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### New Farmer’s Market in East County

A new Farmer’s Market has opened in Lakeside on Thursdays. See page 4 for more details.



### What’s new in theaters?



Read about ‘The Wrestler’ and ‘Hotel for Dogs’ by Diana Saenger and Michael Black in the Class Act Entertainment section



## Barrett re-elected Tribal Chair



Chairman Barrett addresses the crowd at the Viejas Tribal Inauguration Ceremony. Photo courtesy of Viejas Tribe of Kumeyaay Indians

Bobby L. Barrett has been re-elected as Chairman of the Viejas Band of Kumeyaay Indians. In voting that took place Saturday, tribal members elected the 44 year-old Barrett to a second two year term as Tribal Chairman. The following officials were also elected to two year terms on the Tribal Council:

- Vice Chairman: Robert Welch, Jr.
- Secretary: Diana Aguilar
- Treasurer: John Christman
- Councilmember: Virginia Christman
- Councilmember: Greybuck Espinoza
- Councilmember: Tim Bactad

Chairman-elect Barrett said, “I am deeply honored that  
See Inauguration page 2



2009-2010 Viejas Tribal Council (from left: Treasurer John Christman, Vice Chairman Robert (Cita) Welch Jr., Chairman Bobby Barrett, Councilmember Virginia Christman, Secretary Diana Aguilar, Councilmember Tim Bactad, Councilmember Greybuck Espinoza)

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# Local News & Events

## Bits and pieces around East County

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### Home of Guiding Hands

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The 35<sup>th</sup> celebration of Home of Guiding Hands' Annual Gala will bring the sights, sounds, and culinary delights of China, Japan, Thailand, Cambodia, Singapore, and the Philippines to the Sheraton San Diego Hotel & Marina on Saturday, Feb. 21, 2009. The event, attracting more than 300 attendees each year, will include silent and live auctions, cocktails, gourmet dinner and wine, dancing to the music of The Heroes, and unique entertainment that will capture the mood of the Far East theme. Registration, cocktails, and a silent auction will begin at 5:30 p.m.; dinner will be served at 7 p.m. This year, a special ticket price has been created for first-time attendees.

Net proceeds from the gala will benefit HGH, a 501(c) (3) non-profit public benefit corporation that empowers individuals with developmental and related physical challenges to achieve greater independence and self-sufficiency through comprehensive services and support.

Honorees of the 2009 Gala are Lynne and Stephen Doyle of Scripps Ranch. Stephen Doyle is president of Brookfield Homes and is actively involved in business, civic and philanthropic organizations. Lynne Doyle is an involved parent and dedicated community volunteer as well as an advocate for foster youth.

The evening is being presented by Grossmont Healthcare District. Other major sponsors include Union Bank of California, Barona Band of Mission Indians, Viejas Band of Kumeyaay Indians, and the Verbeck Foundation.

For more than 40 years, Home of Guiding Hands has been providing a nurturing environment for adults with mental retardation and related disabilities such as autism, cerebral palsy and epilepsy. Home of Guiding Hands operates 27 residences throughout San Diego's East County, and also provides in-home respite and community living services throughout the San Diego region.

Tickets are \$200 per person; there is a special \$125 per ticket price for first-time attendees. Sponsorship opportunities are still available.

For tickets or sponsorship information please contact Marcy Blumberg at (619) 938-2854 or [marcy@guidinghands.org](mailto:marcy@guidinghands.org) or visit the Home of Guiding Hands website at [www.guidinghands.org](http://www.guidinghands.org).

## Inauguration ...

Continued from page 1

tribal members have placed their confidence and trust in me for a second term. I humbly follow in the footsteps of the many other tribal leaders who have led our people for tens of thousands of years. Over that time, we have seen many challenges and much suffering, but also much opportunity and success. I am committed to leading our people further down the path of success, even as we face the current economic downturn and other uncertainties. I also commit to our non-tribal neighbors that Viejas will continue to work with them and build upon the positive relationships that have been mutually-beneficial for our communities, both on and off the reservation."

The Viejas Band of Kumeyaay Indians is a sovereign Nation whose people have inhabited the San Diego County area for thousands of years.

