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 **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 32 **JANUARY 15-21, 2009**

Dave Stall returns

Dave Stall has returned to the Gazette to bring our readers the latest information about the newest automobiles on the market. His "Bumper-to-Bumper" column is featured to answer questions from our readers about the mechanics of their automobiles. He will also bring information about San Diego County Auto Clubs. If anyone is interested in joining a Car Club, below is a list of clubs in the area as well as the contact information. Welcome back Dave!

Car Corner-Car Clubs of San Diego

- Alfa Romeo Owners Club of San Diego. www.arocsd.org or (619) 265-2686.
- Amigos Car Club, (619) 280-9508.
- American Truck Historical Society, San Diego Chapter, (858) 759-0283.
- Antique Automobile Club of America, (619) 465-0797.
- Austin Healy Club of San Diego, www.sdhealey.org.
- BMW Club of San Diego, (858) 277-8BMW or www.sdbmwcca.com.
- BMW Z Club, <http://San DiegoZ.com>.
- Camaro Club of San Diego, (858) 945-8890 or (858) 695-6720 and www.camaroclubofsandiego.com.
- Classic Chevy of San Diego, 1955-1957, (858) 278-5162 or clubs.hemmings.com/classicchevyssd/.
- Southern California Late Great Chevys, 1958-1972 (619) 470-3059.
- Southern California Chevelle Camino Club, chevellesnet/scccc/.
- Vintage Chevrolet Club of America, (619) 593-1047.
- Christian Rod & Custom (619) 286-5501 or davidrw@cox.net.
- Walter P. Chrysler Club, (619) 667-8203.
- Clairemont Neighborhood Cruisers, (858) 277-9101 or ClairemontCNC@aol.com.
- San Diego Corvair Club, (858) 663-3376.
- Corvette Owners Club of San Diego. 1-877-SDVETTS. www.cocsd.com.
- Cougar Club of San Diego. (858) 566-1395 or clubs.hemmings.com/cougarsd/.
- Electric Vehicle Association of San Diego. www.evasod.com.
- Early Ford V8 Club of San Diego. 1932-1953. www.sandiegoearlyfordv8club.org.
- East County Cruisers. (619) 328-6595. or www.eastcountycruisers.com.
- San Diego Ford Falcon Club. (858) 569-7159.
- Ferrari Owners Club. (858) 792-5838 or www.ferrarisd.com.
- Fab Fords, 1930-1970. (619) 697-1067.
- Wunderbirds of San Diego. 1955-present. (619) 462-6478.
- Classic T-Birds of San Diego. T-Birds 1955 to 1957 (619) 444-0110.
- Impala Club of San Diego. 1991-1996, www.impalaclubofsd.com.
- Hudson Essex Terraplane Club. (619) 992-2203 or Charlie@wallacebros.com.
- San Diego Jaguar Club. (858) 638-0011.

Hot Rods... Then and now



Examples of hot rods on display at the San Diego Automotive Museum. Photo courtesy of San Diego Automobile Museum

Hot Rods...Then and Now has opened at the San Diego Automotive Museum in Balboa Park. The exhibit runs through March 25 and features 18 amazing examples of hot rods through the ages. The exhibit also includes one of the museum's latest acquisitions, a 1928 Studebaker "barn find" that was actually stored in a barn in Imperial Beach for over 40 years.

This is a story of self expression and affordable individualism. The automobile was still a new phenomenon by the late 1920's. The Model T Ford had been in production since 1908 and there were hundreds of thousands of these ubiquitous little cars on the roads and in garages. There were many other manufacturers in American and from Europe, but the Model T was clearly the cheapest and therefore the most common.

By about 1914, there were 14 million Model Ts in use, more than all other manufacturers combined. By the end of the production run, the

number exceeded 15 million. By the 1920s, the cost of a new Ford T was at \$300 or below – about \$3,400 in inflation adjusted dollars today.

Regular hours are 10 a.m. to 5 p.m. (the last admission at 4:30 p.m.) The museum is closed Thanksgiving, Christmas, and New Year's Day. Ad-

mission prices are as follows: \$8 for adults, \$6 for seniors (65 and over), \$6 active duty military with ID, \$5 students with ID, \$4 children ages 6 – 15. Children under the age of 6 are admitted free of charge. The museum is free to all San Diego County residents and military with ID on the 4th Tuesday of each month.

The museum is located at 2080 Pan American Plaza, Balboa Park. Phone 619-231-2886. Website is <http://www.sdautomuseum.org>.

The San Diego Automotive Museum receives funding from the City of San Diego through the Commission for Arts and Culture.



Another example of the hot rods on display at the San Diego Automotive Museum. Photo courtesy of San Diego Automobile Museum

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Smoking ban at local colleges

Students and faculty returning this month to Grossmont and Cuyamaca colleges for spring classes will find it a little easier to breathe, now that a smoking ban approved a year ago is in full effect.

The Grossmont-Cuyamaca Community College District Governing Board unanimously approved the smoking ban in January 2008, but decided to hold off implementing it for a year to allow time to educate students, staff and others about the smoke-free policy.

With the smoking ban that went into effect on New Year's Day, GCCCD is the first multi-college district in the state to prohibit lighting up anywhere on its campuses or other district property, according to surveys by the American Lung Association and the California Youth Advocacy Network. Of the 110 community colleges in the state, Grossmont and Cuyamaca colleges, with a

combined enrollment of about 27,000 students and nearly 2,400 employees district-wide, are among eight campuses that are 100 percent tobacco-free.

Locally, in addition to Grossmont and Cuyamaca, other smoke-free colleges are Mesa College and Point Loma Nazarene University.

The board policy prohibiting smoking and tobacco use on all district property was approved along with an ordinance banning the sale of tobacco products and any promotions, ads or activities supporting tobacco use.

"This is the right thing to do," said Governing Board President Bill Garrett, who in 2006 supported a smoking ban proposal that had also been broadly endorsed by others on the board and advocated for by Grossmont College's student government association, as well as local community groups, including

El Cajon Communities Against Substance Abuse and the regional chapter of the American Lung Association.

"From a health perspective, it's a no-brainer to remove smoking from a public institution that strives to improve the lives of the people it serves. Cities, including El Cajon, have also restricted smoking."

Chancellor Omero Suarez said the no-smoking policy is the outcome of several years' effort by a district task force created in 2004 that has involved college constituency groups and local community representatives.

"It was really an idea whose time had come," he said. "Students were joined by community interests in supporting a ban. We had a task force in place to guide surveys and data collection. From the offset, what was foremost was to create public policy that was in everyone's best interests.

The task force's information collection and updates were very helpful and gave people time to get used to the idea and to take advantage of smoking cessation programs and services offered by the district and colleges."

Bob Eygenhuysen, risk management director for the district and chair of the tobacco task force, said after a 12-year battle to quit smoking, he was finally able to snuff out the habit after completing one of the district's programs.

"I started smoking when I was 15," he said. "In 1995, I quit smoking but it didn't last. I went back to smoking, then I tried to quit again. It continued that way until 2007."

Grossmont College Student Health Services is starting a smoking-cessation support program with weekly meetings, along with lesson plans and workbooks providing detailed

See **SMOKING** page 4



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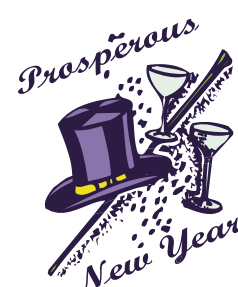
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Lakeside's Roundup of events

by **Patt Bixby**

A "Taste of Hawaii"

Saturday, Jan. 24 beginning at 6 p.m. the Lakeside Highway Lions Club will present a "Taste of Hawaii" Luau Dinner and Show at the Elks Lodge in Lakeside, 11633 Woodside Ave. The Luau will be provided by "Da Kines," one of San Diego's finest traditional Hawaiian restaurants.

There will be a raffle and silent auction for the guests to bid on.

