



SUBSCRIBE TODAY!
CALL
(619) 444-5774

**PRESORTED
STANDARD
U.S. POSTAGE PAID
EL CAJON, CA 92020
PERMIT NO. 237**



INSIDE THIS ISSUE
Local2-5
Health6
Entertainment ...10-11
Legal Notices 13

Check out the Gazette
next week for tickets to
'Hotel for Dogs' and enter
to be a grand prize winner
for 'Camp Bow Wow'



Gazette Newspaper Group Publications serving El Cajon, Rancho San Diego, La Mesa, Spring Valley, Lemon Grove, Ramona, Santee, Lakeside, Alpine, Jamul and the Back Country

VOLUME 9 NUMBER 30

JANUARY 1-7, 2009

Dream comes true for many San Diegans



"I'M DREAMING OF A WHITE CHRISTMAS" — The dream of a white Christmas came true for many San Diegans this past week as the hills over San Diego filled with snow. Thousands of San Diego County residents flocked the mountains, some with memories of a Christmas past in the snow, others seeing the "white stuff" for the first time. Photo by Brice Pedrin

Elmer Sweetwood and Sons
Complete Auto Repair
EST. 1948

Smog Checks, We Now do 'Test Only'
We Certify Gross Polluters

\$15⁹⁵
+ CERT.
Most Cars

Consumer Assistance Program
FREE EMISSION REPAIRS
Up to \$500 in CAP Repairs
CALL FOR DETAILS

151 S. SUNSHINE, EL CAJON • 444-1696
For faster service bring DMV Renewal • Motorhome & Some Van Extra. Not valid with other offers. ECG2
Exp. 01/31/09

Great Stuff!
Lowest Prices on Everything.

GRAND OPENING

Come find once-in-a-lifetime bargains!
• Groceries • Garage & Garden • Halloween • Furniture
• Home Decor • Sporting Goods • Designer Clothes & Shoes

Highway 8 at Magnolia Ave. South
456 N. Magnolia Ave., El Cajon
(619) 444-4224

10% OFF
TOTAL PURCHASE OF \$10 OR MORE
(EXCLUDING CRV AND TAXES)
EXPIRES 01/15/09

HAPPY NEW YEAR FROM Quiznos

BUY ONE GET ONE FREE
Buy any Sub & two Reg. Fountain drinks & get 2nd Sub of equal or lesser value FREE!
Not valid on Delivery order.
Excluding Premium & \$5 Lg. Subs.
Limit one coupon per person. Exp. 01/09/09

Limited delivery area.
Min. order req. & delivery charges apply. Order online @ www.quiznos.com

Quiznos El Cajon
124 West Main Street
(corner of Main & Magnolia)

DELIVERY HOTLINE: 1-866-MYQUIZNOS

Local News & Events

CONTRACTOR'S CONNECTION
Worried about fraud? Hire a local contractor you can trust!

All types of Roofing

Lic. #777495
Insured/Bonded

AWARD ROOFING SERVICES
(619) 561-2555
John Pelley
8731 Winter Gardens Blvd., Lakeside, CA 92040



2206 Alpine Blvd. Ste. B,
Alpine, CA 91901
(619) 722-7179
Fax: (619) 722-7187
www.buildamodularhome.com

The next generation of homes...

- ✓ Superior quality construction
- ✓ Customization
- ✓ Savings of time and money...

Look no further!

System-built is the wave of the future!

Set up your free site inspection today.



FIRE VICTIM DISCOUNTS!

**Support OUR advertisers ...
THEY support YOUR paper!**



**Lakeside Highway
Lions Club**
presents
A Taste of Hawaii
Saturday, Jan. 24
Santee Elks Lodge
11633 Woodside Ave.
Lakeside, CA 92040

No Host Cocktails: 6:00 to 7:00 PM
Dinner Buffet: 7:00 to 8:00 PM
Hawaiian Luau Show: 8:00 PM to ???

Benefits local organizations and charities

Donation: \$2500 - Event Sponsor — \$500 VIP Table Sponsor
\$30 per person - Event Ticket



A Taste of Hawaii Registration Form
Company / Sponsor Name: _____
Address: _____
Phone: _____ Mail Tickets? _____ Pick up at Door? _____
Number of Tickets Requested: _____
I cannot make the event, but wish to make a donation _____
Donation Amount: \$ _____

Please mail to: Lakeside Highway Lions Club
PO Box 1743
Lakeside, CA 92040

Call 858-560-7561 or 619-447-7690 for questions or to reserve your tickets

Bits and pieces around East County

Water Authority boosts Conservation Rebate Funding

The San Diego County Water Authority Board of Directors recently approved \$2.5 million to expand two highly popular conservation incentive programs. The additional funding will make the programs' rebates and other water-saving services available to significantly more residential and commercial water users as the region continues to cope with drought and court-ordered water supply cutbacks.

The Water Authority's Smart Landscape Program and High Efficiency Washer (HEW) rebate program have experienced rapid growth in participation levels. The residential HEW program, offered in cooperation with San Diego Gas & Electric, grew from 8,700 incentives redeemed in fiscal year 2007 to 17,500 incentives redeemed in fiscal year 2008. Participation in the Smart Landscape program also has nearly doubled during calendar year 2008, with program disbursements growing from an average of about \$91,000 a month during the first half of the year to more \$170,000 a month during the second half of 2008.

"Given our water supply challenges, it is critical that we step up our efforts to motivate more residents, businesses and public agencies to purchase devices or make landscape changes that will help our region save water," said Fern Steiner, chair of the Water Authority Board of Directors.

The Water Authority's Smart Landscape Program will receive an additional \$1.5 million from today's board action. The Water Authority and the Metropolitan Water District of Southern California (MWD) will each provide \$750,000.

The Smart Landscape Program increases water conservation through a combination of services. They include landscape surveys and water use audits, incentives for repairing broken irrigation hardware, and incentives for upgrading to more efficient irrigation technology, such as weather-based "smart" irrigation controllers and rotating nozzles. The program also provides landscape grants for commercial properties, and much of the program's growth has come from increasing participation from homeowner associations. Additional information about the Smart Landscape Program is available at: www.20gallonchallenge.com/programs.

The Board approved an allocation of \$1.05 million to ensure that HEW incentives are available until SDG&E receives approval from the Public Utilities Commission for its energy efficiency programs for the 2009-2011 funding cycle. Under the existing cooperative agreement, SDG&E provides \$50 toward each \$185 HEW incentive redeemed. The balance of the incentive is funded by MWD.

Since 2006, more than 30,000 high efficiency washers have been installed in homes as a result of the funding partnership between the Water Authority and SDG&E. Over their lifetime, these HEWs will save more than 12,300 acre-feet of water. Additional information on the HEW incentive program is available at www.20gallonchallenge.com/programs.

The Water Authority Board also approved \$2 million in grants to help eight of its member agencies fund new local water supply development studies as part of the Water Authority's Local Investigations and Studies Assistance (LISA) Program.

"Helping our member agencies find and develop new local water supplies is vital to improving the reliability of our

G.J. Fletcher Construction builds the next generation of homes
by Diana Saenger



With modern technology as well as financial costs a definite consideration in the purchase of a new home, today's savvy buyers are looking into a wide range of options. G.J. Fletcher Construction is determined to help its customer create their custom dream home from the ground up, and they offer several options for all buyers.

Looking for a modular home that's built in sections at a factory and delivered to the site? Fletcher can help with that. They can also assist with a manufactured home, similar but somewhat different than a modular home. Fletcher also provides site built homes, ones that are constructed from the ground up on the property.

G.J. Fletcher Construction offers several services to their home owners including assistance in purchasing and financing.

"Our policy is to listen to our customer's needs" Greg Fletcher said. "This insures that the job is completed right the first time."

For more information call (619) 7222-7179 or visit <http://www.gjfletcherconstruction.com/>

long-term water supplies," Steiner said.

The program provides cost-sharing grants for early local water supply project development activities including feasibility studies, field investigations, and environmental studies and documentation. In this round of funding, the board approved cost-sharing grants of:

- \$500,000 for the City of San Diego Pilot Production Wells Investigation, to complete four pilot wells to evaluate the production potential of three groundwater basins.

- \$512,500 to the Padre Dam Municipal Water District and Helix Water District El Monte Valley Recharge Project Studies. The grant will provide funding for environmental documentation, public outreach, aerial photography and base mapping, preliminary project design, flow equalization and seasonal storage studies, and other studies necessary for project permits.

- \$17,000 to Rincon del Diablo Municipal Water District's Desalination North/Eastern Conveyance Enhancement Studies, which will expand previous studies that consider the distribution of desalinated water from the Carlsbad Desalination Project to North County water agencies.

- \$170,500 to Carlsbad

Municipal Water District's Encina Basin Water Reclamation Program Phase III Project Feasibility Study to identify potable water customers that can be served with recycled water, and determine feasibility of expanding the Encina Basin Water Reclamation Facility.

- \$500,000 to the City of Oceanside Small Scale Pilot-Demonstration and Feasibility Study to determine the best location for beach (seawater extraction) wells, well yield, and groundwater quality; conduct pilot testing of reverse osmosis membranes; evaluate potential pipeline alignments from wells to the treatment facility; and identify required project components, construction costs, and operating costs.

- \$25,000 to Santa Fe Irrigation District San Dieguito Reservoir Seepage Recovery Study to determine volume of seepage passing downstream of the San Dieguito Reservoir, and to determine feasibility of recovery for irrigation or treatment to potable water standards at the R.E. Badger Filtration Plant.

- \$150,000 to City of Vista/Vista Irrigation District Shadowridge Water Reclamation Facility Feasibility Study and Preliminary Design Investigation to evaluate feasibility of constructing a 2 million-gallon-per-day water reclamation facility at the site of the decommissioned Shadowridge Reclamation Plant in Vista.

- \$125,000 to Valley Center Municipal Water District's Welk Skimming Plant [Recycled Water] Feasibility Study, Preliminary Design, and Initial Environmental Studies to identify facilities needed to intercept, treat, and distribute recycled water to a local golf course currently using potable water for irrigation.

