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VOLUME 10 NUMBER 27 **DECEMBER 10-16, 2009**

'Tis the season for giving — East County Toy Drives

'Tis the season for Toy Drives and this year the East County Gazette has teamed up with the Mother Goose Parade Association to host a Toy Drive for the Cajon Valley School District. There is just a little more than a week left until the district closes for the holiday break, and there are a lot of children whose families are out of work this holiday season. Let's help these families have a wonderful holiday by donating a new, unwrapped gift by Thursday, Dec. 17 at any of the following El Cajon locations:
 Gazette / Mother Goose Office - 1130 Broadway
 Pernicanos - 1588 E. Main St. (corner of Main & Broadway)
 Antique Row Cafe - 1195 E. Main St. (Ballard & Main)
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(Pick up a donation card when you drop off a toy, and bring it into the Gazette office for 25% off advertising in January 2010!)



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Little Joon Gaudette is joined by El Cajon Mayor Mark Lewis and her friends to kick off the Gazette/Goose Toy Drive. See inside pages for toy drives in other communities. Photo by Briana Thomas

Local News & Events

Bits and pieces around East County

County plugs into statewide financing effort

San Diego County moved a giant step closer toward helping unincorporated area residents more easily afford rooftop solar

electric systems and other energy efficiency projects.

At the urging of Chairwoman Dianne Jacob and Vice Chairwoman Pam Slater-Price, the Board of Supervisors agreed unanimously to join forces with more than a dozen California counties planning to launch

a statewide solar financing district.

The goal is to finance installations of rooftop solar electric systems and allow property owners to pay the cost over a period of 20 years on property tax bills. The application process could begin as early as June 2010.

"Our county is among the sunniest corners in the nation. Our region has not even begun to tap into the potential for rooftop solar. Upfront solar financing is going to help us chart that course," said Chairwoman Jacob who represents East County on the Board of Supervisors.

The County will spend \$25,000 to enroll in what is known as the CaliforniaFIRST program. The effort is offered through California Communities, a joint powers authority sponsored by the League of California Cities and the California State Association of Counties. Renewable Funding LLC and RBC Capital Markets will help administer and finance the program.

California Counties will work directly with interested homeowners to process applications, determine eligibility, and provide customer services.

To lower costs, the program is seeking Federal Stimulus dollars thought grants from the California Energy Commission.

A handful of local cities have expressed interest in joining the effort. CaliforniaFIRST has determined that the participation of local cities is contingent on the County's participation.

To learn more about CaliforniaFIRST, visit www.renewfund.com.

"We're tapping into a program that will use the strength of a statewide pool of participants to keep costs as low as possible," said Vice Chairwoman Slater-Price. "We are going to lower energy bills, cut fuel costs and clear the air at the same time."

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Computer Sense Saves Cents: Chapter 7 Reader Tech Support

by Brice Pedrin

In my last article I asked the readers to reach out with any computer related questions they might have. With so many questions to answer, I will continue this troubleshooting section until the emails slow. Thank you for your interest and support.

Becky from Alpine writes: "Thank you for the easy to understand articles. It's so hard to find help online, because I don't understand a lot of the technical side of computing. I've learned a lot so far and hope to read more useful information. I have a small problem that I hope you can address. While working on my computer I noticed it started running very slow. Just opening a folder took a minute or two. After trying to get through some tasks, my computer freezes and a blue screen pops up that displays numbers that looks like code of some sort. I rebooted my computer and everything was fine for a while. An hour later it happened again. I stopped using the PC afraid I would make the problem worse. Do you know what could be causing this?"

Answer: This case could be a lot of different issues. When you receive a "Blue screen of death" (as some techs call it, that are all too familiar with that screen), It's telling you that there is some type of hardware and or software failure. This doesn't necessarily mean that there is something wrong with any of your hardware, but means that the hardware failed to do a certain task. The "Blue Screen of Death" appears for four main reasons.

1. Installation of new hardware or hardware drivers
2. Low disk space
3. Overheating
4. Hardware failure

The easiest thing to try is to back track to what you were running/installing when the blue screen appeared. If you're unsure, try a System Restore and set the restore point directly before the problem started. You can do this by going to:

1. Start
2. All Programs
3. Accessories
4. System Tools
5. System Restore

If the problem remains, then the next step is to read the blue screen error and write it down. Send it to me at brice@ecgazette.com and I will troubleshoot further. Next week we will continue our troubleshooting. Keep the emails coming!

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Phone: (619) 441-1580

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— LOCAL NEWS & EVENTS —



Alpine happenings ...

Alpine schools and Viejas team up

Despite deep education budget cuts statewide, kids at schools in Alpine are benefiting from an innovative, new program that improves math and music skills, thanks in part to proceeds from concerts and other events held at Viejas Casino and Outlet Center in Alpine.

Earlier this year, hundreds of K-8 students at Alpine's three elementary schools began using a new program called ST Math + Music, a research-based program designed to improve math and music skills. The program is based on brain research and was developed by the California-based nonprofit MIND Research Institute.