Reservations are limited. Call Linda Rodriguez at (858) 560-7561 or Bill Martin at (619) 447-7690 for ticket information.

Lakeside Highway Lions Club is a publicly supported tax-exempt organization that operates solely on private contributions. If you are unable to attend the "Taste of Hawaii" but wish to make a donation contact (619) 749-1102.

Lakeside Community Expo

The Lakeside Chamber of Commerce, in association with the Lakeside Optimists Club and the El Capitan Stadium Association is proud to present the second annual Lakeside Community EXPO.

All groups, businesses and organizations reserve your booth now and be part of the EXPO2009 where Lakeside comes together. Limited space available and spaces are filing up fast so contact the Lakeside Chamber at (619) 561-1031.

Bits and pieces around East County

SDSU Open House for individuals 50 years and better

San Diego State University's College of Extended Studies (CES) will host a spring semester open house for its Osher Lifelong Learning Institute program for individuals 50 years of age and better from 10 a.m.-12 p.m. Saturday, Jan. 31 at the SDSU Extended Studies Center on Hardy Avenue.

Prospective students will be able to meet program staff and faculty, learn more about classes being offered, and visit the

Extended Studies Center facility where classes take place.

Spring courses include American Economy in Crisis; Journalism and Ethics: Critical Issues and the Challenges Ahead; Art History I; and Art History II. For more information, visit www.ces.sdsu.edu/osher

Teenagers of the Month

Stephanie Hanson and Fletcher Thornton IV of Grossmont High School were selected "Teenagers of the Month" for January by the Elks' El Cajon Lodge #1812. Each winner was awarded a Certificate of Achievement and a \$350 check at a ceremony held on January 5 at the Elks' Lodge. Both students will also be eligible for a "Teenager of the Year" scholarship.



Fletcher Thornton IV and Stephanie Hanson of Grossmont High School were selected "Teenagers of the Month" for January by the Elks. Photo courtesy of the Elks Club

Fire investigators say a 5-year-old child playing with a lighter in the garage caused the fire. All seven members of the family were able to escape unharmed thanks to a working smoke alarm in the unit.

There was moderate smoke damage to the upper floors of the condo living area. Damage to the garage and its contents, which included the family car, has been estimated at \$25,000.

Child playing with lighter causes fire

El Cajon crews responded to reports of a fire at 100 W. Douglas Avenue this week. As fire crews arrived they found a garage area of one of the condo units fully involved. Quick action by firefighters had the blaze knocked down in about 12 minutes, which kept the fire from spreading into the upper floors of the tri-level unit and from damaging adjoining condos.

Smoking ...

Continued from page 2

information on kicking the habit. The free workshops, open to everyone on campus, will meet one hour each week for eight weeks starting Feb. 2 and will be led by a licensed substance-abuse counselor. The program will be offered two additional times later in the semester, said health services supervisor Dianne Woodson.


"We offered this workshop last semester and the turnout was pretty good," Woodson said. "We want to let people know that we're here to help."

At Cuyamaca College, students and staff are encouraged to stop by the health and wellness center located on the ground floor of the new student center for information and referrals.

The district is continuing to provide smoking-cessation assistance to employees through existing health plans.

For more information on smoking cessation, call Grossmont College Student Health Services at (619) 644-7192. At Cuyamaca, call (619) 660-4200.

For additional information about the colleges, including registering for classes for the new semester beginning Jan. 26, go to the college or district Web sites, www.grossmont.edu, www.cuyamaca.edu or www.gcccd.edu. Online applications and registration are available.



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— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Holiday closures

On January 19, City Offices will be closed in observance of Martin Luther King, Jr. Day. Next month, City Offices will be closed on Monday, February 16, in observance of President's day.

Miss El Cajon Pageant

You could be the next Miss El Cajon, or Miss Teen El Cajon. Applications are now being accepted. It's a wonderful opportunity to represent your community, meet new people, make new friends and receive College Scholarships. Open to ladies ages 13 to 24. Attend the orientation scheduled for Saturday, Jan. 31. For more information call (619) 938-3477 or visit their website at www.misselcajon.org.

Teaming up with SWAT

The El Cajon Police Department has a great relationship with many of the businesses here in El Cajon and on Dec. 18, 2008, the department's Special Weapons And Tactical Team (SWAT) held a joint Crisis Negotiation training day at KETEMA Aerospace facilities on Greenfield. Sergeant Rob Ransweiler organized this special day of training with the company manager. The training included an armed barricade and hostage situation with role players. All of SWAT's tactical teams benefit from this type of realistic mission training and they greatly appreciate KATEMA's cooperation and support.

Applications still being accepted for City of El Cajon Commissions

The City of El Cajon City Council is still accepting applications for several Commissions that have terms expiring Jan. 31, 2009. Filing Period is from Dec. 17, 2008 until Jan. 20, 2009. Interview and Applicant Appointments will be on Jan. 27 at 7 p.m. in the Council Chambers, 200 East Main Street.

There is one vacancy on the Parks & Recreation Commission for a four-year term expiring Jan. 31, 2013. Requirements for 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. The Council shall appoint one member of the Commission from candidates recommended by the Board of Trustees of the Cajon Valley Union School District.

The Personnel Commission has two commissioner positions for four-year terms expiring on Jan. 21, 2013. Requirements for 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. (Applicants nominated by the employee associations are not subject to this requirement.) The Council shall make one appointment directly, while the current vacancy must be filled from a list of three applicants nominated by employees in the Classified Service.

The Planning Commission has two vacancies. One is for a duration of a four-year term, expiring Jan. 31, 2013,

and one is a two-year term expiring Jan. 31, 2011. Requirements for 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.

There are two vacancies in the Public Safety Facility Financing Oversight Committee for four-year terms expiring Jan. 31, 2013. 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 is interactive and downloadable through the "What's New" section of the City's website at www.ci.el-cajon.ca.us.

Saturday Morning Clean-Up schedule

If you would like to be more involved in your community join us any one of the Saturday Morning Clean-Ups during the year. This month it's on Saturday, Jan. 31. Hours will be from 9 a.m. to 11 a.m. targeting the areas of Palm Avenue and Richfield Avenue. The El Cajon Community Development Corporation invites individuals, school groups, or civic

groups to take part. The other dates planned: Feb. 28, March 28, April 25, May 30, June 27, July 25, Aug. 29, Sept. 26, Oct. 24, Nov. 14 and Dec. 12. Call the CDC at (619) 401-8858 to register or for more information. You may also visit the CDC website at www.downtownelcajon.com.

Antiques Show

The next Antique & Collectible show at the Ronald Reagan Community Center is planned for Wednesday, Feb. 11, from 2 to 7 p.m. These events will take place on the 2nd Wednesday of each month. There is a \$2 admission charge per person, check the counter at any of the downtown businesses for a coupon for a free entry to this monthly event.

Disaster Preparedness Now!

The American Red Cross has a new disaster preparedness website at www.preparesnow.org - take a look and make sure you and your family are ready for the next earthquake or firestorm.

Note: Happy New Year! Keep me informed of your community events by placing me on your mailing or email list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via email at mzech@ci.el-cajon.ca.us or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 E. Main Street, El Cajon, CA 92020.



New addition to the El Cajon Police Force
At the El Cajon Police Department - meet our new K-9 "Fritz." Pictured with Fritz is his handler Officer Robby Darrow. Fritz is a 3-year-old Belgian Malinois.

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Get on the map
The Alpine & Mountain Empire Chamber is now taking reservations for advertising space on

the new soon-to-be published 2008-2010 area map of Alpine and the communities of Descanso, Pine Valley and Campo. For more information, see <http://intranet.alpinechamber.com>, or call or email Kelly@alpinechamber.sdcxmail.com.

Family Fun Nights
Friday, Jan. 30, 6 – 8 p.m.

Free Family Fun Nights at the Mountain Empire Community Center, 976 Sheridan Road, Campo. For information, call Carol Lewis at (619) 445-6200x165.