The 1,600 acre Viejas Indian Reservation is located near Alpine, California, approximately 35 miles east of San Diego. Viejas Enterprises operates the tribe's business entities, including the Viejas Casino, Viejas Outlet Center, Viejas Entertainment & Production Three Fires LLC and Four Fires LLC, two partnerships that have developed hotels in Washington, D.C. and Sacramento, California, Borrego Springs Bank, three radio stations and two RV parks. For more information, visit [www.viejasbandofkumeyaay.org](http://www.viejasbandofkumeyaay.org).

# 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/Harison Canyon/Granite Hills445-5907/ 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 indicatedAll 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

Boll Weevil, 6966 Federal Blvd., Lemon Grove 589-6966

Mangia Bene, 221 E. Main Street, El Cajon 444-0303

Maries, 777 Crestwood Rd.. Boulevard 824-4100

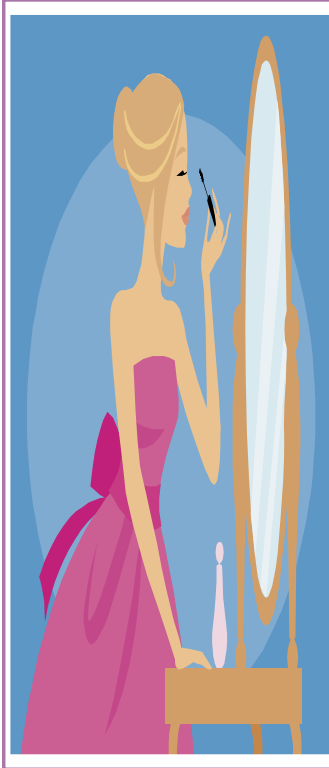
Pernicano's Italian Restaurant, 1588 E. Main St., El Cajon 444-4546

The Wrangler, 901 El Cajon Boulevard, El Cajon 442-1170

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For more information please visit us : Friends of Scott Foundation Friend to Children with Cancer [www.friendsofscott.org](http://www.friendsofscott.org) 619-741- 3871



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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.

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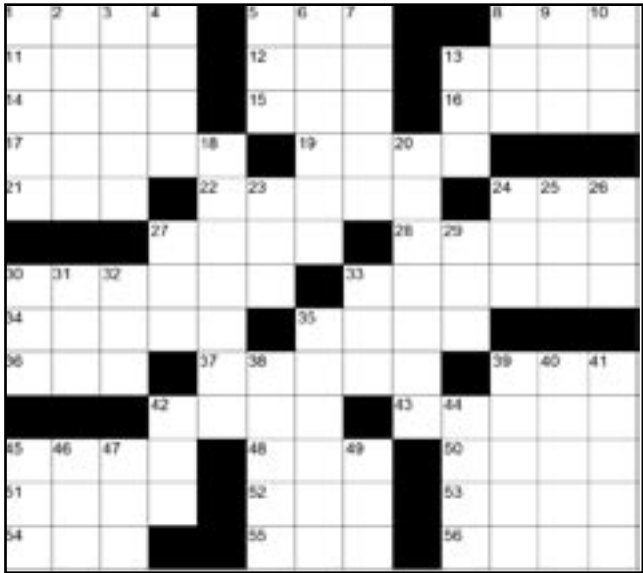


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— LOCAL NEWS & EVENTS —

Crossword



- Across
- Down
- 1 Scrod

5 Clever

8 Pimple

11 Spy

12 Yowl

13 Arches

14 Bust

15 Elver

16 Curl

17 Horses' neck hair

19 Touched

21 Freezing

22 Single

24 Airport abbr.

27 Block

28 Gives a title to

30 Idly

33 Real

34 Excuse

35 Smart

36 High-school club

37 Advantaged

39 Foot extension

42 Teen hero

43 Wilting

45 Fashionable

48 Director (abbr.)

50 Lawyer (abbr.)

51 Corn bread

52 African antelope

53 Clunk

54 Part of a min.

55 Poached food

56 Stored
- 1 Italian physicist

2 Abraham's son

3 Spiky

4 Dr. Jekyll's "partner"

5 Whiz

6 Ready-made structure

7 Mary \_\_ Moore

8 Collection of animals

9 The other half of Jima

10 Teaspoon (abbr.)

13 Deli order

18 To soil

20 Hanged

23 Congressional vote

24 Flightless bird

25 British drink

26 Sign language

27 Bro. or sis.

29 Snacked

30 Swish

31 Brew

32 Shut

33 Parody

35 Unwell

38 House

39 Rank

40 Upon (2 wds.)

41 Nile's home

42 Sorbet

44 Rattle on

45 Cycles per second

46 Garden tool

47 Business title ending

49 Toupee



Lakeside's Roundup of events

by Patt Bixby

Farmer's Market

A steady stream of shoppers strolled the isles at the Grand Opening of the Lakeside Farmers Market on January 15. The Farmers market opened with 10 tents. Shoppers were delighted with the quality and price of the produce for purchase. All produce is certified said Casey Anderson of the Farm Bureau. Beginning January 22 the Market will accept EBT cards continued Anderson. The Farm Bureau has two other successful Farmers Markets, one in City Heights, and the other in Valley Center.

