



Adoptable pets . . .page 19

INSIDE THIS ISSUE
 Local 2-7
 Health 8
 Gift Guide 9
 Entertainment12
 Sports 14-15
 Legal Notices... 16-17

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VOLUME 10 NUMBER 28 **DECEMBER 17-23, 2009**

Christmas Parade of Lights



Cajon Classic Cruise "Parade of Lights" car show was held Wednesday, Dec. 8 on Main Street in downtown El Cajon. See the winners photos on page 10.

What's new in theatres?



Read about
 'Avatar'
 and read Interview
 with Jason Reitman
 for 'Up In The Air'

by Diana Saenger
 & Michael Black



Learning made fun and easy for students



(L-R) Viejas Tribal council members – Tim Bactad, Virginia Christman and Robert Welch, Jr., along with Boulder Oaks PTA President Amy Tart cut the ribbon opening the doors to the Boulder Oaks Elementary classrooms featuring the ST Math + Music program designed to improve math and music skills, and made possible through a donation by the Viejas Band of Kumeyaay Indians. See story page 2. Photo credit: Kathy Foster

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Local News & Events

New program makes learning math and music easy for students

by Diana Saenger

Enter the Alpine, Boulder Oaks, Creekside and Shadow Hills elementary school classrooms and smiling faces light up the room. The kids' fingers have never been so busy whether playing piano keys or working a mouse on a computer. That's because the schools have the new ST Math + Music program developed by the California-based nonprofit MIND Research Institute.

The program is based on brain research and the MIND Research Institute successfully transferred more than 30 years of breakthrough brain and learning research into applied education programs for K-12 students. "Music has a math-

ematical architecture, and as young students learn music they are also learning to recognize patterns and symmetries, and experiencing and hearing the concepts of counting and fractions," explained Arthur Lin, MIND's Senior Account Executive who attended the ribbon cutting.

In the Boulder Oaks math room children eagerly worked through different levels of visual math problems all based on JiJi, a penguin who appears in the visuals and intrigues the kids to move up to the next level of skills. Hunter Bowen pushed a forklift truck carrying the right number of boxes to fill empty spaces. "It's really fun, and I like to learn this way," he said.

The ST Math + Music program cost about \$60,000 for the Alpine schools. Funds were donated for the program by the Viejas Band of Kumeyaay Indians. The funds were collected by Viejas throughout the year including \$1 from each concert ticket sold and other events held at Viejas Casino and Outlet Center in Alpine as well as the food sales from the October BBQ cook off.

"Everyone feels the crunch of the economy and especially to education," Tribal Councilman Robert Welch, Jr., said.



Arthur Lin watches as Jon Bergschneider learns the keyboard. Photo credit: Kathy Foster

"We're thankful for our community partners who have helped us overcome hardships

and helped provide the schools with this program."

See ALPINE KIDS page 5

East County Coco's partners with Feeding America

East County Coco's restaurant will soon provide thousands of fresh-baked pies to those in need this holiday season through a newly launched Pies for a Purpose charitable initiative. From now until January 5, customers at the La Mesa location (5550 Lake Murray Boulevard) and the two El Cajon locations, (1324 East Main Street and 1025 Fletcher Parkway) will have the opportunity to purchase fresh-baked pies for donation to Feeding America San Diego.

"We are extremely grateful to Coco's for their generous sup-

port of our efforts," said Gary McDonald, president and CEO, Feeding America San Diego. "With the current economic situation, many individuals and families in San Diego County are struggling to put food on the table. A delicious pie from Coco's would be a wonderful and welcome addition for the holiday season."

Fresh-baked pies from Coco's have become a time-honored tradition for thousands of families and their loved ones. Now, restaurant diners will have a chance to share some delicious holiday cheer by donating des-

serts "fresh from the oven" to those in need. Charitable givers will be recognized with "donation pie" placards prominently displayed in each restaurant, and also will receive a future one-dollar off dessert coupon for each donated pie. Coco's will then bake the donated pies for continued delivery to Feeding America San Diego.

"Baked fresh every day, our pies have become synonymous with the holidays," says Kazumasa Ogawa, president of Coco's and Carrows. "This year, we are especially pleased that our guests will not only share precious memories while savoring our popular desserts, but will also be able to share the delicious warmth of a holiday pie with those less fortunate in their community."

For more information about Pies with a Purpose, Feeding America San Diego, local food distributions or to make a donation, please call (858) 452-FOOD (3663) or www.FeedingAmericaSanDiego.org.



Left: Viejas Tribal councilwoman Virginia Christman looks over Dane Tharp's shoulder (Boulder Oaks Principal Mona Miller in background). Photo credit: Kathy Foster



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The shelter is open to the public from 10 AM to 5:30 PM,
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The shelter is closed Sunday and Monday.

The El Cajon Animal Shelter is not a part of the
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— LOCAL NEWS & EVENTS —



Alpine kids partner with Viejas

Continued from page 2

One group that didn't need to be convinced of the program's merit was the PTA groups. "We donated the key-boards for the computers," said Amy Tart, Boulder Oaks PTA President. "We knew this was essential for the kids to learn the program."

Creekside has been running the program for two years already. "It's a great program and we're seeing the kids' math and music skills increase significantly," said Jennifer Doucet, VP of the PTA.

Catrina Parent and Al Guera, employees of the Viejas Entertainment Productions, have seen how the program is helping students. "The kids just love it," Parent said. "With the budget cuts happening in schools

this is a great opportunity for kids to like and learn both math and music. I'm excited it will now be in all of the Alpine elementary schools."

"We were also excited that along with the Viejas contributions some of our major talents at the concerts like Brooks and Dunn and Foreigner, also pitched in funds when they heard about the program," Guerra, said.

Over in the music lab third grade teacher Mrs. Stacks teaches kids how to use the

visual computer program to identify and play notes on the piano. "The program teaches kids how to read music and also thinking skills," Lin said. "The music training improves spatial temporal reasoning, the cognitive skill used by the courseware to teach and illustrate math principles. In combination, the music training and the courseware have achieved dramatic gains in test scores."

Third-grader Dane Thrap looks intently at his fingers barely believing it's him mak-

ing those sounds. "I like that I can do what I like and learn at the same time," he said.

The ST Math + Music program took 10 years to develop. It's now in 300 schools nationwide and has helped more than 100,000 kids to improve their test scores. "We're very excited to get this program and look forward to great results for our students," said Boulder Oaks Principal Mona Miller. "We thank Viejas and all the community sponsors and helpers who made it possible."

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— LOCAL NEWS & EVENTS —

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by **Patt Bixby**
Dates to remember

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

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.

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

Dec. 25- Merry Christmas

Jan. 1- Happy New year

Jan. 4- Lakeside Chamber Board meeting, 6:30 Lakeside Community Center

Jan. 6, 20- Lakeside Planning Group Meeting, 7 p.m. Community center

Jan. 7, 14, 21, 28- Lakeside Farmers Market

Jan. 13- Design Review Board Meeting

Jan. 21- Chamber Mixer
Jan. 30- Lakeside Chamber of Commerce EXPO

The People's Past
**"Make your story a part of
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Visit the Lakeside library on Saturdays from 10 a.m. to 12 p.m. to tell your story of growing up in, moving to and living in San Diego County. Your

story will be video recorded by a media artist and you will receive your story on a CD. Your story will be available to the public in the San Diego County Library collection and at voiceofsandiego.org. Appointments are recommended; call 619-739-1662.

Mrs. Claus' Christmas Resale Shoppe

Mrs Claus' Christmas Resale Shoppe is open for your shopping pleasure at the Lakeside Historical Society, 9906 Maine Avenue in the heart of Lakeside's Historic District.