Hot Topics
Tuesday, Feb. 10, 7:15 – 8:30 p.m. Business Networking Breakfast “Hot Topics” at Fuller Hall, 2225 W. Victoria. The speaker will be Captain Her-

inger of the Alpine Sheriff’s Station. The cost is \$15 per person. \$20 at the door. Vendor tables are available for \$10. RSVP to Kelly@alpinechamber.sdcxmail.com.

AGENDA

Alpine Community Planning Group

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

www.alpineplanninggroup.org

NOTICE OF REGULAR MEETING

Thursday, January 22, 2009

Alpine Community Center,

1830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey
George Barnett
Jim Easterling
Joe Ford
Joe Forlenza

Greg Fox
Rodger Garay
John Hood
Cory Kill
Jennifer Martinez

Lou Russo
Richard Saldano
Chuck Taylor
Tippy Thomas
Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Minutes: December 11, 2008

B. APG Statement:

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

V. Open Discussion

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

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

A. Installation of newly elected members.

B. Installation of Executive Committee Members, Chair, Vice-Chair, Secretary

C. Approval of APG Standing Rules

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

VIII. Organized / Special Presentations:

1. Debbie Williams Requesting Septic System Fee Waiver Recommendation Discussion

2. Low Impact Development (LID) requirements for County projects. Training

IX. Consent Calendar

A. Circulation

1. Discussion and Vote: None

B. Communications

1. Discussion and Vote: None

C. Private Actions

1. Discussion and Vote: Cricket Communication proposal at Chocolate Summit Drive (P08-050)

2. Discussion and Vote: ZAP93-004W1, Generator addition for previously approved Verizon Cell Site at Bert Fuller VFW, 844 Tavern Rd.

D. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

E. Trails & Conservation

1. Discussion and Vote: None

F. Parks & Recreation

1. Discussion & Vote on PLDO Expenditures

G. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

X. Subcommittee Reports (Including Alpine Design Review Board)

A. Private Actions
Chuck Taylor

B. Trails & Conservation
Vacant

C. Parks & Recreation
Brad Bailey

D. Public Facilities & Services & Major Public Policy
Vacant

E. Circulation
Vacant

F. Communication
Vacant

G. Alpine Design Review Board
Jim Easterling

H. Alpine Safety ADHOC
Jim Easterling

I. Alpine Incorporation ADHOC
Vacant

J. Albertson Park ADHOC
Brad Bailey

XI. Officers Reports

A. Chairman
Dana Zeno

B. Vice Chairman
Chuck Taylor

C. Secretary
Jim Easterling

D. Immediate Past Chair
Vacant

XII. Open Discussion 2 (Only if Necessary)

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

XIII. Request for Agenda Items for Upcoming Agendas

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

XIV. Approval of Expenses / Expenditures

XV. Announcement of Sub-Committee Meetings

XVI. Announcement of Next Meeting

A. Thursday, February 26, 2009, 6:30 P.M.

XVII. Adjournment of Meeting

For Health's Sake

Onions on pizza or blood pressure control?

by Gary E. Applebaum, M.D.

“Hello, Supreme Pizza, Carmen speaking, how can I help you Dr. Applebaum?”

How do you know my name?

“Caller ID my friend, would you like the usual, vegetarian with extra onions delivered to 23 High Side Lane?”

That would be great. “Ok Dr. it will be there in 20 minutes and we’ll charge it to your credit card on file ok?” Sure, thank you, goodbye.

Every day we interact with sales or service organizations that have an enormous amount of information about us in their computers. They use this information to provide accurate, efficient and timely service. We’ve come to expect this and get frustrated when we deal with companies who are “still in the stone age” -- sound like your doctor, perhaps?

Most physicians have com-

puter systems to manage the billing for their practices, but less than 10 percent of America’s primary care physicians use computers to manage their patients’ medical information.

Several studies have measured the percent of patients who get appropriate care for common medical problems. Results vary, but are mostly in the 50-70 percent range (i.e. blood pressure control). Imagine if you got the right pizza on 60 percent of your orders, or FedEx delivered 30 percent of their packages to the wrong home, or if your bank’s ATM only gave you cash 50 percent of the time.

Obviously, these companies would be out of business in short order. All of these industries are motivated to satisfy their customers.

Our health care industry, in contrast, is paid to take care of sick people, not keep people healthy. For the most part, the “medical industrial complex” is more profitable when more people are sick, not healthy. Hence in America, we have Sick Care, not Health Care.

We would all appreciate not having to go over our entire medical history every time we meet another provider. We would also feel a lot safer if we knew that any emergency department could retrieve information about the medications we take, the allergies we have, and the tests we’ve recently endured. This would save huge sums of money and minimize redundant, uncomfortable and potentially dangerous procedures.

So how can we get American medicine on par with the trucking industry and pizza parlors? If we wait for major health care system reform we will continue to cut down thousands of trees creating millions of incomplete, inaccurate, eligible un-searchable medical records.

Rather, we should trust that a national system of comprehensive medical records will lead to improved outcomes and decreased costs. While the political landscape for health care system reform is a mine field, who can argue against improved information at your doctors fingertips?

Clearly the country that put a man on the moon in 8 years and won a World War in 5 is capable of building a data-base to manage all of its citizen’s medical information in a safe, secure, privacy insured system.

The federal government could stage several competitive design and management competitions and develop a plan in less than two years. It could be implemented in less than another two.

The only thing needed to digitize and thereby revolutionize American health care is leadership. So next time your Congressman asks your opinion on health care reform or a politician asks you for a contribution, ask them if they will help you control your blood pressure, or just promise you onions on you pizza.

Gary Applebaum, M.D., is a senior fellow at the Center for Medicine in the Public Interest. He is the former Executive Vice President and Chief Medical Officer of Erickson Retirement Communities.



Health... Just Common

Horse Sense

by Dr. Donald Adema

The beginning of another year requires reflection on the past and goal setting for the new. Moving into the new office, continuing the fostering of blended medicine, working on a publication on integrative pain palliation and just surviving in an ever changing insurance world has certainly kept us on our toes; us being family, staff and myself.


Please consider the following quote. “Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship. To restrict the art of healing to one class of men and deny equal privilege to others will constitute the Bastille of medical science. All such laws are un-American and despotic and have no place in a republic. The Constitution of this republic should make special privilege for medical freedom as well as religious freedom. I will withhold the name of the author until the end of this article.

My number one goal for 2009 is to continue spiritual and family growth and development. Mrs. A and I are more than ready to become grandparents! My constant discussion on maintaining a healthy genetic map is a topic no longer allowed at family dinner parties. My number two goal is to continue education on blended health approach and to improve the efficiency of its delivery. Yes, to continue to try to make a blended approach work in a managed care system. This will include electronic medical records, which I have fought kicking and screaming all the way. Hopefully, more efficiency will translate into more time with the patient. Bear with us.

Many feel that the next couple of years will reveal a more concentrated effort by the singular pharmaceutical path to damage the progress of an integrated blended approach and research. Are we ready for the battle? Me thinks, yes. And why? Because of the surging number of the population who are benefitting from the USA free enterprise system that has allowed for competition in the wellness industry. And, because of the growing number of physicians who now understand what prevention truly is.

Oh yes, who was the author of the quote? Well, surprisingly, it was the private physician of George Washington. Yes, Dr. Benjamin Rush, who actually signed the Declaration of Independence, was certainly ahead of his time. Or, are we behind? Stay tuned.

Is fear controlling your life?



Judy Callihan Warfield

by Judy Callihan Warfield

There are many fears that affect a person’s life. Too many to even list in this article. The number one fear is the fear of public speaking. If your career requires you to speak to employees or groups and you have a fear of this it will definitely affect your ability to perform your job to the highest degree of your capabilities.

I attend many chamber, networking meetings, and am guest speaker for many service clubs. I see the people who find it difficult to stand up and introduce themselves and their company or to simply present themselves as a confident person. This person may be a complete expert in their line of work, but the perception given to a possible contact is one of uncertainty and lack of knowledge.