The Lakeside Farmers Market will be held each Thursday 2-6 pm at the north side of Lindo Lake Park at Lakeshore Dr. and Vine Street.

Thanks to the Lakeside Chamber of Commerce, the Farm Bureau and the County Board of Supervisors this is a win-win project with local growers selling to local buyers.

The market is open each Thursday from 2-6 p.m.

Lakeside School District

Lakeside Union School Board of Trustees meeting

Barona Band of Mission Indians Little Hawk Dancers performed several native dancers for the Lakeside School Board of Trustees at the January 15 board meeting

During public hearing the districts proposal to change boundary areas in the district to help defray the cost of transportation as was suggested by the Boundaries Committee prompted several community members to express their concerns. Parents were concerned their children would no longer be bussed to schools they now attend. Several parents who are residents of Eucalyptus Ridge said they had received letters regarding student transportation. Residents of Eucalyptus Ridge are military families. The parents told the board members the kids already move a lot and having to change school after they have made friends would be hard on the children. If their parents have to provide transportation it would create a bigger burden for families who are already in a financial bind.

During public hearing the governing board receives input but cannot comment. The board is looking at the budget cut which could eliminate all transportation. Right now to help save money the board is looking at cutting routes or shifting routes to the closest schools.

After much discussion and a motion that failed the board tabled the school calendar for the up coming school year.

Dates to remember

Jan. 24: Ball Park Grand Opening Saturday 10 a.m., at



Barona Band of Mission Indians Little Hawk Dancers performed for the Lakeside Union School Board of Trustees meeting on January 15. Photo by Patt Bixby

10030 Marathon Parkway off Riverford, visit [www.sdparks.org](http://www.sdparks.org) for further information.

Feb. 2: Chamber meeting-open to public. Community Center 6:30

Jan. 24: Lakeside Highway Lions Club "A Taste of Hawaii" Saturday 6 -7 p.m. No host cocktails dinner buffet 7 -8 p.m. Traditional style Luau 8 p.m. Call 1-858-560-7561 or (619) 447-7690 for reservations.

Feb. 7: 2<sup>nd</sup> Annual Lakeside Community EXPO Saturday 9 a.m. to 3 p.m. Lakeside Rodeo Grounds. For booth reservations contact the Lakeside Chamber of Commerce at (619) 561-1031.



Lakeside Chamber Ambassador Mike Randazzo is a produce vendor at the Lakeside Farmers' Market. Photo by Patt Bixby

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## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by **Monica Zech**  
City of El Cajon Public  
Information Officer

## Thank you city employees

On Jan. 8, the City of El Cajon hosted a blood drive with the San Diego Blood Bank. This successful blood drive collected 35 units of blood. Congratulations and many thanks to those who participated to give the "Gift of Life". Another blood drive is tentatively scheduled for late July.

## Last week to voice your opinion

This Friday, Jan. 23, is the deadline for the resident survey! The City of El Cajon, as a recipient of Community Development Block Grant and HOME funds from the U.S. Department of Housing and Urban Development, is required to produce a Five-Year Consolidated Plan that establishes housing and community development priorities. The City is currently developing a new Five-Year Consolidated Plan that will cover the years 2009 through 2014. To assist in the development of housing and community development priorities, the City has been distributing a survey requesting public input about the needs in El Cajon neighborhoods. The City is soliciting input regarding establishing priorities within El Cajon for the period July 1, 2009 through June 30, 2014. The City of El Cajon Resident Survey questionnaires are available at the El Cajon Branch Public Library at 201 E. Douglas Avenue, at the Center for Social Advocacy located at 1068 Broadway, #201, and at the City of El Cajon's Department of Redevelopment and Housing at 200 E. Main Street, on the 3rd Floor. Surveys can also be taken online at [www.ci.el-cajon.ca.us/misc/survey\\_housing.html](http://www.ci.el-cajon.ca.us/misc/survey_housing.html).