Come by and get some great bargains on ornaments, lights, baskets, glassware, dishes, knick knacks, children's items, wall

decorations, teddy bears and lots of Christmas stuffed toys plus holiday fresh floral arrangements. The popular LAKESIDE T-shirt makes a great Christmas gift. The Woman's Club also has their beautiful hand made quilts for sale.

The Christmas Shoppe is open every day until Christmas from 10 a.m. until 2 p.m. For information call 561-1886

Lights out in Lakeside

If you notice a street light outage, contact the County and report it. Street light outages are a waste of the public's money. For street light repair in an unincorporated area call the 24 hr hotline at (858)-694-2200.

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This is Nina at 27 (left) & 40lbs lighter at 40 (right)!

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Join Nina & Debbie @ 6PM on Jan 12th, 2010 at Lakeside Community Center for a new start to a new year!

Contact: 619-851-3342, debswlcscd@cox.net

Café 67

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**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 benifitting 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



East County Teen Coalition spoke with City Council on Tuesday, Dec. 15. Photo by Monica Zech

by Monica Zech
City of El Cajon Public
Information Officer

Despite the rain, Lend A Hand was a success

Saturday, Dec. 12, the El Cajon Community Development Corporation held its monthly neighborhood clean-up...in the pouring rain! According to CDC staff, their event at the corner of West Palm Avenue and Richardson Avenue was a success with volunteers picking up approximately 430 gallons of trash. The CDC also collected electronic waste to be recycled. Just announced, the first clean-up days for 2010 have been scheduled: January 30, at the corner of Chamberlain Street and Emerald Street; and Feb. 27, at the corner of East Camden and Lincoln Avenue. For more information, or to register, call (619) 401-8858.

Traditions of Christmas Continues until Dec. 23

A wonderful performance of holiday singing and dancing continues at the East County Performing Arts Center for the 17th Annual Traditions of Christmas. Enjoy Christmas songs and holiday settings - something for 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.

Salvation Army's East County Toy & Food Drive

The East County Fire Truck Toy Parade held on Saturday morning, Dec. 12 was a big success, despite the rain! A very big thank you goes out to the hundreds of residents and businesses that were able to donate food and toys for the 2009 East

County Toy & Food Drive. The Salvation Army will be helping over 1,500 pre-registered families during the upcoming holidays. It's still not too late for you to help. Donations can still be taken to the El Cajon Fire Station located at 100 East Lexington Avenue. The Salvation Army will be distributing the donated food and toys on December 17, 18, and 21 at a secure location in El Cajon. Call (619) 440-4683, ext 401 for more information.

El Cajon Police Storefront a highlight at Westfield Parkway!

Take a moment to visit the El Cajon Police Storefront during the month of December at Westfield Parkway, located just east of the food court. Come in and chat with officers and check out the displays, including a 1942 restored police vehicle, some very interesting

photographs and great advice on keeping your family safe. The storefront will be 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 call Officer Dan Hansen at (619) 441-1597.

Public input sought at ECPAC Community Forums

On December 16 the City of El Cajon held the first of two community forums on a master plan for the Civic Center area, including renovations to the East County Performing Arts Center (ECPAC). To help in the design and planning process, the City is seeking the public input. The City will host a second community forum on Thursday, Jan. 21, 7 to 8 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. These forums are designed to share goals and to receive community input on desired renovations to the Theater. The agenda will be the same at both meetings. If you would like to attend, RSVP for one of the above dates to the Recreation Department at (619) 441-1754. Space is limited so we request no more than three people from any one organization attend.

Community Emergency Response Team (CERT) 2010

The dates have been set for our "free" 2010 East County Community Emergency Response Team (CERT) disaster preparedness classes. The schedule is posted below and on our website at www.elcajon-fire.com - register now!

Academy - #1 - Space Available

Feb. 6 - Disaster preparedness/CERT organization

Feb. 20 - Disaster Medical/Triage

March 6 - Fire Extinguishers/Light Search and Rescue classroom



Claire Carpenter, CEO of Downtown Community Development Corporation was honored by City Council. Photo by Monica Zech

March 20 - Fire Extinguishers/Light Search and Rescue hands on - *At HTF

April 3 - Disaster Psychology/ Haz-Mat/ Terrorism

April 17 - All inclusive manipulative/ review - *At HTF

Academy - #2 - Space Available

May 22 - Disaster preparedness/CERT organization

June 5 - Disaster Medical/Triage

June 19 - Extinguishers/Light Search and Rescue classroom - (two week break)

July 10 - Fire Extinguishers/Light Search and Rescue hands on - *At HTF

July 24 - Disaster Psychology/ Haz-Mat/ Terrorism

Aug. 7 - All inclusive manipulative/ review - *At HTF

These classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. Class location for "registered" CERT students is 8054 Allison Avenue, La Mesa Fire Station 11 in La Mesa. If you would like to register, call (619) 441-1737. Leave your name and

best contact phone number. The HTF location is 1301 N. Marshal in El Cajon for the hands-on training.

Classes are limited to 35 to 40 participants per academy, ages 16 and up. Please, for safety concerns, we ask you do not bring babies or children to these classes. Any classes missed may be made up during the following academy. Classes are taught by members of the El Cajon, La Mesa and Santee Fire Departments. Visit www.elcajonfire.com for more information on CERT.

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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For Health's Sake

Twelve days of holiday safety

With last-minute gifts to buy, social events to attend and family and friends to visit while the weather outside is frightful, the American Red Cross has 12 days of health and safety tips to make the holiday season safe, happy and bright.

1. Prepare your vehicle for traveling to grandmother's house. Make an emergency kit and include items such as blankets or sleeping bags, jumper cables, fire extinguisher (5 lb., A-B-C type), compass and road maps, shovel, tire repair kit and pump, extra clothing, flares, tow rope.

2. Drive your sleigh and reindeer safely. Avoid driving in a storm, but if you must, keep your gas tank full for emergency use and to keep the fuel line from freezing. Let someone know your destination, route and when you expect to arrive.

3. Help prevent the spread of the flu. Wash hands with soap and water as often as possible, or use hand sanitizer with at least 60 percent alcohol. Use sanitizing wipes to disinfect hard surfaces such as airplane tray tables, luggage handles, cell phones, door handles and seat armrests.

4. Prevent hypothermia by following Santa's lead. Dress in several layers of lightweight clothing, which will keep you warmer than a single heavy coat. Wear a hat, preferably one that covers your ears. Seek medical attention immediately if you have symptoms of hypothermia, including confusion, dizziness, exhaustion and severe shivering.

5. Use a Red Cross-trained babysitter when attending holiday festivities. Red Cross-certified babysitters learn to administer basic first aid; properly hold and feed a child; take emergency action when

needed; monitor safe play and actively engage your child; and some may be certified in Infant and Child CPR.

6. Avoid danger while roasting chestnuts over an open fire. Stay in the kitchen while you are cooking and be alert. Keep anything flammable—such as potholders, towels or curtains—away from your stove top. Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drinks are prepared or carried.

7. Be a lifesaver during the holidays and always. The Red Cross recommends at least one person in every household should be trained and certified in first aid and CPR/AED. Your local Red Cross chapter has conveniently scheduled courses and can have you trained and certified in a few hours.

8. Designate a driver or skip the holiday cheer. When you designate a driver who won't be drinking, you help make sure a good party doesn't turn into a tragedy. A good host ensures there are non-alcoholic beverages available for drivers. The designated driver should not drink any alcoholic beverages, not even one.