Hypnotherapy is a fast, effective, and drug free manner to address this issue. By reinforcing that “inner core” of self confidence and self esteem you will find that others react more positively to you as you are able to come across as a strong and knowledgeable person. This affects not only your professional relationships but also your personal relationships.

Fear of driving or flying are also big fears that people have. In fact, unless you have actually had a negative driving or flying experience these are actually phobias rather than fears. Unless a phobia is addressed it will sometimes tend to begin attaching to all areas of your life and soon be out of control....This robs you of your independence and freedom to come and go as you wish. We live in a free society and most Americans dislike anything limiting their ability to come and go as they wish. Perhaps now is the time for you to address this issue and gain your full sense of independence and freedom.

Hypnotherapy is a fast, effective, and drug free method to address fears and phobias and allow you to reach your full potential professionally and personally.

- Reach your full potential
- Regain your “inner core of strength”
- Gain confidence and self esteem
- Move forward in a positive way

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave #205, La Mesa, Ca. 91941 and can be reached at her office by calling 619-303-8511 or email judy@successhypnotherapy.com. Further

Laughter is the Best Medicine

Ole’s car accident

Ole had a car accident near Story City on I-35. In court, the trucking company’s lawyer was questioning Ole.

‘Didn’t you say, sir, at the scene of the accident, ‘I’m fine,’ asked the lawyer?

Ole responded, ‘Vell, I’ll tell you vat happened. I had just loaded my favorite mule, Bessie, into the...’

‘I didn’t ask for any details’, the lawyer interrupted. ‘Just answer the question. Did you not say, at the scene of the accident, ‘I’m fine!’?’

Ole said, ‘Vell, I had just got Bessie into the trailer and I vas-driving down the road...’

The lawyer interrupted again and said, ‘Judge, I am trying to establish the fact that, at the scene of the accident, this man told the Iowa Highway Patrol Trooper on the scene that he was just fine.

Now several weeks after the accident he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question.’

By this time, the Judge was fairly interested in Ole’s answer and said to the lawyer, ‘I’d like to hear what he has to say about his favorite mule, Bessie’.

Ole thanked the Judge and proceeded. ‘Vell as I vas saying, I had just loaded Bessie, my favorite mule, into da trailer and vas driving her downda highway ven dis huge semi-truck and trailer ran da stop sign and smacked my truck right in da side. I vas thrown into one ditch and Bessie vas thrown into da other. I vas hurting real bad, and didn’t vant to move. However, I could hear Bessie moaning and groaning. I knew she was interrible shape yust by her groans.


Shortly after da accident da Iowa Highway Patrol Trooper came to da scene. He could hear Bessie moaning and groaning so he went over to her. After he looked at her, and saw her condition, he took out his gun and shot her right ‘tween da eyes. Then the Trooper came across da road, gun still in hand, looked at me and said, ‘How are you feeling?’

‘Now vat vould YOU say?

Submitted by Steve Dows of El Cajon.

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.


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Raising super puppies ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Readers,

If you are thinking of a puppy, or you are a breeder, you need to visit the Puppy Prodigies website: www.puppyprodigies.org. This non-profit enterprise is one of the most cutting edge dog welfare originations around, and

founder Judy Fridono, CPDT is taking raising puppies to a whole new level.

Judy began this journey as a puppy raiser with Canine Companions for Independence. She earned her Associates Degree from the University of Canine Studies but honed her craft by doing independent research and study based on Michael W

Fox's work, and Scott & Fuller. As her education and study expanded Judy was left with the nagging quesiton, "Why do so many Service Dogs wash out?"

The failure rate, or the "wash out," is high, even for most of the popular centers where Service Dogs are trained, and Judy began a mission to find

out why this was the case. She studied and researched everything she could find about puppy behavior and came to the conclusion that good dog behavior begins pre-natal. The mental and physical health of the mother dog greatly affects the mental and physical stability of the puppies, which we know to be true in human babies as well. Judy uses aromatherapy, and music to help keeps the mother dog calm, and the puppies receive vibration while the puppies are still in the womb. Judy says, "While doing the vibration work, you can see/feel increased movement of the puppies during each session. Each day is a different series of vibrations, so they begin to experience a changing "environment" prenatally."

Noticing the common time-line most Service Dog training facilities use, Judy thought she would try things a little differently. Most agencies use Puppy Raisers that take potential Service Dogs and place them into homes at about 8 weeks old. They are raised in these homes until they reach 18 months of age, which is when their formal training begins.

Judy sees things another way. She believes training should start at birth and she begins handling the puppies on day one. The puppies also receive neurologic stimulation based the U.S. Military's "Bio-Sensor" program that was devised to improve the performance of their dogs (<http://www.breedingbetterdogs.com/achiever.html>). This begins on day 3 after the puppies are born.

"Everybody uses the neurological stimulation, but I do different things," Judy explained. Right after the puppies are born, she adds a scent to the whelping box to imprint the puppies with the smell and the positive comforts of being with the mother and their littermates. Judy explains that imprinting scent can help to calm a dog down if they need a little help relaxing later in life.

If that weren't enough, Judy also begins to introduce the newborns to textures and fabrics, since very young puppies have limited senses, with the strongest being smell and touch. By stimulating the puppies early to different feels and smells, she is teaching them that novel things are just not a big deal. This, Judy believes

begins the foundation for emotional and physical steadiness, from which any dog, especially Service Dogs, can benefit.

By the time the puppies are three weeks old they are learning new skills in the "puppy room," which is a cornucopia of fun and novel items that help them get used to touching, seeing, hearing and interacting with an array of different things. The puppy room is full of toys, training aides and smiles from anyone that walks in there. It's like Disneyland for puppies, but it's not just play. As early as 13 days old, the puppies are lured with goat milk to move around and explore new things, and even before their eyes open they are able to do small behaviors such as place their front paws on tiny benches (paws up is something all Service Dogs are required to do).

Oh, and housetraining is also addressed while the puppies are still in the whelping box. Puppies naturally leave their sleeping areas to eliminate somewhere else, and Judy has papers all set up for them, teaching them early on to go on paper. They are also crate trained at this point (as a group) but they learn to be comfortable in the crate, and they are able to sleep through the night by 3-4 weeks old.

Bring on the people
To help the puppies become comfortable with a variety of people, Judy has a Puppy Cuddling program that helps the puppies become comfortable with a variety of people, including children, and the "Cuddlers," get a wonderful puppy fix in the process.

At 5 weeks old the puppies are going on field trips in a dog stroller or in shopping carts at the local shopping establishments, and even on buses. They wear their Service Dog in Training vests and are acclimated to the sounds and sights of the places where they will spend time when they graduate into a Working Service Dog vest. Of course human interaction is encouraged during these outings, expanding the puppies' world that much more.

The goals and benefits
Because Judy collaborates with breeders that are distinguished for their puppies, the puppies have a good beginning, but Judy also believes

that her program will all benefit any litter of puppies, especially those that end up in shelters. She knows that shelters are not able to implement her whole program, but she says they can use some parts of it to ensure puppies that might not have received the best start in life will come away much more stable by applying some of her techniques.

One of Judy's goals is to educate breeders and the general public about raising puppies so they can be all that they can be, and in turn reduce the numbers of dogs that are turned into shelters. Judy sees a reduction of things like puppy chewing, biting, jumping on people and housetraining issues by using the Puppy Prodigies program. These are by far some of the most common reasons that people relinquish puppies to shelters and rescues.

It is typical that most puppies don't start any formal training until they are 8-10 weeks old, and Judy feels that is a lot of wasted time when her puppies are already able to turn lights off and on, open cabinet doors and many other foundation skills at that same age.

Take a few minutes to visit the website, read about the program and watch the videos and you will be amazed at the things that very young puppies can do. You will also see the other components of the program.