Kamps PROPANE
YOUR FRIENDLY, DEPENDABLE, LOCAL PROPANE PEOPLE SINCE 1969



- New Customer Specials
- Home Delivery
- Best Service in East County
- Installation & Service
- Budget Pay Available

619-390-6304
16245 Alpine Boulevard

BUSINESS & PROFESSIONAL DIRECTORY

It's always best to know who you're dealing with — these local people are your neighbors — they're always here to help you!

HYPNOSIS WORKS!

- Fibromyalgia
- Sleep
- Weight
- Fear



- Chronic Pain
- IBS
- Stress
- Relationships



Smoking Today!

Judy Callihan Warfield

• Certified Hypnotherapist • Certified NLP Practitioner • Certified Therapeutic Imagery

(619) 303-8511

www.successthypnotherapy.com

4730 Palm Ave. #205, La Mesa, Ca. 91941

DB INVESTIGATIONS

DON BERSTLER

Private Investigator

• Domestic • Civil • Criminal • Surveillance • Investigations

(619) 443-4093

Fax (619) 390-4480 Cell (619) 733-4093

email: dbipi@cox.net

P.O. Box 1974, Lakeside, CA 92040

PI
18486

Your Local Bookkeeper

- Specializing in QuickBooks® for small businesses
- Your local QuickBooks® phone support

SET-UP

MAINTENANCE

TRAINING

(619) 454-0115

**Wholesale
Guns**



Below Retail

10769 Woodside Ave., #206
Santee, CA 92071

Tues. thru Fri.
10 a.m. - 6 p.m.
Sat. 10 a.m. - 4 p.m.

(619) 448-6717

www.wholesaleguns.net



For all your
automotive needs,
you can trust
Dad's!

www.dads-g.com

FROM STREET TO THE TRACK

We can help you achieve the speed you need!

From oil changes to building custom turbo engines!

Dad's even sells parts!
(foreign and domestic)

Call or email info@dadsgaragellc.com

We also service desert toys & dune buggies.

14830-B Olde Highway 80, El Cajon • (619) 249-7870

A.D.C. TACTICAL SELF DEFENSE PRIVATE / GROUP INSTRUCTION

SELF DEFENSE/ESCRIMA SEMINARS

Dr. DAVID MODZAK

Ph.D./Ma.D.Sc.

FOUNDER/MASTER INSTRUCTOR

619 - 518 - 4610

www.adcmartialarts.com

masterdave@adcmartialarts.com

www.myspace.com/a_d_c_artist



"For the Best Plumbing Values in Town"
REPAIR ♦ REPIPE ♦ REMODEL

LIC. # 749354

619 464-5257

DRIVEWAY SPECIALIST

WORK GUARANTEED!

STAMP, COLORED OR STANDARD
DRIVEWAYS & PATIOS

32 years experience — Licensed

Call Ray Tatlock

(619) 447-1497

www.drivewayspecialist.net

VISA/MASTERCARD ACCEPTED

YOUR NEXT JEWELRY & WATCHES INC.

Al & Ann... The Jewelers of Lakeside since 1980

Over 42 years experience!

• Watch batteries • Watches • Jewelry • Clock repair

FREE
Prong
Inspection

Don't Lose Your Diamonds



**WATCH
BATTERY
\$5.00**

Installation
Labor Only,
\$2.50 or \$3.75

9773 Maine Ave, Lakeside • 619 634-8389

The Bird Garden

619-443-5406

CERAMICS - PORCELAIN

LACE DRAPE DOLLS, PURCHASE IN GREEN
WARE, SOFTFIRE OR FINISHED. SUPPLIES,
TOOLS AND CLASSES. PROFESSIONAL OR
BEGINNER. MAKE A ROSEBUD VASE OR AN
HEIRLOOM PORCELAIN DOLL.

10% OFF GREENWARE TIL FEB. 1. MENTION AD.

9514 WINTER GARDENS BLVD. LAKESIDE



(619) 445-0213

Boulders • Specialty Rock • Bagged Redi-mix Concrete • Type S Mortar
Landscape Fabric • Portland Cement • Lime • Stacking Walls • Pavers
Rock • Gravel • DG • Sand • Block • Top Soil • Bark • Mulch

Authorized
Dealer

1117 Tavern Rd, Alpine, CA 91901
Phone 619.445.0213
Fax: 619.445.0221

OPEN
MONDAY - SATURDAY
7AM-4PM

PROPERTY MANAGEMENT ...

FIDUCIARY ADVISORS

- Specializing in smaller Commercial & Industrial buildings the "Big Names" don't have time for!
- ProActive Property Representation: Payables, Receivables, Leasing, Strategic Planning, Custom Financial Reports.
- Tenant Improvements & maintenance by In-House General Contractor may save you money.
- Commercial Condo Association specialists.

REALTY RESOURCES (619) 938-3800

Stephen Dows, mba www.Realty-Resources.com

DRE#01523368 CSLB#884406

LANDSCAPING SERVICES



- ★ Sprinkler Installation
- ★ Sod
- ★ Planting
- ★ Fence
- ★ Retaining Wall
- ★ Sidewalk
- ★ Cleanup & more!

Free Estimates

**LOW PRICE
GUARANTEE**

(619) 579-0598

(619) 419-4137

KENT B. FULLARTON BA, CH. HYPNOTHERAPY

WEIGHT MANAGEMENT

Sometimes diet and exercise are not enough.
You may need to raise metabolism and lower
your setpoint. Change your body image that
your subconscious uses as a model. Bring a
friend, save a little and create a support group.
Low key style office with a nice old man.

9514 Winter Gardens Blvd., Lakeside (619) 443-0880



El Cajon

Animal Shelter

1275 N. Marshall Ave.,

El Cajon, CA 92020

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
San Diego County Animal
Services.

Subscribe today!

Don't miss a
single issue,
only \$25
brings the
Gazette to
your mailbox
every week for one
year!

Call today

(619) 444-5774

or

mail a check to:

East County Gazette

P.O. Box 697

El Cajon, CA 92022



Great tasting "Healthy Coffee"

Packets you can make at home or the office!

www.proyoung.us/normand

Rupert Pedrin Jr. Concrete



Patios - Driveways - Flatwork
Light Tractor Work

Phone (619) 445-6110

Cell (619) 820-3699

Fax (619) 445-8216

LIC# 741012

Jumpstart your business in the New Year!



Place an ad in the
Gazette and watch your
business grow!

— LOCAL NEWS & EVENTS —

Bits and Pieces

Continued from page 2

Statement from Supervisor Jacob

The recent Power Link decision is a \$2 billion travesty that turns back the clock on a true, renewable energy future for our region. SDG&E spent thousands upon thousands of dollars to successfully defeat a requirement that would have guaranteed the amount of renewable energy on the line. Instead, there are zero assurances that the line will be used for anything other than power from dirty, fossil-fuelled plants along the U.S./Mexico Border. Most distressing, the project's environmental documents make it clear that the line will impede firefighting efforts in our most fire-prone communities. Given what this region endured during the 2003 and 2007 firestorms, it is unconscionable that state regulators would gamble on this extraordinary public safety risk.

Neighborhood Watch Program in effect

Eucalyptus Hills neighborhood watch program is helping to keep crime out of their neighborhood. After a rash of mail box thefts the group became very proactive by holding a community meeting Thursday evening at a home on Valle Vista. Representatives from the mail theft division of the Sheriff's Department Sheriff's Deputies and the post master of the Lakeside Post Office spoke to the nearly 40 neighbors who gathered in the back yard of one of the neighborhood watch members.

Deputies Medina and Philpot advised neighbors on ways to protect themselves from criminal activity.

Eucalyptus Hills is considered a low crime area but it is dark which can cause some concerns. The deputies recommend neighbors get to know

each other, "You can be the eyes and ears for the sheriffs." Motion sensors are a good tool as well as lit areas around homes to keep intruders away. Lock your mail box or have post office certified mail boxes installed as a deterrent to postal theft.

One neighbor has been a victim of identity theft. There is a small group of thieves who are doing this over and over again. The thefts occur early in the morning. Some of the people involved are crystal meth users (tweakers) who roam the streets looking for opportunities to steal. If you see suspicious behavior contact the Sheriff main switch board at 1-858-565-5200, Santee or Lakeside 619-938-6460 from 8 a.m. to 5 p.m. It is important to get a good description and if possible a license plate number. If you can call 911 from your cell phone it goes to highway patrol, from land lines the call goes to the Sheriff's Dept. Deputy Philpot told the group four Sheriff's patrol the Lakeside area during the night. The area is divided into four sections which goes all the way up to Ramona.

The Lakeside Post Master advised no personal vehicles are used by the post office to pick up or deliver mail. If you are planning to put in a new mail box check with the post office to make sure it meets postal requirements.

Help keep crime out of your neighborhood with a neighborhood watch program.
Submitted by Patt Bixby

Alpine Kiwanis bellringers

Alpine Kiwanis and Albertsons Market team up to support the Salvation Army East County Red Kettle campaign. The new Albertsons graciously consented to support the Salvation Army Red Kettle at their new market in Alpine. In response to a call for help from Capt. Darren Norton of the El Cajon Corps, and Alpine advisory board member Barbara Lukens the members of the Alpine Kiwanis club under President Dan Foster volunteered to keep the bell ringing at the Red Kettle in Alpine during the 4 Saturdays between Thanksgiving and Christmas.

At total of 32 members of the Alpine Kiwanis took time off from their busy holiday schedule to ring the bell to keep the Red Kettle boiling for the children of East County. Members of Kiwanis Key Club also took their turn ringing the bell. The money collected will go to providing food clothing and presents for needy East County children. This money is very greatly appreciated as the need is great and the resources few as over 1500 families applied for assistance this year, up from about 1000 last year.



Alpine Kiwanis bellringers Sheila Barcello and her son Trevor.

East County experience especially during the recent fires has shown that all money given to the Salvation Army will be put to good use. The children of East County as well as Alpine Kiwanis and the Salvation Army wish to extend our heartfelt thanks to all who donated to the Red Kettle.

If you would like to continue helping the children of the world plus making friends you are cordially invited to join us in Alpine Kiwanis. We meet every Saturday morning for breakfast and fellowship at 7 a.m. sharp at Alpine Elementary School.

