



Adoptable pets . . .page 19

INSIDE THIS ISSUE
 Local 2-8
 Gift Guide 9-10
 Entertainment . 11-13
 Motor and Sports 14
 Health 15
 Legal Notices... 15-17
 Best Friends 19

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VOLUME 10 NUMBER 26 **DECEMBER 3-9, 2009**

Chargers bolt ahead in 6-game winning streak

by Chuck Karazsia

During a season in which the San Diego Chargers are celebrating 50 years of football, on a Thanksgiving Day weekend when San Diego honored 50 of their all-time greatest players, the greatest Chargers ever recognized, the blue and gold Bolts were true to form.

In their throwback uniforms the thunder and lightning smoked the Kansas City Chiefs last Sunday as witnessed by

a packed audience at Qualcomm Stadium, with their legends in attendance cheering, and being cheered.

Honored on the field during the pre-game ceremony was legendary quarterback John Hadl and his favorite receiver Lance Allworth, former coach Head Coach Don Coryell, joining hands with his legendary player's Dan Fouts, Kellen Winslow, and John Jefferson. Kicker Rolf Benirschke, and Super Bowl quarterback Stan Humphries,

See **CHARGERS** page 14



San Diego Chargers 50th Anniversary pre-game honored the 50 greatest Chargers of all time. Pictured are the top three quarterbacks Dan Fouts (14), John Hadl (21) and Stan Humphries (12).

Right: San Diego Chargers running back LaDanian Tomlinson (21) scores his second touchdown on a 3 yard run moving him into 10th place on the all time rushing list. The San Diego Chargers defeated the Kansas City Chiefs 43-14 at Qualcomm Stadium. Photo credits: Tom Walko



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Local News & Events

Rural homes urged to warm up to solar heating program

Homeowners in rural San Diego County should act fast to take advantage of rebates for installing solar water heating through the Solar Water Heating Pilot Program. The program ends Dec. 31.

The Solar Water Heating Pilot Program, which provides incentives of up to \$1,500 to homeowners and up to \$75,000 to business owners who install qualifying solar systems, is offered only in the San Diego area. The program

is reaching the end of its more than two-year test period and will be replaced by a similar statewide program with one major difference.

Residents with propane water heating systems will not be eligible for the new program.

"Rural homeowners use propane-powered hot water systems because they're not connected to utility-supplied natural gas lines," said Chairwoman Dianne Jacob, who represents East County on the Board of Supervisors. "Solar

Five Reasons to install Solar Water Heating

1. Energy Savings:

A solar water system can produce up to 75 percent of your annual hot water needs, cutting energy use and saving money on utility bills.

2. Eco-Friendly:

Sunlight is abundant, free, forever renewable and inflation-proof.

3. Reduced Greenhouse Gases:

Solar water heating significantly reduces your carbon footprint. Your water heating will no longer rely completely on fossil fuels.

4. Tax Savings:

The federal government gives tax credits of up to 30 percent of the cost of installing a solar water heating system.

5. Get Committed:

More San Diegans than ever before are installing solar water heating systems, because it's an eco-friendly investment that increases the resale value of your home while saving you money. A well-maintained solar system lasts up to 30 years.

The California Center for Sustainable Energy offers free workshops on solar water heating basics as well as solar photovoltaic (PV) systems, energy efficiency and a wide range of other sustainability topics. To learn more about the workshops, visit www.energycenter.org or call 866-SDENERGY (733-6374).

water heating is one of the great ways of helping the region become energy independent. We have all the sunshine we need, and it's clean, green and safe energy."

The Solar Water Heating Pilot Program is funded through the California Solar Initiative and administered by the California Center for Sustainable Energy (CCSE) in San Diego. Solar water heating systems cost between \$6,000 and \$7,000, according to Irene Stillings, CCSE executive director. In addition to the rebates, there are federal tax credits available for up to 30 percent of system costs.

"Solar water heating is a relatively inexpensive way to put the sun's abundant energy to work on your home," Stillings said. "You can displace a lot of energy that you currently get from fossil fuels like natural gas or propane and still have the hot water you need to take baths, wash clothes and dishes and other uses."

Heating water accounts for approximately 40 percent of a home's total natural gas use. A solar water heating system can produce up to 75 percent

of annual hot water needs by offsetting the natural gas, electricity or propane used by current water heaters. Even more appealing, a solar system works in tandem with an existing water heater, so you do not have to replace or remove it.

To reserve your Solar Water Heating Pilot Program rebates, applications must be submitted by Tuesday, Dec. 15, to allow for processing. To receive funding, applicants must complete a retrofit installation within three months or a new construction installation within six months of reserving the incentive.

A new statewide California Solar Initiative Solar Thermal Program starting in April will be providing \$300 million in new incentive funds through 2017. Roughly 60 percent of these incentives, however, are earmarked for the commercial market, with 30 percent allotted for multifamily housing and 10 percent for the residential market.

To learn more about the rebate programs, call (877) 333-7947 or visit www.swh.energycenter.org. Most solar installers also supply information about the program.

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El Cajon Animal Shelter

1275 N. Marshall Ave.,
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Phone: (619) 441-1580

The shelter is open to the public from 10 AM to 5:30 PM,
Tuesday through Saturday and from 1pm-2pm for lunch.

The shelter is closed Sunday and Monday.

The El Cajon Animal Shelter is not a part of the
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Police promotion & retirement

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: Timothy 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 or (619) 441-1523.

Special Police Storefront begins December 7 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 through December 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



Fire Chief Mike Scott, with the three poster winners of our 3rd Grade Fire Poster contest. L to R: Alan Renfrow - 2nd place winner from Madison Elementary, Jordan Wanser - 1st place winner from Flying Hills Elementary, Fire Chief Mike Scott and 3rd place winner Alexandra Arguliez from Our Lady of Grace Academy. All three were invited to ride aboard the El Cajon Fire Truck in the recent Mother Goose Parade. Congratulations to our winners! Photo credit: Monica Zech

holidays and see all the great displays. For more information please call Officer Dan Hansen at (619) 441-1597.