9. When the weather outside is frightful, heat your home safely. Never use your stove or oven to heat your home. Never leave portable heaters or fireplaces unattended. Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.

10. Cut down on your heating bills without being a Grinch. Get your furnace cleaned by a professional; change the filters regularly. Make sure heat vents aren't blocked by furniture. Close off any rooms you aren't using and close heat vents or turn off radiators in those rooms. Use either insulating tape or caulking strips to

surround your windows and door moldings. Put up storm windows or storm doors to keep the cold out.

11. Don't move a muscle, until they buckle. Each person in your vehicle should have their seatbelts securely fastened before driving off. Ensure children are buckled up and their car seats are installed appropriately based on their age and size. Children 12 and under should always sit in the backseat.

12. Resolve to Be Red Cross Ready in the New Year. You can take one or more actions to prepare now, should you or your family face an emergency in 2010. Get a kit. Make a plan. Be informed.

Best wishes for a safe and happy holiday from the San Diego-Imperial Counties Chapter of the American Red Cross!

Visit www.sdarc.org to learn more about your local chapter of the American Red Cross and the services it provides to your community.

The San Diego/Imperial Counties Chapter of the American Red Cross is leading the effort to make San Diego and Imperial Valley Counties “America's Most Prepared Community.” As a charitable organization and not a government agency, the Red Cross depends on volunteers and the generosity of the American public to perform its mission. The Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The local chapter also provides nutritional counseling through the Women, Infants and Children (WIC) program.

For more information, please call (858) 309-1200 or visit www.sdarc.org.



Health... Just Common
Horse Sense
by Dr. Donald Adema

Our office was just blessed with another new one. A bouncing baby boy joined his brother and his sister rather rapidly at home. The first comments that flowed from my staff on notification were exclamations of “Lucky her” and “Is the baby breast feeding okay?” and general good will. Yes, I am a proud doctor of a wonderful crew.

However, the plot thickened as extended family members expanded the drama of the “thought to be” precipitate delivery. Seems the father and mother did not want to have a repeat of the last two deliveries in a more traditional setting. On the occasion of their first pregnancy they listened dutifully to their parents who had delivered them, said current parents, in the natural childbirth trend of the 70's and 80's. During the labor of their first child they were highly recommended to utilize methods to encourage labor and limit pain. Having thoroughly (And I mean thoroughly!) researched such topics as healing after anesthesia and breast feeding after anesthesia, they followed their parents advice and delivered their firstborn naturally without a hitch to the praise of some of the hospital staff.

Then came the birth of their “princess of everything”. Their hopes for another natural process and delivery were then met with extreme disapproval of all hospital staff involved. This led to quite the magical moment between the father and the delivering physician which involved tears of the wrong origin in the laboring mother. After that unnecessary stressor, the child was delivered, again without medication or surgical intervention, to the amazement of all. My word, how did we ever make it to the 21st century without epidural blocks and IV fluids?

It would seem that the increasing lack of choice in infant delivery style in the last decade has preceded the present American leadership's health plan's goal of implementing “one size fits all”. A parents choice is now guided by medical legal paranoia, medical convenience and government reimbursement. Will this lead to more births outside of the recommended (dictated?) setting. We'll never tell.

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.

Laughter is the Best Medicine

Frozen carburetor

In the fun world of the administration of justice, not all the laughs are in the court-room. Indeed, giggles and guffaws can erupt at almost any time or place.

For example: On a bitterly cold winter's day several years ago in Northern British Columbia, an RCMP constable on patrol came across a motorcyclist, who was swathed in protective clothing and helmet, stalled by the roadside. “What's the matter?” asked the Policeman.

“Carburetor's frozen,” was the terse reply.

“Pee on it. That'll thaw it out.”

“Can't.”

“OK, Watch me and I will show you.”

The constable lubricated the carburetor, as promised.

The bike started and the rider drove off, waving.

A few days later, the detachment office received a note of thanks from the father of the motorbike rider. It began: “On behalf of my daughter, who recently was stranded”


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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Gazette Gift Guide

Holiday shopping can be challenging

Where does time go? Shopping days before the big days are zooming by but the Gazette gift guide is here to help. Whether looking for something unusual or just the right gift we have many choices. Go online and check the Gazette archives at www.eastcountygazette.com for our past weeks of ideas. Only one more week for our sensational Gift Guide.

Gifts For Kids



Indestructibles – for babies are energetic, beautiful, and durable, completely safe and 100 percent baby-proof: chew-proof, drool-proof, and rip-proof. That's because Indestructibles will not tear, turn gummy with teething, and are completely washable. Three titles launch the series: Creep! Crawl! about animals that crawl, Flutter! Fly! about animals that fly, and Wiggle! March! about farm animals. The printing material reproduces color artwork with uncommon depth, and with no residual inkiness; the artwork, paintings by Kaaren Pixton and reminiscent of Eric Carle, is happy, each page a simple, colorful image of an animal or bird or insect against a rich, textured background. The effect is 3D-like and completely visual. Available at retail and online book retailers or www.workman.com



Nintendo DS games for Girls – Girls will love of these



games. Imagine: Babyz Fashion promotes care for and interact with adorable babies! Girls can feed, play and soothe them to sleep so they are the happiest babies or style and accessorize the babies in the hottest fashions. In Style Lab: Makeover kids can gain points to go shopping for new beauty products and send them to friends; create their own face in the game and then find the perfect styles to suit their facial features; take on beauty challenges and discover their own unique style with personality tests. Available at game and online retailers.



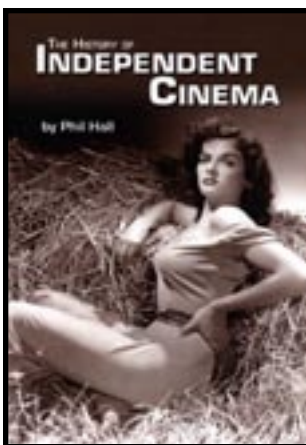
Bestever's Gifts From The Heart – where creative teams and their magic factory create quality items for kids and babies. There's the popular 'Hugga Pets' line, Pocket puppets, plush baby toys, adorable and snuggly baby mats in animal designs, Dino Passion line, Mittens, hats, socks for girls, Puppy Passion Fashion unique plush items like Kitty'tudes, the hip hop cat dolls with attitude, and the Original Funny Feet, fashions and more. Available from <http://www.shopbestever.com/about-us.html>



Harry Potter and the Half-Blood Prince Blu Ray & DVD – kids love this story about Voldemort who is tightening his grip on both the Muggle and wizarding worlds and Hogwarts is no longer the safe haven it once was.

Harry suspects that dangers may even lie within the castle, but Dumbledore is more intent upon preparing him for the final battle that he knows is fast approaching. The Blu-ray disc includes many great features including Focus Points, Picture-in-Picture, photo galleries, commentary from director David Yates and cast members and more. Available at retail and online video retailers.

Gifts For Him or Her

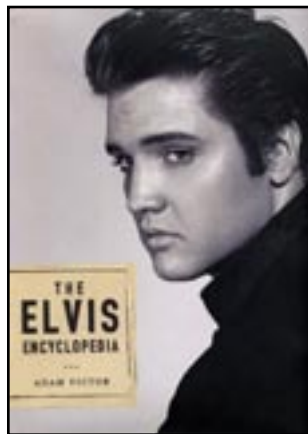


The History of Independent Cinema – have a true film lover in the family? Then this book is the perfect gift. Author Phil Hall knows his subject well covering everything from the historic silent films and its stars to some of the most interesting independent film of the last century. Find out who were the innovative men and women who stood up to the status quo and brought revolutionary new ideas and technologies to the motion picture world. Also learn about the pioneers who introduced color, sound, widescreen projection and videography to the filmmaking process. This book is an exceptional tribute to the legendary filmmakers and landmark films that reshaped - and continue to reshape our culture. ISBN 1-59393-335-5. Available at retail or online book sellers.