Judy is available to take in mother dogs from breeding through the weaning process, but she also works with private breeders that want to learn this program. She does explain, however, that the training shouldn't stop when the puppy is placed into a new home and suggests that breeders follow through with recommending positive reinforcement trainers to carry forth these solid beginnings.

Also, Judy is available to do pubic presentations to help educate and inform the community about raising puppies to be "puppy prodigies."

Finally, because this is a non-profit organization, donations are very welcome!

Nan Arthur,
CDBC, CPDT, KPACTP
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Raven is an incredibly sweet 2-year old Chow/Cattle Dog mix. She weighs 51 pounds, is great on leash, knows "sit," loves her wading pool and chew toys, and her antics are hilarious! Raven is gentle, smart, and is happy to play independently or with a friend. She is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). Information: (619) 788-7880



Frankie is a 2-yr old Chow/Retriever mix. This handsome 38-pound boy is a real people lover. A bit shy at first, you can win him over with back scratches and belly rubs. He needs an adopter who will help him build self confidence so his awesome personality will flourish! Frankie is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). Information: (619) 788-7880.



Hi There! I'm Kiwi and I may be a tiny bit shy when I first meet you, but if you give me just a minute or two to warm up, you'll see that I love getting attention! And with gentle pets I'll really come alive with purrs and 'head butts' to let you know how much I'm enjoying your company! If I sound like the feline you've been looking for, please give FOCAS a call soon! Support Adopt For more information about Kiwi, please call FOCAS at (619) 685-3536.

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LANGUAGE AND SOME CRUDE HUMOR

JANUARY 2009
HotelForDogsMovie.com

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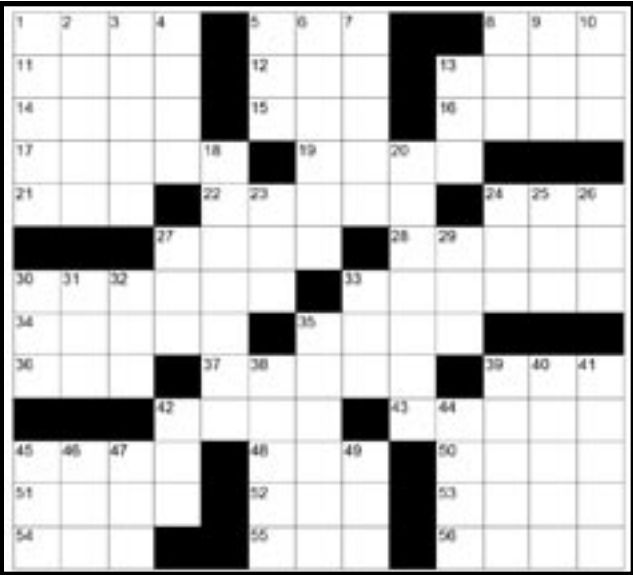
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CROSSWORD



- Across
- 1 Flat-bottomed boat
 - 5 Building addition
 - 8 South southeast
 - 11 Bend
 - 12 Ghost's greeting
 - 13 Day-time tv's Mr. Donahue
 - 14 Aphids
 - 15 Shop
 - 16 Part of a semester
 - 17 Keen
 - 19 Input
 - 21 Danish krone (abbr.)

- Down
- 1 First course
 - 2 Spasm
 - 3 Happen
 - 4 Sharpen by rubbing
 - 5 Recede
 - 6 Noisily
 - 7 Devoted
 - 8 Her
 - 9 Mr.
 - 10 Tree
 - 13 School group
 - 18 Shedding of an outer coat, e.g. snake
 - 20 An unusually large sea wave
 - 23 Advertisements
 - 24 Embrace
 - 25 Fortify
 - 26 Resort hotel
 - 27 Ingest
 - 29 Bro.'s sibling
 - 30 Compass point
 - 31 "Raven" author
 - 32 Fear
 - 33 Airport abbr.
 - 35 Cadets
 - 38 Lapses
 - 39 Not as insane
 - 40 Food consumer
 - 41 Hydrochloric and sulfuric, for example
 - 42 Stiff
 - 44 Secure
 - 45 And so forth
 - 46 Rio de Janeiro
 - 47 Hotel
 - 49 Tangle

WORD SEARCH

Find the hidden words within the grid of letters. Words can be across, down, diagonal or backwards.

MAERDAEVAHIOZHJMFBA
REHTEGOTGNIKROWAERAF
QNOITHSXZYUKXMRTAEP
AXARSDCYWYGDITINJETI
CQNMITJROFWBINEYKDIC
HEROYAOTUMCNUHGTGOSA
LXZWNGZRLHLXYQEISMNT
VBUUJORZYUCAQFOLWRMA
SAAECCSETNDVTPOAVOIM
PRYHTXWHLHCEEPSUENNE
YPCHBKELTCMFCGLQJOIR
XJULPRSRVHHEZPLEUHSI
CIVILRIGHTSMOVMENCTC
EFZBWBACTIVISTTUTZEA
NOBELPEACHPRIZEFIPRN

- | | | |
|-----------------------|----------------|-------------------|
| Activist | Equality | King |
| African American | Freedom | Martin Luther |
| Baptist Minister | Hero | Nobel Peace Prize |
| Birthday | History | Speech |
| Civil Rights Movement | Honor | Unite |
| Church | I Have A Dream | Working Together |
| Clergyman | January | |

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Tuesday's
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*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

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MOTOR AND SPORTS

Cars at a Glance ... 2009 Nissan Maxima



2009 Nissan Maxima. Photos by Dave Stall

Bumper-To-Bumper with Dave Stall

Dave: I have a 1997 Mazda truck with 69,000 miles, which I am the original owner that I want to sell. One person interested in buying it (that has his own auto repair) looked at it and said the timing belt needed to be replaced and all the belts and hoses. The cost would be about \$1,600. Of course he wanted me to lower the price way down because of these repairs.

I would like to find a repair shop to take it to that I can trust and would tell me if it really needs the timing belt replaced. I can believe the belts and hoses may need to be changed, and I have no problem having the work done before it's sold. I purchased a new car and I'm not in a big hurry to sell the truck, but I would like to.

I'm a single woman and not knowing much about cars, I just don't want someone to take advantage. I trust your input and if you can recommend a shop in East County that would be great. Mary, El Cajon.

Mary: I just went to my best source to see what the value is of your truck, *The Auto Trader* and it looks like it is worth anywhere from \$4,985 to \$5500. So you have a lot of room to move around in to sell the truck. If the truck needs belts, hoses and a timing belt that is up to the buyer to take care of and if someone tries to drop your price on items that are what I call "What if" then you need another buyer.

That is a great little truck and you the seller only has one obligation, make sure it will pass smog other than that it is buyer beware it is sold as is. You don't need to take it to a repair shop unless you plan to keep it and any repairs you do to it will put the truck out of the price range you can sell it in. Since you're not in a big hurry I would set my price and let it ride and see who shows up, you might be surprised. If you need my additional assistance in selling your truck please do not hesitate to call me at 760-715-5507, I charge nothing for my services and would be happy to help.

Dave: How does one find a good repair shop in their community? I have been using the dealerships for as long as I have owned my car but now due to its age and mileage the dealerships are costing me an arm and a leg. I feel I can get the work done cheaper at an independent repair shop other than the dealer, any ideas? Clyde, Lakeside.

Clyde: Looking for a good independent repair shop is not that difficult, check with AAA they have a good list and stiff requirements to become a AAA repair shop, BBB is another source and the best is your friends, neighbors and co-workers. Find out where they go and get their input.

Got a car question? Contact me at www.davestall.com or call me at (760) 715-5507

by Dave Stall

I must be showing my age, when it comes to domestic cars I'm a Chevy Guy, when it comes to Japanese imports I'm a Toyota Guy. But as I get older and cars get better my brand loyalty is starting to blend into the other makes.

Take the 2009 Nissan Maxima, ok it is a nice four door sedan but when one gets closer it has a style all its own. Look down the side of the car and you get a hour-glass look. In fact when you slide behind the steering wheel you will notice that you can see the ends of the fenders, I liked it!