## Five-Year Consolidated Community Forum

On Wednesday, Jan. 28 at 6:30 p.m., the City of El Cajon Department of Redevelopment and Housing will hold a community meeting at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. The purpose of the meeting is to satisfy federal requirements in preparing the 2009-2014 Five-Year Consolidated Plan. The Consolidated Plan identifies the City's overall strategy to address housing needs for lower income housing groups. The Five-Year Consolidated Plan will be presented to the

City Council on Feb. 24. For more information please call (619) 441-1786.

## Don't miss the next Police Community Forum

Mark your calendar for May 4 to take part in the next El Cajon Police Department Community Forum from 6 p.m. to 7:30 p.m. at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue. Bring your questions and concerns to this very special forum. Smaller Sector Forums are tentatively scheduled for Sector 7, Feb. 23 at 6 p.m. at Bostonia School; Sector 9, Feb. 24 at 6 p.m. at Lexington School; Sector 10, Feb. 25 at 5 p.m. at Johnson Elementary; and Sector 6/8, Feb. 26 at 6 p.m. at Cuyamaca School. If you are wondering what sector of El Cajon you live in please see the sector map at [www.elcajonpolice.org](http://www.elcajonpolice.org). El Cajon Police Chief Pat Sprecco is inviting all residents to these community forums to discuss important issues that face our community. At the first forum, topics that were discussed included traffic concerns, gangs, graffiti and homelessness. For more information contact Lt. Jim Redman at (619) 579-3364.

## 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 in-

formation call (619) 938-3477. The pageant is scheduled for March 28 at the East County Performing Arts Center.

## Saturday morning clean-up schedule for 2009

If you would like to be more involved in your community join us at any one of the Saturday Morning Clean-Ups during the year. This month it's on Saturday, Jan. 31. Hours will be from 9 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](http://www.downtownelcajon.com).

## FREE Disaster Preparedness Classes For 2009

Are you prepared for a disaster? Whether it's an earthquake, fire or traffic collision – being prepared can mean the difference between life and death. The East County Community Emergency Response Team, or CERT, offers "free" disaster preparedness classes. Here's the schedule for 2009:

Academy - #1  
Feb. 7- Disaster preparedness/CERT organization  
February 21- Disaster Medical/Triage  
March 7- Fire Extinguishers/Light Search and Rescue classroom

March 21- Fire Extinguishers/Light Search and Rescue hands on – At HTF

April 4- Disaster Psychology/Haz-Mat/ Terrorism

April 18 - All inclusive manipulative/ review – AT HTF

Academy - #2  
May 30 - Disaster preparedness/CERT organization  
June 13 - Disaster Medical/Triage

June 27 - Extinguishers/Light Search and Rescue classroom  
July 11 - Fire Extinguishers/Light Search and Rescue hands on – (At HTF)

July 25 - Disaster Psychology/Haz-Mat/ Terrorism

August 6 - All inclusive manipulative/ review – (At HTF)

*Pick the academy that best fits your schedule and call to register at (619) 441-1737. Please leave your name and best contact phone number.*

These classes are held on Saturday mornings from 8:30am to 12:30pm. Class location for "registered" CERT students will be at 8844 Dallas Street, La Mesa Fire Station 12 in La Mesa. The HTF location is 1301 N. Marshal in El Cajon for the hands-on training. We limit our classes to 35 per academy, ages 16 and up, non-residents are welcome. Please, for safety concerns, we ask you do not bring babies or children to our classes. Any classes missed may be made up during the following academy. Classes are taught by members of the El Cajon, La Mesa, Santee and Lemon Grove Fire Departments.

*Note: Keep me informed of any community events by placing me on your mailing or email list. If anyone has an event in the City of El Cajon that you would like to share,*



Miss El Cajon Pageant accepting applications

(L to R) El Cajon's current Miss El Cajon Kari Satrom and El Cajon pageant director Andrea Burrow following the El Cajon City Council Meeting held on January 13. There they announced they are now accepting applications for the next Miss El Cajon and Miss Teen El Cajon pageant to be held on March 28, 2009 at the East County Performing Arts Center.

please contact Monica Zech, Public Information Officer for the City of El Cajon, via email at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us) or

send to: Monica Zech, Public Information Officer, City of El Cajon, 200 E. Main Street, El Cajon, CA 92020.