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The Elvis Encyclopedia – combines obsessive research with absorbing writing by Adam Victor and sifts through the events throughout Elvis's life and traces a young man's path to immortality. The encyclopedia helps bring order to the massive amount of material written about Elvis Presley. This visual compendium of Elvis's life offers hundreds of photographs, ranging from never-before seen unposed moments to the extraordinary iconic images the world has come to love. With this definitive one-stop resource, fans and scholars finally have easy access to all of the information on Elvis's life and times. Entries cover every significant aspect of Elvis and his world from family members, lovers, benefactors, mentors, agents, directors, co-stars, and coaches. ISBN 978-1585675982 Available at retail or online book sellers.

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Gifts For Family



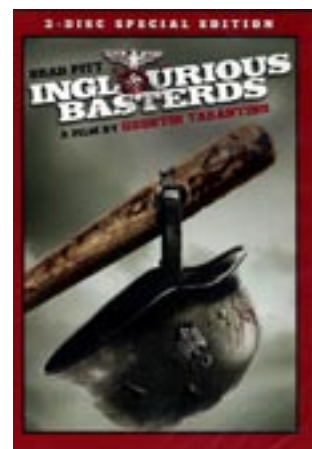
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Inglourious Basterds Blu Ray & DVD – features Brad Pitt taking no prisoners in Quentin Tarantino's high-octane WWII revenge fantasy. As war rages in Europe, a Nazi-scalping squad of American soldiers on a daring mission to take down the leaders of the Third Reich. With action, hair-trigger suspense and some humorous moments, this film is already topping year-end awards lists. Both the Blu-Ray and DVD have terrific bonus features. Available at retail and online vendors. Saenger Syndicate



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The East County Californian's Winner Bill Jeffers and his 1934 Ford Coupe

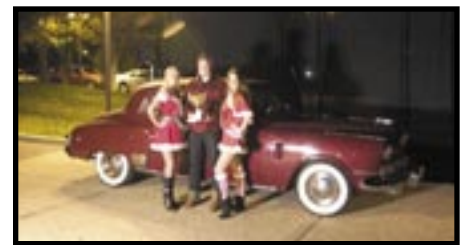


The East County Gazette's Winner Taylor Long and his 1967 Plymouth Satellite



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'Avatar' — a must see for sci fi fans

Review by Michael Black

James Cameron, one of my all time favorite directors, has an eye for detail, and it shows in almost every movie he directs. *Titanic*, his 1997 film broke box office records and remains the largest grossing movie of all time. Cameron has mentioned in several interviews that he's a leading advocate for stereoscopic 3-D. His new film, *Avatar*, made with real and animated characters — may break more records.

Avatar finds the United States interested in Pandora, a distant planet that has a precious and lucrative min-

eral. The problem is the local inhabitants, the Na'vi, live right on top of the biggest deposit. The Na'vi people are tall cat like creatures with sparkling blue skin and live in harmony with their planet. So they can better understand the locals and their big machine environment, the military creates the *Avatar* program. The program is designed to create a genetically-bred human-Na'vi hybrid and with the use of a sophisticated computer bed transfers data from the mind of a human into his matching DNA hybrid. This is appealing to Jake, a marine who lost the use of his legs back on Earth and can't afford an expensive spine op-

See 'AVATAR' page 12



Jake (Sam Worthington) meets his avatar, a genetically engineered hybrid of human DNA mixed with the DNA from the natives of Pandora. Photo credit: Mark Fellman/WETA/20th Century Fox



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Interview with Jason Reitman for 'Up In The Air'

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Jason Reitman

by Diana Saenger

Jason Reitman is a director with his own vision that seems to serve him and his fans equally. He's received festival and film group awards for years but gained additional attention for his 2005 film *Thank You For Smoking*. Last year Reitman was nominated for Best Achievement in Directing for *Juno*, which won the Academy Award for Diablo Cody for Best Original Screenplay. Reitman's newest film, *Up In The Air*, of which he wrote and directed, contains the same smartness and satire he exhibited in his previous films. Reitman is quite unique in an interview as well. He has some unusual habits regarding the press – the more fun it makes for both parties. I found him insightful, honest and highly interesting in our interview about *Up In The Air*.

Q. *Up in the Air* starts out light but gets deeper as the story goes on. Was that your

intent as you were writing?

Jason R.: I wrote it over six years ago so intent is a hard thing to talk about with this film. It's a screenplay that mirrored my evolution as a person. When I started writing it I was a single guy. When I was done I was married, a father, had a mortgage, getting to do what I was passionate about and traveling. So this character kind of reflected the small epiphanies I had along the way.

Q. And would you say the result is the story you intended on telling?

Jason R.: I saw the movie more as a satirical comedy – more of a corporate satire when I started it. By the end I really wanted to make a movie about what's important in life; what does a person want or need in life; what is the value of a person being alone versus being connected. In a certain sense that idea developed over the course of the film.

Q. Is it difficult to marry comedy in a story that's about a set agenda?

Jason R.: I don't want to say for me it's easy, but to a certain extent I find comedy in the dark stuff; that's my natural instinct. I find writing and directing are instinctual mediums, and becoming a good writer or director involves finding your voice. And I see humor as a way to open conversations in a way drama doesn't.

Q. Did it help to get this film

made once you had George Clooney?

Jason R.: Tremendously. When he said yes, this was a go movie, and no one said to rewrite a word or re-look at the ending. No one said anything.

Q. What's he like to direct?

Jason R.: He's a very articulate actor and does a lot of things for a director. His instincts are very good. He understands character so there is not much to tell him except to steer him when he could do something a little better or differently. He's also an established director who understands what I need as a director and can get the other actors to give me what I need. The benefits with him are 10 fold.

Q. The chemistry between him and Vera Farmiga was quite remarkable.

Jason R.: Since his role with Jennifer Lopez in *Out of Site* he hasn't seemed vulnerable to women. The big thing I needed here was for him to be vulnerable and out of control. He gave that to me.

Q. One of the subplots of *Up In The Air* is about job loss.

Avatar ...

Continued from page 11

eration. Some of the military men and scientists working on the project don't want a former paralyzed marine they have to look out for, but since his DNA matches the hybrid, and it takes too much time and money to make another one, they use him.

On Jake's first mission he almost gets killed, but a Na'vi princess, Neytiri (voice of Zoe Saldana), saves his life. She likes him and convinces her tribe to train him to become one of them. His boss takes advantage of this and tells Jake to convince the settlement to move before the construction equipment arrives to mine the rare mineral or physical means might be necessary. However,



George Clooney and Vera Farmiga star in *Up In the Air*. Photo credits: Dale Robinette / Paramount Pictures

How does this relate to our current economy?

Jason R.: I hope this will be a cathartic experience for those without jobs and make it easier for them to discuss. But the movie is not about job loss but about how you complete your life and what it might be like to wake up with nothing and nobody.

Q. You also hint that one of your motivations for this film was about the lack of connection between people.

Jason R.: Yes. What makes social media technology in-

sidious is that it makes us think we're closer to each other when it actually pushes us apart. Travel is similar in that it makes you think you're everywhere when you're nowhere.

Reitman currently has two films in development.

To read the review of *Up In The Air* check out the online review at www.eastcountygazette.com and for Diana Saenger's full interview with Reitman go to www.reviewexpress.com

Jake begins to have feelings for the people and Neytiri and has second thoughts about his original mission.

