

# EAST COUNTY GAZETTE

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Adoptable pets . . .page 15

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**VOLUME 10 NUMBER 30**  
**DECEMBER 31, 2009 - JANUARY 6, 2010**

## Firefighters reach out to troops in Iraq



El Cajon Firefighters mailed a special care package to some troops in Iraq recently. The above photo was their response. It was said to be quite a morale booster! Pictured are: (L-R): SFC Belis, SGT Adams, SPC Vertullo, CPT Gonzalez, SPC Phillips, PFC Stafford, and SSG Bah. See story on page 2.

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# Local News & Events

## Bits and pieces around East County

### El Cajon Firefighters reach out to Troops in Iraq

A few months ago, El Cajon Fire Captain Dave Rickards sent a group of Army Rangers based in Iraq the department's Breast Cancer Awareness shirts. Through a mutual friend, Captain Rickards was able to send this care package of shirts along with some other items in a gesture to show support for our troops fighting in the Middle East.

According to Captain Rickards, "Members of the El Cajon Fire Department are proud to wear their department logos with the pink lettering, showing their support in the fight against breast cancer. Sharing that pride with our troops is an honor."

According to the troops pictured, they were really excited to get the T-shirts. The package contained the navy blue fire department t-shirts with pink lettering, and additional

pink t-shirts. When they received the package some of the guys were a little uncomfortable wearing pink t-shirts but they finally warmed up to the idea and took the picture. The men featured in the attached photograph are all medics currently stationed in Iraq for a 15-month tour; attached to the 3<sup>rd</sup> Infantry.

### Plan ahead – Designate before you celebrate the New Year

The El Cajon Police Department has partnered with other law enforcement agencies in a special 18-Day Holiday DUI/Drivers License Crackdown. In California, 300 checkpoints will be deployed statewide. Funding for the special enforcement campaign, now through January 3, 2010, comes from a grant from the California Office of Traffic Safety (OTS) through the National Highway Traffic Safety Administration.

"Drunk driving is simply not worth the risk. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for impaired driving can be significant," said Christopher J. Murphy, Director of the California Office of Traffic Safety. "Violators often face jail time, the loss of their driver's license, higher insurance rates, attorney fees, time away from work, and dozens of other expenses. So don't take the chance. Remember, if you are over the limit, you are under arrest."

In 2008, 11,773 people died in highway crashes involving a driver or motorcycle rider with a blood alcohol concentration (BAC) of .08 or higher. In California 1,029 were killed on state and local roads driving with a .08 BAC or higher with another 28,457 injured in Alcohol Involved Collisions. About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives. On average someone is killed by a drunk driver every 45 minutes.



**Dragonfly Salon and Day Spa — New owner Rebecca Wright celebrates with friends and family the new salon Dragonfly. Located at 1620 Alpine Blvd, Suite 123. In Addition to hair styling and nail specialists the salon will also offer additional services: an Esthetician, Chiropractor, Acupuncture and Massages. Look out for up coming special events and promos this new year. To make an appointment call (619) 722-1335. Photo credit: Kathy Foster**

Law enforcement agencies everywhere encourage everyone planning a family gathering over the holidays, and any time throughout the year, to first think about how your friends and family will get home after drinking at your dinner or party.

Everyone is also encouraged to "Report Drunk Drivers by calling 911" and be ready to describe the vehicle, its location and direction of travel, to make your community safer into the New Year. With everyone's help, families won't remember the holidays of 2009 as a time of loss at the hands of another drunk driver.

Year round, for any celebration that includes alcohol, plan ahead for a "sober" designated driver to provide a safe ride home.

### Stop by the final days of the El Cajon Police Storefront

El Cajon Police Department will wrap things up Thursday, December 31, at their successful Police Storefront at Westfield Parkway in El Cajon. The storefront is located just east of the food court. It's an opportunity to chat with officers and check out the many great

displays, including a 1942 restored police vehicle, some very interesting photographs and great advice on keeping your family safe. On New Years Eve, hours of operation are 10 a.m. to 1 p.m. For more information please call Officer Dan Hansen at (619) 441-1597.

### Join us for Lend A Hand in 2010

The staff of the El Cajon Community Development Corporation is already gearing up for the Lend A Hand Events in the New Year. The first two clean-up days for 2010 have been scheduled for January 30, at the corner of Chamberlain Street and Emerald Street, and on February 27, at the corner of East Camden and Lincoln Avenue. For more information, or to register, call (619) 401-8858.

### Special recognition for departing CEO of the CDC

At the El Cajon City Council meeting on December 15, Mayor Mark Lewis and members of the City Council honored Claire Carpenter, departing President and CEO of the non-profit El Cajon Community Development Corporation. Mayor Lewis presented Ms. Carpenter with an official City Commendation for her outstanding efforts in the redevelopment of Downtown El Cajon since she joined the CDC in 1997.

Among the CDC's many ongoing programs to revitalize Downtown El Cajon, the Commendation identified several

accomplishments, including the Wisconsin Cottages affordable housing project, Concerts on the Green, Cajon Classic Cruise, and the Lend A Hand Program. Carpenter left her position as President and CEO of the El Cajon CDC December 18 to take a similar position in Springfield, Oregon. After the presentation, the City Council took a short break to hold a small reception in her honor to wish her continued success as she embarks on her new community endeavors.

### Provide your positive input on ECPAC's future

If you missed the first public forum on December 16, there will be one more forum on January 21, 2010. The City of El Cajon is asking for public input on a master plan for the Civic Center area. This includes renovations to the East County Performing Arts Center (ECPAC). To help in the design and planning process, the City is seeking the public's 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. The forums are to share goals of the renovation and to receive community input on desired renovations to the Theater. The agenda is the same for both meetings. If you would like to attend and offer your thoughts and ideas, please RSVP to the Recreation Department at (619) 441-1754. Space is limited so we request no more than three people from any one organization attend.

**See BITS AND PIECES page 5**

  
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Phone: (619) 441-1580

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

The shelter is closed Sunday and Monday.

