bar a little and train that piece to fluency. Be sure that as you add duration or distractions that you only do one or the other at a time, and then be willing to throw in a few easy things now and then so your dog is drenched in success.

Once you have examined and fulfilled all of these things (there are others, but these would make a good start), you are ready to train your dog, so the next step is to get your dog into a good class. Please visit www.sandiegodogtrainers.com for classes and trainers in your area.

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

ADOPT-A-PET



Meet Baby. He's an Australian Cattle dog, just over 1 year old and weighing 53 pounds. Baby is looking for an experienced adopter who can handle a highly energetic and intelligent dog, helping him to become a well-socialized adult. Baby will need room to run and will enjoy lots of outings. He's an excellent candidate for agility training! Baby is a spotlight dog in the FOCAS (www.focas-sandiego.org) program. His \$69 adoption fee includes license, vaccinations, microchip and neuter. For more information: (858) 205-9974.

Sweet Rebecca came to us in December 2008, when a concerned citizen noticed that she and 6 other animals had been left in a home to fend for themselves. Rebecca, three other rabbits, and three dogs were safely brought to NCHS. Now Rebecca has been here for almost a year while her siblings have all been adopted. She is fun and curious, and enjoys a good toy to play with! See this little girl in action as she stars in her own YouTube video at www.nchumane.org. Rebecca's adoption fee is \$35 which includes her spay, vaccinations, 1 free month of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday – Sunday 10am-5pm. For details call 760-757-4357 or visit www.nchumane.org. ID 35419



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Play 4 Keeps

November 9-30



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PLAY: Start earning tickets with your slot play* November 9 at 8am.

WIN: Win great prizes with your tickets:
 500 tickets = Long Sleeve Viejas T-shirt
 1,500 tickets = \$25 Viejas promotional gift card
 5,000 tickets = \$100 Viejas promotional gift card
 20,000 tickets = \$500 Viejas promotional gift card

*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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Just Sign Up and Play!

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Offer expires November 30. Available for new V Club members only. Visit any V Club booth for details.

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

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