Viejas dedicated a portion of proceeds from the 2009 concert season ticket sales, as well as proceeds from food sales at its annual state barbeque championship event to purchase the music and math software, as well as some classroom music keyboards, for the school district.

"It's amazing that we are able to launch a program like this in such a challenging economic period," said Alpine Superintendent Greg Ryan. "But this demonstrates the community spirit and the commitment to education that

we all share in Alpine. We especially want to thank Viejas for their support. We couldn't have done it without them."

Viejas Tribal Chairman Bobby L. Barrett said, "Times are tough for everyone right now, and schools are forced to make significant budget cuts. But this partnership between Viejas and Alpine shows what can be done when the community comes together, gets creative and is determined to overcome obstacles and help our children. We are very proud of this project and look forward building upon

our relationship with local schools."

Alpine parade snow festival

The holiday season will truly glow on Friday, Dec. 11, with the "14th Annual Alpine Village Christmas Parade of Lights & Snow Festival" in Alpine.

Santa Claus officially arrives aboard an Alpine fire truck as the twinkling parade starts at 6:30 p.m. at Victoria Drive and Alpine Boulevard. The friendly march winds down Alpine

Boulevard to the free Snow Festival at the Alpine Creek Town Center.

The only requirement for this imaginative, cheerful night parade is that every entry --- whether it's a gorgeous float or the family dog --- be decorated with holiday lights.

Bring cameras to the Snow Festival to take pictures of Santa Claus chatting with children as well as photos of the young and young in heart playing in the snow.

See SNOW FESTIVAL page 9

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Lakeside Round Up of events

by Patt Bixby

Dates to remember

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

Dec. 11- Chamber Christmas Party

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

Dec. 19- Blackhawk Helicopters will arrive with Santa at the Alpine Albertsons from 3-7 p.m.

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Garden Farms grand opening and ribbon cutting was held recently. Pictured above is the staff of Garden Farms and the Lakeside Chamber. Photo by Patt Bixby

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.

Illegal Encampments

For the last several months the Sheriff's department has been clearing out illegal transient encampments in the East County. Thursday, Nov. 12, the targeted encampments were located off Pecan Park Lane in the Olde Highway 80 area.

The owner of the property contacted the Sheriff's Department with the illegal lodging problem and together they worked to resolve the situation. The area was littered with debris left behind after the transients were removed. Not only was there debris from transients, there was trash and tires citizens had thrown on the private property.

Fifty people from the County Work Program, Explorers,

Sheriff's Department and Fire Department spread out across the acreage and filled three 40 foot trailers with everything from couches, rugs and a Bar-B-Que. Deputy Tim Johnson said there had been a fire on the property in recent months. Encampments like the ones off Pecan Park Lane present a fire hazard.

The property was posted "Private," but people ignored the signs and set up camp amongst the trees and shrubs. Anyone who has a similar problem should contact the Sheriff's Departments and get an "Authorization to Enforce Trespassing" form. It is important the request be area specific. Authorization must be renewed every six months. After the clean-up is complete the area goes into maintenance phase and is patrolled.

Garden Farms Market

Grand Opening and Ribbon Cutting for the Garden Farms Market at 12580 Lakeshore Drive in Lakeside was held

in November. Come in and see the meat department and produce section. Under new ownership, the store's hours are Monday through Saturday from 8 a.m. to 9 p.m. and Sunday from 8 a.m. to 8 p.m.

Holiday Home Tour

The 21st Annual Holiday Home Tour presented by the Lakeside Historical Society was a great success. Over a 100 people toured four unique homes in the Lakeside area followed by a reception at the Olde Church on Maine Ave.

Christmas Concert

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

See Christmas photos on page 9



Toy Drive



**Friday,
December 18, 2009
7am - 2pm**

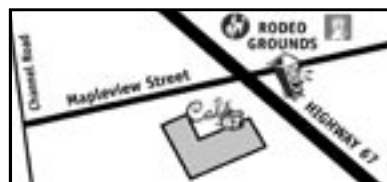
Bring in a new, unwrapped toy or clothing item for children of all ages to Cafe 67, located at the corner of Hwy 67 and Maplevue in Lakeside, and receive 10% OFF your Breakfast or Lunch that day!!

All donations are benefitting the Lakeside Christian Help Center located on Channel Road in Lakeside.

From all of us at Cafe 67, Thank you for your support and have a wonderful Holiday Season.

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— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

El Cajon Police Storefront is back at Westfield Parkway

Take a break while shopping and visit the El Cajon Police Storefront during the month of December! This year they are located between the food court and J.C. Penney. See the restored 1942 police vehicle and pick up some great safety tips for the holidays. Come in and chat with officers and check out the great displays and photographs. The storefront is open weekdays, now through December 31, except Christmas Day & New Years Day. Hours of operation are 10 a.m. to 6 p.m., and some days until 9 p.m. For more information please call Officer Dan Hansen at (619) 441-1597.