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

# Bits and pieces ...

Continued from page 2

## Become a better informed homeowner – visit the Home Ownership Fair in January

The 5<sup>th</sup> Annual East County Homeownership Fair will be held on Saturday, Jan. 16, 2010, from 9:30 a.m. to 2 p.m. at the Ronald Reagan Community Center, 195 East Douglas Avenue, in Downtown El Cajon. Admission, parking and children's activities are free. This event is sponsored by U.S. Bank, and presented by El Cajon Community Development Corporation (CDC), City of El Cajon, and Housing Opportunities Collaborative. The fair will offer services and information for prospective and current homeowners seeking guidance and counseling regarding foreclosure prevention. Event exhibitors will be on hand from the real estate, lending, homeownership counseling, foreclosure prevention, and counseling professions. Multiple workshops will be offered on down payment assistance, foreclosure prevention, home buying and financial literacy, and much more - all to help you learn what you need to know about homeownership! One-on-one confidential counseling will also be available, as well as fun activities for the kids. Additional sponsors include Bank of America, Union Bank of California, and Cox Communications. For more information, or to become a vendor, presenter, or sponsor please contact Kathryn Courter, at the CDC, at (619) 401-8858, or visit [www.downtownelcajon.com](http://www.downtownelcajon.com).

Make A Resolution To Be Prepared In 2010!

Enroll in one of the East County Community Emergency Response Team (CERT) academies. 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.elcajonfire.com](http://www.elcajonfire.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

**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. If you would like to register please 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](http://www.elcajonfire.com) for more information on CERT.

*Keep Monica Zech informed of your community events by placing her on your mailing or e-mail list. If anyone has an event in the City of El Cajon they would like to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci.el-cajon.ca.us](mailto: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.*

## East County college district keeps record intact of multiple clean audits

Retaining a perfect record for the sixth year, the Grossmont-Cuyamaca Community College District has again earned top marks from independent auditors scrutinizing the district's financial books for the 2008-2009 fiscal year.

The annual audits by certified public accountants are required by the state education code. The reports presented at a gov-

erning board meeting Tuesday give the district a clean bill of health on six independent audits. The board was presented unqualified opinions from the certified public accounting firms Nigro, Nigro & White for the district's general audit; its alternative pension plan; Grossmont and Cuyamaca colleges' foundations; and the district's auxiliary; and from Vicenti, Lloyd & Stutzman, a financial audit for Prop. R construction, the \$207 million local bond approved by voters in 2002.

An unqualified audit opinion report is issued when financial statements are free of significant errors and are in accordance with generally accepted accounting principles. It is the best type of report to be issued from an external auditor, said Christy White, a certified public accountant with Nigro, Nigro & White.

"This district does an exemplary job," she said. "Very few of our clients fall into this category."

Governing Board President Bill Garrett said the board was pleased to see such strong audits.

"The audit findings affirm the district's ongoing history of prudent management of public resources and verify that we have accurately accounted for the collection and expenditure of taxpayer monies," he said. "Through these independent audits, the public can be assured of our compliance with laws related to the handling of public dollars, including the openness and transparency of financial transactions and records."

Chancellor Cindy L. Miles praised the audits as exceptional results reflecting conscientious work by district and college staff.

"We know that audits are critical in that they provide an independent view of the district's ledgers and are used by financial institutions, government agencies and others for bond ratings, fund-raising, or oversight purposes," she said.

Nigro, Nigro & White reports that the district's net assets increased \$11.4 million, or 11 percent, during the fiscal year, due to increases in capital assets, and decreases in operating expenses and interest payments on long-term debt.

The district's capital assets increased \$41 million or nearly 20 percent over the past fiscal

year with three construction projects at Grossmont College and one at Cuyamaca College completed or under way: the health/physical sciences complex scheduled for completion in April 2010, the parking structure completed in August 2009, and the student services/student center renovation set for completion in August 2012, all at Grossmont College, and the just-completed business and technology building at Cuyamaca College.

The audit report further states that total liabilities, or obligations, decreased \$2.3 million or 0.9 percent, related mainly to the annual payments of general obligation bonds in 2009. The general audit confirms that the college district is fiscally sound and also gives a stamp of approval to its financial reporting practices.

Included in the audit report as an economic factor was the state's reduced funding at a time of sharply higher enrollment, due to the weak economy. Revenue shortfalls resulted in the state reducing base funding by more than 4 percent, funding only 18,750 of the 20,007 in full-time-equivalent student numbers reported by the district. Headcount for the district - the number of individual students both full- and part-time -- exceeded 27,000.

"Although the economy brings the district reduced funding, it also brings an increase in students coming to the district for classes," the report notes. "Therefore, the district anticipates continued growth in 2009-2010 and expects to once again exceed the state-funded base FTES."

Chancellor Miles said the district's ongoing cost-cutting has been painful, with course reductions for students and increased workloads for employees as job vacancies go unfilled. But these actions, along with the clean audits, reflect the district's commitment to prudent spending of public dollars, she added.

In the case of the Prop. R bond fund, Garrett, a former member of the GCCCD Citizens Bond Oversight Committee, said that the flawless report supports the public's confidence in passing the measure seven years ago by a wide margin.

East County's backing of the \$207 million bond measure has thus far resulted in nine new structures completed at the two colleges since 2004: the learning and technology resource

center, parking structure, the science laboratory building, digital arts and sculpture buildings at Grossmont, and the student center, science and technology, business and technology, and communication arts buildings at Cuyamaca. Major renovations - another component of Prop. R - include Cuyamaca's automotive technology complex and at Grossmont, the exercise

science and wellness and athletics complex.

The six audits presented to the governing board will be available at <http://www.gcccd.edu/districtbudget/Annual-Audit.asp>

For more information about the district, go to [www.gcccd.edu](http://www.gcccd.edu)

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# For Health's Sake

## Don't put yourself at risk for a winter fire

Winter brings with it the opportunity to decorate in creative ways using candles, electric lights and the chance to finally start cozy fires in unused fireplaces. The unfortunate consequence is that winter is also a prime time for fire-related injuries, property damage and even deaths. Trusted Choice® agents and spokespeople can help families prepare for fire risks and hazards that may come during the winter months.

"Winter brings many risks for winter fires," says Madelyn Flannagan, Big "I" vice president of agent development, education and research. "Taking some time to make sure

your home is protected against a fire hazard can prevent thousands of dollars in damage, unnecessary headaches and potentially save lives."

### Lighting and flames

According to the U.S. Fire Administration, in 2008 alone, more than 3,000 people died in 2008 from fires and more than 16,000 were injured.

To help families and businesses have a good time and protect themselves against winter fire risks, Trusted Choice® agents and the Big "I" officer the following tips to ensure a fire-safe home this winter:

- Avoid using lit candles. If

you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down, out of the reach of children.

- Never leave a home or room with candles burning.

- Install a smoke alarm on every level of your home. Test the batteries every month and change them at least once a year.