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## — LOCAL NEWS &amp; EVENTS —

Associated Pageants of Alpine present the annual


## Father-Daughter Sweetheart Dance

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**Friday, February 13, 2009**  
Alpine Community Center  
6:00 – 8:00 PM



Music – Live DJ – Dancing – Games –  
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 Come early and have a Free Portrait taken with your sweetheart!

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Additional guests (daughters) ages 6-13 years old \$10.00 each

This event is a sell-out each year – Please respond ASAP –  
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Or call: 619-390-0061

**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 Heringer 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.

**Business Networking**

Thursday, Feb. 12, 5:30 – 8 p.m. California Bank

& Trust, 2250 Alpine Blvd., will be hosting the first Complimentary “Business Networking” Mixer of the year. Refreshments will be served. Vendor tables are available for \$15, call or email Kelly@alpinechamber.sdcxmail.com.

**Senior Wellness**

Wednesday, Feb. 25, 10 – 2 p.m. Senior Wellness Fair & Mammogram Day at the Mountain Empire Community Center, 976 Sheridan Way, Campo.

For more information call Carol Lewis at (619) 445-6200x165 or <http://intranet.alpinechamber.com>.

**Youth Choir**

Community Youth Choir (CYC) new session begins weekly singing classes on Tuesdays at 5:30 p.m., at Christ The King Episcopal Church, 1460 Midway Dr., Alpine, CA 91901. Recital is on April 3. Call Terri at (619) 723-0309 or 445-8968 or see [www.ChristTheKingAlpine.org](http://www.ChristTheKingAlpine.org)

**Events wanted**

Have an event to share with the community of Alpine? e-mail: [editor@ecgazette.com](mailto:editor@ecgazette.com) or mail to: P.O. Box 697, El Cajon, CA 92020 or fax (619) 444-5779.

# MOTOR AND SPORTS

## USD Toreros Basketball off to a record start

by Chuck Karazsia

Last season, winning the WCC Tournament wasn't enough for the USD Toreros men's basketball team. They went into the second round of the 'big-dance' NCAA Tournament after upsetting highly ranked Connecticut.

That still isn't enough for this season's 2008-2009 bunch of mostly returning players directed by head Coach Bill Grier who now in his second year at the helm already has

his squad re-writing the record books.

The (12-7, 4-0 WCC) USD Toreros have won six straight and are off to their best start ever in the 29 seasons in the WCC with their (4-0) conference record after recent victories over Pepperdine and Loyola Marymount took them to their current peak at home in the Jenny Craig Pavilion.

After a hard fought 55-50 come from behind victory at Santa Clara earlier in the month and a 62-47 waxing of

Pepperdine last Thursday, the Toreros struggled in the 70-59 victory over LMU last Saturday although the final score did not indicate that.

Never really seeming to get into a rhythm, it wasn't pretty as LMU kept hanging around staying within single digits, badly out-hustling the host on the offensive glass in the first half until the Toreros turned it around in the second with nine offensive boards of their own, leading to free throws by USD to put them away at the end.



Toreros team victory against Pepperdine. Photo by David Henry

**Dave Stall will return next week. His mother, Delores Callahan has passed away and he is spending time with his family.**

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This USD victory was spurred on by their big-man Gyno Pomare's perfect 8-for-8 from the free-throw line.

Last year picked First Team All-WCC, the senior entered his final season 7<sup>th</sup> in all-time scoring, and 3<sup>rd</sup> all-time in rebounding among USD Division I players.

Pomare finished the game last Saturday with 18-points and 9-rebounds in 29 minutes.

Gyno provides valuable leadership to the team especially now that last year's WCC Tournament MVP Brandon Johnson is out for the season recovering from a ruptured Achilles heel tendon.

Picking up the slack for B.J. Saturday evening was first year Spokane Community College transfer sophomore guard Matt Dorr with 11 points. He also hit some nice three-point shots in the game.

Toreros supporting cast of returning underclassmen Danny Brown, De'Jon Jackson, Chris Lewis, Trumaine Johnson, Rob Jones, Devin Ginty, Clinton Houston, Nate Lozeau, and Nick Price bring valuable youthful experience to the court for Bill Grier's team in 2009.

"It's a win and I'm disappointed in our approach but it's a win and I'm happy about that," said head coach Bill Grier referring to the victory over LMU.