East County Performing Arts Center Community Forums

The City of El Cajon has been working on a master plan for the Civic Center area that will include renovations to the East County Performing Arts Center (ECPAC). To help us in the design and planning process, we are seeking the public's valuable input. The

City will be hosting a community forum on two different dates to share goals of the renovation and to receive community input on desired renovations to the Theater. The agenda will be the same at both meetings.

The dates, time and location of each forum are as follows:

Wednesday, December 16, 2009, 7 – 8 p.m. at Renette Recreation Center, 935 South Emerald Avenue

Thursday, January 21, 2010, 7 – 8 p.m. at Ronald Reagan Community Center, 195 East Douglas Avenue

If you would like to attend and offer your thoughts and ideas, please RSVP for one of the above dates to the Rec-

reation Department at (619) 441-1754. Space is limited so we request no more than three people from any one organization attend.

Salvation Army's East County Toy & Food Drive

There is still time to drop off a toy at your nearest fire department for the 2009 East County Toy & Food Drive. 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.

If you can't make it to your nearest fire station, you can drop off your toy this Satur-

day, Dec. 12, from 9 a.m. to 12 p.m., at the Firefighter Toy Parade & Live KOGO radio broadcast located in the El Cajon Target parking lot at the corner of Graves and Broadway. There will be a parade of fire engines traveling from Fire Station 6, at 100 E. Lexington Avenue, to the Target location at approximately 11 a.m. They will be loaded with toys donated in the weeks leading up to this event. On December 17, 18, and 21, the Salvation Army will distribute the food and toys

to pre-registered East County families that are in need of holiday help. If you are having a holiday office party or meeting with your civic group, consider asking those attending to bring a new unwrapped toy to donate for this event. If you would like to help a family in need, please call (619) 440-4683, ext 401.

Traditions of Christmas starts Thursday!

Kick off your holidays with Traditions Of Christmas, opening Thursday, Dec. 10 at the East County Performing Arts Center. Enjoy beautiful singing and dancing, see Santa and his workshop of elves, and a live Nativity scene you will never

forget! 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 this holiday spectacular featuring customs from Around the World, your favorite Christmas songs, and inspirational scenes. It is a great show that has 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.ticketcity.org, or visit their box office at 1545 Pioneer Way in El Cajon.

See HIGHLIGHTS page 8

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— LOCAL NEWS & EVENTS —

Highlights ...



Captain Darrin Norton with the Salvation Army at the recent First Breakfast by the East County Chamber. Their main sponsor was Viejas who gave cookies to all the attendees, who in turn brought a new unwrapped toy for the Salvation Army's East County Toy Drive. Photo by Monica Zech

Continued from page 7 Holiday Show at Sophie's

Sophie's Gallery will be holding their annual Holiday "Wings & Snow" event now through December 31. Sophie's is celebrating their 10th Annual Holiday Show featuring a collection of angels, winged mosaic pieces and much more. It's a great place to shop for that unique holiday gift. Sophie's is located at 109 Rea Avenue in Downtown El Cajon. For more information please call Sophie's Gallery at (619) 593-2205.

Lend A Hand event this weekend

This Saturday, Dec. 12 from 9 to 11 a.m., join the El Cajon Community Development Corporation for the next Lend A Hand Clean-up at West Palm and Richardson Avenue. Spend a couple of hours on Saturday cleaning up Downtown El Cajon. 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 on hand to collect your electronic waste including cell phones, batteries, computers, televisions, and laptops. If you



Chuck Hansen and his staff from Viejas who handed out the cookies to the people who attended the breakfast. Photo by Monica Zech

cannot help with the clean up, clean out your garage instead. The Lend A Hand program has again partnered with the San Diego Rescue Mission.

They will be collecting any usable items you no longer need. Donate your working electronics, furniture, household articles, baby items, or

clothes (and remember, your donations are tax deductible). To register or for more information contact Rebecca Reyes at (619) 401-8858.

Swipe, Play AND Win!
Come in for your **FREE** swipe EVERY DAY!

1 lucky winner could walk away with
\$150,000!
Smaller prizes given daily.

PARTY FEVER!
December

HOT SLOTS
SUNDAY - THURSDAY
RANDOM HOT SEATS FOR ACTIVE PLAYERS FROM 12PM - 9PM

3 WINNERS
EACH HOUR RECEIVE **\$50 FREEPLAY**
JUST FOR PLAYING WITH YOUR PLAYER'S GOLD CARD!

GOLDEN ACORN CASINO & TRAVEL CENTER

SUPER SATURDAYS
\$100,000!
December 12 and 26

PAYDAY FRIDAYS
EVERY FRIDAY WIN UP TO
\$1,000 FREEPLAY

— LOCAL NEWS & EVENTS —

Lakeside Christmas ...

Continued from page 6



Spirit of Christmas- Mr. and Mrs. Claus and elves. Photo by Patt Bixby



Spirit of Christmas on Maine ave.- Fireman with Chamber members and Mr. and Mrs. Claus. Photo by Patt Bixby

Alpine Snow Festival ...