- Have your chimney, chimney vent and flue cleaned and inspected annually.

- Never burn trash, painted or pressure-treated wood inside the home.

- Never use gasoline or other alternative fuels in a kerosene heater.

- Cooking is the leading cause of home fires. Never leave food cooking unattended and keep a fire extinguisher in your kitchen at all times.

- Is your Christmas tree still up? A dry tree in the house is a kindling for a fire. A tree should never be placed close to a heat source, including a fireplace or a heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Keep fresh trees watered. When a Christmas tree becomes dry, promptly discard it. The best way to dispose of your tree is by taking it to a recycling center or having it picked up by a community pick-up service.

- Inspect decorative lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Inspect them again when you take them down. Do not leave lit decorative lights unattended and only use UL approved lighting.

- Do not overload outlets. Connect strings of lights to an extension cord before plugging the cord into the outlet.

- Never put tree branches or needles in a fireplace or wood-burning stove.

- Check on older adults and help them inspect their homes. Older people are at higher risk of injury from fires and are also more likely to die in fires than those in other ages groups of fire-related injuries.

Read next week for Staying safe while keeping warm

Keeping Warm



*Health... Just Common*  
**Horse Sense**

by Dr. Donald Adema

**A** Merry Christmas and a Happy New Year to all from Adema Family Medicine. As we look to 2010 and have just experienced the blessings of Christmas, many of us have been sharing our thoughts on hope for next year during a busy day at the office or during rounds with hospice patients.

We all hope that freedom will endure in America. Freedom of religion, freedom of choice in medical care and freedom to openly challenge a government on any issue were just some of the areas reviewed on that topic. It was amazing to me that those involved in the discussions on freedoms were from all parties and departed from left or right opinions to basic right or wrong descriptions.

Parents shared with us their hopes that medical care changes will continue to honor their role as the chief decision maker for their child. Seniors are hoping that medical care will not be limited as they age and yet remain vibrant. Radio, internet and newspaper communication teams hope for the continued freedom to support, criticize and challenge any issue in America.

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

### Dogs rules for the holidays

**1.** Be especially patient with your humans during this time. They may appear to be more stressed-out than usual and they will appreciate long comforting dog leans.

2. They may come home with large bags of things they call gifts. Do not assume that all the gifts are yours.

3. Be tolerant if your humans put decorations on you. They seem to get some special kind of pleasure out of seeing how you look with fake antlers.

4. They may bring a large tree into the house and set it up in a prominent place and cover it with lights and decorations. Bizarre as this may seem to you, it is an important ritual for your humans, so there are some things you need to know:

- Don't pee on the tree
- Don't drink water in the container that holds the tree
- Mind your tail when you are near the tree
- If there are packages under the tree, even ones that smell interesting or that have your name on them, don't rip them open
- Don't chew on the cord that runs from the funny-looking hole in the wall to the tree

5. Your humans may occasionally invite lots of strangers to come visit during this season. These parties can be lots of fun, but they also call for some discretion on your part:

- Not all strangers appreciate kisses and leans
- Don't eat off the buffet table
- Beg for goodies subtly
- Be pleasant, even if unknowing strangers sit on your sofa
- Don't drink out of glasses that are left within your reach

6. Likewise, your humans may take you visiting. Here your manners will also be important:

- Observe all the rules in #4 for trees that may be in other people's houses. (4a is particularly important)
- Respect the territory of other animals that may live in the house
- Tolerate children
- Turn on your charm big time

7. A big man with a white beard and a very loud laugh may emerge from your fireplace in the middle of the night. **DON'T BITE HIM!!**

*May your Holidays be full of love and laughs!*

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**PAYDAY FRIDAYS – Every Friday, win your share of \$2,500 earn 50 points for a chance**

**SUPER SATURDAYS – On selected days, big drawing for a chance to win \$150,000**

**FLURRY OF CASH – Selected times Monday and Wednesday, win \$5,000**

**And now, for the REALLY BIG NEWS ...**

**MMA CAGE FIGHTING – January 30, 8pm – 10pm, call 619-938-6012 for ticket information**

**Make certain you include the fun at GOLDEN ACORN CASINO on your January calendar.**

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# Class Act Dining & Entertainment

## Non-stop action fuels the frenzied plot of 'Sherlock Holmes'



Jude Law and Robert Downey Jr. star in *Sherlock Holmes*. Photo credit: Alex Bailey / Warner Bros. Pictures

Review by Diana Saenger

With posters up and buzz happening for most of 2009, *Sherlock Holmes* succeeded in evoking a great deal of excitement. The opening scenes and impressive production values upped my expectations, and for a while the movie definitely delivered. After the first half, however, Robert Downey Jr.

seemed to be having more fun playing Holmes than I had watching the film. I admire Downey's talent immensely, but I feel the screenwriters – Michael Robert Johnson, Anthony Peckham, and Simon Kinberg – must have sat around a table offering “what if” suggestions and then threw them all into the movie.

Downey is always unpre-

dictable, sometimes amusing and occasionally over the top; it's what many of his fans like about him. Yet in *Sherlock Holmes* he goes from prize fighter and crime solver to expert chemist and lover to a few other characters. Each arc comes and goes with rapid dialogue and quirky facial mannerisms that change as quickly as a snapping turtle. Considering the plot is really about Holmes and trusted cohort Dr. John Watson (Jude Law) capturing Lord Blackwood (Mark Strong), a cult follower charged with several ritualistic murders who's hanged and what happens after that, this is a lot to take in.

Of course, Downey and Law are so captivating it's difficult to care about the plot – but then you find yourself watching a room in Parliament filled with men ready to drink poison if their leader demands it, and you're brought back from the edge of your seat.

Every idiosyncratic personal trait Downey brings to his role seems perfected to give us a visual sense of what so many words have tried to convey. “When he (Holmes) feels he's not inspired or motivated by some creative charge, he'll fall into a state where he barely speaks a word for three days, and when he's engaged, he has incredible amounts of energy, super-human energy...Holmes's passionate curiosity and his ability to not only see but interpret these details are what make him so unique,” Downey said.

Law comes across as equally adept in the role of Watson, a man who admires his friend on an intellectual level while questioning some of his more bizarre behaviors like playing the violin at three in the morning or experimenting on Watson's dog. There's great chemistry between Law and Downey, who play off each other as delightfully natural as a bow and violin.