Cameron has created an entirely new world using computers and a few green screens for the real life actors. His focus on detail has paid off. Everything about *Avatar* is stunning. The film is absolutely gorgeous from start to finish.

Additional cast members include Sigourney Weaver as Dr. Grace Augustine, a botanist who mentors Jake and is interested in finding a peaceful solution to the mining situation. Michelle Rodriguez portrays Trudy Chacon, a retired Marine pilot who flies the scientists around to study the local

plant life on Pandora and its people. Giovanni Ribisi plays administrator Parker Selfridge who is in charge of getting the precious mineral at any cost. Stephen Lang is Colonel Miles Quaritch, the main antagonist who is not afraid of using the full force of the military to carry out his orders.

Even with the 150 minute running time, the movie never felt long. The IMAX 3-D didn't stand out too much and is more apparent in certain long corridor shots and most of the jungle scenery. The music score by James Horner blends well with the movie for an even more enjoyable experience. *Avatar* is a must see for any science fiction and James Cameron fan.



Avatar
Studio: 20th Century Fox
Gazette Grade: A-
MPAA: "PG-13" for intense epic battle sequences and warfare, sensuality, language and some smoking.
Who Should Go: Sci-fi and James Cameron fans

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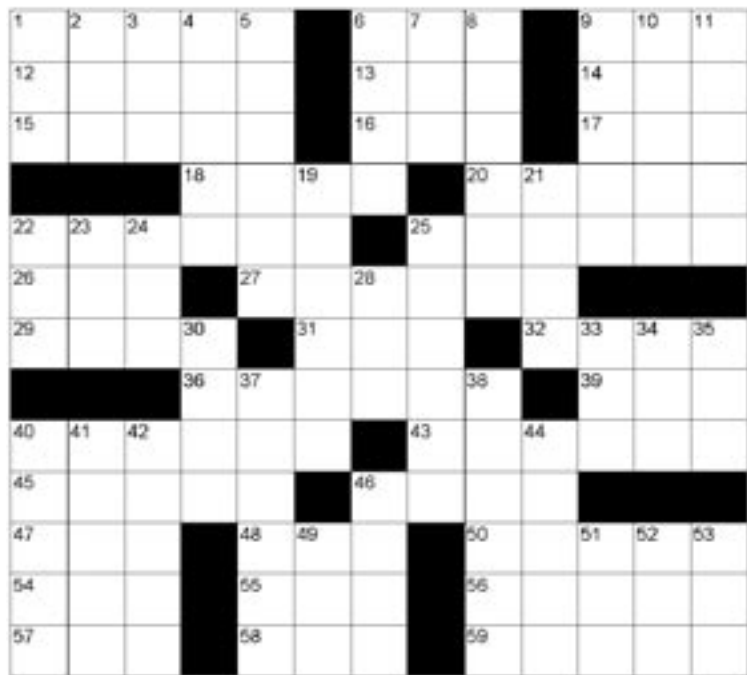
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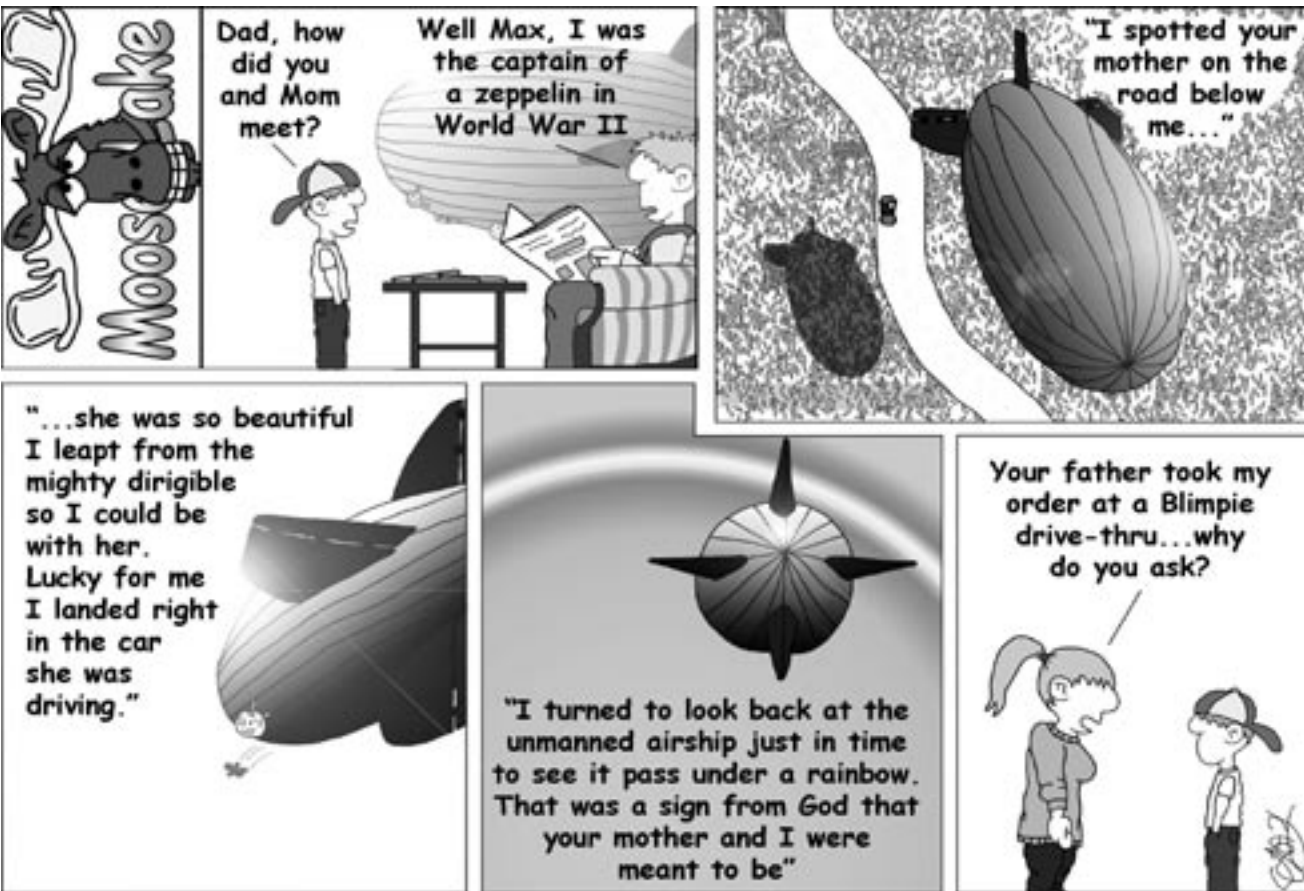
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Solution on page 16



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MOTOR AND SPORTS

2010 Toyota 4Runner — its come a long way



Interior of 4Runner. Photos by Dave Stall

by Dave Stall
The Toyota 4Runner has come a long way since 1995 when it was introduced as a pickup with a rear seat and a removable fiberglass hardtop. Today the roof is fixed, but the off road capabilities are still under the skin. In fact Ivan Steward known as "Ironman" took a race prepped 4Runner down to Baja and later I found it displayed at the LA Auto Show, still as dirty as it was when it finished.