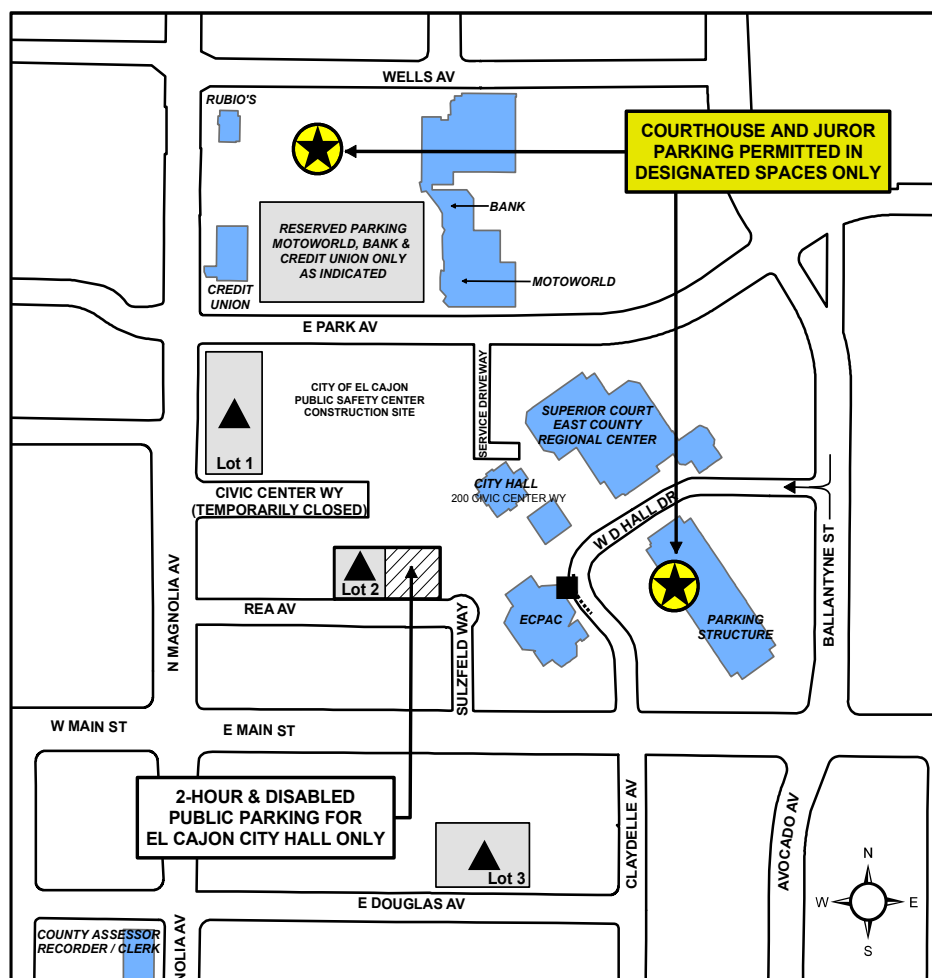
Tis the Season For Breakfast

It's time once again for the combination First Friday Breakfast and Holiday Celebration this Friday, Dec. 4 at the Ronald Reagan Community Center, 195 East Douglas Avenue, from 7:15 a.m. to 9 a.m. This First Friday Breakfast

will star radio & TV personality Randy Jones. Those attending are also asked to support the East County Toy & Food Drive by bringing a new unwrapped toy to this event. Music provided by the Salvation Army Band. To ensure adequate seating and food, RSVP by Dec. 12. Members are \$20, and future members are \$25. For more information please call San Diego East County Chamber of Commerce at (619) 440-6161.

PARKING INFORMATION EL CAJON CIVIC CENTER

(DURING TWO-YEAR CONSTRUCTION PERIOD 8/2009 - 8/2011)



- City of El Cajon - City Hall Parking (accessed from Rea Avenue)
- County of San Diego - Courthouse and Juror Parking
- Permit Only / No Public Parking (Monday - Friday, 6:00 a.m. to 6:00 p.m.)
- City of El Cajon Delivery / Loading Zone on the west side of W.D. Hall Drive (Accessed from Ballantyne Street)

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Parking reminders for the East County Court House

When visiting the East County Regional Center and Superior Court House, downtown businesses ask for your support in parking in the appropriate designated parking areas as shown on the map to the left.

There are two parking lots available for individuals conducting business at the Court House: one at 250 East Main Street and another on Magnolia Avenue between Park and Wells Avenues near the Rubio's restaurant. When parking in the lot near Rubio's, please note the signs indicating designated Court House parking. Parking is not permitted near Motoworld and North Island Credit Union. Any vehicles found parked in these areas will be towed. Additionally, parking is not permitted in any City designated parking areas, or in permit parking spaces. Vehicles not displaying the appropriate parking permits will be cited and/or towed.

We appreciate your cooperation and apologize for any inconveniences caused during the construction of the Public Safety Center. Your patience and understanding are greatly appreciated. If you have any questions, do not hesitate to contact the City Manager's Office at (619) 441-1716.

Left: Map showing the designated Court House parking areas.

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 continues

This year the Salvation Army will be helping over 1,500 families during the upcoming holidays. If you can help, donations of food and toys can 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.

See HIGHLIGHTS page 5

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— LOCAL NEWS & EVENTS —

El Cajon Highlights ...

Continued from page 4

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

Parade of Lights Car Show & Toy Drive In Downtown El Cajon

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.

The East County Performing Arts Center Presents The

Nutcracker

The Grossmont College Music Department's Grossmont Symphony Orchestra, in partnership with the San Diego Ballet, will present two special performances of The Nutcracker at 7:30 p.m. on Friday, December 4, and 2:30 p.m. on Saturday, December 5, at the East County Performing Arts Center, 210 East Main St., in El Cajon. This holiday favorite features 100 costumed dancers, reveling in Tchaikovsky's beloved score on an enchanting journey through a landscape of Yuletide dreams, including swirling snowflakes, leaping Cossacks and the lovely Sugar Plum Fairy. The production is directed and choreographed by Robin Sheretz-Morgan and Javier Velasco. The conductor of the Grossmont Symphony Orchestra is Dr. Randall Tweed. Premium tickets are priced at \$52 per person. Standard tickets are priced at \$42 for adults, \$40 for seniors and active military, and \$22 for students. Tickets can be purchased online at www.grossmontsymphony.org or by phone at (619) 440-2277. What a wonderful way to start the holiday season.

Watch the Holiday come alive with Traditions of Christmas!

Celebrate the Tradition Of Christmas with high-kicking Rockette-style dancers, Santa and his workshop of elves, and a live Nativity Pageant you will never forget! Come experience the sights, sounds, and wonders of the holiday season as CCT Musical Theater presents the 17th Annual Traditions of Christmas-A Musical Spectacular. You will be enchanted by the holiday customs from Around the World, your favorite Christmas songs, and inspirational scenes. It is a great show that showcases favorite holiday traditions from every century, every culture, and every generation. For tickets or more information, call (619) 588-0206 or (800) 696-1929. To purchase tickets online go to www.tickets.cyt.org, or visit their box office at 1545 Pioneer Way in El Cajon.

Stop By Sophie's Gallery for Holiday Inspiration

Sophie's Gallery will be holding their annual Holiday Show from Dec. 4 through the 31. Sophie's will also be celebrating their 10th Annual Holiday Show featuring

a collection of unique angels, winged mosaic pieces and much more. The public is invited to a free reception on Friday, December 4, 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 please call Sophie's Gallery at (619) 593-2205.

Stop by the 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 please 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, December 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.

2nd Annual Holiday Invitational Art Exhibit

St. Clair Gallery Artists Reception will be held December 6, from 3 to 6 p.m. at St. Clair Gallery at the East County Business Center located at 270 East Douglas Avenue in El Cajon. Enjoy fine Art, refreshments and entertainment. For

more information call (619) 401-4000.

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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Moose Lake



By Steve Krueger



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— LOCAL NEWS & EVENTS —

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.

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Please be with us at the Golden Acorn Casino as we ring in 2010
with happiness and hope.



Lakeside Round Up of events

by Patt Bixby

Dates to remember

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

ning Group meeting 7 p.m. at Community Center

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

Dec. 11- Chamber Christmas Party

Dec. 19- 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.

Magic Horse

The Magic Horse Therapeutic Riding Center is not just a place for fun and games; it is a center which has physical, personal and social benefits.

The Magic Horse is a NARHA member (North American Riding for Handicapped Association) located in Lakeside with easy access to Interstate 8 and Highway 67. Robin Pawl is the founder and a NARHA Therapeutic Riding instructor. Their mission at the Magic Horse Therapeutic Riding Center is to make a life-enhancing difference for disabled people and their families through the magic and power of the horse.