"I'm very disappointed the way we rebounded the ball. I just feel we played tentative and sometimes scared on offense, but it's something we can fix. Unfortunately we might have been looking forward to St. Mary's and not focusing on the task at hand."

"We have a really important week. We've got to get back to work and have some tough, hard nosed practices. I think

they're (St. Mary's) really good. They have a very good basketball team," said the second year head coach.

"They have very, very, good size. I think Diamon Simpson (11.9 rpg) is the unsung hero of that group. He is in better shape this year and is playing harder with more purpose, and that's scary. We will have our hands full. We just have to get ready this week, ready to go."

Carrying their 4-0 conference record into the Jenny Craig Pavilion this Thursday, the Toreros go for all the marbles, first place in the conference setting up a matchup against nationally ranked St Mary (17-1, 4-0 WCC).

After getting eliminated in the WCC Tournament last year by USD, the Gaels will be exacting revenge on the Toreros.

Tip-off is set for 6 p.m.



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# CLASS ACT

## DINING & ENTERTAINMENT GUIDE

### ‘Hotel for Dogs’ will leave viewers dog-gone happy



Emma Roberts and Jake T. Austin star in *Hotel for Dogs*. Photo credit: Jaimie Trueblood/Paramount Pictures

Review by Diana Saenger

Because I don't have a pet, I'm not familiar with the troubles or joys of such ownership. I no longer have kids living at home, either. Obviously, I was not the target audience for *Hotel Dogs*, but the movie surprised me and surpassed my expectations. Boasting a nice story about family, it's loaded with laughs, mostly evoked by the canine cast and the kid's inventions to keep the dogs busy and well cared for.

Brother and sister Andi (Emma Roberts, *Nancy Drew*) and Bruce (Jake T. Austin) have had their share of foster homes, but nothing matched the one they live in now. Carl (Kevin Dillon) and Lois Scudder (Lisa Kudrow) are simple-minded, rock-star wannabes focused on their inept music careers. They basically ignore the kids except when the siblings do something

wrong – such as wanting something to eat.

Placed with the Scudders by their social worker, Bernie (Don Cheadle), Andi and Bruce actually arrived with more baggage than their foster parents realize. Friday, the youngsters' Jack Russell terrier, sneaks inside when he can and is fed by the kids even when it may be their own food they give him.

When Friday ends up in a pound, Andi and Bruce rescue him, but they are in so much trouble at home and don't dare take him there. However, Bruce finds a marvelous place in a deserted building that was once a very fancy hotel.

Friday becomes a magnet for all the unclaimed dogs in the city. The kids, who are also without a place they consider home, can identify with wanting a square meal and a safe, warm place to lay their heads.

When the hotel becomes overrun, the logistics of providing food and supplies are more than Andi and Bruce can handle. Times look bleak until Andi strikes up a friendship with Dave (Johnny Simmons), a cute helper in a pet store who has an eye for her. His co-worker, Heather (Kyla Pratt), and Mark (Troy Gentile), another rebellious teen, join the dog herders to complete this amusing team determined to rescue every dog they can.

Bruce shows off his creative mind by using many of the beautiful artifacts still left in the hotel to help feed, entertain or take care of the dogs' fire-hydrant problems when the humans can't be there. Everything seems as grand as the hotel once was, but when the dogs are discovered, of course, they are taken to the pound. Andi and Bruce are in so much trouble they are no longer

wanted by the Scudders, and Bernie tells them he'll have to split the kids up. Will Andi and Bruce's determination not to let that happen win out?

*Hotel for Dogs*, based on the children's book by Lois Duncan, is a wonderful adventure/comedy for the entire family and for anyone who loves dogs. Dillon and Kudrow are quite humorous in their madcap performances, but are a minimal part of this film. Roberts (Julia Roberts' niece) and Austin (*The Perfect Game*) are both charmers as two kids who know home is where your heart is. Cheadle (*Hotel Rwanda*), always believable in his roles, adds just the right balance to make the story of home and hearth ring true.

Just watching the incredible maneuvers of so many dogs together is amazing. From a poodle to a Chinese Crested, the dogs are as different as night and day, and each one exhibits a different personality. Mark Forbes of Birds and Animals Unlimited, one of Hollywood's premier trainers, was brought in to train the 70 dogs used in the film. Playing the lead canine, Friday is actually a rescue dog named Cosmo.

"We tried to use as many rescues as possible and then find homes for them," said producer Shuler Donner. "We wanted dogs that would connect. We were looking for dogs with the most personality, the most interesting quirks, not the most beautiful."