Applicants sought for City of El Cajon Commissions

The City of El Cajon City Council announces it is accepting applications for Commissions that have terms expiring Jan. 31, 2008.

Filing Period: Dec. 17, 2008 – Jan. 20, 2009

Interview and Appoint Applicants: Jan. 27, 2009 at 7 p.m., in the Council Chambers, 200 East Main Street.

Parks & Recreation Commission

Vacancies: One Commissioner, Jaimee Haraughty
Duration: Four-Year Term will expire Jan. 31, 2013

Requirements: Applicants must be a resident of the City for not less than one year prior to appointment and continue to reside in the City during the term of office. Council shall appoint one member of the Commission, from candidates recommended by the Board of Trustees of the Cajon Valley Union School District.

Personnel Commission

Vacancy: Two Commissioners, (1) Mary Thigpen and (2) a currently vacant seat

Duration: Four-year terms will expire Jan.31, 2013

Requirements: Applicants must be a resident of the City

Planning Commission

Vacancies: Two Commissioners: (1) Gary Woods and (2) Bill Wells (resigned on December 16, 2008)

Duration: One Four-Year Term will expire Jan. 31, 2013 and One Two-Year Term will expire Jan. 31, 2011 (to fill the un-expired term of Bill Wells)

Requirements: Applicants must be a resident of the City for not less than one year prior to appointment and continue to reside in the City during the term of office. Planning Commissioners are required to file a Form 700 according to provisions of the Political Reform Act, the Fair Political Practices Commission, and the City's Conflict of Interest Code.

Public Safety Facility Financing Oversight Committee

Vacancies: Two members, David A. DeBaca and John A. Forrest

Duration: Four-Year Terms will expire Jan. 31, 2013

Requirements: The committee is comprised of seven members in certain occupations and/or categories. The two available seats may be filled with a member residing outside the City limits.

Applications are available at the City Clerk's Office, First Floor City Hall, 200 East Main Street, El Cajon, California 92020. The phone number for the City Clerk's office is (619) 441-1764. Additionally, the Public Service Appointment Application Form will be interactive and downloadable through the "What's New" section of the city's website at www.ci.el-cajon.ca.us

Feld Entertainment® and Kenny Ortega Present

Disney

HIGH SCHOOL MUSICAL

THE ICE TOUR

Act One Act Two

Disney HIGH SCHOOL MUSICAL

Disney HIGH SCHOOL MUSICAL 2

Walt Disney HIGH SCHOOL MUSICAL 3 SENIOR YEAR

The coolest songs and hottest dance moves from the blockbuster movie. And so much more! Pre-show experience exclusive to Ice Tour ticket holders.

SPECIAL BONUS EXPERIENCE!

THE ULTIMATE HIGH SCHOOL MUSICAL CELEBRATION!

JAN. 28 - FEB. 1

SAN DIEGO SPORTS Arena

www.sandiegoarena.com

Wed.	Thu.	Fri.	Sat.	Sun.
JAN. 28	JAN. 29	JAN. 30	JAN. 31	FEB. 1
7:30 PM	7:30 PM	7:30 PM	11:00 AM 3:30 PM 7:30 PM	11:00 AM 3:30 PM

Buy tickets at

www.highschoolmusicaltheicetour.com,

Ticketmaster.com,

ticketmaster® Retail Locations,

San Diego Sports Arena Box Office

or call (619) 220-TIXS

TICKET PRICES: \$15 - \$18 - \$23

Limited number of Front Row and VIP seats available. Call for details. (Service charges, facility and handling fees may apply.)

Since 1960

NEW YORK bakery

Cake, Cookies, Breads, Pastries for all Occasions

WEDNESDAY SPECIAL
ITALIAN or FRENCH BREAD
Buy 1 Get 1 FREE
Not Valid with other offers.
Exp. 1-31-09

\$1.00 OFF
Any Cake or Pie
Not Valid with other offers.
Exp. 1-31-09

El Cajon • 245 E. Main Street.
Across from Performing Arts Center
619-334-5164

Join us Tuesdays for All You Can Eat Dinner Buffet 4-9pm ~ \$9.95

MANGIA BENE

RISTORANTE ITALIANO

Buy 1 Entree Get 1 Free
With purchase of 2 beverages. Up to a \$10 value. Mon. & Wed. only. Exp. 01/15/09

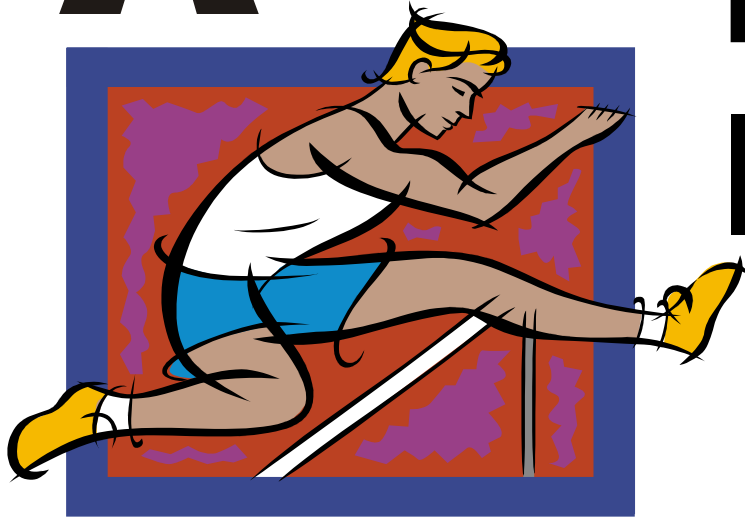
Sunday Buffet \$9.95
Buy One, Get One Free! Up to 2 Free per table, per coupon. Exp. 01/15/09

221 E. Main Street. • El Cajon • 619-444-0303
Hours: Sunday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 3-10pm

Banquet Room up to 55 Book your party now for any occasion! Banquet Room up to 55

For more info go to www.mangia-bene.com or info@mangia-bene.com

JUMP START YOUR BUSINESS IN 2009



***Advertise your business in
January & February***

***And get
March absolutely***

FREE!



***Save dollars while
expanding your business!***

***Call your local
advertising representative or
the Gazette office at (619) 444-5774***

For Health's Sake

To resolve or not to resolve

by The FlyLady,
Marla Cilley

None of us like change in any form or fashion. Every New Year's Eve we are faced with that proverbial issue: To resolve or not to resolve! The dictionary defines resolve with "to make up your mind" and "to do something." This means that in order to make up our minds we have to change what we have been doing to do something different. Change is so hard for us.

We like the ruts we have made for ourselves. They are comfortable. They fit us like good old pair of shoes. We don't want anyone to declutter our old shoes. The rule is that you can only declutter your own items. You cannot force someone else to declutter their things. Making a New Year's Resolution is a very personal decluttering process.

We have to evaluate what is not working and try to come up with a solution. Re-solu-

tion.... Could that be that we have made the same decision to make the change before. On Year's Day of 1999, I made my last New Year's Resolution and it was one I had made many times. My lack of organization was hurting me. I had problems finding things and keeping our home clean. I wanted to feel better about me and the way our home looked. I resolved to "Get Organized!"

I sat down on New Year's Day and tried to figure out why I could not keep house. I soon realized that I was not lazy but I didn't have routines for my home or for me! The only time I had ever keep my home clean was when I was using Pam Young and Peggy Jones card file system from their book The Sidetracked Home Executives. They had a card for everything to do in your home; daily, weekly, monthly and seasonal maintenance. They also had cards for personal maintenance.

That day I pulled my card file

which was hidden under my kitchen counter and began to sort through my five hundred cards; after all out of sight out of mind. No wonder it never helped me for very long. I would begin to feel guilty when I would see the file unused and stuck it away! That is when I realized that I was pushing myself too hard. Change is tough enough in itself but to pile on and set yourself up for failure by trying to be perfect was not nice. That is when I made a second resolution. To be kind to myself!

My realization that day was my perfectionism was getting in the way of my decision to make a change in my life. This is probably why when we make a mistake and miss a day of our New Resolution; we give up! We chunk it out the window, beat ourselves up and get back in our ruts.

Only you can make a resolution. Only you can decide to make the change, because if a resolution is forced on you then it is not yours. Think about it this way. A wise man told me this a few days ago. If an alcoholic is forced into rehab, they will not stay sober. We all have our own drugs of choice and they keep us stuck in our ruts. You can make the decision to change

if that is what you want! My blessing for you in this New Year is for you to find the Peace that I have found! This Peace came because I took babysteps to make simple changes in my life. Those habits became my routines and those routines filled my life with a calm that allowed me to become who I am today. As part of my journey I saw perfectionism as the saboteur and eliminated that stinkin' thinkin' one thought at a time.

The clutter we really need to fling is the clutter that is in our heads. I like to call it Body Clutter. I even co-authored a book by the same name that helps you to take those babysteps to make our resolutions became lasting life changes. Isn't that what making New Year's Resolutions is all about! Any day can be your New Year's Day if you make your mind up to do it.

For more help getting rid of your CHAOS; check out her website and join her free life coaching at www.FlyLady.net, listen to her channel <http://www.blogtalkradio.com/channels/flylady> show or read her books, Sink Reflections published by Bantam and her New York Times Best Selling book, Body Clutter published by Fireside.

January Senior Programs

Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214. For other programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

SHARP Grossmont Hospital's Senior Resource Center has moved

The Senior Resource Center has moved to Building F, Classroom 16 at Brier Patch, 9000 Wakarusa St., La Mesa. The senior library, resources, staff and volunteers are there to answer questions & offer assistance. The phone remains the same, (619) 740-4214. Call for free information on health & community resources, Vial of Life, Advance Directives for Health Care and more.

Choices for an uncertain tomorrow

Has the tumble in our financial stability caused you pain and loss? What have you decided to do? Learn about choices worth considering to re-establish a new financial foundation. Two examples will include a Charitable Gift Annuity and a Home Equity Conversion Mortgage? The presenter is Jim Brozo who is a Certified Specialist in Planned Giving and has helped many families achieve their financial and charitable goals. This free presentation includes a continental breakfast at 8:30 a.m. provided compliments of Grossmont Hospital Foundation. Friday, Jan. 9; 9 - 10 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Shape up in the New Year

Learn how to make a plan to help you meet your weight goals, feel better and have more energy.