I think Nissan has passed Toyota in styling and performance and they have done it with the Maxima and a few other models. But let's talk about the Maxima.

The Maxima has a healthy 3.5-liter V6 that will produce 290 horsepower at 6,400 rpm and 261 pound foot of torque at 4,400 rpm. It has continuous valve timing on the intake valves and electronic continuous valve timing on the exhaust valves. In laymen terms, the engine is smarter than we are and tries to burn

as much fuel efficiently as it can plus gives us "gobs" of horsepower.

The Maxima has an Xtronic CVT Transmission (Continuously Variable Transmission) and paddle shifters on the steering wheel for that manual mode feel. This is the latest in fuel economy transmissions that will never shift if you keep your foot in it, kind of like a golf cart but with a lot more potential. It has a fabulous four wheel independent suspension that will give a great ride on the open road and help drivers through the twisties if one desires. Seating is excellent, well bolstered and with enough adjustment to make grandpa happy.

Once behind the wheel drivers will find everything needed as close as the finger tips, climate controls, sound system cubby holes galore and if one has to sit in the back seat — that is not a bad thing, plenty of room and comfort. Need trunk space? No problem the Maximum gives all one can handle.

When it comes to standard features, I don't have enough room in this article to list them all. But one that stands out is the dual pane sunroof, XM



Everything at your fingertips on the 2009 Nissan Maxima.

radio, back up camera, heated mirrors and I haven't even gotten to the safety features, front airbags, side airbags, side curtain air bags, vehicle dynamic controls, traction controls, crumple zones to help protect the occupants, energy absorbing steering wheel, steel beams in the doors, and a tire pressure monitoring system.

For those looking for a great four door sedan and looking to pay around \$29,000 plus options tax and license, then the Nissan Maxima needs to be on the shopping list. Right now Nissan is kicking back \$2,500 plus a \$500 bonus. Stop by any of the Mossy Nissan stores for more information, at least drive it and see if I was on the money!

Stay tuned for another Cars At A Glance, check out daves-tall.com when you have a chance!

Trivia:
Last week's question: What is spark plug fouling?
Answer: Carbon accumulates at the firing end causing electrical leakage that leads to misfire.

This week's question: When was the first Daytona speed record officially recognized by the F.I.A.?

Chargers can't get past the Steel Curtain

by Chuck Karazsia

On a cold night in Pittsburgh the Chargers with their backs to the wall fought valiantly, but ran out of mojo (luck).

The Pittsburgh Steelers determined the road to the Super Bowl will go through Steeltown were clearly the better team Sunday defeating the Chargers 35-24 in a divisional playoff game, ending a miracle run for San Diego after their five game winning streak.

Taking the division over the Broncos following the wild-card game against the Colts the Chargers finished the season (9-9) ending a roller coaster experience that left fans feeling flat but thankful for the thrilling ride to the playoffs.

Having to play the Steelers with their terrible towels waving in the brisk cold air of Heinz Field was a challenge for any team, especially a Chargers team who played without three of their star players (Tomlinson, Jammer, Merriman). With them the outcome may have been different, but make no excuses the Steelers made the plays when they had to be made.

Gaining 290-yards and 24-points against the vaunted 'Steel Curtain' defense, the Chargers were not able to run the ball at all totaling just 15-yards rushing on 11 carries.

Holding the Steelers scoreless through the entire first half the Bolts defense couldn't keep the Steelers offense off the field after the intermission. Pittsburgh pounded the gridiron and came out running in the second half, keeping the ball out of Roethlisberger's hands. The Steelers churned out 165-yards rushing in the game.

With La Dainian Tomlinson sidelined with a torn groin tendon the Chargers abandoned the run altogether early having to throw the ball playing catch-up especially after the third quarter, one in which the Chargers had the ball for only 17 seconds and then chased a 21-10 Pittsburgh lead.

It was a crazy fourth quarter in which both teams scored two touchdowns. The Chargers scored on 2 passing plays from Rivers, the first to Legedu Naanee on a 4-yard toss, the second a 66-yard pass to Darren Sproles ending the scoring in the contest.

The Bolts did throw the ball effectively accumulating 275-yards, becoming only the second team to achieve

that feat all season against Pittsburgh.

Chargers quarterback Philip Rivers completed 21-of-35 passes for 308 yards, three touchdowns, throwing one interception after the ball was tipped at the line of scrimmage.

Following the game Rivers collected his thoughts then commented, "It was that kind of year. This game had a lot of ups and downs in it, as did our season. The Pittsburgh Steelers are a heck of a team. We certainly knew it was going to be a challenge coming in here. And we fought. I think that is one thing about us this year. We fought for 16 games. Won a playoff game at home, but we just didn't get it done. Somebody was going to lose here and go home sad. Unfortunately it was us. A lot to be proud of this year, we fought against adversity. These kinds of years, these kinds of games mean more. These things you take into your life. It affects individuals and you grow as a person and a player. It's been a heck of a year."

Head coach Norv Turner gave his take saying, "That was an outstanding football team. Today just wasn't our day. We gave up a punt return in the first half which is not like us at all. We got a great punt coverage team, one of the best in the league. The first half I thought our defense played great.

"You can't say enough about our guys. The way they competed, fought, and hung in there. It meant a lot to them and will help us in the future. We can't get ourselves in that position. We are capable of not being in that position. I think we did some things that will help us in the future. We

have a lot of young players and played them throughout the game and they gained valuable experience. Weddle, Gregory, Hester, there are a lot of guys just playing for the first time in their career. That gives us hope we can get a lot better.

"We all know what competing is about in this league. When a guy goes down you got to move on. If you don't have a guy (Tomlinson, Merriman, Jammer) you got to find a way. You throw Gates into that category. He is such a warrior and probably should not have tried to play. He went about a half tonight, but he just couldn't go. That's part of it. At the end of the year you try to be healthy."

Ending his thoughts, Coach Turner said, "Every year people want to crown someone as a champion in July and August. This year was a great. There are a lot of teams capable of getting in the tournament. We were in the final eight. That's not good enough for us. We want do better than that. Every year there's new teams and you look at the games over the last two weeks and some people have been shocked who ended up winning the game. Philadelphia was dead six weeks ago. This is a very competitive league. We are going to be real good and do everything we can to get to where we can get, into the final four, win, and get into the big game."

This team did not quit all year under adversity, a credit to the coaches, players and the entire organization.

The players and coaches picked Philip Rivers and Jamal Williams as Co-MVP for the season.

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LEGAL NOTICES

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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. 2008-038435
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

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039422
FICTITIOUS BUSINESS NAME(S): Silt
Located at: 9638 Dorsal Drive, Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: James Scheel 9638 Dorsal Drive, Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008
East County Gazette- GIE030790
1/08, 1/15, 1/22, 1/29, 2009

City of El Cajon Consolidated Plan Community Meeting
Pursuant to State law, El Cajon is required to prepare a Consolidated Plan that covers the period of July 1, 2009 through June 30, 2014. The Consolidated Plan satisfies the statutory requirements for El Cajon's two formula programs: Community Development Block Grant (CDBG) and HOME Investment Partnership (HOME), both received from the U.S. Department of Housing and Urban Development (HUD). The Consolidated Plan identifies the City's overall housing and community development needs, and outlines a five-year strategy to address those needs. The primary purpose of the Consolidated Plan is to develop a plan for addressing the needs for lower income groups who are the intended beneficiaries of the HUD formula programs.

On January 28, 2009, a community meeting will be held to assist the City's consultant in the development of the housing and community development goals for the period 2009 through 2014. City Councilmembers, Non-Profit Service Organizations and Developers are all invited to attend to provide input. The meeting will be held at the El Cajon Community Center, 195 E. Douglas Ave., El Cajon, at 6:30 p.m.

A draft version of the Plan is anticipated for public review in March, and adoption of the Plan in May, 2008.

For additional information on the City's Consolidated Plan, please contact Xavier Velasco in the Redevelopment and Housing Department at (619) 441-1786.