Take the kids, buy lots of goodies and have a great time at *Hotel for Dogs*. It's rare for such a fun film to arrive so early in the year.

### ‘The Wrestler’ — Rourke’s best performance



Mickey Rourke and Marisa Tomei star in *The Wrestler*. Photo Credit: Niko Tavernise

by Michael Black

Watching a movie about a washed up wrestler doesn't seem to be too appealing, but Mickey Rourke in the lead role gave this movie the punch it needed to become a great film. Rourke gives the best performance of his career to date as Randy "The Ram" Robinson, a once popular wrestler. Twenty years after his prime, Randy is barely surviving. His only option is to try and make some money wrestling through independent circuits.

His anger at his own disappointment in himself reaches new levels when he goes out of control in the grocery store and loses his job.

Randy becomes more than an acquaintance with Cassidy (Marisa Tomei), a local stripper who at first wants nothing to do with him, but is soon helping Randy put his life back together. Part of this journey includes making amends with his daughter, Stephanie (Evan Rachel Wood). He has tired to be part of her life many times only

to disappear and disappoint Stephanie to the point she wants nothing to do with him.

Rourke offers a stellar performance as a downtrodden man that makes the viewer feel total sympathy for him from one scene to the next. His meeting with Stephanie where he bares his soul about how bad a father he has been is one of most heartfelt scenes in the film.

Tomei also contributes an Oscar-worthy performance in *The Wrestler* as a struggling single mom. Rourke's performance, being labeled his comeback after a long absence from the big screen, has already earned him a Golden Globe for Best Actor, as well as earning the same award from many critics groups across the country. It's a tough film to watch, but totally worth the effort.

Always looking for a way to get back into the spotlight, Randy accepts a deal to wrestle an old adversary, The Ayatollah (Ernest Miller). The sold out crowd offers Randy the chance he's wanted for some time. After the match, he has a life changing experience and knows he's in danger of self-destruction.

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— CLASS ACT ENTERTAINMENT —

Playwrights Project finds new young voices

by Diana Saenger

The curtain is up on several productions of Plays by Young Writers produced by the Playwrights Project. Celebrating its 24th year, the organization is dedicated to promote literacy, communication skills and creativity through drama-based activities with an emphasis on inspiring youth and seniors. Winning scripts are being presented at the Old Town Theatre now through Jan. 25.

As part of their endeavors, Playwrights Project holds an annual competition statewide for young writers. This year judges had to consider 352 submissions in two categories. Winning writers ages 19 to 15 earn full stage productions of their scripts. Winners age 14 and under receive readings of their work.

"This is a wonderful opportunity for young writers to work with professionals to polish their work," said Maria Glanz, Artistic Director of the Playwrights Project. "These students are looked at as artists in their own right."

Winners this year include: Colette La Pointe, 18; Emily Reit, 17; Jacob Axelrad, 16; Laignee Barron, 16; Leah Salovey, 14; Enrique Hernandez, 12; Julia Brekka, 12 and Benjamin Rose, 11. Reit is fortunate to celebrate two awards for her play. She recently earned a youngARTS award from the National Foundation for Advancement in the Arts (NFAA) for her play. She's learned a lot through her experience.

"For the first time I got to see first hand what it's like to be on the other side of a production as a writer rather than the actor," she said.

Rose surprised himself during the writing experience. "We had done short stories at school, but I wasn't sure about writing a play," he said. "I thought it was neat to hear my words

read aloud, and I learned a lot about editing through the script changing process."

The four full productions being presented represent a lot of time put into this project by teachers, contestants and many of the staff and volunteers at Playwrights Project. If You Were My Superhero, by

Laignee Barron, pits a young girl struggling with a broken home against a young boy with autism that she baby-sits and comes to care about. A + B ≠ AB, by Colette La Pointe, tackles the serious subject of pregnancy. The Stationmaster, by Jacob Axelrad, is a delightful and imaginative fable about life. Prom Night is a hilarious

take on a teen's prom night and introducing her date to her zany parents.