Youngster sledding down the hill at last year's Alpine Snow Festival.

Continued from page 5

In addition to the traditional community Christmas tree lighting and sing-along, this year's free festival entertainment will include Ronald McDonald's magic show, a band and other entertainment.

The Alpine Mountain Empire Chamber of Commerce presents both events. Call the Chamber at (619) 445-2722 weekdays for more information

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Gazette Gift Guide

Time is running out for holiday shopping

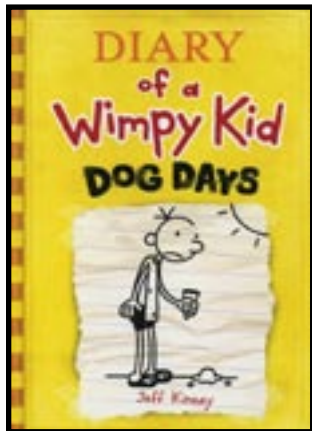
The holidays quickly approaching. There's still time to check out the gift guides offered weekly in the East County Gazette either in the newspaper editions or online in the Gazette archives at www.eastcountygazette.com. For the next two weeks our guides will offer suggestions for all ages from a diverse list of fun, unique and desirable products.

Gifts For Kids



The Wizard of Oz: Beyond the Yellow Brick Road Nintendo DS game – is the latest creative interpretation on the much beloved tale of Dorothy and her magical journey through the Land of Oz. An accessible single player role-playing game (RPG) created by Media.Vision (Wild ARMs series), all actions are performed with the use of a stylus, including movement which is performed by spinning the trackball on the touch screen. The high production values bring the colorful world of Oz to life, while the original soundtrack captures the spirit

and environment of the magical land. Lot of fun games features too. Available at game and online retailers.



Diary of A Wimpy Kid – it's summer vacation, the weather's great, and all the kids are having fun outside. So where's Greg Heffley? Inside his house, playing video games with the shades drawn. Greg, a self-confessed "indoor person," is living out his ultimate summer fantasy: no responsibilities and no rules. But Greg's mom has a different vision for an ideal summer . . . one packed with outdoor activities and "family togetherness." Whose vision will win out? Or will a new addition to the Heffley family change everything? This is a great book for kids. Purchase at online or book retailers. ISBN: 978-0810983915

Leap Frog Click n' Create



Digital Camera – watch as your child captures their memories with a versatile camera that allows children to explore digital photography, creative writing, self-expression and art and design. Equipped with editing software, it's ideal for young, creative minds! Recommended for ages 4 and up and comes with a 1-year limited warranty. Available at retail and online vendors.



Frosty Friends DVD – bundle up with your favorite preschool pals in these fun-filled wintertime tales. Join Barney, Bob the Builder, Pingu, Thomas & Friends, and Kipper as they enjoy playful adventures in the snow. Learn the true meaning of Christmas with your best friend, Barney, build a snowman with Bob, go sledding with Kipper, whistle down the tracks with Thomas, and laugh along as Pingu plays hilarious tricks on his friends. Available at DVD and online retailers.

Gifts For Him or Her

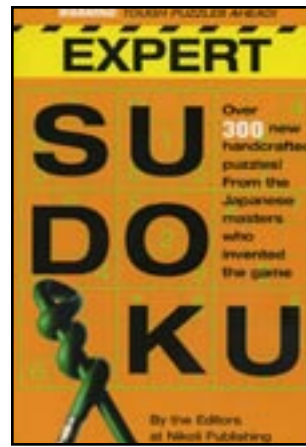


idox Traveler – looking

for an affordable gift that anyone will enjoy? The Traveler Series from idox is designed to keep your iPod Nano, iPod Touch or iPhone stationary and upright to more easily enjoy videos, Web content, speakerphone calls, photos or podcasts. Whether at home, at work or on an airplane, the idox let's you keep your hands free while your device sits at a comfortable viewing angle. Once in the idox, all buttons and ports on your device remain accessible, so you can still easily charge, pause, turn off and control the volume. The idox Traveler is compatible with the 4G iPod Nano (\$24.95), the 2G iPod Touch (\$34.95) and the iPhone 3G and 3GS (\$34.95). Order at www.idox360.com



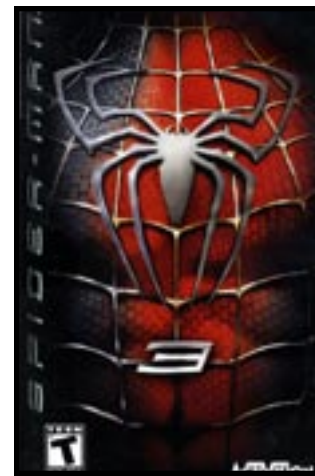
Breville – is a high-end countertop appliance company is launching several new kitchen gadgets this holiday season. New products include a Panini press, espresso machine, slow cooker, deep fryer, blender and more. Imagine a Die-Cast 4-Slice Smart Toaster with sleek brushed stainless steel looks and extra-wide slots for breads, bagels, and pastries. Once you enjoy a café-style panini at home, sandwiches will never be the same. Adjustable height control ensures even heat for perfectly grilled sandwiches and more. The non-stick ribbed plates allow for cooking without added oils or butter for a more healthful cooking experience. Check out info and images of more products at <http://www.brevilleusa.co>