Downey also has great chemistry with his sexy and very unpredictable girl friend, Irene Adler (Rachel McAdams), who one minute eggs him on and the next tries to best him at crime solving or at getting into trouble.

For me, the slight story problems seem somewhat forgettable considering the terrific production values. Every set design by Sarah Greenwood (*Miss Pettigrew Lives for a Day*, *Atonement*) shouts London in the 1890s. Some of the sets appear so elaborate they're almost inconceivable. Plus Jenny Beavan and Melissa Meister have created hundreds of amazing costumes; James Herbert has done an exemplary editing job; and the cinematography by Philippe Rousselot (*The Great Debaters*) is amazing. *Sherlock Holmes* could have been a National Geographic show on London of that era. Also, Hans Zimmer's (*The Burning Plain*) musical score sounds both solid and fitting. Still, the

Jerry Bruckheimer-type action is too constant, and I didn't feel a consistent flow in the story.

Overall, *Sherlock Holmes* is certainly entertaining. There's much to like about it. I questioned two tried-and-true Sherlock Holmes fans and got a split decision on the film. One thought it followed Holmes adventures to a tee and loved it; the other thought it was basically a mess, but still enjoyed it. Like always; it's a matter of taste.



**Sherlock Holmes**  
**Studio:** Warner Bros. Pictures  
**Gazette Grade:** B  
**MPAA:** “PG-13” for intense sequences of violence and action, some startling images and a scene of suggestive material  
**Who Should Go:** Robert Downey Jr. and Jude Law fans

## East County's best bets for New Year's Eve

by Diana Saenger

It's time to celebrate the good times; and although many have been through some rough times this year, everyone has blessings in their lives if they look deep enough. So we scouted out what's going on in East County for New Year's Eve. Our local casinos are going all out with celebratory and fun events – and most of the events are free! How great is that?

### NEW YEAR'S EVE AT VIEJAS!

Take part in Viejas's \$100,000 giveaways in cash and prizes on New Year's Eve. Players will anxiously await the \$40,000 in hourly drawings from 6-9 p.m. In the “Get Lucky Hot Seat” event, 9 p.m.-1 a.m., players who play their favorite slot with a V Club card could be one of 40 winners selected by the prize patrol to win \$500. Live entertainment and dancing begins at the Hourglass Party from 8 p.m.-1:30 a.m. with DJ Chuck Fresh & Dancers on the casino upper level. In the DreamCatcher showroom from 8 p.m.-1:30 a.m. Rising Star & DJ 2Rille will entertain. In the V Lounge from 9 p.m.-1:30 a.m. DJ Kiss w/Makai & the V Dancers will keep the mood festive and lively.

On December 31 starting

at 4 p.m. all guests will enjoy complimentary hot chocolate and cookies near the V Club booths at the East & West Entrances (while supplies last). All of these events are free. Their new Viejas Bowl will be open. Viejas wants to keep the New Year's festivities going with more free events. On January 1 and 2 there will be more “Dash Through The Cash” drawings.

**The DreamCatcher at Viejas – Friday, Jan. 1, 9 p.m.-1 a.m. free event**

**The Beach Toys & Paperback Writer**

**The Beach Toys**  
 The sounds of surf, sun and classic cars set the backdrop for the legendary Beach Boys presented by the world famous Beach Toys-the only true-to-from tribute of it's kind. This chronological show will carry its audience through the music and history of America's number 1 musical export. The audience will hear such harmonic greats as “I Get Around”, “Surfer Girl”, “Surfin USA”, “Help Me Rhonda” and “In My Room” from the early years with astounding authenticity.

### Paperback Writer

The Beatles Experience will take its audience on a trip through the musical years of the world's most popular rock group of all time!

Hear the hits from the Ed Sullivan Show through the colorful Sgt. Pepper's years and on to the roof tops of Let It Be performed with “spot on” vocal, look and sound alike ability. This show has dazzled audiences across the states as well as around the world to include South America, The Caribbean, Japan and Europe. Don't miss Paperback Writer, the True Beatles Experience- A good time to be had by all!

**The V Lounge – Friday, Jan. 1, 8 p.m.-1 a.m. free event**

**Pop Vinyl**  
 Pop Vinyl was formed in late 2008 by guitarist/lead vocalist Aaron Ehrlichmann and drummer/vocalist Brian Hogan, formerly of SuperFunk Fantasy. Their experience in live music and entertainment has taken them all across the U.S. over the past decade. Pop Vinyl's high-energy show keeps the dance floor packed from start to stop. With the amazing Jennifer Gentile on lead vocals, Clark Souter on bass/vocals, and Dave Schulz on keys/vocals, they pack a punch with every note! If they're in your town, you don't want to miss this show. From Aretha to Beyonce and Michael to Donna Summer and Madonna their play list spans five decades of up-beat, rug-cutting hits.

The DreamCatcher at Viejas

– Saturday, Jan. 2, 9 p.m.-1:30 a.m. free event

### Detroit Underground

Detroit Underground is one of San Diego's top cover bands. Playing all the favorite hits from yesterday to today. [www.thedetroitunderground.com](http://www.thedetroitunderground.com)

See NEW YEAR'S EVE page 8

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## — LOCAL NEWS &amp; EVENTS —

# East County's best bets for New Year's Eve

Continued from page 7  
**The V Lounge – Friday, Jan. 8, 8 p.m.-1 a.m. free event**

## Izon Eden

Izon Eden is the musical blend of Dayton Borders and Patty Holley, two artists from

different backgrounds who came together to create a rich and powerful sound of lead vocals and harmonies. Izon Eden is supported by an amazing rhythm section consisting of Tim Campbell on Bass and Eric Brisse on drums. Borders

is an accomplished vocalist and multi-instrumentalist who plays guitars, including 12 string, keyboards, sitar, analog as well as virtual synthesis. Dayton is a sought after studio musician as well as producer for many up and coming Elec-

tro/acoustic artists. Holley is an accomplished vocalist, actress and dancer who studied performance techniques at the Circle in the Square Theatre School in New York. Patty has appeared in productions on and off-Broadway, and many regional theaters.

Viejas Casino is located directly off I-8 just 35 miles east of San Diego, and has a variety of restaurants including the award-winning Grove Steakhouse, Harvest Buffet, Far East Winds and more. For more information, visit [www.viejas.com](http://www.viejas.com) or call 1-800-847-6537.