Presented by Candy Cumming, Registered Dietitian, Sharp Center for Weight Management on Monday, Jan. 12, 10:30 a.m. - 12 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277.

Happy New Year from
Adema Family Medicine!

"Just Common Horse Sense" by Dr. Adema
will return next week



Comfort Keepers

Comforting Solutions for In-Home Care™

♥ Companionship

♥ Bathing & Grooming

♥ Incontinent Care

♥ Medication Reminders

♥ Feeding

♥ Oral Hygiene

♥ Emergency Monitoring

♥ Meal Preparation

♥ 24-Hour Care Available

♥ Free In-Home Consultation

♥ Mobility

♥ Transferring & Positioning

♥ Incidental Transportation

♥ Light Housekeeping

♥ Grocery Shopping

CARE GIVERS ARE INSURED & BONDED
MEMBER BETTER BUSINESS BUREAU

Twice Nominated Business of the Year

1651 East Main Street, Suite 101, El Cajon
(619) 444-3200

elcajon@comfortkeepers.com ♥ www.comfortkeepers.com

New CMS Nursing home rating system
does not tell the whole story

Recently the federal Centers for Medicare and Medicaid Services (CMS) announced a new rating system in which each nursing home in the country will receive a rating from one to five stars. The National Senior Citizens Law Center recommends that consumers use the new rating system with caution, and only as an aid while also pursuing other information and strategies.

"Consumers need to understand that the five-star system is a beginning, not an end. A nursing home's quality can shift from month to month, so consumers have to be savvy in asking the right questions and understanding the responsibilities of nursing homes under the federal Nursing Home Reform Law," said Eric Carlson, Director of the Long-Term Care Project for the National Senior Citizens Law Center.

Better nursing homes today offer "resident-centered" care in which the nursing home meets residents' individual needs. In looking for a nursing home, consumers should ask the staff how they will meet the potential resident's needs. Existing residents and their family members should be asked for their opinions.

"The availability of these ratings is good for consumers, but the ratings need to be kept in perspective," said Carlson.

The ratings are based on three factors - inspection reports, staffing levels, and "quality measures" - for example, the percent of residents with moderate to severe pain, and the percent of residents with delirium. All of these factors have

limitations. Inspection data is mostly based on a once-a-year survey, and may not accurately reflect the nursing home's performance today. Also, staffing information and quality measures may not always be accurate, because the data are self-reported by the nursing homes themselves. Even if data is accurate, it cannot easily be reduced to a star rating. It may not always be true that (for example) a four-star nursing home is better than a two-star nursing home.

After being admitted to a nursing home - no matter how many stars it has - the resident and the resident's family members must continue to be politely aggressive.

"The squeaky wheel does indeed get the grease," said Carlson.

The ratings are available, along with previously-available information, on Medicare's Nursing Home Compare website, www.medicare.gov/NHCompare.

Resources for consumers include:

From National Senior Citizens Law Center, www.nslc.org: 20 Common Nursing Home Problems - and How to Resolve Them, and The Baby Boomer's Guide to Nursing Home Care

From NCCNHR (National Citizens' Coalition for Nursing Home Reform), www.nccnhr.org: Nursing Homes: Getting Good Care There, and How to Participate In The Care of Your Loved One During A Nursing Home Stay

Free blood pressure screening

No appointment necessary. Open to the public. For information, call (619) 740-4214.

Grossmont Senior Resource Center, 9000 Wakarusa, La Mesa, Tuesday, Jan. 6, 9:30-11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Jan. 16, 9:30-11 a.m.

Project C.A.R.E. Community Action to Reach the Elderly

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, Safe Return and more. The Senior Resource Center makes daily phone calls to seniors to be sure they are ok. The Retired Senior Volunteer Patrol will visit or call seniors. Call (619) 740-4214 for details.

Laughter is the Best Medicine

New Year's Resolutions for pets

15. I will not eat other animals' poop.

14. I will not lick my human's face after eating animal poop.

13. I do not need to suddenly stand straight up when I'm lying under the coffee table.

12. My head does not belong in the refrigerator.

11. I will no longer be beholden to the sound of the can opener.

10. Cats: Circulate a petition that sleeping become a juried competition in major animal shows.

9. Come to understand that cats are from Venus; dogs are from Mars.

8. Take time from busy schedule to stop and smell the behinds.

7. Hamster: Don't let them figure out I'm just a rat on steroids, or they'll flush me!

6. Get a bite in on that freak who gives me that shot every year.

5. Grow opposable thumb; break into pantry; decide for MYSELF how much food is "too" much.

4. Cats: Use new living room sofa as scratching post.

3. January 1st: Kill the sock! Must kill the sock!


January 2 - December 31: Re-live victory over the sock.

2. The garbage collector is NOT stealing our stuff.

AND the Number 1 New Year's Resolutions made by pets...

1. I will NOT chase the stick until I see it LEAVE THE IDIOT'S HAND

Have a funny joke or "antidote." Send it to Laughter, East County Gazette, P.O. Box 697, El Cajon, CA 92022 or e-mail: editor@ecgazette.com.




Adema
Family Medicine

Donald Adema, DO
(Board Certified Family Practice)

Most Insurance Accepted

10201 Mission Gorge Rd.
Santee, CA

(619) 596-5445



We welcome families
of all ages!



HOME LOANS

4.750%

30 Year Fixed
4.97% APR

**Call
Today!**

"Mortgage Banker licensed by the Department of Corporations #8138485"

PURCHASE & REFINANCE HOME LOANS:

- **FREE Pre-Approvals** — so you can shop with confidence
- **GUARANTEED RATES** — **FREE** — We back your rate at application
- **FHA, VA, FNMA & FHLMC loans available**
- **95% Cash Out**
- **3% Cash down to purchase loans up to \$700,000**
- **FAST CLOSING** — We close on time for your family
- **Branches Nationwide** — Large enough to be secure, small enough to care

**Bank Owned
& Short Sale
Lending Source**

OUR STRENGTH:

Primary Residential Mortgage is a respected, nationwide mortgage lender. As a direct lender, we control the entire loan process, in-house, from start to finish. Having funded more than 70,000 loans during 10 years in business, we have the strength and experience to get your loan done and make your dream a reality.

OUR REPRESENTATION:

Our branch team members live in your area. We shop at the same stores. Our kids go to the same schools. In short, our branches are knowledgeable about our local market, and we enjoy the backing of a nationwide mortgage lender — you get the strength and flexibility when it comes to your loan.

We do our homework so you close on time!



KELLI KRUEL
10 YRS. EXP.



LYNNE HOFFMAN
21 YRS. EXP.



CHRISTINE WAITS
17 YRS. EXP.



CHRIS WILEY
17 YRS. EXP.

EXPERIENCE COUNTS!

CALL US TODAY (619) 722-1303

2140 Alpine Blvd., #B, Alpine

"Your East County Home Loan Professionals"

Sail Away on a Cruise

VIEJAS



WINNERS

Don't Miss the Boat!

EASY TO GET TO. HARD TO

JUST OFF I-8 AT WILLOW

619-445-5400 • VIEJAS

Management reserves all rights. Please play responsibly. For problem gambling help, call 1-800-522-4700.

Cruise for Two!

200,000 Winners in 45 Days!

From January 2 through February 15, you can win your share of \$1,000,000 in Cash & Prizes, including four cruise vacations for two – one for each level of the V Club!

30,000 Winners a Week!

Starting at 8am Friday, January 2, you'll get 1 electronic entry for every 15 base V Points earned with your slot play. Plus, get double entries for every Instant Bonus you receive during the promotion.

Celebrate Lunar New Year at Viejas!

JANUARY 23 – 30!

- Spin the Wheel and Win up to \$10,000 on January 30
- Play Asian Table Games and start earning entries on January 23 at 10:30am
- Get lucky Red Envelopes and FREE t-shirts January 26
- Plus, God of Fortune Ceremony, Lion Dancers, and more!



LEAVE.

WS ROAD
EJAS.COM

© 2008 Viejas Casino, Alpine CA.

VIEJAS
CASINO
&
OUTLET CENTER

CLASS ACT

DINING & ENTERTAINMENT GUIDE

‘The Reader’ is my best pick for 2008



Kate Winslet and David Kross star in *The Reader*. Photo Credits: The Weinstein Company

Review by Diana Saenger

The *Reader*, a film about love and overcoming past guilt, is like a wily cat; it creeps around nonchalantly until it jumps in your lap and engulfs you with its presence. Set in 1958 and starring Kate Winslet and Ralph Fiennes, the story starts with a quiet intrigue that rumbles with an understated weight so profound the movie became my favorite of the year.

Hanna Schmitz (Winslet), a hard-working trolley conductor, lives alone in a German upstairs flat. When she returns home one day, she finds young lad Michael Berg (David Kross) upchucking near her stairway. She brings him a bucket of water, cleans off his face and tells him to go home to bed.

After he recovers from Scarlet fever, Michael returns to thank Hanna for her kindness. She ends up seducing the teenager, and neither even discovers the other's name until long after they're intimate. The two begin a steamy sexual affair that lasts through the summer. Hanna confesses over and over that she is in love with Michael. She especially loves that he reads to her – books, poetry, love sonnets and never tells him why she won't read them herself. Michael's raging hormones distract him from any normalcy, and he runs for Hanna's apartment every chance he gets. One day when he arrives he finds the apartment empty and Hanna gone with not such much as a goodbye note.

The film then transitions to 1995 when Michael (now

played by Fiennes), a divorced father with a grown daughter, tries to put the sad pieces of his adult life together. This includes a flashback to 1966 when Michael is a law student and his professor takes the class to witness a real trial in progress. On trial are female guards who chose the next victims to be ushered into Hitler's gas chambers during the Holocaust.

What transpires next offers a haunting look at two lives once so intertwined the future was never a second thought, yet how utterly extreme their lives apart became. *The Reader*, based on Bernhard Schlink's novel, is adapted for the screen by David Hare who proved with his Best Screenplay Oscar nomination for *The Hours* that he can shuffle complex subplots into thought-provoking films.