Expert Sudoku – included

in this book's introduction are answers to What is Sudoku?; Why Handmade?; Why Nikoli?; The History of Sudoku; The Rules of Sudoku; Remembering the Basics; Puzzles and Solutions. Every puzzle is fiendishly hard. Are you up to the challenge? Order at book retailers or www.workman.com

Gifts For Teens



Spider-Man 3 PSP game – this game enables players to feel the adrenaline of the Black-Suited Spider-Man and unleash new abilities and powers. Enjoy unprecedented freedom while swinging through the city. Roam anywhere and explore the most massive, detailed New York City ever seen in a Spider-Man game. Battle 10 of Spider-Man's most infamous enemies from the movie and comics, including Sandman and Venom. All-new combat system - Empower both Spider-Men with suit-specific powers and abilities – with new attacks and finishers for both Classic and Black-Suited Spider-Man. Available at retail and online game retailers.

Gifts For Family

Corner Bakery Café – is a casual neighborhood gathering place where people can relax with friends and enjoy great food any time of day. Focusing on innovative, flavorful offerings and "grandma-inspired" desserts, the Corner Bakery Café menu features: specialty breads, hot breakfasts, salads, sandwiches, panini, pastas,



soups sensational freshly baked sweets and hand-roasted coffee or gourmet teas. Signature desserts include Bundt Bites (chocolate, banana and gingerbread); Mini Bars bite-sized fudge brownies, maple pecan and raspberry bars and Mini Cookies. There are stores across the nation – in San Diego there's one in Mission Valley and National City. Gift cards are available. For information visit <http://www.cornerbakery-cafe.com/>



Dinosaurs Alive! – roars onto DVD and Blu-ray Oct. 6 from Image Entertainment. Michael Douglas narrates this IMAX film where the world's most pre-eminent paleontologists take an extra-ordinarily unique look at the age of dinosaurs. Join in the adventure as they uncover some of history's most astonishing finds including their behaviors and realistic and scientifically accurate CGI animation with intriguing 1920s documentary footage, dramatic new scenes of real fossils and current dinosaur hunting expeditions. Using state-of-the-art techniques, the filmmakers have created an array of amazingly life-like creatures based on the latest fossil evidence, allowing the entire family to see these remarkable creatures come alive ... in a very BIG way!

Green Stocking Stuffer- Free Tree Planted – the more DeeAmoré potatoes America eats, the more forests are restored. It's the DeeAmoré "Buy One Get One Tree" program, and it's just in time for earth-friendly, budget-friendly holiday gift-giving. Purchase any DeeAmoré potato dish, and the company will plant a tree in a needy national forest. Verify the purchase online to arrange to have a tree planted in honor of a friend and be emailed a printable, personalized certificate that commemorates the planting. Learn more at www.Mr-Dees.com

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THE GOLDEN GLORY BURGER IS BACK!

Our famous TWO-POUND charbroiled burger with cheese, dressed with lettuce, tomato, red onions, and plenty of pickles is back.

All of this is served on a toasted sesame seed bun for \$17.99. If you can eat the WHOLE THING, you are rewarded with a free slice of cake!

LIQUID SLOT GOLD

Purchase a beverage with a value of \$3.00 (excluding tax) or more and receive \$2.00 of free play.

Players must be a Player's Club member and have earned 200 points the same day to participate. A Player can participate two times a day.

Eat, drink, and WIN!

For Health's Sake

Setting goals and building self-confidence



Judy Callihan-Warfield

by **Judy Callihan Warfield**

I was attending my Temecula Rotary lunch and a fellow Rotarian and I were discussing how difficult it is for children to build their confidence and self esteem. We were reminiscing about how much more freedom we had during our childhood days. You could ride your bike just about wherever you wanted and your only curfew

was to be in when it got dark. You and your friends were not always under the watchful eye of an adult and were then forced to make a lot of decisions on your own. This freedom allowed you to build the sense of autonomy that was essential to developing a healthy self confidence and self esteem.

Unfortunately, in today's world, our children need to be supervised in order to ensure their safety. The child has a difficult time feeling independent and that sense of empowerment that comes from exploring on their own. Keeping your children in activities which allow them to challenge themselves is a great alternative. Activities such as camping, 4x4, and motorcycle riding are great ways to allow your children to expand and also to give the family a way to bond and be able to relish in accomplishments and

laugh at mistakes. If your child is not the outdoors type, then perhaps they will achieve the same results thru mastering a musical instrument? The important thing is that the child feel this is something they have achieved through their efforts not the parents.