## NEW YEAR'S EVE AT SYCUAN!

Hang around for the \$5000 cash drawing at midnight while

enjoying drink specials, hats and streamers for all players along with live music from 9 p.m.-1 a.m. and a \$19.95 New York steak and lobster special as well as bingo specials all day long. Dinning at Sycuan includes the \$10 Paipas' Oasis Buffet and Wachena restaurant. These events are free. More information at 1-800-279-2826.

## NEW YEAR'S EVE AT BARONA!

Celebrate New Year's at Barona Resort & Casino for what's sure to be a great party. Enjoy instant cash party favors with music beginning at 6 p.m., and a special edition of Barona Rapid Fire, dancers, and more. Get in the disco spirit with the 70's Costume Contest and dance to the tunes of the music



**The Beach Toys and Paperback Writer to appear at Viejas.**

tribute band Adbacadabra. Three different prizes will be awarded for the best costumes: 1st Place-\$2500, 2nd-\$1500, 3rd-\$1000. These events are free. Dinning options include the Barona Steakhouse, Season Fresh Buffet and others. More information at [www.barona.com](http://www.barona.com) or call 1-888-722-7662.

## NEW YEAR'S EVE AT PARKWAY BOWL!

A great place for fun and exercise for New Year's Eve Parkway Bowl has four different priced family plans that include open bowling; family fun pack; moonlight bowling with cash and jackpots; and Cosmic Bowling. Check them out at [www.parkwaybowl.com](http://www.parkwaybowl.com) or call (619) 448-4111.



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# MOTOR AND SPORTS

## Chargers celebrate Christmas with 10-straight wins

by Chuck Karazsia

On Christmas Day, less than a week after laying claim to a 4<sup>th</sup> straight AFC Western Division Championship, in a year celebrating 50-years of Chargers football, the magic continued. An unblemished 18-straight victories in the month of December remained unscathed as the Bolts improved their record to (12-3).

Maybe the hottest team in the NFL after a team first (7-1) record on the road claiming the second-seed in the AFC play-

offs after winning 10 consecutive games, the Bolts destroyed the Tennessee Titans 42-17 in a make-or-break game for the hosts.

A national television audience watched as Chargers quarterback Philip Rivers undefeated in the month of December as a professional, solidified his potential nomination as the league's Most Valuable Player by completing 21-of-27 passes for 264-yards, a couple of touchdowns, no interceptions, with friends and family watching in attendance in 'Music City' Nashville, TN.

Rivers made a couple of those plays with his scrambling ability buying time for his receivers and he made some amazing throws. With a quarterback rating of 132.1, Philip Rivers once again went over 4,000 yards passing for a second consecutive year (4,155-yards).

"This just doesn't happen. Everyone is doing their job," said Norv Turner,

"He has such confidence in our wide receiver's. He threw three-or-four balls today long before the receiver's ever made their break. When they turned, the ball was right there. You

don't make throw's like that unless you have great confidence."

"We were running the ball the way we liked to run the ball with L.T., Sproles, and Mike Tolbert."

After trailing 3-0 in this game, it wasn't even close. Getting 21 consecutive points, the Chargers led 21-10 at the half. Dominating the third quarter 14-0, and time of possession (14.01), the Bolts held the ball for more than 39 plus minutes (almost a 2-1 ratio) and getting 30-first downs in the game, 425-yards

of total offense, (compared to 270 for Tennessee). It was clearly evident the Chargers were the better, more talented team on the field of play.

It's scary how good this Chargers' team is. But it guarantee's nothing in the playoff's. Putting together ten-straight wins in the NFL, even against poor teams like the Raiders, Chiefs and Browns, it's amazing how well they played with wins against high-caliber teams like the Eagles, Giants, and Bengals. Against the Titans, the Chargers played four quarters of dominating football, with Gates, Sproles, L.T. and Rivers beating the Christmas Day turkey stuffing out of the Titans as the Chargers dominated throughout.

"You don't play well if you don't prepare well," said the Chargers head coach Norv Turner.

It was the Bolts defense that created turnovers. With three on the day, Brandon Siler and Eric Weddle interceptions, a forced turnover by Shaun Phillips creating a fumble recovery by Stephen Cooper, all this led to Chargers touchdowns.

"We are playing consistent," said Coach Turner.

"We are playing well in all phases defensively. Tennessee has been making big plays on offense, and our guy's did a great job on it."

"This was a tough week, coming off an emotional win against Cincinnati, a physical game, and having a short week. I can't say enough about how our guy's have prepared. We traveled on Wednesday and gone away from home on Christmas. They were focused. Tennessee was ready to play. Our guy's just handled the game the way I expected them to."

This Titans team having lost their first six-games went on a 7-1 winning streak riding on momentum. They played a San Diego team playing better as any Chargers team ever.

The Titans were favored and the Chargers were underdogs coming into this game.

Tennessee quarterback Vince Young made two impressive passes looking like a number one draft pick, but then made five-straight errant passes. This

has to be credited to a tenacious Chargers defense.

"We had so many player's contributing on defense," said Norv.

"When you are playing a lot of guy's like we are, the coaches are doing a great job of getting those guy's ready. We're rolling people around because we can (credit the depth on the roster by A.J. Smith), and because we needed to because of injuries. The players have certainly responded."

This altogether was a great night for future Hall-of-Fame running back LaDainian Tomlinson

L.T. is healthy. With two more touchdowns in this game LaDainian Tomlinson is having a wonderful season. This guy is getting into the end-zone every Sunday. In a pass-run, one-two offense, he is also making critical first down carries.

As the second seed in the playoff's, the Chargers have a week off at the end of the regular season to rest their weary and injured.

They have to win two games in the playoff's, one of them a home game to advance to the Super Bowl. There will be no playoff games for the Bolts in the cold, on the road. This means a lot for a team that passes first, then runs the ball.

About the upcoming game against the Redskins, the Chargers head coach responded on the playing of his starters saying,

"The key to me Sunday is how you handle the week. This week we are going to prepare for everyone to play. I will tell them Saturday after I talk to the assistant coaches who is playing and how long they are playing. We are going to prepare to play this game the way we prepared for the last 15 games."

The Chargers host the Washington Redskins Sunday at Qualcomm Stadium in the last game of the 2009 regular season.