Director Stephen Daldry (*The Hours*, *Billy Elliot*) faced huge challenges with a script spanning nearly 40 years, but he delivers a seamless production without a single hiccup. This is also partly due to his superb cast.

Winslet's performance is stunning, and the San Diego Film Critic's Society voted her Best Actress for her role rather than the studio touted Best Supporting Actress. Believing a young, pretty woman would not only be without a man but actually fall in love with some-

one nearly half her age is hard to accept. With a mere look, the way her chin nestles into his and genuine satisfying sighs of pure joy when he reads to her brings Schmitz alive without a trace of Winslet to be seen. And years later, when all hope of love has been replaced by shame, Winslet appears polished in every heart-breaking scene.

Fiennes' dramatic skills are so refined he disappears in many of his characters, as he does during half the film when he's on screen here. And 18-year-old Kross is a real surprise. He's incredible in this movie. Although he's made only a handful of German films, he handles his nude scenes with an accomplished actress like a seasoned professional. Winslet found the newbie actor perfect for the role of the young boy who becomes a perceptive man before her eyes. "David is remarkably similar to Michael Berg—he's a very serious person, incredibly professional and sensitive," she said. "He's willing to try things and wants to learn and grow."

Although lightly touching on some significant historical elements, *The Reader* is not a typical Holocaust movie and Hare is correct in calling his film an odd piece that belies expectations. Moviegoers become enthusiastic voyeurs not only of an engaging love affair but how truth and reconciliation can finally exist in the same place.

REEL FACTS

The Reader
Studio: The Weinstein Company
Gazette Rating: A +
MPAA: Rated "R" for some scenes of sexuality and nudity.
Who Should Go: Fans who like an outstanding film

New IMAX screen heightens enjoyment of Fleet's film line-up



Wild Ocean. Photo Credit: courtesy

Review by Diana Saenger

For three and a half months at the end of 2008 the Reuben H. Fleet Science Center's IMAX theater underwent extensive renovations and technology upgrades. Now open to the public, the new 76-foot tilted dome screen sparkles with its improvements that enhance the sounds, visuals and pleasure of watching world-class IMAX films. The three films currently showing daily include; *Wild Ocean*, *Van Gogh: Brush with Genius* and *Animalopolis*.

Visitors to the newly-renovated Space Theater – which functions both as an IMAX Dome Theater and a planetarium – will sense the improvements of unprecedented color and contrast, thanks to the installation of the world's first NanoSeam Dome in an IMAX Theater. This creates a smooth, uniform dome surface that appears completely seamless under projection. Another addition is a new lens on the IMAX projector that transmits more light and produces greater clarity across the entire image field.

Wild Ocean, produced by the creators of the international sensation *Stomp*, travels to the oceans of South Africa where billions of fish migrate up the KwaZulu-Natal Wild Coast. The vivid pictures make viewers feel they are right there watching the yearly feeding frenzies of sharks, dolphins, and diving gannets as well as the breath-taking breaching whales. Beside the awesome beauty of *Wild Ocean*, the history of this circle of life that has developed and evolved over millions of years, is quite fascinating.

In *Van Gogh*, for the first time the IMAX camera captures the breathtaking landscapes and extraordinary colors of the painter's most famous works with the stunning visual effects of the giant screen film medium. Created by Peter Knapp and Francois Bertrand with the cooperation of the Van Gogh Museum, the Musée d'Orsay, and the Kröller-Müller Museum, the film traces the artist's remarkable journey from the time of his first canvasses at the age of 27 to the

masterpieces he produced before his tragic death at age 37. Told through the eyes of Van Gogh and based on more than 900 personal letters, the film transforms the work of the world's most popular artist into a completely new entertainment experience. "Audiences will rediscover a Van Gogh they never knew before and appreciate anew the stunning landscapes and vibrant colors that give his work their strength and beauty," director Francois Bertrand said.

Animalopolis takes audiences on a whimsical voyage into the magical world of animals. With 12 hilarious segments, each featuring a different animal, this film appeals to young children as well as the young at heart. Whether going nose to nose with hippos as they graze upon nature's massive salad bar, or eye to eye with dancing bears and sea lions turning somersaults, the images remind us that nature provides us with humor and wonder everywhere. *Animalopolis* is a Seussian-styled treatment done in rhyme and verse with a humorous tone, while concentrating on real-world activities affecting selected animals. The movie blends fun, interesting vignettes with educational overlays that form the core of the genre's attraction. A teacher's guide created by Omaha's Henry Doorly Zoo to accompany the film can be downloaded at <http://animalopolisfilm.com>

The current round of theater renovation projects and upgrades represent only the first of three phases. From 2009 to 2010, Phase II will involve the selection and installation of a state-of-the-art, full-dome digital projection system to augment the existing IMAX projector. This technology will take the Fleet Science Center's planetarium shows to a new level, with incredibly realistic simulations of the cosmos and high-definition video productions that explore science, entertain with music visualizations and delight with children's programs. Phase III will bring a digital production studio to the Fleet.

For more information or show times call (619) 238-1233 or visit www.rhlfleet.org.

New Location
COMPLETELY REMODELED

Friday

Saturday

Sunday

EL CAJON

Grand

El Cajon's Oldest Known Bar

Dance to the best of Classic Rock & all your other favorites!
8:30 PM - 1:30 AM

Be ready to Bump & grind to DJ Chuck w/ his Classic Rock and Top 40 Tunes!
8:30 PM - 1:30 AM

El Cajon's Football Station
Watch your favorite team on one of 8 flat screen's.
Free Burgers!
Games start @ 10:00 AM

Monday's
*Join us for Monday Night Football.
*Karaoke following the game.
*In-house pool tournament

Tuesday's
*In house crickets dart tournament.
*Blind draw.
*7:30 PM Signups

Wednesday's
*Karaoke with David AKA Superman
*Karaoke starts at 9:00 PM.
*Basket of Hot Wings for \$3.50.

Thursday's
*Karaoke with David AKA Superman.
*Karaoke starts at 9:00 PM.
*Basket of Hot Wings for \$3.50

GET \$100 IN FREE DRINKS
(First Monday of Every Month,
Buy a \$100 Gift Card, Get \$200 Credit)

BUY 1 PITCHER OF BEER
GET SECOND 50% OFF

351 West Main Street, El Cajon, 92020 :: 619-444-0949

Over 40 YEARS IN EAST COUNTY

Beef
Ham
Spare Ribs

The Wrangler

Family BBQ

WEEKLY SPECIAL

BEEF OR HAM SANDWICH PLATE

Limit 1 Coupon Per Plate **\$5.59** (with coupon)

901 EL CAJON BLVD., EL CAJON • 442-1170

— ENTERTAINMENT & SPORTS —

Gazette reviewers rate their best and worst films of 2008

Diana Saenger's Top Ten Movies of 2008

- 1. The Reader
- 2. Defiance
- 3. Slumdog Millionaire
- 4. The Dark Knight
- 5. Frost Nixon
- 6. The Wrestler
- 7. The Visitor
- 8. Wall•e
- 9. Under the Same Moon
- 10. The Boy in the Striped Pajamas

Michael Black's Top Ten Movies of 2008

- 1. The Dark Knight
- 2. Wall•e
- 3. Slumdog Millionaire
- 4. Frost/Nixon
- 5. Quantum of Solace
- 6. Iron-Man
- 7. The Wrestler
- 8. The Curious Case of Benjamin Button
- 9. Indiana Jones and the Kingdom of the Crystal Skull
- 10. Hancock

Diana Saenger's Worst Five Movies of 2008

- 1. Synecdoche, New York
- 2. The Happening
- 3. Jumper
- 4. 88 Minutes
- 5. The EX-Files I Want To Believe

(Note: Diana feels fortunate to send Michael to many of the potential candidates for this category-thank you Michael)

Michael Black's Ten Worst Movies of 2008

- 1. Disaster Movie
- 2. The Love Guru
- 3. Jumper
- 4. Semi-Pro
- 5. The X-Files: I want to Believe
- 6. The Mummy: Tomb of The Dragon Emperor
- 7. 10,000 B.C.
- 8. Untraceable
- 9. You Don't Mess with The Zohan
- 10. Get Smart

San Diego Saddlery

NOW OPEN!

Consignments

Western & English Tack

Grooming & Health Products

Great Gift Ideas!

www.san diegosaddlery.net

1783 E. Main St. • El Cajon • 619.441-2613

Hrs.: Wed.-Fri. 10am-6pm • Sat. 10am-5pm • Sun. 12pm-4pm

Mr. Wax

Show Stopper Wax™

AUTOMOTIVE DETAIL SUPPLIES

All Mr. Wax products are cutting edge and easy to use. Almost all Mr. Wax polishes are created with a special blend of the world best carnauba wax. This space age technology has been available only for professionals and dealerships for almost 25 years. Now the product is available to the public for purchasing online and at our store in Santee.

All products are designed with safe, environmentally friendly ingredients. Our goal is to manufacture exceptional products that really work. Superior shine, easy to use and long lasting results are the foundation of our business.

America's Finest Wax Factory Direct to You

10% OFF

Offer exp. 01/08/09

VISA Any Retail Merchandise with Coupon

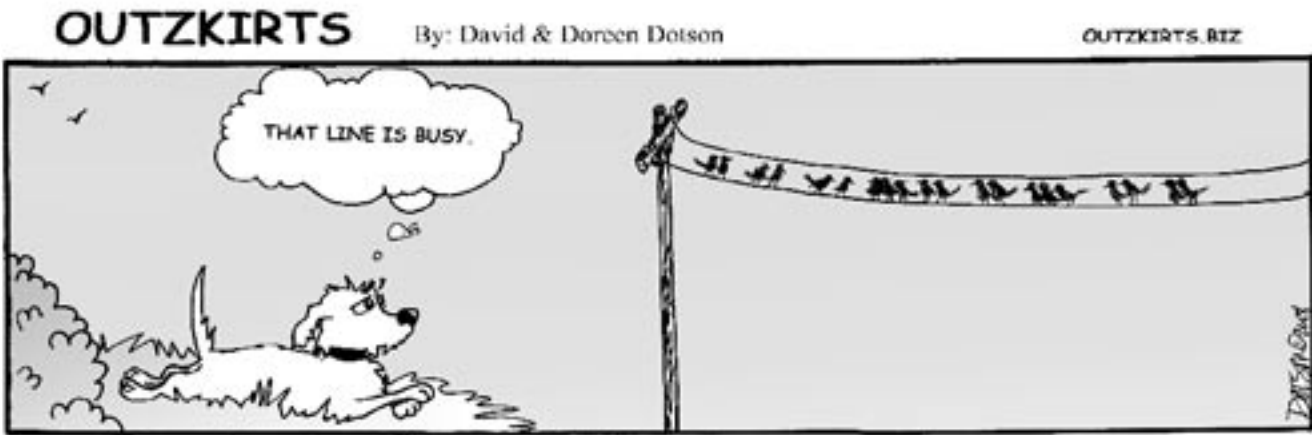
(866) 448-0093 • www.allcarwax.com

I personally guarantee the quality of all my products.