Keep in mind that even as adults setting small goals and achieving them is the best way to elevate your confidence and self esteem. It is an affirmation of your ability to persevere and respect yourself. It is time for those New Year's resolutions. Make this a great time for you to set short term goals and long term goals and give yourself the gift of accomplishment and better self image. Why not make this the year that you not only set goals, but achieve and surpass them. Has your weight been holding you back? Is this going to be the year to finally stop smoking? Is there a fear or phobia that is interfering with full enjoyment of

your life? Ask yourself what you need and want and then ask yourself what is holding you back?

- Set goals and achieve them
- Eliminate Fears and Phobias
- Improve your health
- Improve self confidence and self esteem
- Take back control of your future

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

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.

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 p.m. We welcome teens ages 7 to 19 to come and join us for an hour of recovery every Sunday afternoon. Any questions, call Catz at (619) 561-4299..

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.

Chronically ill may breathe easier



There could be good news for millions of chronic disease patients who are concerned about getting the medicines they need. There's a group that has helped more than 6 million uninsured and financially struggling patients with patient-assistance programs that provide medicines free or nearly free.

Former National Football League running back Jerome "The Bus" Bettis understands firsthand how important it is for patients struggling with a chronic disease to take the medicines their doctors prescribe. Bettis suffers from asthma but learned how to control his disease and refused to let it get in the way of his success.

"Up until I had an asthma attack during a nationally televised football game, I always felt that asthma was a situation that I would deal with as needed," said Bettis. "Now I realize that I was in a life-threatening situation and I needed to do everything I could to understand what I was dealing with and how to manage and monitor myself to make sure I was in the right condition to stay healthy."

"As someone who has suffered from asthma for years, I think it's important for patients to know all the resources available so they can manage their conditions and stay healthy," Bettis added.

To help, the Partnership for Prescription Assistance (PPA) provides access to hundreds of patient-assistance programs, providing free and nearly free medicines to qualifying uninsured and financially struggling patients. Nearly 200 of these programs are directly sponsored by pharmaceutical research companies.

Eligible patients have access to more than 2,500 brand-name and generic prescription medicines. In addition, there's information on more than 10,000 free health care clinics in America and the partnership has connected hundreds of thousands of patients with clinics and health care providers in their communities.

Uninsured and financially struggling patients seeking help can call (888) 4-PPA-NOW to talk to a trained operator or access the easy-to-use Web site, www.pparx.org.

Laughter is the Best Medicine

Sharing peanuts

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.

She repeats this gesture about five more times.

When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?'

We can't chew them because we've no teeth,' she replied.

The puzzled driver asks, 'Why do you buy them, then?'

The old lady replied, 'We just love the chocolate around them.'

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

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. 2009-033656 FICTITIOUS BUSINESS NAME(S): a.) San Diego Plumbing Repair b.) Specialty Construction Service Located at: 465 Ridge Way Ct., Spring Valley, CA 91977 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. David Franklin Kuder 465 Ridge Way Ct., Spring Valley, CA 91977 This statement was filed with Recorder/ County Clerk of San Diego County on December 02, 2009. East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033268 FICTITIOUS BUSINESS NAME(S): THERASOMA Located at: 448 S. Magnolia Ave., El Cajon, CA 92020 This business is conducted by: An Individual The first day of business was: February 22, 2009 This business is hereby registered by the following: 1. Linda M. Shipman 9191 Shadow Hill Rd., Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on November 25, 2009. East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033894 FICTITIOUS BUSINESS NAME(S): Villa Embasabora Inn Located at: 1556 E. Main St., El Cajon, CA 92021 This business is conducted by: A Corporation The business has not yet started. This business is hereby registered by the following: 1. WEI Management Company 1556 E. Main St., El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 04, 2009. East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033719 FICTITIOUS BUSINESS NAME(S): J G S Associate Located at: 9319 Nalini Ct., Santee, CA 92071 This business is conducted by: An Individual The first day of business was: December 3, 2009 This business is hereby registered by the following: 1. Jesus Guillermo Sanchez 9319 Nalini Ct., Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on December 03, 2009. East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033839 FICTITIOUS BUSINESS NAME(S): Promoters Corner Located at: 5677 Cervantes Ave., San Diego, CA 92114 This business is conducted by: An Individual The first day of business was: August 24, 2009 This business is hereby registered by the following: 1. Ricky G. Andaya 5677 Cervantes Ave., San Diego, CA 92114 This statement was filed with Recorder/ County Clerk of San Diego County on December 04, 2009. East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009
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**PLANNING GROUP MEETING
PRELIMINARY AGENDA/PUBLIC NOTICE**

DATE: 7 pm, December 14, 2009

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

- Call to order/Pledge of Allegiance/Roll call/Approval of,** September 28, and November 09, 2009 meetings minutes/Expense Reimbursement requests.
- Announcements.**
- Open forum** followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
- Committee Reports:**
None
- Private project proposal:**
(a) AD 09-045 Brooks Proposed second dwelling unit at 1385 Gibsom Highlands (Replacement map).
- Public Project Proposal:**
(a) PLDO List.
- Unfinished Business**
(a) None
- New Business:**
(a) None
- Adjournment**

Planning Group Members:

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

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

December 14, 2009 meeting will be held at Old Ironside Park in Harbison Canyon.