One engine is available for the 2010 4Runner, a 4.0-liter V6 cranking out 270 horsepower at 5600 rpm and torque readings of 278 at 4400 rpm. The four wheel driver version will get 17 miles per gallon in the city and 22 on the open road. Drop the 4X4 feature and gain one mile per gallon on the freeway. So for trade in value I would go for the 4X4 feature. Buyers only get one transmission in the 2010 4Runner, a five speed electronically controlled



4Runner after Ivan Steward took a trip to Baja with it. It was on display at the LA Auto Show.

automatic transmission with a manually operated transfer case. Hubs are automatic locking so one doesn't have to wade out in the knee high mud to engage the front hubs.

The 2010 4Runner is taller, wider and more powerful than its predecessor and it looks like a real off road vehicle with lots of wheel clearance and a rugged look. Once in the driver seat it all changes. There is a certain amount of comfort on the inside starting with very comfortable seats. The driver seat is electrically controlled, steering wheel is adjustable and all the control knobs are big and beefy, which it makes it easy to operate in snow gloves or bare handed. The center console is roomy with lots of storage for small items like coffee cups, and water bottles. Flip up the lower center lid for a power source for electronic toys.

Consumers get all the amenities like A/C, AM/FM/CD/Satellite Radio and navigation which is simple to operate.

Jumping into the back seat one will find comfort galore with climate controls within an easy reach. When in need of

more cargo space the second row seats fold down for added storage and in the back there is a slide out shelf for items too bulky to try and drag out of the rear cargo area.

Safety is all around the driver in the 2010 4Runner starting with ABS (Anti Lock Braking) standard, EBA (Electronic Brake Assist) standard, LSD (Limited Slip Differential) only available on the Trail Version of the 4Runner, Locking Differential only available on the Trail and Limited 4X4 4Runner's, Traction Control available on all 4Runners, and VSC (Vehicle Stability Control) is also standard. Drivers are surrounded by air bags either in curtain or bag configuration so it's all about safety.

What did I think of the 2010 4Runner? It was somewhat of a surprise, very comfortable and drove on the freeway like a car, but when driven off road it is a great explorer. The price tag will vary as to how the buyers equip their individual 4Runner, and if one is looking at a base price of \$29,175 this can move up to around \$39,800 depending on options. Oh, and don't forget tax and license.

If anyone is thinking about towing have no fear, the 4Runner is all wired and geared up for that toy hauler. For more information go to www.toyota.com or stop by a local dealer, and tell them Dave sent you!

Bumper-to-Bumper with Dave Stall

Dave: I came out of the club the other night to find my battery dead, a friend of mine said we should bump start it, which we did and the car started right up. My question is did bump starting my car do any damage to the starter or the engine drive train. I didn't know you could do that with a stick shift vehicle. The other problem is my car still won't start. It has been sitting for about a week now waiting for me to come up with the money to fix it, hope you have some good advice that is cheap. Walter.

Walter: Back in the day it was not uncommon to bump start a car that had a dead battery or a bad starter, if you had enough friends around you could go forever before having to fix your car and as far as damage to your car I have never heard of any damage done while bump starting except for the time I tried to bump start my buddies car and it got away from us and crashed into a fence, now we had damage! Most likely your battery is dead, turn on the lights and turn on the ignition key and try to start the vehicle if the lights dim out during starting it's the battery if they stay bright it may be the starter or ignition switch and depending on the year of the vehicle it could be in the electronics, good luck.

Dave: You have mentioned the proper way to use jumper cables when starting a car with a dead battery. Could you go over the process again, I had my battery jump started and the tow truck driver hooked the red cable to the red cable but he took the black cable and hooked it to the metal part around the radiator and then the car started. I thought you had to put the black cable on the black cable? Greg.

Greg: Either way works, all you're doing is looking for a good ground. So you can clamp onto a piece of metal under the hood (This is the safest, no sparks) or just clamp onto the negative battery post. Don't forget to remove all your jewelry (If you wear jewelry) and make sure the area you're in is vented and you have a good heavy duty pair of jumper cables.

Dave: I'm sure this question has been asked a million times but my wife and I just bought a new car that we found out later is required to burn 91 octane gasoline and if we don't use 91 octane fuel it could void our powertrain warranty. We have been burning 87 octane from Costco and haven't seen any difference in performance other than fuel mileage, what gives? Can they really void my warranty? Bill.

Bill: As long as your burning 91 octane from Costco then you should be ok just your mileage may suffer. Yes a manufacturer can void your warranty if you don't follow the warranty and a component is damaged and they can prove it was negligence on your part.

Listen live every Saturday from 3 to 5 pm on KCBQ AM 1170, The You Auto Know Show with Dave Stall



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Chargers stand tall in Dallas

by Chuck Karaszia

Showing they have a shut down defense in critical situations the San Diego Chargers relied on a critical second quarter goal line stand, and took care of business last Sunday defeating the Dallas Cowboys 20-17 at their house, an impressive brand new billion dollar facility in Arlington, TX.

With this victory the Bolts improved their record to (10-3) and are riding the waves of a consecutive 8-game winning streak.

This was a great day to be a Chargers fan, after losses by Denver and Cincinnati. The Bolts were able to double their lead (two-games) over the Broncos in the AFC West. With a victory over the Bengals this Sunday, the Chargers can clinch a playoff berth and strengthen their position to vie for the right as the second-seed in the playoffs.

It was the Chargers defense that strongly rose to the occasion against Dallas. Led by the not so familiar Chargers Paul Oliver, Kevin Ellison, Steve Gregory (six tackles each), and Brandon Siler (four tackles, one INT.), the Bolts employed a bend-but-don't-break defense limiting the Dallas running game to 108-yards on the ground but more importantly no rushing scores.

It was the goal-line-stand of the Chargers that spoke volumes. Trailing the Chargers 10-3 in the second quarter, Dallas methodically ran the ball all the way down the field. With first-and-goal at the three yard line they tried to punch it in with their big running back Marion Barber. The Bolts 'D' shut them down, three times at the one-yard line. On second-and-goal at the 1-yard line Tim Dobbins stuffed Barber with an outstanding tackle. On third down undersized defensive lineman Jacques Cesaire blew up a mammoth Dallas offensive lineman while Siler blew up Barber. The last critical attempt by Barber on fourth down was shut down by a bevy of Charger defenders led by linebackers Brandon Siler and Tim Dobbins.

"I do believe our guy's understand that they're going to have opportunities. You don't know who it's going to be. It might be Brandon Siler down on the goal line or Tim Dobbins," said Head Coach Norv Turner.

"We have been outstanding on the goal line. Our players understand what they have been asked to do. Our coaches do a great job of presenting what it is we are trying to defend. You can't defend everything down there, you have to make some decisions, and you got to go after it. That's what our guy's have done."

"We are a very physical team. We have physical players by the nature of how they play, Kris Dielman, Marcus McNeill...that group, Luis Vazquez and that defensive front. Once we got through the injuries I think we've become more and more physical and playing the game better."

Quarterback Philip Rivers did not have his 'A game', but his 'B' game was worthy of honorable mention.

Completing 21-of-32 passes for 272 yards, Rivers threw one touchdown and one interception. He was lucky to escape two other potential interceptions, but that was not enough to rattle this seasoned veteran with only three years experience as a starter.

Connecting with his recent favorite target receiver Vincent Jackson for 120-yards, Rivers moved his team down the field in the fourth quarter eating up seven precious minutes on the clock, culminating with a touchdown pass of 14-yards to tight end Antonio Gates, a perfect pass on a perfectly run route. Combine that with a Nate Kaeding 34-yard field goal that gave the Chargers a 20-10 lead with 1:56 left in the game. That was the icing on the cake.

"As we get through the entire season our guy's are getting to understand everyone is going to have an opportunity to make plays. You see different guys making plays that jump out at you and make a difference. Everyone is alive and feeling they have a chance of being

that guy," said a satisfied Norv Turner.