Therapeutic riding uses equine assisted activities for the purpose of contributing to the cognitive, physical, emotional and social well being of people with disabilities. Horseback riding is similar to a human gait. The foot movement of a horse is close to that of a person walking or running. Horseback riding gently and rhythmically moves the riders with physical disabilities often showing improvement in flexibility, balance, muscle strength, posture and coordination.



Magic Horse helps people of all ages with motor skills.

For individuals with mental or emotional disabilities, the unique relationship formed with the horse can help lead to increased confidence, patience and self esteem.

Under close supervision children who have missed developmental stages such as crawling or walking can sit, be on their hands and knees or stand while the horse is walking. The motion is transferred to the body of the child, moving the body in a manner similar to crawling or walking. New neurological pathways develop between the child's body and the child's brain.

Gross motor skills are enhanced by brushing the horse's body or reaching to place a ring on a pole while on the horses back. Fine motor skills can be practiced by fastening and unfastening buckles on bridles and halters or grasping the reins. The simple act of carrying a bucket of carrots to a horse incorporates many physical and social skills such as balance, strength, following directions, safety awareness, self control and emotional connection. Combining all these activities with the horse helps form a close relationship between the rider and the horse.

Suzanne is the mother of Jonathon, who has Asperger Syndrome (a high functioning

form of Autism), and she says, "Robin is great for Jonathon. She is structured and patient. This is a very calm and quiet place for Jonathon to come. It is a great place to get away from the busyness of school."

Brittany is a therapeutic rider who broke both her femurs in a car accident which led to a catastrophic brain injury. Her father, Dan Saber says, "Magic Horse Therapeutic Riding has helped in every possible way. She balances better and is more confident."

Volunteers can help make a difference. One can learn how to help make life brighter for individuals with disabilities by volunteering.

Contact Robin Pawl, Director, NARHA Registered Instructor at (619) 672-6935, or via email at robinpawl@nethere.com. Magichorse.org

Holiday Home Tour

Lakeside Historical Society presents the 21st Annual Holiday Home Tour Saturday, Dec. 5, 2009 from 10 a.m. to 12 p.m. Reception for ticket holders is at 2:30 at the Olde Community Church, 9906 Maine ave. "The 4th Dimension" will perform and refreshments will be served. Call (619) 561-1886 for more information.

— LOCAL NEWS & EVENTS —



Jami Lou's Place
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Alpine happenings ...

MIA—Alpine Tavern Road Postal Collection Box

by Diana Saenger

One day it's there -- the blue box in front of the Creek Shopping Center and ready for mail drops -- and the next day it's gone without a trace. Residents have been asking each other what happened and -- will it be back?

Alpine Postmaster Kitty Van Winkle solved the mystery this week when she explained -- it will be back! Apparently it was hit by a car and damaged so bad it had to be removed. To replace the box, it must now adhere to current county regulations which include being ADA compliant.

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.

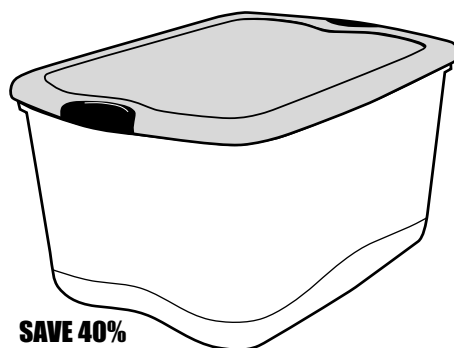
Lions, Tigers & Bears

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.

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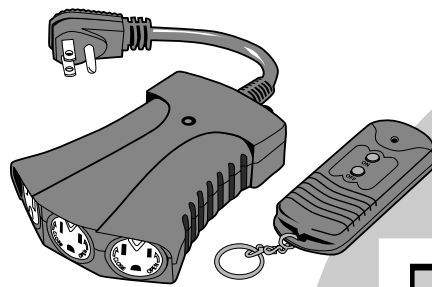
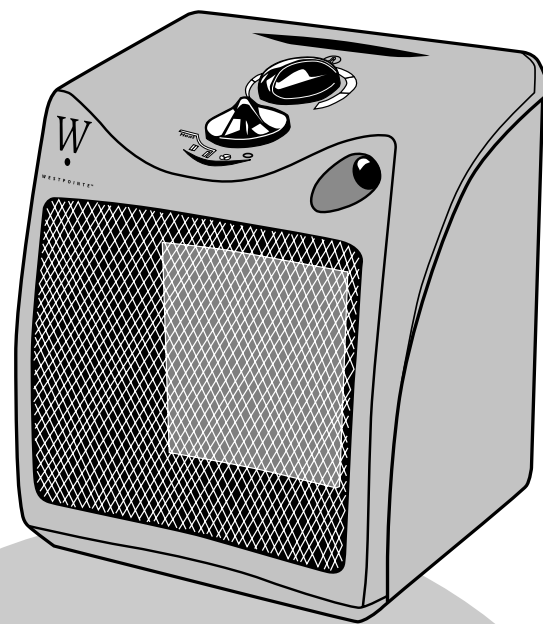
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Gazette Gift Guide

Diverse list gives shoppers new ideas

Black Friday and Cyber Monday have come and gone; so it's the perfect time to check out the gift guides offered weekly in the East County Gazette either in the newspaper editions or online in the Gazette archives at www.eastcountygazette.com. For the next three weeks our guides will offer suggestions for all ages from a diverse list of fun, unique and desirable products.



Academy of Champions: Soccer Wii game – pack your bags its time to enroll in a curriculum of outrageous matches, insane training drills and nonstop fun. Rated “E” Available at game and online retailers.



NintendoDS Lego Rock Band – kids can express themselves with a personalized LEGO Rock Den that can be accessorized and decorated to perfectly suit their rock style. Use the LEGO character customizer to create and personalize the band, instruments and entourage. A rock tinged, yet family-friendly song list. Available at game and online retailers.

Willy Wonka & the Chocolate Factory Blu-ray DVD – see the legendary Candy Man Willy Wonka (Gene Wilder) in a splendiferous movie that wondrously brings endlessly appetizing delights of Roald Dahl's classic book to the screen. Flavorful tunes delight and production designs dazzle the eye in this effervescent musical that enchants young and old. On a whirlwind tour of



Willy's incredible, edible realm of chocolate waterfalls, elfish Oompa-Loompas and industrial-sized confections, a boy named Charlie (Peter Ostrum) will discover the sweetest secret of all: a generous, loving heart. A family classic available at DVD and online retailers.



Little Einstein's Fire Truck Rocket's Blastoff – Sound the siren and hold on tight as the world's biggest little heroes embark on their most amazing mission ever! Full speed ahead for fun as Rocket transforms into a flying fire truck! A rumbling volcano on the island of Java is about to blow, and the Team needs to free a monkey stuck in a tree before things get really hot. Can they get there in time? They'll need all of Rocket's special firefighting gadgets -- and kids help -- to save the day! Bursting with music, action and fun, this DVD is a whirlwind of nonstop adventure! Available at DVD and online retailers

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SanDisk ImageMate – is an all-in-one USB 2.0 Reader that transfers files to a PC quickly, easily and safely. The Reader works with all popular types of memory cards, without the need for an adapter. With read/write speeds of up to 34MB/s, this is one of the fastest USB 2.0 readers you can find. The included metal stand is easily detachable for transport. Press the transfer button on top of the reader to automatically launch a favorite application or website when transferring or editing files. Available at retailers or www.sandisk.com

Ju-On The Grudge Wii game – Do you have what it takes to survive a trip through this horrifying haunted house simulator? Prepare for scream-out-loud thrills as the terror of the hit movies comes home! Use the Wii remote as your flashlight – if you dare to explore the disturbingly detailed stages. Let a friend (or enemy) play and watch them jump! Or pick up a second controller and use it to trigger instant frights! Rated “M” Available at game retailers.