Chairman Wally Riggs (619) 442-4612 wrplanning@aol.com	Vice-chairman Jason Harris (619) 659-9675 harris@nautilus.com
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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033686**
FICTITIOUS BUSINESS NAME(S): Steve's Mobile Repair
Located at: 2418 Wind River Rd., El Cajon, CA 92019
This business is conducted by: Husband and Wife
The first day of business was: January 1, 1977
This business is hereby registered by the following: 1. Steve Hackney 2418 Wind River Rd., El Cajon, CA 92019; 2. Donna Hackney 2418 Wind River Rd., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on December 02, 2009.
East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009


**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033908**
FICTITIOUS BUSINESS NAME(S): a.) Universal Enterprises Realty & Lending b.) Universal Lending Enterprises
Located at: 1217 Jamacha Rd., El Cajon, CA 92019
This business is conducted by: Husband and Wife
The first day of business was: February 24, 1994
This business is hereby registered by the following: 1. Issam Jamil 1217 Jamacha Rd., El Cajon, CA 92019; 2. Juliet Jamil 1217 Jamacha Rd., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on December 04, 2009.
East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-034030**
FICTITIOUS BUSINESS NAME(S): West Coast Label
Located at: 2831 Mercury Dr., Lemon Grove, CA 91945
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Ericka M. Page 2831 Mercury Dr., Lemon Grove, CA 91945
This statement was filed with County Recorder/ Clerk of San Diego County on December 07, 2009.
East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033720**
FICTITIOUS BUSINESS NAME(S): a.) www.sheridesherown.com b.) www.sheridesherown.net
Located at: 8535 Paradise Valley Rd., #45, Spring Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Renee Xenakis 8535 Paradise Valley Rd., #45, Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on December 03, 2009.
East County Gazette- GIE030790 12/10, 12/17, 12/24, 12/31, 2009



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Talking Taxes

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- Bills, mortgage payment records and other paperwork to support deductions
- Credit card and other receipts
- Invoices
- Mileage records
- Checks
- Previous year's tax return (possibly more).

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Keep papers in a central place. Dome Tax Deductions File is an easy-to-use record of all personal tax-deductible expenses. This file can simplify the filing of federal and state tax returns and it has pockets for storing important papers.

If you haven't been keeping tax papers in one place, now is a good time to start. To learn more, visit an office supply store or go to www.domeproducts.com.

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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. 2009-032375**

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. 2009-032482**

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. 2009-032283**

FICTITIOUS BUSINESS NAME(S): The Applecrater

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. 2009-032595**

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. 2009-033167**

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. 2009-032132**

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. 2009-030485**

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. 2009-033571**

FICTITIOUS BUSINESS NAME(S): Lexington Field

Located at: 10009 Maple Tree Rd., Santee, CA 92071

This business is conducted by: A General Partnership

The first day of business was: August 1, 2009

This business is hereby registered by the following: 1. Beau Gray 10009 Maple Tree Rd., Santee, CA 92071; 2. Brinton Ward 3553 Dehesa Meadow Rd., El Cajon, CA 92019; 3. Odell Hobson 3116 Groton Way #1, San Diego, CA 92110

This statement was filed with Recorder/ County Clerk of San Diego County on December 01, 2009.

East County Gazette- GIE030790
12/10, 12/17, 12/24, 12/31, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-033190**

FICTITIOUS BUSINESS NAME(S): Eddington Rental Company

Located at: 2335 Eucalyptus Dr., El Cajon, CA 92021

This business is conducted by: An Individual

The first day of business was: November 24, 2009

This business is hereby registered by the following: 1. Shawna Eddington 2335, Eucalyptus Dr., El Cajon, CA 92021

This statement was filed with Recorder/ County Clerk of San Diego County on November 25, 2009.

East County Gazette- GIE030790
12/10, 12/17, 12/24, 12/31, 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

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**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. 2009-032836**

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

**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

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

CASE NO.37-2009-00103395-CU-PT-CTL IN THE MATTER OF THE APPLICATION

OF: TAL YEHUDA LABI FOR CHANGE OF NAME PETITIONER: TAL YEHUDA LABI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

TAL YEHUDA LABI

TO: TAL YEHUDA LAVI

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101.

Department D-25, on January 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 DECEMBER 08, 2009.

East County Gazette – GIE030790
12/10, 12/17, 12/24, 12/31, 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. 2009-032793**

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

Questions: *Dear Dr. Luauna,*

Every time I turn around, I see some type of movie that talks about the end of the world. How could a loving God do such a thing? Is it true, is there really going to be a judgment? Is there really a God who is going to zap us all?