"Vincent Jackson is a great example. I've been around guy's that went through a 2 or 3 week stretch where they weren't the featured guy. They still had been getting balls and were still a part of it. They weren't the featured guy and they became indifferent. Vincent has worked every bit as hard as he had earlier in the year when he was going good. He ends up having big plays in the game on offense."

The Cowboys would score on a 9-yard Romo-to-Crayton pass to make the game 20-17 with 2 ticks left, but it was too little, too late.

"In my first couple of years here, this team (Chargers) had been inconsistent on the road. Some of our worst games have come on the road," confided Chargers Head Coach Norv Turner at the press conference Monday after the victory against Dallas.

He continued, "We made a big emphasis about everything we do. We emphasized how important it was to do the things you have to do to get ready."

The Chargers play the Cincinnati Bengals this Sunday at Qualcomm Stadium. They better be ready with playoff implications on the line.

The Bengals are having a great season. They feature a great defense, a power running attack, and an explosive passing game with quarterback Carson Palmer.

Coach Turner ended by saying, "The great things this group has done is preparing for the game at hand. One of the young guy's said I didn't even know what our record was. I was just getting ready to go play. That's a nice approach to have."

"Our guy's knew what was at stake Sunday. You could sense the energy and tightness. We knew we were playing an outstanding football team. I believe we are playing one of the better teams in the league Sunday. I'm glad it's going to be at our place, and our crowd is going to be a part of it. We are going to have to prepare to play our best," completed Turner.

Game time is 1:05 p.m.

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Winter marks the return of youth basketball! Boys and girls in grades K - 8 are invited to enroll. This safe and affordable 10 week instructional league will help your child learn fundamental skills, basic rules, individual and team effort, and sportsmanship. Early Bird registration for our basketball league was November 9 - 14, late registration began November 16 and continues until the league is full. League dates are January 11 - March 19, 2010.

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

Computer Sense Saves Cents: Chapter 8 Tech Support #2

by Brice Pedrin

Gracie from Santee writes:

"As I am not very computer savvy I need to know how to stop some programs from opening automatically when my computer starts. It seems to make everything go slower, and I want to be able to start up my computer and get straight to what I want to do and not have to wait for Instant Messengers and other things to open up first. Thanks for your help!"

Answer: I have a few helpful tips that should speed up your start times. First, clean out your Startup folder. Find it in the 'My Computer' Icon then under, C:\ (Or your primary hard drive letter) go to 'Documents and Settings' then double click your 'user-name' (where username is your Windows logon name), Start Menu\Programs\Startup,. Delete the shortcuts of any programs you don't want to run on start-up. As with any shortcuts, when you delete them, you're deleting only the shortcut, not the program itself. You can also clear out the start-up items by going to Start\Programs\Startup, then right-clicking items you want to remove.

You can also use a program like CCleaner (Free download on <http://www.ccleaner.com/>) and select from there which startup programs you would like to disable or delete the shortcuts. This is ideal for anyone who is uncomfortable making changes in Windows and would prefer to use a program.

Also, for improved startup times, there is another free program (For Windows XP users) called, TuneXP which can be found at http://download.cnet.com/TuneXP/3000-2086_4-10290929.html. This program has lots of features that are easy to set to perform multiple tasks like rearranging the start up folder or to speed start up and shut down times. All of these optimizations are safe and easy to set.

Combine both of these tips to receive the best possible start up and shut down of your PC. It's also recommended to run CCleaner every week to ensure the best possible performance and to make sure there is no hang time in shutting down the PC. Thanks for your question and interest in the column.

Send any tech support questions to Brice@ecgazette.com. Users may also mail the letters to 1130 Broadway, El Cajon, 92021 if internet is not available. Please do not attempt to call the office with issues. Responses will be handled in the order of questions received. I appreciate the questions and continued support of Computer Sense Saves Cents and the East County Gazette Newspaper.

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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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HUD Charges Owners in Sexual Discrimination Case

The U.S. Dept. of Housing and Urban Development (HUD) announced in October that it is charging David and Yvonne Parker, owners of Kirtwood Motel in Temperance, Michigan, with discrimination against women. The HUD charge alleges that Mr. Parker refused to rent to females, limiting the housing to men-only. The Fair Housing Act prohibits discrimination based on a person’s sex.

The charge was issued on behalf of a woman with children who sought to live at the Kirtwood Motel and also on behalf of the HUD agency that enforces the housing discrimination laws.

According to the charge, Mr. Parker reportedly told the fair housing testers that he rented only to men and that he would rather close his business than allow women to live there. John Trasvina of HUD said, “...discriminating against someone based on their sex is against the law.”

The court hearing the case may award money damages, injunctive relief, or attorney’s fees as well as punitive damages for violating this law.

The Fair Housing Act makes it illegal to discriminate against persons seeking housing based on their race, color, religion, sex (gender, sexual orientation, marital status, national origin (including language use restrictions), ancestry, familial status (households with children under age 18), source of income, disability (mental and physical, including HIV and AIDS), medical condition (cancer/ genetic characteristics), or age. Persons who believe that they have been victims of housing discrimination should call the Center for Social Advocacy (CSA) at (619) 444-5700 and ask to speak with a housing counselor. CSA has been providing advocacy in fair housing since 1969. Additional information on Fair Housing is available at www.c4sa.org.

East County Gazette- GIE030790
12/17/09

PAID ADVERTISEMENT

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. 2009-034268
FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 4009 Taylor St., San Diego, CA 92110
This business is conducted by: An Individual
The first day of business was: October 15, 2006
This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034087
FICTITIOUS BUSINESS NAME(S): Still N Motion Memories
Located at: 9751 Lutheran Way, Santee, CA 92071
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Richard Thomas 9751 Lutheran Way, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on December 08, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034267
FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 2525 Camino Real #134, Carlsbad, CA 92008
This business is conducted by: An Individual
The first day of business was: September 15, 2009
This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 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. 2009-034269
FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 459 Horton Plaza Sp 359, San Diego, CA 92101
This business is conducted by: An Individual
The first day of business was: September 15, 2009
This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034265
FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 250 So. Marshall, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: November 11, 2009
This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034266
FICTITIOUS BUSINESS NAME(S): A Mart
Located at: 415 Parkway Sp M2, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: October 15, 2009
This business is hereby registered by the following: 1. Ramzi Murad 1414 Fuerte Hts. Lane, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034583
FICTITIOUS BUSINESS NAME(S): Island In The Hills Salon
Located at: 10615 Terrasanta Blvd. #J, San Diego, CA 92124
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Denise Mclain 6225 Henderson Dr., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on December 14, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034122
FICTITIOUS BUSINESS NAME(S): Auto Proz
Located at: 920 El Cajon Blvd., El Cajon, CA 92020
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. Auto Prox Inc. 920 El Cajon Blvd., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 08, 2009.
East County Gazette- GIE030790 12/17, 12/24, 12/31, 1/07, 2009

Solutions from page 13



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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 Appreciate
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

Question: *Dear Dr. Luauna,*

This Christmas stinks, I lost my job, I have no money and I have three kids. I don't feel like celebrating anything right now. How am I going to face my kids without presents? Everywhere I turn they are selling Christmas stuff, and the newest toys. What am I going to do? *Signed, Bummed Out in San Diego.*



Answer: *Dear Bummed Out,*

My dear friend, I remember a time in my life where I had no money; someone actually had given me a small “Charlie Brown” tree. My husband had been killed and with two small children, I sat in my front room, I realized that I had the greatest gift of all, Jesus. I popped some popcorn and got some old paper, we made our own Christmas ornaments that year. We played a game called, “Give Your Special Gift Away.” We each went and got something that we loved, wrapped it up in comic newspapers, then put the gifts under the tree. Christmas morning came, everything under the tree had been used before, but it was special to our hearts. As we opened the gifts, we smiled because what we had on that Christmas was each other and God's Love!