Gifts For Pets



West Paw Design – has everything a pet could want from beds, sweaters and outdoor gear to organic food, eco dog toys and activity toys. Eco Merry Bones are made with eco fabric which utilizes 85 percent recycled IntelliLoft fibers (previously soda bottles). How about a Bumi – an interactive toy charged with energetic fun that can be pulled, flexed, thrown, floated and is guaranteed to last, even against those “destructive dogs” we love! Available in two sizes and three fun colors. How about

a Kitty Crinkle Cane for your cat? Check out the complete pet catalog at <http://www.westpawdesign.com>

Gifts For Family

GelPro Mat – with its patented gel technology, this high-tech, décor-friendly floor mat reduces pain and increases circulation, creating a more relaxing and enjoyable experience for those doing the cooking this year. GelPro Mats are made from the world's finest composite fabrics resulting in mats that are more versatile, more durable and easier to clean. From the expert craftsmanship, to the intricate patterns, to the vibrant colors, no other floor mat on the market combines comfort, style and durability the way GelPro Mats do. Mats are available at www.gelpro.com

The Basket Corner – is for anyone who needs to give a gift or wants to receive one. Award-winning designs are



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Lost The Complete Fifth Season – The epic story of Lost twists, turns and time shifts is packed on this DVD set with bonus material, including a revealing interview with the cast and an exclusive behind the scenes feature with Josh. See SHOPPING GUIDE page 10

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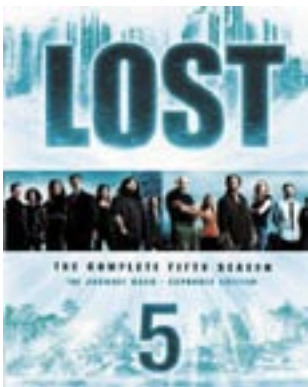
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Shopping guide ...



Continued from page 9
When destiny calls, the Oceanic six frantically race back to the island. Discover what forced them to return and find out the fate of all those who were left behind. The answers to some of Lost's most pressing questions are revealed in this spectacular 5-disc collection, complete with deleted scenes, a behind the scenes celebration of the 100th episode and an incredible vault of exclusive bonus features. Available Dec



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Viejas unveils Gift Card for gaming, dining and shopping

Viejas recently announced the launch of the new Viejas Gift Card, which can be used property-wide – for gaming, shopping, dining and more – at both the Viejas Casino and the Viejas Outlet Center.

The new Viejas Gift Card is the first of its kind in California. "Just in time for the holidays, we wanted to offer a gift card

that could be used across our entire property and provides our guests with the maximum in convenience and flexibility," said Viejas Casino General Manager Jack McGinty. "At the casino, the card is seamless. Our guests who are 18 and up can use it in their favorite slot machines, or present it for bingo or table games play. At the Viejas Outlet Center, the gift card can be used at the retail

shops, restaurants or even at the new Viejas Bowl."

The Viejas Gift Cards, sold in a variety of denominations, can be purchased at the Viejas Casino, Viejas Outlet Center management office, or online at www.viejas.com. For complete details, pick up a brochure at any V Club Booth at the Viejas Casino.

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Class Act Dining & Entertainment

Strong performances strengthen the emotional 'Brothers'



Tobey Maguire and Jake Gyllenhaal star in *Brothers*. Photo credit: Lionsgate / Lorey Sebastian

Review by Diana Saenger

Director Jim Sheridan's films usually offer viewers a powerhouse story with some surprising elements and great casting. *Brothers*, starring Tobey Maguire, Jake Gyllenhaal and Natalie Portman, is no exception. Examples of Sheridan's past critical successes include *My Left Foot: The Story of Christy Brown* (1989), *In the Name of the Father* (1993), *The Boxer*

(1997) and *In America* (2002). *Brothers*, a remake of the 2004 Danish drama *Brodre*, contains a similar storyline to the original movie, but Sheridan's cast and his ability to bring out amazing performances makes *Brothers* feel like an entirely different film.

At the beginning of *Brothers*, Army Captain Sam Cahill (Maguire) is about to deploy to Afghanistan once again. Although Sam regrets leaving

his loving family – wife Grace (Natalie Portman) and daughters Maggie (Taylor Geare) and Isabelle (Bailee Madison) – he's a die-hard Marine anxious to get back to his men.

Fortunately, just before Sam leaves, his younger delinquent brother Tommy (Gyllenhaal) has been paroled and can keep an eye on the family. Grace isn't too sure about this since she doesn't like Tommy. His father Hank (Sam Shepard) also has

little use for Tommy, and confrontation between them begins the first night he's home at a family dinner. Hank lets Tommy know in no uncertain terms that he doesn't measure up to his "hero" brother, but stepmother Elsie (Mare Winningham) calms Hank down as Sam storms out the door. That dinner scene gives Grace a better insight into the family dynamics.

Shortly after Sam leaves, See 'BROTHERS' page 12

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— Class Act Dining & Entertainment —

De Niro is quite effective in 'Everybody's Fine'

Review by Diana Saenger

With Robert De Niro's powerhouse boxing and mob head-thumping days now on DVD, it's nice to see him take on a more pensive role in *Everybody's Fine*. This remake of the 1990 Italian film *Stanno tutti bene* stars Robert De Niro as Frank Goode, a recent widower who eagerly awaits a combined visit from his five children.

Since his wife passed, Frank has tried to keep busy. His spouse was the one to communicate with the kids, but Frank finally reaches out and plans a family reunion. He makes trips to the store to pick out the right steaks and bottle of wine – “an expensive one” he tells the shelf stocker who has no idea what that might be. The day finally arrives. After Frank gets the steaks ready to grill and the picnic table set, he sits and visualizes each empty seat filled with his children as young kids.

Then the phone rings and one by one the adults call with regrets. Days later and against doctor's orders, Frank takes off by bus – and eventually train and plane – with a yellow envelope for each child and a proud shoulder to boast their success. None of his kids are aware of Frank's trip. He first sets out to visit his artist son David in New York City. The only part of David he sees is one of his paintings in the nearby store window, as David

doesn't answer his phone or the doorbell.

Off on a train to Chicago to visit his daughter Amy (Kate Beckinsale), Frank questions passengers on the train about what they see outside the window. After several incorrect answers he points to the wires that connect to poles and explains that's what he did for a career, wrap all of those wires in order to protect them.

“Frank sees all the wire he has coated as being the thing that made his kids what they are today,” De Niro said about the scene. “For Frank, it's everything; it's the measure of his life.”

The wire also serves as a clever segue adding more depth to story. When Frank doesn't find David, he calls his daughter who alerts the other siblings that Dad is on the move. Throughout the film, we hear such conversations voiced over images of the wires.