Tickets to the Chargers upcoming playoff's are on sale now, only with the purchase of 2010 season tickets. Purchases can be made by calling 877-CHARGERS or visiting the Chargers ticket office at Gate-C at Qualcomm Stadium



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## — MOTORANDSPORTS —

# 2010 Chevrolet Equinox LS



Inside the 2010 Chevy Equinox LS. Photo credit: Dave Stall

by Dave Stall

Chevrolet is coming out of the financial fog as well with a great little family hauler called the Equinox. The Equinox is not new, but the 2010 has everything a young family would want as their first small SUV. This Equinox came from Courtesy Chevrolet in Mission Valley and the drive from the

valley to Alpine with a short stop at the grocery store was a nice ride.

The first thing noticeable is how deep the driver sits in the seat. Including electrical adjustments for height and manual adjustments for front a rear adjustments it only took a few seconds to find my best spot when it comes to being seated in the right position behind the wheel. The seat covers on the Equinox were strange looking, it looked like they were vented even though it didn't have heat or cool seat options. The driver gets a great view of the instrumentation panel, which will give all the information he/she needs. Plus there is an information center that will keep the driver and the Equinox out of trouble.

The 2010 Equinox is powered by a 2.4-liter four cylinder

engine backed by a six speed automatic transmission and with this combination you will be looking at 22 miles per gallon in the city and 32 miles per gallon on the open road burning regular unleaded fuel. One would think with a four cylinder engine the Equinox would not have the power, but I must say it preformed very well and I would opt for this engine mainly because that is all that is offered. Included is All Wheel Drive or Front Wheel Drive depending on the needs of the buyer and yes there is only one transmission available as well. No need to lose miles per gallon on the highway if the All Wheel Drive is chosen, but if it is needed, then it is not that big of a loss to the mileage.

Since this is being built for the family in mind, the back seats are perfect, they can be adjusted front and back for those long legged passengers and the seat backs recline to three positions, plus the seat flips and folds 60/40 degree for added storage.

This review cannot go on without mentioning the Top Safety Award the 2009 received from the Insurance Institute for Highway Safety. A five star frontal and side impact, which was very impressive. Anti lock brakes, four-wheel disc brakes, Stabilitrak-Stability Control with Traction Control are standard. A tire pressure monitoring system that looks at all four tires and gives the individual tire pressure readings is also included, as well as standard front air bags and side impact airbags for the driver and passenger and Head Curtain Side Airbag with Rollover Protection for all rows of seating. Kids get their own car seat locking system and there is daytime running lights, remote keyless entry



2010 Chevy Equinox LS. Photo credit: Dave Stall

and Theft Deterrent System and one year of OnStar with automatic crash response, which I feel all vehicles should have standard.

The price of this 2010 Chevrolet Equinox is a mere \$23,265 plus tax and license and since

this is the end of the year Courtesy Chevrolet will be willing to work out a deal. Remember Courtesy has a full body shop and an award winning service department. Don't forget to tell them Dave Stall sent you and that you want the "Dave Stall Special."

## Barona Creek Golf Club honored by Golf-Week

For the fifth consecutive year, Barona Creek Golf Club (Barona Creek) located at Barona Resort & Casino in San Diego ranked as one of the best golf courses in the state and nation by Golfweek magazine.

Golfweek rated Barona Creek as the fifth best course in California; third best resort in California; and fifth best casino golf course in the nation. Additionally, Barona Creek jumped up three spots to 25th place for best resort property nationwide.

"We're extremely pleased and honored to be on this prestigious list of resort courses," said Don King, executive director of golf operations at Barona Creek. "The Barona Tribe has established extremely high standards for the quality of this course and our staff works diligently to meet those standards and provide a unique and memorable golf experience for our customers each and every day." Continued King, "From hosting top golfers from around the world to being the site of the Southern California PGA championship, our course continues to have tremendous national appeal. We're flattered to be in the company of so many respected courses as part of Golfweek's 2010 rankings."

Golfweek's course raters are comprised of a nationwide team of more than 450 evalu-

ators who have surveyed over 500 Classic and 1,200 Modern nominated courses. Judgments are rendered on the basis of 10 standards of evaluation: routing, quality of shaping, overall land plan, greens and surrounds, tree and landscape management, conditioning and a "walk in the park" test, as well as the variety and memorability of par-3s, par-4s and par-5s.

Barona Creek Golf Club is a 7,448-yard par 72 golf course with more than 114 multi-fingered bunkers and a series of lakes and ponds connected to the area's naturally fed streams. The course offers multiple sets of tees to accommodate players of all abilities. It features more than 170 mature native oak trees transplanted from other regions of the Barona Indian Reservation.

The course has also been recognized for its environmental efforts by the United States Environmental Protection Agency (EPA) and San Diego Earthworks. With its state-of-the-art water reclamation and wastewater treatment facilities, Barona uses 100 percent reclaimed water to irrigate the golf course and surrounding landscape. The course has also earned the prestigious Bronze Signature Sanctuary Certification from Audubon International for its conservation, environmental quality and land management efforts.

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#### NOTICE OF SALE OF UNCLAIMED PERSONAL PROPERTY

In accordance with California Civil Code Section 1988(b), personal property left by PAUL ARNESON to the possession of Litton Loan Services at 1423 Graves Avenue Unit 167, El Cajon, CA, 92021, will be sold at public auction Thursday January 7, 2010, at noon, the highest bidder for cash. Property to be auctioned includes: Foot stool, two CPUs, four TV tray tables, two keyboards, table with four chairs, mattress, various Tupperware containers, salad spinner, blender, lava lamp, twin bed frame, bedroom canopy, various clothes, stereo, computer screen, crutches, decorative candle holder, desk, floor lamp, cooking utensils, alarm clock, two pairs of rollerblades, children's suitcase, various books, duffle bag, two ballerina figurines, tall metal stand, black stand with glass door, and other items of miscellaneous personal property with no apparent value.

David R. Endres, APC  
The Endres Law Firm  
A Professional Corporation  
2121 2nd Street, Suite C 105  
Davis, Ca 95618  
(530)750-3700

East County Gazette- GIE030790  
12/24, 12/31/09

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034828

FICTITIOUS BUSINESS NAME(S): K&R Distribution  
Located at: 946 So. Anza #29, 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. Kazwan Hanna 946 So. Anza #29, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 16, 2009.

East County Gazette- GIE030790  
12/24, 12/31, 2009, 1/07, 1/14, 2010

#### 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, 12/31/09, 1/07/10

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033099

FICTITIOUS BUSINESS NAME(S): Auto Medic  
Located at: 3747 Convoy St., Suite B, San Diego, CA 92111  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Eunjo Shin 520 S. Mollison Ave. #263, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on November 24, 2009.