9444 Mission Park Place, Santee

(near the Santee Drive-in)

Stopper Wax



CUSTOM

Muffler Center

CUSTOM DESIGNED ALUMINIZED & STAINLESS STEEL SYSTEMS FOR COMPACT CARS TO FULL SIZE TRUCKS AND SUV's

FEATURING A COMPLETE LINE OF:

♦ VORTEX ♦ FLOWMASTER ♦ SUPREME DIESEL

♦ MUSTANG PERFORMANCE

♦ ELIMINATOR TURBO ♦ METAL CAT

♦ CMX CONVERTER

San Diego Superechargers

11982-B Woodside Ave.

Lakeside, CA 92040

(619) 390-1332

Across

1 Cooks

6 Gross national product (abbr.)

9 Compass point

12 Mush up

13 Card game

14 Ancient

15 What an angry animal does

16 Representative

17 Root

18 Restaurant dinner listing

20 South American animal

22 Dress top

25 Farmer

26 The other half of Jima

27 Bar

29 Fun

31 Deteriorate

32 Sour

36 Relax

39 Soup container

40 Trugh

43 Latest

45 Piano key substance

46 Western state

47 Talk

48 Metric weight unit

50 Maggot

54 Poem

55 Grease

56 Tire covering

57 Crimson

58 No

59 Religious songs

9 Fizzy drinks

10 Ooze

11 Author Poe

19 Almost

21 Fuzz

22 Cosmic

23 Night bird

24 Fawn's mom

25 Riposte

28 Volume (abbr.)

30 Ruler

33 Whiz

34 Manned

35 Trinitrotoluene

37 Earlier form of a word

38 Money

40 Strength

41 Duck

42 Attired

44 Wary

46 Unattractive

49 Central Intelligence Agency

51 Rock group

52 Truck

53 Spots

Down

1 Cycles per second

2 Attila the

3 Time period

4 Italian physicist

5 Choose

6 Wise man

7 North northeast

8 Tall tree

Answers on page 14

Your Complete Auto Repair Center

DEALERSHIP ALTERNATIVE

Matt's CADDY SHACK

Dealership Quality for Less \$\$ — FOREIGN OR DOMESTIC

Don't Delay! - Call TODAY!

619 440-5958

FREE OIL CHANGE

NO PURCHASE NECESSARY (UP TO 6 QTS.) • NEW CUSTOMERS

Not to be combined with any other offers. Exp. 01/30/09

Matt's Caddy Shack • 619-440-5958

FREE PICK-UP & DELIVERY

CALL STORE FOR COMPLETE DETAILS

Not to be combined with any other offers. Exp. 01/30/09

Matt's Caddy Shack • 619-440-5958

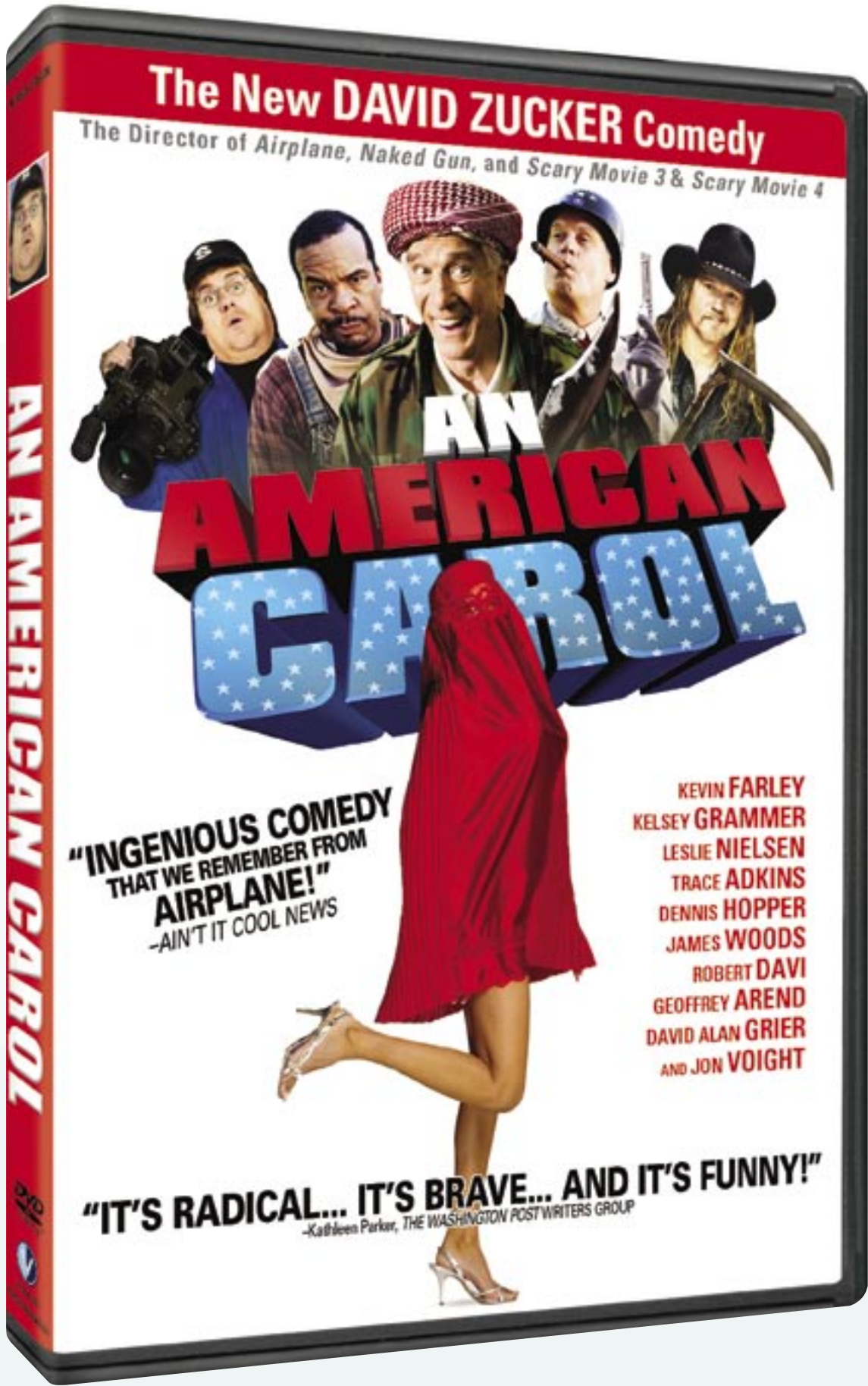
1475 N. Magnolia Ave. • El Cajon, CA 92020



vivendi

ENTERTAINMENT

ENTER-TO-WIN A DVD OF



FOR A CHANCE TO WIN, SUBMIT YOUR
NAME, ADDRESS & PHONE NUMBER TO:



Entries must be received
by Friday, Jan. 9, 2009

201 S. Sunshine Ave., El Cajon, 92020

TWENTY WINNERS WILL BE CHOSEN AT RANDOM & NOTIFIED BY TELEPHONE.
DUPLICATE ENTRIES WILL BE DISCARDED.

Please note: All federal, state and local regulations apply. Recipient assumes any and all risks related to use of prize, and accepts any restrictions required by prize provider. Vivendi Entertainment, East County Gazette and their affiliates accept no responsibility or liability in connection with any loss or accident incurred in connection with use of a prize. Prizes cannot be exchanged, transferred or redeemed for cash, in whole or in part. We are not responsible if, for any reason, winner is unable to use his/her prize in whole or in part. Not responsible for lost, delayed or misdirected entries. All federal and local taxes apply and are the responsibility of the winner. Void where prohibited by law. No Purchase Necessary. Participating sponsors, their employees & family members and their agencies are not eligible. NO PHONE CALLS!

DVD AVAILABLE EVERYWHERE DECEMBER 30, 2008.

LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038290
FICTITIOUS BUSINESS NAME(S): JS Associates
Located at: 137 W. Lexington Ave., El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: June 1, 1994
This business is hereby registered by the following: 1. Janet Stotler 8749 Lind Vern Ct., Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 15, 2008
East County Gazette- GIE030790
1/1, 1/8, 1/15, 1/22 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2006-038831
FICTICIOUS BUSINESS NAME: The Welldock Liquor Poway
Located at: 14168 Poway Rd. #101, Poway, CA 92064
This business is conducted by: An Individual
The first day of business was May 1, 2000
This business is hereby registered by the following: Ivan Saliman 2341 Congressional Dr., El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 22, 2006.
East County Gazette- GIE030790
1/01, 1/08, 1/15, 1/22, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038884
FICTITIOUS BUSINESS NAME(S): Western Adult Day Healthcare Center
Located at: 240 S. Magnolia, El Cajon, CA 92020
This business is conducted by: a Corporation
The first day of business was: October 1, 2002
This business is hereby registered by the following: 1. Western Consulting & Ancillary Services, Inc.
240 S. Magnolia Ave. El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 22, 2008
East County Gazette- GIE030790
1/01, 1/08, 1/15, 1/22 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037875
FICTITIOUS BUSINESS NAME(S): PU Ranch
Located at: 4500 Imperial Ave., San Diego, CA 92113
This business is conducted by: A General Partnership
The first day of business was: August 1, 1985
This business is hereby registered by the following: 1. Tuthill Trust "A" UDT 4/10/88 J. Marie Tuthill Trustee of Tuthill Trust, 4500 Imperial ave., San Diego, CA 92113; 2. Slo-cum Investments, LLC, a Partnership 4500 Imperial ave., San Diego, CA 92113
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 10, 2008.
East County Gazette- GIE030790
12/25 2008, 1/01, 1/08, 1/15 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037177
FICTITIOUS BUSINESS NAME(S): Solana Cab
Located at: 4273 Menlo Ave. #2, San Diego, CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Michael Lam 4273 Menlo Ave. #2, San Diego, CA 92115
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 03, 2008
East County Gazette- GIE030790
12/11, 12/18, 12/25, 2008, 1/1/2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038435
FICTITIOUS BUSINESS NAME(S): Above & Beyond Custom Painting
Located at: 13162 Hwy 8 Bus. #47, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. William Arthur Campbell 13162 Hwy 8 Bus. #47, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 16, 2008.
East County Gazette- GIE030790
12/25 2008, 1/01, 1/08, 1/15 2009

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2006-022626
FILE NO. 2008-038574
The following person(s) has/have abandoned the use of the fictitious business name: San Diego Auto Wrecking & Recycling
The Fictitious Business Name Statement was filed on June 16, 2006, in the County of San Diego.
San Diego Auto Wrecking & Recycling 2995 Commercial St., San Diego, CA 92113
This business was conducted by: Ralph Hughes 2974 Commercial St., San Diego, CA 92113
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON December 17, 2008
East County Gazette GIE 030790
12/25 2008 1/01, 1/08, 1/15 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF JUDITH E. COOK, aka JUDITH ELLEN COOK, fka JUDITH ELLEN SASSER
CASE NUMBER: 37-2008-00152374-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 Judith E. Cook, Judith Ellen Cook, Judith Ellen Porta, Judith Ellen Sasser. A PETITION FOR PROBATE has been filed by MICHAEL D. COOK in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that MICHAEL D. COOK be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to 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 20, 2009 AT 9:00 A.M. IN DEPT. PC-2 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. Attorney for Petitioner Robert W. Balfour, Esq. 600 W. Broadway, Suite 400, San Diego, CA 92101 (619) 819-0001

EAST COUNTY GAZETTE –GIE030790
Jan. 1, 8, 15, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037813
FICTITIOUS BUSINESS NAME(S): Santee Stucco
Located at: 11062 Larkridge St., Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: September 30, 2001
This business is hereby registered by the following: Anthony J. Scarcella 11062, Larkridge St., Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 09, 2008
East County Gazette- GIE030790
12/18, 12/25, 2008, 1/01, 1/08, 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF GLADYS W. PAYNE, CASE NUMBER: 37-2008-00152133-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 Gladys W. Payne. A PETITION FOR PROBATE has been filed by AMANDA SUE STOCKWELL in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that AMANDA SUE STOCKWELL be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests the authority to administer 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 15, 2008 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 220 WEST BROADWAY, SAN DIEGO, CA 92101 CENTRAL COURTHOUSE. 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 AMANDA SUE STOCKWELL 7577 EL PASO, LA MESA, CA 91942 (916) 765-4505

EAST COUNTY GAZETTE –GIE030790
DEC. 18, 25 2008 JAN. 1, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-036183
FICTITIOUS BUSINESS NAME(S): Russ B Photo
Located at: 8709 Lake Murray Blvd. #4, San Diego, CA 92119
This business is conducted by: An Individual
The first day of business was: November 19, 2008
This business is hereby registered by the following: 1. Ruslan Batenko 8709 Lake Murray Blvd. #4, San Diego, CA 92119
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on November 19, 2008
East County Gazette- GIE030790
12/18, 12/25, 1/01, 1/08 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038570
FICTITIOUS BUSINESS NAME(S): San Diego Auto Wrecking & Recycling
Located at: 2995 Commercial St., San Diego, CA 92113
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: 1. San Diego Natives Holding Co., LLC 7964 Shantung Dr., Santee, CA 92071
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 17, 2008.
East County Gazette- GIE030790
12/25 2008, 1/01, 1/08, 1/15 2009

TO PLACE
YOUR LEGAL AD
CALL
(619) 444-5774

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2007-00096443-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF: ANGELA J. NARDUCCI ON BEHALF OF DONNELL HILL JR. FOR CHANGE OF NAME PETITIONER: ANGELA J. NARDUCCI ON BEHALF OF DONNELL HILL JR. HAS FILED FOR AN ORDER FOR AN ORDER TO CHANGE NAME FROM:
DONNELL HILL JR.
TO:
DONNELL HILL NARDUCCI
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 W. BROADWAY, SAN DIEGO, CA 92101. Department D-25, on JANUARY 8, 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 18, 2008.
East County Gazette – GIE030790
12/11, 12/18, 12/25, 1/01 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037953
FICTITIOUS BUSINESS NAME(S): AFC Print and Marketing Studio
Located at: 8753 Mulvaney Dr., 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: Jason Donohue 8753 Mulvaney Dr., San Diego, CA 92119
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 10, 2008
East County Gazette- GIE030790
12/18, 12/25, 2008, 1/01, 1/08, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038119
FICTITIOUS BUSINESS NAME(S): M.V. Dance Parties
Located at: 12610 Soule St., Poway, CA 92064
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Maria Vinas 12610 Soule St., Poway, CA 92064
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 11, 2008.
East County Gazette- GIE030790
12/25 2008, 1/01, 1/08, 1/15 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037169
FICTITIOUS BUSINESS NAME(S): San Ysidro Liquor
Located at: 3269 Beyer Blvd., San Ysidro, CA 92173
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: KOTG, Inc. 3269 Beyer Blvd., San Ysidro, CA 92173
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 03, 2008
East County Gazette- GIE030790
12/11, 12/18, 12/25, 1/1, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2008-64815-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: CAROL LYNNE WEBB FOR CHANGE OF NAME PETITIONER: CAROL LYNNE WEBB HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
CAROL LYNNE WEBB
TO:
CAROL LYNNE BRONSON
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department 15, 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. 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, 2008.
East County Gazette – GIE030790
12/25 2008 1/01, 1/08, 1/15, 2009

CASE NUMBER 37-2007-00080746-CL-BC-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Vicki Quinones Hartwell, Craig Noel Cason, and DOES 1 TO 10, Inclusive.
YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Law Offices of Christopher A. Villaseñor, APC. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, East County Division, 250 East Main St., El Cajon, CA, 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Christopher A. Villaseñor, Esq. 9710 Scranton Road, Suite 170, San Diego, CA 92121 (858) 450-0099 Date: (Fecha) December 18, 2008 Clerk (Secretario) By: A. Racelis, Deputy (Adjunto)
East County Gazette GIE030790
December 11, 18, 25, 2008 January 1, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038673
FICTITIOUS BUSINESS NAME(S): Dirt Mamaz
Located at: 31749 Rocking Horse Road, Escondido, CA 92026
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Jennifer L. Cable 31749 Rocking Horse Road, Escondido, CA 92026; 2. Nathan P. Cable 31749 Rocking Horse Rd., Escondido, CA 92026
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 18, 2008.
East County Gazette- GIE030790
12/25 2008, 1/01, 1/08, 1/15 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2008-00058363-CU-PT-NC
IN THE MATTER OF THE APPLICATION OF: DOMINIQUE BOLTON AND JEFFREY BOLTON ON BEHALF OF MINOR JULIANA LYLA BOLTON FOR CHANGE OF NAME PETITIONER: DOMINIQUE BOLTON AND JEFFREY BOLTON ON BEHALF OF MINOR JULIANA LYLA BOLTON HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
JULIANA LYLA BOLTON
TO:
LYLA JULIANA BOLTON
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, North County Division, 325 S. Melrose Dr., Vista, CA 92081. Department 12, on January 9, 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 SEPTEMBER 10, 2008.
East County Gazette – GIE030790
12/11, 21/18, 12/25, 2008 1/01, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037942
FICTITIOUS BUSINESS NAME(S): Deca Hair Studio
Located at: 8372 University ave., La Mesa, CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Netli Hall 8372 University Ave., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 10, 2008
East County Gazette- GIE030790
12/18, 12/25, 2008, 1/01, 1/08, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037788
FICTITIOUS BUSINESS NAME(S): Hybrid Landystems
Located at: 419 S. Marshall Ave., El Cajon, CA 92020
This business is conducted by: General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. James Woodford 7683 Mission Gorge Rd. #174, San Diego, CA 92120; 2. Alexis Demko 7683 Mission Gorge Rd. #174, San Diego, CA 92120
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 09, 2008
East County Gazette- GIE030790
12/18, 12/25, 1/01, 1/08 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038196
FICTITIOUS BUSINESS NAME(S): Christo-centric Press
Located at: 7146 Westview Pl. Apt. C, Lemon Grove, CA 91945
This business is conducted by: An Individual
The first day of business was: May 1, 2008
This business is hereby registered by the following: 1. Carlotta McGowan 7146 Westview Pl. Apt. C, Lemon Grove, CA 91945
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 12, 2008
East County Gazette- GIE030790
12/18, 12/25, 1/01, 1/08 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-037775
FICTITIOUS BUSINESS NAME(S): World Beverage & Food
Located at: 13789 Hwy 8 Business, 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: Green Apple Investments, Inc. 3061 Calle Mesquite, Jamul, CA 91935
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 09, 2007.
East County Gazette- GIE030790
12/11, 12/18, 12/25, 2008 1/01, 2009

To place your legal ad stop by our office —
201 S. Sunshine Ave., El Cajon
(just one block west of the County Recorder's Office)
or call (619) 444-5774

JUST ONE STOP!
— WE FILE WITH THE COUNTY AND SEND YOU A COPY!

ONCE YOU STOP BY OUR OFFICE, YOU'RE DONE!

The East County Gazette is an adjudicated newspaper of general circulation by the Superior Court of the State of California, San Diego County and the El Cajon Judicial District. The East County Gazette adjudication number: GIE030790. March 10, 2006.