Amy, a busy ad agency rep, must hustle to put everything in place for her father who expects to visit her perfect family. Her defiant young son, Jack (Lucian Malsel), almost ruins the charade, but Amy pulls it off hustling Dad off to the train the very same day. He misses his train and has to stay in a motel before setting off to visit Robert in Denver. Frank is optimistic this will be a good connection. How could he not be proud?

After all, Robert is the conductor of an orchestra that plays around the world. But Robert confesses to Dad that he plays a drum instead of conducting. Robert also musters up the nerve to tell his dad they have no connection, nor is there anything about his life to make his father proud.

Still ready to lift that proud shoulder, Frank sets off to Hollywood to see Rosie (Drew Barrymore). He beams from ear to ear when she arrives to pick him up in a limo and takes him to her swanky apartment. The arranged dinner appointment she makes at a fancy spot crumbles within minutes, and Rosie is left to juggle more balls than she can handle.

Each of these characters appears on screen for a brief time only. *Everybody's Fine* concerns Frank's journey, and De Niro portrays Frank perfectly. The somber moments Frank spends alone in his house are very contemplative. De Niro is guarded in holding back the father's joy about his children's successes – a joy held captive in the man's small suitcase. But this patriarch becomes far more astute after the journey and does not end up empty handed.

While some of De Niro's more physically demanding roles might be behind him, his film career is still booming with another five movie's completed or filming for 2010, and eleven more in development.

Although *Everybody's Fine* is an enjoyable De Niro movie, it will better suit viewers over 40.

**Everybody's Fine**

Studio: Miramax Films

Gazette Grade: B-

MPAA: “PG-13” for thematic elements and brief strong language

Who Should Go: De Niro fans over 40

Brothers ...

Studio: Lionsgate

Gazette Grade: B+

MPAA: “R” for language and some disturbing violent content

Who Should Go: those who like solid films with great performances



Robert De Niro and Drew Barrymore star in *Everybody's Fine*. Photo credit: Miramax Films

Brothers ...

Continued from page 11

Tommy starts showing up more for a handout than offering a lending hand. When officers arrive to inform Grace that Sam has been killed in the war, Tommy and Grace comfort each other as best they can. Uncle Tommy becomes the fun guy who takes the girls ice skating and wrestles with them in the leaves. Grace has a hard time coping; even refusing to read the letter Sam had left to be delivered “in case.”

Meanwhile, Sam is not dead but taken captive with another soldier. They're both tortured excessively. Later, Sam is the only one rescued and sent home. He's a broken man who's psychologically damaged. He accuses Grace and Tommy of having an affair and even acts out violently around his family and kids.

Sam has always been in control of his life, but after being captured he lost his emotional compass. Maguire (*The Good German*, *Spider-Man*) seems to make easy work of his complicated and struggling character. His fits of rage come across as extremely believable as do his heartfelt scenes when Sam is literally brainwashed into going against everything he ever stood for. “His whole life is shattered -- or at least the construct of his life: his ideas and ideals, and what's important and what he's built his life on,” Maguire said. “Everything is just shaken.”

Gyllenhaal is equally impressive in displaying the wide character arc of Tommy's persona. Feeling like a misfit and unloved, Tommy has only his

big brother who loves him unconditionally, and Gyllenhaal (*Brokeback Mountain*, *Jarhead*) shows this in several scenes where it's apparent Tommy can never measure up to his father or expect to have a family life like Sam's. Yet once Sam leaves, Tommy gets a taste of what caring for and nurturing a real family is like. He then blossoms into a carefree and responsible man.

Portman's (*Closer*, *Cold Mountain*) role may seem trivial because she must play cliché moments within the story, but in those intense scenes where she has no dialogue, she excels in showing us the wounded, confused, frightened woman and mother Grace has become.

Shepard (*Snow Falling on Cedars*, *All the Pretty Horses*), an amazing actor, can make us think he's a billboard. Win-ningham – currently terrific in the musical *Bonnie & Clyde* at the La Jolla Playhouse – has a small role but serves it well. Both young girls get a lot of screen time in the film and are great in their portrayals, especially Madison (*Bridge to Terabithia*) who is wonderful in a very difficult scene during one the family dinners.

With such a high caliber cast, we expect *Brothers* to be a good film. While this movie will probably be viewed as another film with an opinion about the war, it's a fine story made more enjoyable by Sheridan, whose skills dissect the emotional aspects of people so well. *Brothers* helps us understand the joys family members can share as well as how their deep pain can branch out like a tree and poison everything in its path.

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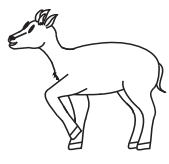
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December is a month with many holidays. People may celebrate Hanukkah, Christmas or Kwanzaa. New Year's Eve, the very last night of the year, may be celebrated by everyone!

This is a good time of year to show good cheer toward other people. It is a time when people reach out to help someone or to greet them with "Happy Holidays!"

Days Full of Caring and Sharing!

The first day of winter, the coldest season of the year, is the 21st of December. Many families must stretch their budgets to pay for heating, food, health appointments and presents for the holidays, too. **Read the clues to find out ways that people are helping others in their communities. Fill in the crossword puzzles.**

A. Fight Hunger

1. cook for a _____
2. help at a soup _____
3. collect cans for the food _____
4. donate produce that you buy from your local _____ market

B. Beat the Cold

1. collect _____ and sweaters
2. start a _____ tree
3. donate _____ and quilts
4. donate _____ to a fuel fund

C. Bring Joy to Children

1. _____ a toy to put in a "new toy drop box"
2. _____ away your used toys to charity
3. _____ a child's toy or jewelry to donate
4. _____ new toys to bring to a Children's Home

D. Care for Animals

1. donate to an animal _____ center
2. visit the _____ after the holidays
3. give pet _____ to a shelter
4. donate pet _____ and blankets

E. Help with Good Health

1. start a jogging/biking _____
2. donate _____ to the Red Cross
3. _____ someone to an appointment
4. _____ a free exercise or dance class

A Dozen Ways to Show You Care!

Almost every town has a special collection for gifts to spread good cheer to others who don't have much, live alone or have few relatives with whom to celebrate the season. It doesn't have to cost a lot to give to others. **Read these ideas to see if there is something your family would like to do. Find and circle the 25 words in bold print in the gift box.**

1. Find "new" items around your house that you think you will never use and make **gift sets**.
2. **Package** some sporting **equipment** (ex., bat, ball, glove).
3. **Gather** teas, coffees and cookies on a **tray**.
4. **Put** a few paperbacks in a **box**: Westerns, kids, cookbooks.
5. **Arrange** fancy soaps and a nice small towel in a **basket**.
6. **Place** 2 decks of cards, a notebook and pencils in a **bag**.
7. **Stuff** cocoa and candy canes into a **mug**.
8. **Fill** a **jar** with wrapped candy and nuts.
9. **File** some scrapbooking materials inside an **album**.
10. **Collect** some fun magazines and puzzle books in a **tote bag**.
11. **Insert** a fun picture, **calendar** or poster into a **frame**.
12. **Group** colored pens or pencils, stationery in a **case**.

Oooo...
I wonder
what's
in the
box!