East County Gazette- GIE030790
01/15, 01/22/09

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. 2008-038673
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

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2008-00099070-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF: DILYANA ALY ON BEHALF OF MINOR JOSEPH YASER ALY FOR CHANGE OF NAME PETITIONER: DILYANA ALY ON BEHALF OF MINOR JOSEPH YASER ALY HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
JOSEPH YASER ALY
TO:
YUSEF YASER ALY
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, Civil Division, 220 West Broadway, San Diego, CA 92101. Department D-25, on FEBRUARY 10, 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 DECEMBER 29, 2008.
East County Gazette – GIE030790
1/08, 1/15, 1/22, 1/29, 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. 2008-039360
FICTITIOUS BUSINESS NAME(S): a.) Life's Chariot Unlimited b.) Living Water Residential
Located at: 13217 Aurora Drive #13, El Cajon, CA 92021
This business is conducted by: An Individual
The first day of business was: November 22, 2008
This business is hereby registered by the following: Sandra D. Kretschmar 13217 Aurora Drive, #13, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008
East County Gazette- GIE030790
1/08, 1/15, 1/22, 1/29, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2008-00102453-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: SAVANNAH STEVIE SALMANS ON BEHALF OF MINOR CHRISTIAN DAVID CROSWAIT FOR CHANGE OF NAME PETITIONER: SAVANNAH STEVIE SALMANS ON BEHALF OF MINOR CHRISTIAN DAVID CROSWAIT HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
CHRISTIAN DAVID CROSWAIT
TO:
CHRISTIAN DAVID SALMANS
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St. El Cajon, CA 92020. Department 14, on FEBRUARY 11, 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 DECEMBER 29, 2008.
East County Gazette – GIE030790
1/08, 1/15, 1/22, 1/29, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2009-00081022-CU-PTCTL
IN THE MATTER OF THE APPLICATION OF: HABIB SAYED ASHRAFZAI FOR CHANGE OF NAME PETITIONER: HABIB SAYED ASHRAFZAI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
HABIB SAYED ASHRAFZAI
TO:
HABIB SAYED KAGHAZ
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101. Department D-25, on February 26, 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 January 8, 2009.
East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2009-00063603-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: DENISE DIGIOVANNI AND MARCELLO DIGIOVANNI ON BEHALF OF ANGELA DIGIOVANNI FOR CHANGE OF NAME PETITIONER: DENISE DIGIOVANNI AND MARCELLO DIGIOVANNI ON BEHALF OF ANGELA DIGIOVANNI HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
ANGELA DIGIOVANNI
TO:
ANGELINA DIGIOVANNI
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 15, 4TH FLOOR, on MARCH 4, 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 JANUARY 13, 2009.
East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2008-00089705
IN THE MATTER OF THE APPLICATION OF: CINDY LEE HANES FOR CHANGE OF NAME PETITIONER: CINDY LEE HANES HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
CINDY LEE HANES
TO:
CINDY LEE WILLIAMS
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 West Broadway, San Diego, CA 92101. Department D-25, on February 25, 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 JANUARY 7, 2009.
East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2009-00080938-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF: KIMBERLY ROXANNE KING FOR CHANGE OF NAME PETITIONER: KIMBERLY ROXANNE KING HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
KIMBERLY ROXANNE KING
TO:
KIMBERLY ROXANNE EVERS
THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 West Broadway, San Diego, CA 92101. Department D-25, on February 24, 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 JANUARY 7, 2009.
East County Gazette – GIE030790
1/15, 1/22, 1/29, 2/05, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000766
FICTITIOUS BUSINESS NAME(S): Hopeless Industry
Located at: 10054 Prospect Ave. Ste. R, 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. Felipe Mullen 1477 Broadway Ave. Apt. B, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 9, 2009
East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001014
FICTICIOUS BUSINESS NAME: Mazin Wireless
Located at: 935 W. Mission Ave. Ste. F, Escondido, CA 92025
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Mazin Younis 2454 Hilton Head Pl. # 2065, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 12, 2009
East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-038356
FICTITIOUS BUSINESS NAME(S): Bones 206 Racing
Located at: 5953 Lubbock Ave., La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: January 1, 2008
This business is hereby registered by the following: 1. Justin Mika 5953 Lubbock Ave., La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 15, 2008.
East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/05 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000632
FICTITIOUS BUSINESS NAME(S): Global Trends
Located at: 8724 Washington Ave., La Mesa, CA 91941
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Anatoly Olgart 8724 Washington Ave., La Mesa, CA 91941; 2. Irene Olgart 8724 Washington Ave., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 8, 2009
East County Gazette- GIE030790
1/15, 1/22, 1/29, 2/5, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2008-039274
FICTITIOUS BUSINESS NAME(S): a.) American Financial Group b.) American Real Estate c.) American Funding d.) San Diego Apartment Buildings
Located at: 13425 Cool Lake Way, San Diego, CA 92128
This business is conducted by: An Individual
The first day of business was: November 20, 2003
This business is hereby registered by the following: Michael A. Hayes 13425 Cool Lake Way, San Diego, CA 92128
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 29, 2008
East County Gazette- GIE030790
1/08, 1/15, 1/22, 1/29, 2009



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Business/Finance & Real Estate

Lennar celebrates 55 years of homebuilding excellence

This year, Lennar, one of the nation's largest homebuilders, is having their 55th Anniversary marking a major milestone in the company's longstanding history of homebuilding excellence. To celebrate, Lennar is hosting an event Saturday and Sunday, Jan. 17 and 18 at several communities in the San Diego area.

"We feel honored that we have been able to serve the needs of homebuyers throughout the area for so many years and will continue to do so for years to come," stated Caroline Hunter-Yao, Lennar's California Coastal Marketing Manager. "To show our utmost appreciation, we are offering incredible savings during this weekend's premiere 55th Anniversary Celebration!"

"These homes are not only extremely attainable but many are ready for immediate move-in," adds Hunter-Yao.

Homebuyers who want to experience the elegance of an estate-inspired residence that reflects the very best qualities of San Diego living can discover the luxury new home communities at The Lakes, located just above desirable Rancho Santa Fe with single family homes priced from the upper \$800,000's and sprawling estates starting in the mid \$1 millions. Residents of The Lakes enjoy the security of a gated community and each home comes complete with GE® Monogram stainless steel appliances, granite countertops, and other features included with Lennar's pledge of "Everything you want, everything you need..."

In addition, Sky Ranch in Santee is a unique hillside village with select homes boasting panoramic valley and mountain vistas and ranging from town homes priced from the low \$300,000's to luxurious single family homes on oversized lots

beginning in the \$600,000's. Sky Ranch also enjoys the added touches of the "Logic of Lennar" with stainless steel appliances, granite countertops, and other desirable features included with each home.

"Buy your home today – from a builder who will be here tomorrow. Our company has always been invested in our homebuyers and will continue to provide only the most superior care, quality and attention to detail that they deserve."

Founded in 1954 as F&R Builders headquartered in Miami, Florida, Lennar Corporation began building their well-known reputation for high standards, quality construction and uncompromising value. In 1971, F&R became a public company under the corporate banner of Lennar and has since grown to become one of the nation's leading and most respected homebuilders. With hundreds of communities being built across 16 different



Eaglepoint plan by Lennar homebuilders.

states, Lennar is responsible for crafting new homes that can be found in many of the most desirable locations offering well planned, innovatively designed residential environments.

According to Hunter-Yao, "we call 55 years of homebuilding experience 'peace of mind.' We have long distin-

guished ourselves as a builder who makes the process easy by simply including everything as standard. Our continued motto: 'Everything You Want, Everything You Need, That's the Logic of Lennar', is what we hold strong to today."

As Lennar celebrates its anniversary in 2009, they are not only celebrating their company longevity and their solid reputation, but for continually being a leading innovator within the homebuilding industry.