East County Gazette- GIE030790  
12/24, 12/31, 2009, 1/07, 1/14, 2010

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034883

FICTITIOUS BUSINESS NAME(S): Sunset Market & Liquor  
Located at: 985 Broadway #L, Chula Vista, CA 91911  
This business is conducted by: A Corporation  
The first day of business was: May 11, 2006  
This business is hereby registered by the following: NMRM Inc. 985 Broadway #L, Chula Vista, CA 91911  
This statement was filed with Recorder/County Clerk of San Diego County on December 16, 2009.

East County Gazette- GIE030790  
12/24, 12/31, 1/07, 1/14, 2010

#### SUMMONS (Family Law)

NOTICE TO RESPONDENT (Name):  
Aviso al Demandado (Nombre):  
**BRIGIDA VENTURA LOPEZ BENITEZ**

YOU ARE BEING SUED.  
Lo estan demandando.  
PETITIONER'S NAME IS:  
**EL NOMBRE DEL DEMANDANTE ES:  
AARON BENITEZ LOPEZ**  
CASE NUMBER (Número del Caso):  
ED 79288

You have **30 CALENDAR DAYS** after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)) or by contacting your local county bar association. Tiene **30 días corridos** después de haber recibido la entrega legal de esta citación y petición, para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al solicitante. Una carta o una llamada telefónica no basta para protegerlo. Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte también le puede ordenar que pague manutención, y honorarios y costos legales. Si no puede pagar las cuotas de presentación, pida al secretario un formulario de exención de cuotas.

Si desea obtener asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener información para encontrar a un abogado en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)), en el sitio Web de los Servicios Legales de California ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)) o poniéndose en contacto con el colegio de abogados de su condado. NOTICE The restraining orders on the back are effective against both husband and wife until the petition is dismissed, a judgement is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO Las ordenes de restricción que figuran en la pagina 2 valen para ambos conyuges o pareja de hecho hasta que se despidia la petición, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o vista una copia de estas ordenes puede hacerlas acatar en cualquier lugar de California. The name and address of the court is: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 250 East Main Street, El Cajon, CA 92020

The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, son):

AARON BENITEZ LOPEZ  
7160 JACAMAR AVE., SAN DIEGO, CA 92114  
DATE: NOVEMBER 02, 2009  
619-829-1461  
Clerk, by (Secretario, por)  
C. UTTHAUS  
Deputy (Asistente)  
NOTICE TO THE PERSON SERVED: You are served  
AVISO A LA PERSONA QUE RECIBIO LA ENTREGA: Esta entrega se realice  
As an individual. (a usted como individuo.)

Pub. Dec. 31, 2009 Jan. 7, 14, 21, 2010  
Published in EAST COUNTY GAZETTE

#### 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. 2009-035404

FICTITIOUS BUSINESS NAME(S): a.) Joel's Massage and Holistic Center b.) Joel's Holistic Center  
Located at: 1149 N. 2nd St., El Cajon, CA 92021  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Joel C. Onan 1149 N. 2nd St., El Cajon, CA 92021; 2. Teresa Onan 1149 N. 2nd St., El Cajon, CA 92021  
This statement was filed with Recorder/County Clerk of San Diego County on December 23, 2009

East County Gazette- GIE030790  
12/31, 1/07, 1/14, 1/21, 2010

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035602

FICTITIOUS BUSINESS NAME(S): Frannie The Clown  
Located at: 6717 Friars #82, San Diego, CA 92108  
This business is conducted by: An Individual  
The first day of business was: January 15, 1997  
This business is hereby registered by the following: Sherry L. Rawlins 6717 Friars #82, San Diego, CA 92108  
This statement was filed with Recorder/County Clerk of San Diego County on December 28, 2009.

East County Gazette- GIE030790  
12/31, 1/07, 1/14, 1/21, 2010

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-033720

FICTITIOUS BUSINESS NAME(S): a.) [www.sheridesherown.com](http://www.sheridesherown.com) b.) [www.sheridesherown.net](http://www.sheridesherown.net) c.) [www.sheridesherown.org](http://www.sheridesherown.org) d.) [www.sherevsheron.com](http://www.sherevsheron.com)  
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  
12/24, 12/31/09, 1/07, 1/14, 2010

#### 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 BORADWAY, 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

#### NAME CHANGE AFFIDAVIT TO: WHO IT MAY CONCERN

I, PAREKH SURESH, declare under penalty of perjury under the laws of the State of Gujarat that the foregoing declaration is true and correct.

My former name was in Indian passport PAREKH SURESHCHANDRA RAMBHAI. I have changed my name for all purposes to PAREKH SURESH for convinces and I did not so change my name for purpose of fraud.

East County Gazette- GIE030790  
12/31, 2009

#### NAME CHANGE AFFIDAVIT TO: WHO IT MAY CONCERN

I, PAREKH KUSUM SURESH, declare under penalty of perjury under the laws of the State of Gujarat that the foregoing declaration is true and correct.

My former name was in Indian passport PAREKH KUSUMBEN SURESHBHA. I have changed my name for all purposes to PAREKH KUSUM SURESH for convinces and I did not so change my name for purpose of fraud.

East County Gazette- GIE030790  
12/31, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-035432

FICTITIOUS BUSINESS NAME(S): Javlin Financial Real Estate  
Located at: 10247 Princess Sarit Way, Santee, CA 92071  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: 1. JAVLIN FINANCIAL 10247 Princess Sarit Way, Santee, CA 92071  
This statement was filed with Recorder/County Clerk of San Diego County on December 23, 2009.

East County Gazette- GIE030790  
12/31, 1/07, 1/14, 1/21, 2010

#### FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-034705

FICTITIOUS BUSINESS NAME(S): Modern Direct  
Located at: 8835 Balboa Ave., Suite B, San Diego, CA 92123  
This business is conducted by: A Corporation  
The first day of business was: December 7, 2009  
This business is hereby registered by the following: Raymert Press Inc. 8835 Balboa Ave., Suite B, San Diego, CA 92123  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 15, 2009.

East County Gazette- GIE030790  
12/31, 1/07, 1/14, 1/21, 2010

**MORE LEGALS PAGE 14**

#### Dear Dr. Luauna

##### Question: *Dear Dr. Luauna,*

I am forty-five years old and each year, just seems to slip by, it seems like my year is wasted. When I look back, I have nothing to show for it. I make a New Year's resolution only to break it in the first month. Help! *Signed, Losing Years in El Cajon.*



##### Answer: *Dear Losing Years,*

There is a powerful scripture in the Bible in Proverbs chapter 29 which says, "Without a vision the people perish." Your vision is what should drive you and help you when you wake up each morning. Your problem, you don't have a God-vision.