A	A	O	M	M	U	G	A	J	W	X	I	B	B	T	I	U	Q
W	A	I	O	X	P	I	C	X	B	B	E	J	E	E	P	W	E
N	M	R	G	I	F	T	S	E	T	S	G	K	A	I	A	T	Q
S	T	W	R	O	W	Q	I	T	P	M	S	S	L	L	C	R	U
O	O	R	V	A	P	V	L	C	J	A	B	C	B	W	K	A	I
I	V	Z	U	P	N	S	W	N	B	T	Y	R	U	L	A	Y	P
V	Q	F	H	X	I	G	W	O	S	O	F	C	M	A	G	Q	M
C	O	L	L	E	C	T	E	A	Q	T	O	I	C	E	E	W	E
P	L	A	C	E	Q	X	V	A	B	E	Q	O	L	P	U	T	N
H	R	C	O	S	F	G	H	S	M	B	E	P	E	L	M	M	T
H	N	E	V	N	B	K	R	M	U	A	J	M	F	I	L	E	K
C	A	L	E	N	D	A	R	O	M	G	A	E	F	Y	W	R	O
I	K	Q	G	P	V	A	W	M	U	R	R	F	V	N	E	V	D
N	S	R	B	B	N	Y	J	M	F	P	U	L	Q	H	S	A	D
S	K	S	S	O	E	X	F	L	O	T	G	S	T	T	G	Q	B
E	T	W	L	S	X	F	I	K	S	L	W	A	N	Y	J	T	A
R	K	J	A	V	M	V	N	X	M	Q	G	Z	X	F	I	D	G
T	E	C	B	Q	X	W	D	I	R	R	F	F	C	G	F	O	Z

MOTOR AND SPORTS

Chargers 6-game winning streak ...

Continued from page 1

Junior Seau, not to mention the other great legends of the early past including 11 from the current 2009 squad.

"It was personally great for me, with all the guys that I have known forever," exuberantly confided Chargers Head Coach Norv Turner.

"You look at the guys that were on that team, it was because they had great careers. It takes a lot of effort and a lot of work. I obviously mentioned we had 11 guys on that team. The reason they are on that team is because they are having great careers. I think it is a great motivation for our young football players."

Nothing like a good Kansas City barbeque especially when the visitor is being smoked like

a Thanksgiving Day turkey in your yard.

The final score was 43-14 San Diego Chargers, a blowout in Mission Valley as the Bolts improved their record to (8-3) staying one game ahead of the (7-4) Denver Broncos.

This was not only a day memorable to all Chargers fans, but a perfect game played by the blue-and-gold.

Highlighting the contest were three field-goals by the most accurate kicker in the NFL Nate Kaeding, including one from 55-yards, his longest at the Q, second best of his career.

Also doing his job for 255 regular season games was Chargers long snapper special team standout David Binn who

made a crushing hit on the Chargers first punt coverage. He is the only Charger left from the 1994 Super Bowl season.

Chargers quarterback Philip Rivers once again masterfully running the offense was totally on his game completing 21-of-28 passes for 317 yards, 2 touchdowns, and no interceptions, with a passer rating of 136.

Distributing the ball to eight different receivers Rivers threw the most passes in the game to his legendary tight-end Antonio Gates (7-passes, 118-yards). With two touchdown catches in the game, Gates now has (55) in his career. In a season in which he has 19 touchdown passes and just 6 interceptions, Philip Rivers ranks as one of the premier quarterbacks in the NFL.

Coming off an emotional win last week, after a Thanksgiving week in which San Diego players traditionally support the community, with a 50-year anniversary celebration block party and game day events, Chargers Head Coach Norv Turner and defensive coordinator Ron Rivera (Chargers defense forced four turnovers), have to be credited with keeping the team in focus. Keeping their players heads in the game, after a great week of practice, it culminated with a blowout victory against a divisional rival. Remember this, there was no Luis Castillo, or Merriman, Weddle and Kevin Burnett. Hopefully they will mend before the Dallas game.

The Chargers now having finished 5-1 in the division in 2009. Their fourth 5-1 divisional season in a row.



Quinten Jammer and Eric Weddle intercept the Chief's wide receiver Chris Chambers. Photo by Tom Walko

After former Charger Chris Chambers tied the game at 7 apiece, San Diego scored 21 unanswered points to make it a 28-7 half-time lead, with the eventual Chargers 43-point total blowout ensuing.

LaDainian Tomlinson scored two touchdowns rushing. With 39 rushing surpassing former Lincoln High alumnus Marcus Allen (12,243) and Edgerrin James (12,257), he trails Mar-

shall Faulk (12,279) and the great Jim Brown (12,312) on the All-Time rushing list. One can only imagine if L.T had not fumbled on the goal-line, in itself a rare occurrence.

With five games left in the regular season schedule, it's difficult not to look in the rear view mirror at the Denver Broncos. They are not going away. It will be interesting to see how this season plays out for San Diego.

"I give the credit to the players," said a satisfied Head Coach Norv Turner after the game.

"Normally after a road win (at Denver), I'd give them the Monday off. I told them how important the Monday and the week was (due to all the distractions). I think our guys did a great job of handling."

These coaches are doing a great job at putting players at new positions continuing the streak they are on.

It appears the Chargers have matured winning six-in-a-row, their second straight by 29-points, and are playing smash-mouth, high-octane football. They need to continue playing this aggressive style especially this Sunday against a much maligned Cleveland Browns team with only one victory on the season. Can't look past this game.

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For Health's Sake

Health bits, education and screenings

Veteran's Information Seminar

So many veterans feel confused about benefits and services they've earned. There's so much to know...and so many

changes from one year to the next. That's why local members of the nonprofit D-A-V will present a veterans information seminar from 9 a.m. to 12 p.m. on Saturday, Dec. 12 at the Cuyamaca College Communication/Art Center

Building B111, 900 Rancho San Diego Parkway, El Cajon, California. Like all D-A-V services, this seminar is free to all veterans and members of their families. For further information, contact NSO LeRoy Acosta at (619) 299-6916.

Preventing The Flu

During the flu season, there are several steps you can take to minimize your risk:

1. The Centers for Disease Control recommends getting a flu shot every year.
2. Cover your nose and mouth with a tissue when you cough or sneeze.
3. Wash your hands often with soap and water.
4. Try to avoid close contact with sick people.

Many cold and allergy sufferers use a device known as a neti pot to rinse out their nasal passages and find they are sick less often.

Alateen

Alateen, part of the Al-Anon Family Groups, is happy to announce that a new teen group has started at the El Cajon Alano Club at 938 E. Washington, on Sunday from 4 to 5 pm. We welcome teens from 7 to 19 to come and join us for an hour of recovery every Sunday afternoon. Any questions, please call Catz at (619) 561-4299..

Laughter is the Best Medicine

Power of the Badge

DEA officer stops at a ranch in Texas, and talks with an old rancher. He tells the rancher, "I need to inspect your ranch for illegally grown drugs." The rancher says, "Okay, but do not go in that field over there," as he points out the location.

The DEA officer verbally explodes saying, "Mister, I have the authority of the Federal Government with me." Reaching into his rear pants pocket, he removes his badge and proudly displays it to the rancher. "See this badge? This badge means I am allowed to go wherever I wish.... On any land. No questions asked or answers given. Have I made myself clear? Do you understand?"

The rancher nods politely, apologizes, and goes about his chores.

A short time later, the old rancher hears loud screams and sees the DEA officer running for his life chased by the rancher's big Santa Gertrudis bull.....