It is unfortunate that our celebration of Christmas has been degraded to how many presents you can get or give. Our culture has given only a commercial purpose to Christmas, some are trying hard to remove the Christian heritage out of one of our most important celebrations of Jesus Christ. The true meaning of Christmas is to understand that Jesus came as The Greatest Gift to mankind. He came in this world, born of a virgin and laid in a humble manger. He walked with us for 33 years and only did good. He went to the Cross, to take away our sins and to give us eternal life.

Lead your family in the right direction by having Christ Jesus in the center. Ask Jesus to be your Lord and Savior, help your children understand as long as you have Jesus' Love and each other, you have the greatest gifts of all. They will never forget this great Christmas! **Read these verses: Luke 2:4-14**

**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.

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Our Best Friends

Last minute Christmas gifts for dogs and cats ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Readers,

For those of you that like to add your dog or cat on your Christmas gift list, I'm recommending some of my favorite new products, as well as some old standards for both dogs and cats. I have added both local and web stores, where you should find just about anything on your dog or cat's wish list.

Cat Gifts:

For the cat lover in your life, try the *Your Cat's Just Not That Into You Book*, by Richard Smith and David Sipress. A great parody, which claims, "Cats invented not being into you. Richard Smith is here to explain, and help. A very funny book that cat lovers will enjoy." You can find this at www.amazon.com

Think cats can't learn; think again! Clicker Training your Cat Kit is available from <http://www.clickertraining.com/store/?item=clickerkits>, and has everything you need to teach your feline some fun and useful tricks.

Check out the "bling" at La Mesa's Paw County. They have lots of fun collars, harnesses and pendants that will have your cat looking sharp for the holidays. Visit in person at: 5652 Lake Murray Blvd. La Mesa, CA 91942 Phone 619-463-1134

Want to capture your cat on canvas? Emily Larlham's Pet Portraits Studio is owned by

a local artist that has her own unique style and can bring out the best in your cat. Visit her website at: <http://emilyspetportraits.com/>

Looking for stocking stuffers for cats? Try the Grow your Own Catnip Kit. www.cat-toys.com carries these and many other fun cat toys and treats that will make your cat's "awake" time, fun filled.

To really pamper your cat, try a heated cat bed. You will find a wide selection of styles for your chilly kitty. These are especially helpful for older cats that have a difficult time keeping their bodies warm. Visit: http://www.petstreetmall.com/cat_beds.aspx

Does your cat need new digs? Love that Cat, has some unique and interesting cat trees and so much more. Visit: <http://www.lovethecat.com/> to look at their products.

For the "gadget" cat, the Panic Mouse Company has a number of toys that will keep your cat moving and thinking. A great way to exercise and stimulate your feline. Visit: <http://www.panicmouseinc.com/>

Dog Gifts:

Always inventive, San Diego's South Bark Dog Wash has some wonderful products that will not only have your dog smelling wonderful, but your dog will love the "spa" treatment of their very special Blueberry Facial. South Bark's "3 in 1" Blueberry Facial: Face Wash, Body Shampoo, and

Overall Brightner is a product that dogs and their humans love. Visit: <http://www.southbark.com/home.htm> for other products and contacts.

Hyper dog? Try a Calming Collar to help your pooch calm down. These come in lots of cute colors and patterns and really help dogs (and cats) learn to relax—a big plus with all of the holidays coming up. Visit: <http://www.calmingcollars.com/index.html> for their line of products.

Dog Day Care can be a great gift to get or give. Some fun, local day cares include:

- 4-Paws Flying Doggie Day Care, located at: 9402 Blossom Valley Rd El Cajon, CA 92021 Phone: (619) 667-5131

- Plush Puppies in El Cajon is another popular location with limousine service for pick up and delivery. Check out their website: <http://www.plushkennel.com/>

Looking for a new canine friend for you or your family, please consider adopting from a shelter or a rescue group. For a list of websites and contacts, visit: <http://www.wholedog-training.com/adopt.html>

Expecting a new puppy for Christmas? Start out right with the DVD *Puppy Love*. This *Puppy Love* DVD features scientist Karen Pryor introducing "Clicker Training," the pet-friendly way to raise a great family dog. You'll love what this DVD will do for your new puppy and for you! Visit:

www.clickertraining.com for this and other fun toys and training aides.

Is Fido out of control? Consider the ultimate gift for your dog and your family—Manners Group Classes or private in-your-home training and behavior help. Visit: <http://sandiego-dogtrainers.com> for local positive reinforcement trainers and behavior experts.

If your dog is an active dog and loves to play tug, this web store has some of the best tug toys around. Everything from tugs that hold food, to those that have tennis balls built in. Talk about good exercise for everyone! Visit: <http://www.genuinedoggear.com/>

Of course, my book, *Chill Out Fido! How to Calm your Dog* is a perfect gift for pet parents that have a "wild and

crazy" dog in the house. www.dogwise.com can get it to you by the holiday.

Emily Larlham's Pet Portraits Studio can capture your dog in many mediums and give you or someone on your shopping list a unique and personal treasure that will continue to give for a lifetime. Visit her website at: <http://emilyspetportraits.com/>

Stocking stuffers are easy to

find at La Mesa's Paw County. They carry everything from chew toys, to squeaky balls to keep your dog busy and happy long past the holidays. Visit in person: 5652 Lake Murray Blvd. La Mesa, CA 91942 Phone 619-463-1134

Happy Shopping!

Nan Arthur,
CDBC, CPDT, KPA CTP
www.wholedogtraining.com

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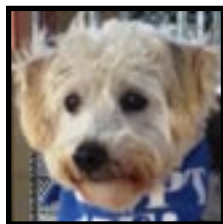
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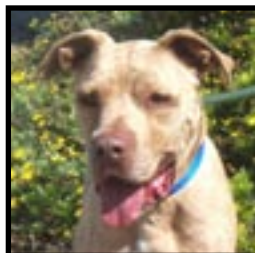
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ADOPT-A-PET



This little guy is Bam Bam, a 3-year old Terrier mix, weighing just 16 pounds. He is playful and fun-loving. He enjoys soft toys and loves to just sit near you or in your lap. Don't delay! To learn more about Bam Bam, call FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) at (858) 205-9974, or visit him at the County Animal Shelter in Bonita (5821 Sweetwater Road). Bam Bam would love to be home with you for the holidays.



Meet Jameson, a mature gentleman with a heart of gold. Jameson has been with us for some time now and would really love to find a new family and home for the holidays. Even though he is 8 years old, Jameson is quite young at heart. He thoroughly enjoys his outings and walks very well on leash. Jameson loves to play ball, shake his toys around and romp in the grass. He would likely do very well in a home with older children. Jameson is such an ambassador of his breed and has the typical pit bull traits of being a loyal and loving family dog. He bonds deeply with those he loves. He is an absolute favorite of all the staff and volunteers and once you meet him, you'll understand! If you are looking for an appreciative and deeply loving friend, Jameson may be just the guy for you! Ask to meet him in a play-yard at the North County Humane Society and SPCA. Jameson's adoption fee is \$100 which includes his neuter, vaccinations, deworming treatment, training DVD, 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. If Jameson is adopted by Christmas he will go home with a goodie bag and a \$20 Petco gift card! For details call (760) 757-4357 or visit www.nchumane.org.



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