Our Best Friends

Dog steals my stuff ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Trainer,
Every time my dog gets something that he shouldn't have, I have to chase him all over the house to try and get it back. He seems to steal mostly important things that are expensive to replace. Among the list are 2 pairs of glasses, two remote controls and uncountable articles of clothing, including a very expensive pair of shoes that I didn't even get to wear but a few times. It's not like he doesn't have toys—they are all over the place, but he seems to prefer my things.
Signed,
All Chased Out

Dear Out,
It sounds like your dog has figured out how to curb his boredom, along with pushing your buttons, all in one quick action. What a smart dog!

The mantra for all good positive reinforcement trainers in our attempt to help people understand why their dogs are doing things like stealing stuff around the house is to explain, "Dogs do what works." When a dog repeats a behavior, there is no question there is a "payoff" for the dog in doing so. Therefore, the trick is to uncover what that payoff is and then help redirect your dog toward a more constructive use of his time.

The majority of the time, the payoff for stealing things is attention from the owner and/or relief of boredom. Here is a common scenario: The dog is left alone and unsupervised, and even though he is left with lots of toys, they are not much fun if there is not a human on the other end making them "come alive" via tossing a ball, playing tug, etc. So the dog starts to look for things to do and low and behold, he comes across the remote control, and it smells like his person and maybe there are some little remnants of food smells on it. What a great "toy," for your dog to have found.

Now, enter the human to catch him in the act of self-comforting. "No!" "Bad dog," might be the reaction and the dog becomes concerned about the change in the voice and the scowl on the face. The dog starts to move away, and the human starts to chase, so now what started as a way for the dog to relieve his boredom, has become a very fun chase game! That is often the payoff for the dog.

What to do?
First, don't leave important things around for your dog to find. Manage your environment by picking things up. If you can't manage your environment, supervise or confine your dog so his need to steal is prevented.

Next, rotate his toys so there is only one or two available at any given time. Change them out once or twice a day so your dog has some variety. This will make his own toys seem more important since they are not available to him all the time.

Be sure you are getting your dog some quality exercise—a good 15-20 minute walk and/or 5-10 minutes of aerobic exercise such as fetch a couple of times a day will do for most dogs.

Feed a high-end food without all the fillers and junk carbohydrates. This will help to calm your dog from the inside. Visit Paw Country in La Mesa or the Healthy Pet Pantry in El Cajon for high-end food selections. This goes for treats as well...avoid corn, wheat and soy products.

If your dog does get a hold of something important, try not to make a big fuss about it, rather, just toss some great treats on the floor for him, then casually walk over and pick up the treasure, which he should have dropped to eat the treats. Ultimately, you want to prevent the behavior so your dog doesn't figure out that if he steals something, he will get treats—this is only a stop gap measure when you really need to get something back.

You may also want to work with a positive reinforcement trainer to help you teach your dog to bring you things that he finds, rather than you trying to get things away from him.

Mental exercise
Finally, rather than waiting for your dog to take off with treasured items, provide him with interesting things to "find" that will help relieve his boredom.

- Some ideas might be:**
- Cardboard boxes with toys and treats in them
 - Old socks that are tied in knots and stuffed with treats
 - The core of toilet paper or paper towels with a little paper left on them
 - Oatmeal boxes with holes punched in them with treats and toys inside and the top put back on
 - An empty plastic bottle with your dog's whole meal in it (throw away the top)

These are just a few, however, be sure to supervise these activities to ensure your dog is not ingesting pieces of the plastic or material, he should simply be tearing, tossing or shredding them to get to the food. For more sanity-saving ideas, visit my website for The Two Minute Problem Solver article: www.wholedogtraining.com.

Since you are going to feed your dog a couple of times of day, why not let him earn his meals by using some of that kibble mixed with some high-value treats as a training reward? This is great mental work!

If you don't have time to train, place his food in a food carrier toy such as Kongs™ (for great ways to stuff a Kong visit: <http://www.kongcompany.com>) or other food carrier toys so your dog can expend some mental energy working for his meal each day.

Chewing relieves stress and

provides mental and physical exercise. Giving your dog something to chew that will take at least 30 minutes or longer, such as rawhides, bully sticks, stuffed Kongs™ or raw bones will help take the edge off a boring day. Buy rawhides and bones as big as your dog can get his mouth around so

they last longer. Also, make them better by putting things like squeeze cheese in the crevices of the rawhides to promote longer chewing sessions.

Putting some of all of these ideas into use should help curb your dog's need to steal, but please do consult a positive

trainer if you are still having problems.

Good luck,
Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com
To ask dog or cat questions, please contact: dogmomca@wholedogtraining.com

ADOPT-A-PET



Blossom is a five-year-old Spitz-mix female. She is currently enjoying her weekly visits to dog park and dog beach. She would do best in a household where she can reign supreme or have her new four-legged prince charming or best friend to treat her as the princess she is. No feline subjects please. Blossom is a fun-loving, loyal gal looking for her forever home. While she can prance and sit like a pretty, pretty princess she can also rough and tumble with the best of them. She has great house manners and knows sit & down. Blossom is very smart and food motivated. She is housetrained.

She likes kids and would do best in a home where the children are a little older. For more information please call Cyndi at 619-750-7755.

This beautiful girl is Cody, a 7-year old, 60-pound Shepherd mix. She is delightfully affectionate, takes treats politely, and walks well on leash. Just hitting the prime of her life, Cody enjoys outings and simply hanging out with you. She is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). Information: (858) 205-9974.



Barbaro was named after a racehorse, so people often mistake her for a boy, but don't be fooled, this sweet kitty is definitely female! Barbaro is a wonderful, loving girl who would love to go to a forever home just in time for the Holidays! Barbaro gets along with other cats, and might even be ok with a cat savvy dog. Although she seems like an adult, Barbaro is still a kitten at only 7 months old, and she definitely acts like it! Barbaro loves to play, and will chase a laser pointer all day long! She also has a very sweet personality and doubles as a lap cat! If you are interested in Barbaro, she is currently available for adoption in the FOCAS cattery located inside the Animal Medical Center on Broadway Ave. in El Cajon. For more information on Barbaro, please call (619) 579-7172.



Support Your Community Newspaper ... Subscribe Today!

Only \$25 will bring the Gazette to your mailbox weekly for one year!

Fill out below and send with your check/money order or fill out credit card information and send to:

East County Gazette
P.O. Box 697, El Cajon, CA 92022

Visa/MasterCard # _____ Exp. Date _____

Name: _____

Address: _____

City _____ Zip _____

_____ one year _____ two years

EAST COUNTY FEED & SUPPLY

We Deliver To All San Diego County

Authorized Powder River Dealer

ALFALFA • BERMUDA • 3-WAY
TIMOTHY • ORCHARD • STRAW
CEDAR, PINE & FIR SHAVINGS
STALL MATS • TACK • CORRALS
WOODY PET • DRYSTALL
VETERINARY CARE ITEMS

ADVANTAGE • FRONTLINE
ADVANTIX • VACCINES
GROOMING SUPPLIES
PET FOOD • KENNELS
CLIPPER REPAIR
CAGES & TOYS

CUSTOM LEATHER WORK
MADE TO ORDER
REPAIRS DONE ON SITE

10% OFF
Bird Seed
Must have coupon to receive discount
Exp. 1/09/09
East County Feed & Supply

Take advantage of our on site dog obedience classes. An eight week course for \$50.00 on Wednesday evenings. Check out our Frequent Buyer Programs for free product.

Exclusive distributor of
Chaffhaye
www.chaffhaye.com
100% hay replacement for Alfalfa or Bermuda diets

Open Mon.-Fri.
8:30am-6:00pm
Sat. 8:30am-5pm
Sun. 10am-4pm

Authorized Dealer for Nutrena Mills Feed Nutrena®

619.562.2208
10845 Woodside Ave. • Santee, CA 92071



from your Building Material Supplier



Please don't
drink & drive

13288 HWY. 8 BUSINESS EL CAJON • (619) 561-6003
www.alpinerockandblock.com



Celebrating
over **62** Years
of service to East County diners

OPEN NEW YEAR'S EVE & NEW YEAR'S DAY UNTIL 9 PM

PIZZAS
Traditional 14" Gourmet 10"
SEAFOOD SPECIALTIES
Breaded Shrimp Sicilian Style
Shrimp Scampi Sicilian
Fresh Fish Daily
Sea Bass Marinara
Sicilian Sea Bass
HOUSE SPECIALTIES
Chicken & Veal Marsala
Chicken Francese
Pepper Chicken A La Baffi
Chicken, Veal Parmigiana
Eggplant & Zucchini
Parmigiana

LITE MENU
Linguini & Grilled Chicken
Linguini & Steamed
Vegetables
Spaghetti & Turkey
Meatballs
Grilled Chicken Breast
Grilled Rosemary Garlic Chicken
Pizzas
OTHER SPECIALTIES
Chicken Alfredo
Fettuccini Primavera
Spinach Tortellini
Chicken Tortellini

Dinner Specials
(Includes Salad and dinner roll)
Monday:
Lasagna & Spaghetti \$10.95
Tuesday:
Zucchini Parmigiana \$10.95
Wednesday:
Eggplant Parmigiana \$10.95
Thursday:
Ravioli (meat or Cheese) \$9.50
Friday:
Tortellini (chicken, cheese or
spinach) \$8.85
Saturday: Half & Half \$8.85
Sunday: Lasagna \$10.45

CATERING FOR PICK UP,
UP TO 100 PEOPLE
ORDERS TO GO
619-444-4546
1588 E. Main Street
El Cajon
Open 7 Days 11 am



LA POSTACASINO

We invite you to join us!

La Posta Casino's 2nd Anniversary Celebration



*Fun Prizes, Live Music,
Drink & Food Specials*

January 15th, 2009
Cash Drawings 4-10pm

La Posta Casino Staff, Family, and Friends wish you and your loved ones a **Happy New Year 2009!**

Take I-8 to the Crestwood Rd. exit.
TURN LEFT if you are coming from the **WEST**
TURN RIGHT if you are coming from the **EAST**
Continue 1 mile up the short hill.

www.lapostacasino.com



LA POSTA: (619) 824-4120.

You must be 21 years or older to gamble in the Casino. Do you or someone you know have a gambling problem? Problem gambling help line 1-800-GAMBLER (426-2537).