With every step the bull is gaining ground on the officer, and it seems likely that he'll get gored before he reaches safety. The officer is clearly terrified. The rancher throws down his tools, runs to the fence and yells at the top of his lungs.....

"Your badge.. Show him your BADGE !"

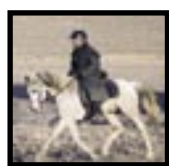
Have a funny joke or antidote to share with the readers of East County? E-mail them to: jokes@ecgazette.com or mail to. East County Gazette, P.O. Box 697, El Cajon, CA 92022.



MOMS IN MOTION
fitness teams for women

ORIENTATION MEETING

12 Noon Saturday, Jan. 2, 2010 — 8:00 am
Alpine Community Center Park
www.momsinmotion.com



Health... Just Common Horse Sense

by Dr. Donald Adema

Prior to a Thanksgiving break and celebration on Kuwait, the office went in to hyper drive to allow for seven days of vacation, including the Thanksgiving usual for four days away. Charts piled high and anticipated prescriptions refilled; the normal daily pace was also to be maintained. Do you ever wonder if it is really worth getting away?

Often, patient diagnosis and lifestyles come in clumps. Sometimes this makes the day speed up as the system locks into a patterned efficiency. However, as usually happens prior to the needed rest and rejuvenation, the dominant patient grouping was, as my dear physician describes in affluent Orange County, the "Pretty people". Be afraid!

"I am rather disappointed. I just cannot seem to lose those 10 pounds. I even doubled my time with my trainer at the gym and even...." After three in a row, putting on a happy face was not working. In the midst of those patient concerns, a new onset cancer requesting a more integrative approach and an elevated blood pressure despite a new medication squeezed in for much needed attention. "Well, if it cannot happen I guess...." (Fret not, "Make my day" was not uttered.)

As the jet approached San Diego on our return, I geared up for the return to the winter season challenges. Our stay on the island revealed all levels of socioeconomic status. Observing the different lifestyles and survival strategies on a simple three mile walk, I thanked God for my life in East County. I thanked God for my calling as a physician. I thanked God for my wonderful family and their diligence in following their callings. I continue to pray for wisdom and endurance.

So, instead of worrying about that last 10 pounds, how about donating food or money that may allow another to gain a much needed 10 pounds, as their economic situation worsens. Consider this, if those who do not give freely to those who do not have, whether money or education, the government will take over the task. Be exponentially afraid!! Stay tuned.

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

Donald Adema, DO
(Board Certified Family Practice)

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LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-032375

FICTITIOUS BUSINESS NAME(S): Yaz Group
Located at: 3219 Helix St., Spring Valley, CA 91977

This business is conducted by: A Limited Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Amer Allous 1283 Crystal Lane, El Cajon, CA 92020; 2. Karl Romaya 3219 Helix St., Spring Valley, CA 91977
This statement was filed with Recorder/County Clerk of San Diego County on November 16, 2009

East County Gazette- GIE030790
12/03, 12/10, 12/17, 12/24, 2009

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

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. 2009-032283

FICTITIOUS BUSINESS NAME(S): The Applecrate
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

— LEGAL NOTICES —

AGENDA

Alpine Community Planning Group

P.O. Box 819, Alpine, CA 91903-0819

NOTICE OF REGULAR MEETING

Thursday, Dec. 10, 2009

6:30 P.M.

Alpine Community Center,

1830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey Roger Garay Richard Saldano

George Barnett John Hood Vacant

Jim Easterling Cory Kill Kippy Thomas

Joe Ford Jennifer Martinez Scott Tuchman

Greg Fox Vacant Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Amended Minutes: October 2009

2. APG Statement:

The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.

V. Open Discussion

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Swearing in of new member Travis Lyon

2. Discussion & Vote: Election of replacement for APG Vacancy.

3. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to or from APG Sub-Committees.

4. Discussion, Interview & Vote: APG Sub-Committee membership, add or remove members to from APG Sunrise Powerlink ADHOC.

Organized / Special Presentations:

1. None

Consent Calendar

1. Circulation

1. Discussion and Vote: None

2.

3. Communications

1. Discussion and Vote: None

4. Private Actions

1) Discussion and Vote: None

2) Discussion and Vote: None

3) Discussion and Vote: None

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1) Discussion & Vote on PLDO Expenditures

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

VIII Subcommittee Reports (Including Alpine Design Review Board)

A. Private Actions Richard Saldano

B. Trails & Conservation Scott Tuchman

C. Parks & Recreation Brad Bailey

D. Public Facilities & Services & Major Public Policy John Hood

E. Circulation Greg Fox

G. Alpine Design Review Board Kippy Thomas

H. Alpine Safety ADHOC Jim Easterling

J. Albertson Park ADHOC Brad Bailey

K. Alpine High School ADHOC Lou Russo

IX. Officers Reports

A. Chairman Dana Zeno

B. Vice Chairman Brad Bailey

C. Secretary Jim Easterling

D. Immediate Past Chair Vacant

X. Open Discussion 2 (Only if Necessary)

Any member of the public may address the group on topics pertaining to planning, zoning and and use which does not appear elsewhere on this agenda Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

XI. Request for Agenda Items for Upcoming Agendas

A. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)

XII. Approval of Expenses / Expenditures

XIII. Announcement of Sub-Committee Meetings

1. The Parks & Recreation meetings will be held on the 2nd Thursday of the month at the Community Center.

XIV. Announcement of Next Meeting

1. Thursday, January 20, 2009, 6:30 P.M. (One (1) week early due to Thanksgiving.

XV. Adjournment of Meeting

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-032374

FICTITIOUS BUSINESS NAME(S):
Sunlight Cleaning
Located at: 8640 Lepus Road, San Diego,
CA 92126
This business is conducted by: An
Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Blanca Estela Carrasco
Vargas 8640 Lepus Road, San Diego, CA
92126
This statement was filed with Recorder/
County Clerk of San Diego County on
November 16, 2009
East County Gazette- GIE030790
12/03, 12/10, 12/17, 12/24, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033167

FICTITIOUS BUSINESS NAME(S): Kreative
Home Improvements
Located at: 856 Deland Ct., El Cajon, CA
92020
This business is conducted by: A
Corporation
The business has not yet started.
This business is hereby registered by the
following: 1. Kreative Home Improvements
Inc. 856 Deland Ct., El Cajon, CA 92020
This statement was filed with Recorder/
County Clerk of San Diego County on
November 24, 2009
East County Gazette- GIE030790
12/03, 12/10, 12/17, 12/24, 2009

FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033241

FICTITIOUS BUSINESS NAME(S): E. I.
Photography
Located at: 7353 Rowena St., San Diego,
CA 92119
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Kerry W. Standifer 7353
Rowena St., San Diego, CA 92119
This statement was filed with Recorder/
County Clerk of San Diego County on
November 25, 2009
East County Gazette- GIE030790
12/03, 12/10, 12/17, 12/24, 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

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. 2009-031146

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

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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.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: JANUARY 7, 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
Dec. 3, 10, 17, 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. 2009-030815**

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. 2009-029348**

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. 2009-032238**

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

**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

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**

CASE NO.37-2009-00102088-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF: VILMA SOLAR FLOJO FOR CHANGE OF NAME PETITIONER: VILMA SOLAR FLOJO HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

VILMA SOLAR FLOJO
TO: VIRGINIA SOLAR HEGE

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 330 WEST BROADWAY, SAN DIEGO, CA 92101. Department D-25, on December 29, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.