You should, first of all, ask the Lord what He has prepared for your life. What are your gifts? What are your talents? If you wake up with no purpose to live, that is what causes you to waste each day. Time is so valuable, and you cannot buy it back, yesterday is gone; tomorrow is not here, and today is the present. Today is a gift, make it count! God gave us His Word; we were created to have a God-vision.

If you live only for yourself, it is futile and quite frankly, unfulfilling! Serve God and live, He has a great plan for your life. Just ask Him, after all, He created you in His image, He is the Master Craftsman and Architect with the perfect blueprint for your tomorrows, so stop wasting time and go to the Master, only He can make your life complete, and then next year, you will look back and say, "Wow!" **Read these verses: Proverbs 29:18, Proverbs 8:30-31, Jeremiah 29:11.**

Submit questions: [questions@drluauna.com](mailto:questions@drluauna.com)  
[www.atouchfromabove.org](http://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  
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# Our Best Friends

## Housetraining a puppy ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPACTP

Dear Trainer,

**W**e got a new puppy a few weeks ago and I'm frustrated that housetraining isn't going as fast as I thought it would. We follow all the suggestions of getting her out every hour, but it seems like she is having a lot of accidents despite our efforts. Am I doing something wrong? The puppy is a mixed breed that is now 14 weeks old and should be about 30 pounds when full grown according to our vet. The only good thing is that she sleeps all night in her crate, so I know she can "hold it," for longer periods. Help!

Signed,  
Soggy in Santee

Dear Soggy,

Congratulations on your new puppy, and do count your blessings that she is able to sleep all night at such a young age. However, just because a puppy sleeps all night, doesn't mean she will be able to "hold it" for that long during the waking hours.

The process of sleep chemicals are what allow puppies (and humans as well) to sleep through the night. During the day, those chemicals are replaced with other ones, which means your puppy needs to rely on a reinforcement history that includes lots more successes than failures if you are going to be successful with your housetraining.

As you noted, your puppy is not always able to hold her urine for a full hour, so it's time to adjust the schedule and begin to recognize some of the signs of when your puppy needs to go out. Every puppy is different and it does take some practice to figure out each puppy's potty habits. I have a new puppy myself and it took me about a week to determine when she needed to go out, which put prevention of accidents on the front burner until I learned those signs. I worked on a half hour schedule rather than the one hour schedule that is usually recommended, and that is what I would suggest with your puppy, at least until you get better at recognizing her signals.

Important considerations  
Young puppies should always be monitored in the visual range of the pet parent at all times to make sure that they don't have accidents and to observe any signs that they might need to go.

There are also some events to consider outside of the "schedule" and you will also want to take your puppy out with each of these, even if it hasn't been the allotted time period. Those events include playing, eating, waking up from a nap and after drinking water, so do keep an extra vigilant watch on your puppy after those events.

Learning to watch for the

signs that your puppy needs to go out will also help you get closer to housetraining success.

Here are some of the signs that your puppy needs to go out:

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

Some puppies will have many of these signs, but some will only have one or two, so try to tune into what your puppy does.

If you want a sure-fire way to teach your puppy to let you know when she needs out, you can teach her to ring a bell at the door where she will be let out. Here is one link about how to train your puppy to ring a bell, but there are all kinds of articles on-line about this subject: <http://www.clickersolutions.com/articles/2001b/bell.htm> There are also all kinds of bells, from jingle bells on ribbons, to bell-hop type of bells. I have taught my puppy to ring a jingle bell type to come into the house so she doesn't scratch the French door. There

are even pet doorbells. You can find a bunch of different types of bells for this purpose at: <http://www.nextag.com/pet-doorbell/stores.html>

Another factor that is often overlooked with housetraining is that you should always go with your puppy to the potty area, not only to ensure that she actually eliminated, but to give her positive reinforcement when she gets it right. Many people wait to give their puppies reinforcement after the puppy gets back in the house, but then it is too late.

Reinforcement in the form of praise and food treats should happen within seconds of the correct behavior, otherwise your puppy will never know what she is being rewarded for. This is how a positive

reinforcement history is developed, and the sooner your puppy learns that she gets praise and treats for going potty outside, the easier it will be for her to build some bladder muscles as she begins to hold it longer in order to get the reinforcement—which only happens when she goes in the correct place. Puppies learn these associations quickly, so make sure you are there to reward her immediately after she goes.

There are two other things that can speed up housetraining. One is to use a crate, as puppies don't want to soil their space. Time is the other thing. The older your puppy gets, the longer she will be able to wait between potty breaks, so hang in there as a few weeks can make a big difference. When

you can't watch your puppy to prevent accidents, confine her in her crate, but do keep in mind that young puppies shouldn't be confined for long periods of time. A good rule for crating is one hour per month of age, but no longer than 8 hours and that's only when dogs are adults, getting exercise and mental stimulation and are eating a high quality diet to prevent the need to "go" more often. Look for diets that have meat products as the first two to three ingredients and no corn, wheat or soy.

Good luck and happy housetraining,

Nan Arthur,  
CDBC, CPDT, KPACTP,  
Author of *Chill Out Fido!*  
*How to Calm your Dog.*

## ADOPT-A-PET



Sweet and friendly, Lulu will melt your heart when she cuddles up for love and attention. She is a 4-year old tri-color Labrador/Pit Bull blend, weighing 60 pounds. Lulu takes treats gently, and knows the "sit" command. Her \$69 adoption fee includes spay, vaccinations, microchip, and license. One look into her big brown eyes, and you'll be in love. For more information, call FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) 858-205-9974.

Hana is a beautiful black kitten with a shiny coat and gorgeous gold eyes! Another staff and volunteer favorite! She is very friendly and adores being the center of attention. You will find her to be just as playful as she is loving. Hana likes to pounce and play with different toys, especially feather sticks and cat balls. She enjoys the company of other cats and would love to meet you in the play room! Meow!

Hana's adoption fee is \$131.00 which includes her spay, vaccinations, deworming treatment, 1 free month of pet insurance, and a free vet visit. North County Humane Society & SPCA is located at 2905 San Luis Rey Road in Oceanside. Hours are Monday - Sunday 10 a.m. - 5 p.m. For details call 760-757-4357 or visit [www.nchumane.org](http://www.nchumane.org).



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