"The future of Lennar is really

exciting," said Hunter-Yao. "We are constantly keeping our finger on the pulse of new trends in homebuilding – we are taking the company to the next level of innovation in homebuilding and providing homebuyers with even more choices and outlets than ever before."

Lennar's 55th Anniversary Celebration begins January 17th and 18th. Extended Community hours are Saturday and Sunday, 10 a.m. to 7 p.m. For a complete list of communities in San Diego, call (888) 203-3174 or visit Lennar.com.

Gazette Shopping Guide

Animal Care, Pets & Supplies

East County Feed and Supply Inc., 562-2208
10845 Woodside Ave. SNT
EL Cajon Animal Shelter, 1275 N. Marshall, EC 441-1580
FOCAS (Friends of County Animal Shelters) 685-3536
T.E.A.C.H. 596-2025

Art/Crafts/Sewing

SewCal Cuties 823-9342
Sophie's Gallery, 109 Rea Ave., EC 593-2205

Attorneys

Ramirez Law Firm 814-3521

Automobiles/Motorcycles/Trucks/Trailers

Automotive

ARCE Enterprises, 10734 Kenney St., SNT 448-1171
Dad's Garage, 14830-B Olde Highway 80, EC 249-7870
Dri Wash Detailing 244-1782
El Cajon Auto Recycling, 1416 Pioneer Way, EC 456-2295
Elite Auto Service, 1618 N.Magnolia Ave., EC 448-3500
Elmer Sweetwood and Sons, 151 S. Sunshine, EC 444-1696
Matt's Caddy Shack 1475 Magnolia Ave., EC 440-5958
SD Automotive Museum, Balboa Park, SD 321-2886

COMMUNITY PLANNING GROUPS

Alpine Community Planning Group, www.alpineplanninggroup.org
Dehesa/Crest/Haribison Canyon/Granite Hills 445-5907/ 444-5110

Entertainment

Jump'n Jack Flash 338-5225
La Posta Casino, 777 Crestwood Rd., BLVD 824-4100
Sycuan Casino, 5469 Casino Way, EC 445-6002
Viejas Casino, 5000 Willow Road, ALP 445-5400

Financial/Investment Services

Edward Jones, Jenica Goodman, 5620 Lake Murray Blvd., LM 697-7175

Home/Office/Remodeling/Repairs

Al Max Sanitation (800) 404-6480
Alpine Materials 445-0215
Alpine Rock & Block, 13288 Hwy 8 Bus, EC 561-6003
Award Roofing Services, 8731 Winter Gardens, LK 561-2555
Comer Bros. Quality Floorcovering, 9937 Maine Av., LK 561-8651
Fire & Ice, 9911 Maine Ave., LK (800) 400-3473
GJ Fletcher Construction, 2206 Alpine Blvd., ALP 722-7179
Ray's Plumbing 464-5257
Ray Tatlock Driveway Specialist 447-1497
Rupert Pedrin, Jr. Concrete 445-6110

Landscaping/ Nurseries

Landscaping Services 606-1558
Wally's World Nursery, 15888 Old Hwy 80, EC 443-2794

Medical/Health Care

Adema Family Medicine, 10201 Mission Gorge Rd., 596-5445
Comfort Keepers, 1651 East Main St., EC 444-3200

Real Estate / Property Management / Builders

Lennar (888) 203-2762
Primary Residential Mortgage, 2140 Alpine Blvd., ALP 722-1303
Realty Resources 938-3800

Restaurants (see Dining Guide)

Salons/Fitness

Randee Kitts Hair Designer (Oscar & Co.), ALP 445-8640

Specialty Shops

Great Stuff, 456 N. Magnolia Ave., EC 444-4224
Home & Soul & Amethyst Moon, 225 E. Main St., EC 441-0413
Lakeside Jewelers, 9773 Maine Ave., LK 634-8389
San Diego Saddlery, 1783 E. Main St., EC 441-2613
True Value Hardware, 1730 Alpine Blvd., ALP 445-5674
Wholesale Guns, 10769 Woodside Ave., SNT 448-6717

Services

A&S Associates, Graphics Arts 579-8701
A Touch From Above (760) 789-6207
DB Investigations 443-4093
Hypnotherapy, Inc., 9029 Park Plaza Dr., LM 303-8511
Kamps Propane, 16245 Alpine Blvd., ALP 390-6304
Kathy Foster Photography 445-3123
King Photography Studio, 2520 Alpine Blvd., ALP 659-1555

Shopping Malls

Viejas Outlet Center, 5000 Willows Rd., ALP 659-2070

Sports

A.D.C. Tactical Self Defense, 1209 E. Main St., EC 518-4610
Outdoor Laser Tag Paintball 445-1788

ALP-Alpine; EC-El Cajon; LK-Lakeside; LM-La Mesa; LG-Lemon Grove; RA-Ramona; SNT-Santee; SV-Spring Valley

All phone numbers (619) unless otherwise indicated. All listings are for advertisers of the Gazette only. If you would like to see your business listed here, call (619) 444-5774 for details on how to place your ad.



East County Dining Guide

Mangia Bene, 221 E. Main Street, El Cajon 444-0303
Maries, 777 Crestwood Rd., Boulevard 824-4100
Pernicano's Italian Restaurant, 1588 E. Main St., El Cajon 444-4546
The Wrangler, 901 El Cajon Boulevard, El Cajon 442-1170
The Grove Steakhouse, 5000 Willows Road, Alpine 445-5400

Have your name and number listed here, advertise in the East County Gazette!

A financial Super Bowl

by Jason Alderman

As it does every year, Super Bowl mania is sweeping the nation. In a recent survey of Visa Inc. cardholders, more than 60 percent said they would be inviting family and friends over to watch the game, spending an average of about \$170 on refreshments. How do your plans and budget stack up?

Once all of the chips have been eaten and the stadium lights have gone out in Tampa Bay on February 1, you don't necessarily have to banish football from your mind until next fall: You can keep the football spirit alive year round and at the same time teach your kids some valuable lessons about managing their personal finances by playing a game called Financial Football.

Jointly developed by the National Football League and Visa, Financial Football is a lively interactive game that teaches personal financial management skills to young adults. It can be played for free on the Web or downloaded to your cell phone and played at any time.

Financial Football combines the structure and rules of the NFL with financial education questions of varying difficulty. You can play it with your kids one-on-one or by forming teams. Racing against the clock, teams gain yards and score points for answering questions correctly, and lose yardage for wrong answers.

Players pick home and visitor teams from among the 32 AFC and NFC teams, then choose the game length and level of question difficulty to make the game either more or less challenging. There is a standard edition for teenagers and a more advanced version for college-age young adults.

Since first being introduced a few seasons ago, Financial Football has really caught on. The online version has been downloaded more than 200,000 times and 19 state governments have distributed the game to all their high schools, making it a component of their financial education curricula.

Here are a few of the many questions Financial Football players are asked:

1. Before entering your credit card number online, first make sure: (a) The website is secure; (b) You understand the site's privacy statement; (c) You trust the company you're buying from; (d) All of the above.

2. Who is NOT allowed to access your credit report? (a) A potential landlord; (b) Your employer; (c) your relatives; (d) financial institutions.

3. Which of the following is true about bankruptcy: (a) Bankruptcy will stay on your credit report for 10 years; (b) Bankruptcy gets rid of all debts; (c) Bankruptcy allows me to protect my property by hiding it or giving it away; (d) All taxes are dischargeable when you file for bankruptcy.

4. Which of the following is NOT important in determining your credit-worthiness? (a) Your current debt; (b) Your current salary; (c) Your past credit payment history; (d) Your parents' income.

How many did you get right? If you answered four correct, you scored a touchdown. Getting three right is a field goal. Only two is a punt. And one or fewer is a fumble. The correct answers are: 1(d); 2(c); 3(a); and 4(d).

To learn more about Financial Football, play the game or download a free copy, go to Visa's free personal financial management site, Practical Money Skills for Life (www.practicalmoneyskills.com/football).



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