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 13, 2009.

East County Gazette - GIE030790
12/03, 12/10, 12/17, 12/24, 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

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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. 2009-031626**

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. 2009-032793**

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,

God Bless YOU San Diego COUNTY, and East County, I am very excited to announce; I will be launching a new church right in the VERY heart of San Diego **starting January 3, 2010** and every Sunday after.

Every Sunday morning, I will be ministering at the San Diego Concourse / Civic Center – Now, “A Touch From Above, International Christian Church of San Diego, 202 C Street, San Diego, 92101

I personally want to invite you to church. We are excited to share the Word of God; we will have interpreters for Spanish, Korean, Philippines(Tagalog), Vietnamese, and Chaldean, the main service will be in English.

If you would like to be a part in Helps, and use your gift for Jesus, please contact us: 760-789-6207. Are you a seasoned musician, and love Jesus? Call US! Use your gift for the Kingdom! Together we will win all of San Diego, for Jesus. We will have more information on our website: www.atouchfromabove.org

Parking on the street meters on Sundays is free. We will have a Trolley Map on our website so you can ride the Trolley. No matter where you live in San Diego, the public transportation (trolley) will deliver you RIGHT TO THE FRONT DOOR of the San Diego Concourse, every Sunday morning! Save time, traffic, and what a wonderful opportunity to invite people to church! I am excited!

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

**Submit questions to: questions@drluauna.com
www.atouchfromabove.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 freedom. (No childcare provided)

Christian University & Seminary - A Touch From Above University & Seminary a fully accredited full gospel University to train men and women to reach the world for Jesus.

www.atouchfromabove.org

Our Best Friends

Puppy for Christmas ... ask a trainer

Dear Trainer,

I'm getting our family a new puppy for Christmas from a rescue group and was wondering what we should have in place before the puppy comes home.

This is our first puppy and really want to do things right, so any suggestions and ideas would be appreciated.

Signed, Puppy Primer

Dear Primer,

Congratulations and Kudos for adopting a puppy from a rescue group. There are so many homeless pets in shelters and rescues are brimming with dogs and cats, so it only makes sense to work with a rescue to keep even more animals from entering shelters.

Classes and training

In the case of a new puppy, experts agree that positive experiences and proper socialization top the list when setting the pace for your puppy's adult years. Find a good puppy class that uses modern, positive training methods and you will save yourself a lot of grief as your puppy grows. www.sandiegodogtrainers.com is a great place to start.

Housetraining

Housetraining, for puppies is one of the main concerns for the human factor in the equation, so start off right and put together a good housetraining plan right away. (Visit my website for a housetraining guide on the articles page.)

If ever there were a running thread of advice for successful housetraining, it is preven-

tion and positive reinforcement training. Each time your puppy has an "accident" in an inappropriate area, he is actually being reinforced for going there since the relief of emptying the bladder or bowels is a rewarding feeling in itself. Add to that the convenience of not going outside if it's raining or hot, or the soft feel of your new area rug under your puppy's feet, and your puppy might just be convinced to continue to eliminate where it is most comfortable or convenient.

If you visit my home page on my website, you will find a section of articles to help with housetraining, as well as others puppy behaviors. www.wholedogtraining.com

How do you know when they have to go?

Understanding some of the common signs that your dog needs to go out, will speed up your house training efforts. If you are not sure, err on the side of doubt, and take your dog outside. Here are some of the signs that your dog or puppy needs to go out:

- Sniffing the ground
- Abruptly stop playing or chewing
- Sniffing in circles
- Whining or barking
- Play biting more
- Going to or toward the door
- Starting to squat
- Scratching at crate door
- Barking at door
- "Zooming" around the house at breakneck speed

If you don't get your pup out in time and he makes a mistake, just clean it up and

vow to watch him closer in the future. It's going to happen, it's part of having a dog, so just ignore it and work on prevention and successes as you go forward.

Other tips for success with your new puppy

Having realistic expectations for your new arrival will add to your success with your new puppy. Keep in mind that your puppy is new in your home and doesn't necessarily know what you would like, nor will he understand things from your point of view. After all, we are humans and they are canines, so it is expected that they will not know all of our rules.

If your dog makes mistakes, be patient and respond, don't react. Redirect him or provide him with alternatives such as giving him stuffed Kongs or bones for chewing, turning your back away for jumping, providing a place to dig for dogs that like to dig, and the like.

Lead by example

Leadership, in short, is the ability to guide, direct or influence. Nowhere in the definition does it say "dominate," intimidate, or control, so use kindness and teach your dog the rules in a way that promotes learning.

Your calmness will teach your dog to be calm. Learn to breathe and not bottle up your feelings. The more you display calmness, the calmer your dog will be when you need it the most.

It's also very important that

you reward, and don't ignore the good behaviors, rather than giving so much attention to the b

ehaviors you don't like.

Humans tend to focus on the things they do not like their dogs to do; spending way too much time saying, "No," and expending far too much energy trying to make them stop what they are doing.

If you teach yourself to put all of that energy into "catching" your puppy doing the correct things and rewarding those behaviors, you will have a puppy that starts to offer the "good" behaviors that get him the most attention.

If your puppy has finally settled down and is quietly chewing a bone, do not ignore that behavior—reward it. Walk by your puppy and quietly drop a treat by him and move

along. If you don't have a treat, a single, quite "Good puppy," will do.

If good behaviors are ignored and unwanted behaviors are the ones that get all of the attention, your puppy may very well decide that good behaviors aren't worth very much, but those "bad" ones sure do get everyone to pay attention to him.

To help you with puppy, invest in a couple of good books: Before and After your Puppy, by Ian Dunbar, and Positive Perspectives, by Pat Miller are two excellent choices, not to mention my book Chill Out Fido! How to Calm your Dog, and all of these can be found at www.dogwise.com.

Prevent separation issues

Have time for your new puppy, but do plan for him to

be alone as well. Be sure you don't lavish love and attention for days on end (not that you wouldn't want to!) and then leave your puppy alone for hours when you have to go back to work. This can cause separation distress, since your puppy will not have had any practice with you leaving. Plan for many small periods of alone time and make your exits and entries a non-event. You want your new puppy to believe that people come and go as part of the routine and that it is no big deal. Just don't leave too many hours for your new puppy since they are only able to "hold it," for short times when they are babies and that can cause distress if they are forced to use their own space.

Happy Holidays to all,
Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

ADOPT-A-PET



Say hello to **Wendy**, a 7-year old Wheaten Terrier mix. She is 30 pounds of sweetness! Wendy is easy-going, loving, affectionate, and adores having her ears and back scratched. Her beautiful blue eyes are windows to her lovely soul. She's great with cats, and is selective about her doggy friends. She loves her daily walks. Wendy is in a private foster home as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To learn more or to arrange a meeting, please call 619-788-7880. Her \$150 adoption fee includes spay, microchip, license and vaccinations.

Tallahassee is a high-spirited young man with a lot of flair and personality looking for a great home to grow up in. Full of energy and excitement, he would likely do best with a family that has slightly older children. He enjoys playing and going for long walks. If you are looking for a more-than-the-average kind of guy, please ask to meet with Tallahassee in the play-yard. He's an absolute sweetheart and could be your perfect match! North County Humane Society & SPCA, 2905 San Luis Rey Road, Oceanside, CA 92058 (760) 757-4357 xt. 1215



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