Should I be afraid? *Signed, Doomsday in El Cajon.*

Answer: *Dear Doomsday,*

I am amazed how many movies come out and share about the judgment at the end yet they don't tell the whole story. Is there going to be a judgment? Yes. Why? God created this earth for you and I to walk in fellowship with the Him, but man chose darkness (Adam & Eve), they chose sin and brought judgment for the entire world through their disobedience. But God's love is amazing and He immediately made a way of escape, He sent His only begotten Son Jesus, to die on the cross so we could have eternal life and reign with Him forever. That cross is a way of salvation, when we acknowledge that we are sinners and we come to true repentance we escape the judgment that is to come.

God does not want to "zap us," He does not want any of us to perish, but to come to repentance which will bring us into safety now and for eternity. We must choose Him and His Son Jesus. You do not have to be afraid, you can receive Jesus as your Lord and Savior, "For God so loved the world that He gave His only begotten Son that whosoever believes on Him will not perish but have everlasting life."

Before that great and final judgment, Jesus is coming to remove those who are truly His off the earth. The Bible tells us to be ready for His coming, to live for Jesus with all our heart, mind, soul and strength, pick up your cross and follow Christ. Nobody knows the day or the hour of the Lord's coming, that is why we must be prepared now, today is the day of salvation. **Read these verses: John 3:16, 1 Thessalonians 5:1-11, 1 Thessalonians 4:16-17**

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

ACES' Jingle Paws Walk for Pets



Santa visits with a black lab during the 'Jingle Paws' event. Photo by Monica Zech

Over 100 dog owners arrived at The ACES Foundation & Camp Bow Wow's "Jingle Paws Walk For Pets" event, which was held on Saturday, Dec. 5 at Wells Park in El Cajon.

ACES (Animal Center for Education and Services), a private non-profit 501(c)(3) organization was established in

2005 by East County community leaders and volunteers to help animals and the El Cajon Animal Shelter.

ACES' slogan "People Helping Pets," explains what they are all about. Their mission is to support the El Cajon Animal Shelter by raising money to enhance medical care, encourage animal adoptions and promote public education about

the proper care of animals. ACES receives no government funding and are supported solely through contributions, grants, bequests and fundraising events.

All funds raised directly support the programs and services of the Animal Center for Education and Services under the direct supervision of the board of directors. Funds raised by the ACES Foundation may be used for:

- Surgery and medications outside the scope of the Animal Shelter budget.
- An Off-Site Visit/Adoption Program.
- Educational brochures and adoption materials.
- A Pet Socialization & Rehabilitation Program
- Off-site diagnostic tests.
- Educational programs.
- Additional diagnostic and surgical equipment.

The El Cajon Animal Shelter is the only animal shelter actually located in the East County. Although it primarily serves the El Cajon community, the shelter also provides contract animal shelter services to nearby communities such as the City of La Mesa.

The existing El Cajon Animal Shelter was constructed in 1957. The aging structure is no longer adequate and far too small to meet the shelter needs

of animals in East County. The 3,000 square foot facility shelters more than 3,000 stray or relinquished pets annually.

The City of El Cajon has set aside a portion of Proposition O funds to be used for a new Animal Shelter facility. In addition to meeting the immediate needs of animals at the El Cajon Animal Shelter, the El Cajon ACES Foundation will seek to raise money to help equip the new facility.

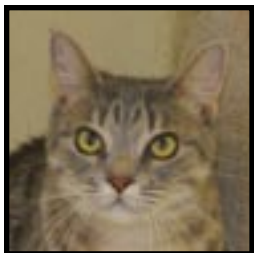
For more information about ACES call (619) 447-3535.

Camp Bow Wow® Premier Doggy Day and Overnight Camps® is a doggy day camp and provides overnight boarding for travelers. Camp Bow Wow is located at 1677 N. Marshall Avenue, Suite A in El Cajon. For more information call (619) 448-9663.



Santa's making his list and finding out what this big girl wants for Christmas during the 'Jingle Paws' event. Photo by Monica Zech

ADOPT-A-PET



Hi, my name is Danielle and I am a very beautiful grey tabby. I absolutely love attention and love being pet. When you pet me, I will rub against you...I just love it! One of my favorite things to do is sit on your lap while you watch T.V. or read a book. I am looking for a family that wants to love me, as much as I want to love them. Danielle's adoption fee is \$56 which includes her spay, vaccinations, deworming treatment, 1 free months of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10am-5pm. For details call (760) 757-4357 or visit www.nchumane.org. ID 44894

James is a very special 2-year old Chihuahua mix. He weighs just 10 pounds. He is feisty, yet timid and will do best in a quiet, adult-only home where he can rule the roost as your only pet. James loves long walks, knows "sit," is housetrained and crate trained. He enjoys playing fetch, and is also happy to just sit and relax with you. This little guy is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To arrange a meeting, call (619) 750-7755. His \$150 adoption fee includes microchip, license, vaccinations, and he is neutered.



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