Plays by Young Writers, now - Jan. 25, Old Town Theatre, 4040 Twigg's Street, San Diego. For tickets, info or performance schedule call (619) 239-8222 or visit <http://www.playwright-project.org/>

Jonathan McMurtry shines in 'The Dresser'



Jonathan McMurtry as King Lear and Sean Sullivan as the Dresser appear in North Coast Repertory's *The Dresser* credit: courtesy

Review by Diana Saenger

Anyone who has seen actor Jonathan McMurtry in any of his amazing roles won't be surprised that he once again astounds in his current role as Sir in Ronald Harwood's *The Dresser*. The play is now playing at the North Coast Repertory (NCP) Theatre through Feb. 8.

A play about a play opens during a German bomb blitz on London during War World II. In the dressing room, a complex relationship is explored between Sir, who plays Lear

in *King Lear*, and his loyal dresser. Doing everything from helping with his makeup and offering insights on his work and life, Norman has done far more than dress the man he adores.

From the minimal but impressive sets, to the significant wardrobe and the very impressive cast, the show is captivating from beginning to end. McMurtry inhabits two characters in the play so well it's hard to believe he's acting. Both Lear and Sir are pompous men who are bigger than life so when McMurtry utters

the line, "They haven't built a camera big enough to photograph me," it's truly amusing.

Equally impressive is Sean Sullivan playing Norman. NCP's artistic director David Ellenstein explained his and Sir's role are of equal prominence in the play. Sullivan captures every aspirant element of his character as well as those that are fraught with fear and disappointment. Sullivan's wife, Lynne Griffin, is credible as Madge, the stage manager. Susan Denaker plays Her Ladyship, the wife of Sir.

Harwood is a renowned playwright, novelist and TV and feature film writer who scripted TV's movie biopic's *Evita Peron* and *Mandela* and won the 2003 Academy Award for his screenplay of *The Pianist*. Harwood also penned *Australia*, currently in theaters.

"He came from the theater, and he understands it and makes it work," Ellenstein said about Harwood. "He understands the world of unique personalities that portray the loftiness and pettiness of the story that is present in this play."

*The Dresser* is a passionate and heartbreaking story that ends too soon.

Tickets or info at (858) 481-1055 or [www.northcoastrep.org](http://www.northcoastrep.org). The NCP is located at 987 Lomas Santa Fe Drive, Solana Beach,



Benjamin Rose strikes a play pose. Photo credit: courtesy

COMIC CORNER

OUTZKIRTS By: David & Doreen Dotson

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SO, IT BEING A WOMEN'S GROUP, BY LAW MEN ARE NOT PERMITTED?

NO, MEN ARE PERMITTED.

REALLY?

YEP, IT SAYS RIGHT HERE, "AFTER EACH MEETING MEN ARE ALLOWED TO COME IN AND TAKE OUT THE TRASH."

OUTZKIRTS.BIZ

OWEN OWL BY LUKE NEYNDORFF

GWEN, THAT BIRD SINGS WITH A TRILL IN HIS VOICE!

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# For Health's Sake

## Taking the 'ICK' out of picky eaters

They wrinkle their nose in distaste. Shake their head. Clench their mouth shut. Push away the food. This is the progression of a picky eater at the dinner table. According to a study published in the American Journal of Clinical Nutrition that looked at the eating habits of twins between 8 and 11 years old, researchers found that 78 percent of food preferences are hereditary.<sup>1</sup> And while this "finicky eater syndrome" may be genetic, cooking experts say parents shouldn't despair. This crisis can be averted by slipping in nutritious foods children don't get enough of, like milk and green veggies, into savory dishes that will tickle the taste buds. That's why the California Milk Processor Board (CMPB), the creator of GOT MILK?, has joined forces with children's culinary schools statewide to uncover the delicious possibilities of nutritious foods like milk and vegetables – foods essential for healthy growth and development.

The partnerships with Piccolo Chef in Culver City, Captain Cook's Culinary for Kids in San Diego and Sacramento Culinary Center & Showroom yielded palate-pleasing, nutrient-rich recipes, like melt-in-your-mouth meatballs and creamy Nutty McButter-nut Squash Soup.

"Nutrition is a priority for parents," says Steve James, the executive director of the CMPB. "By creating this partnership with children's culinary schools, we're offering parents recipes that go beyond hot dogs and pizzas. By instilling an appreciation of milk and nutritious foods at a young age, we can ensure that young people will have the nutrients necessary to grow strong and healthy."

Chefs from throughout the Golden State agree that children can grow to like foods like spinach, broccoli and low-fat milk if they are incorporated

into tasty dishes, sauces, and soups. Another tip: Get kids in the kitchen where they will experience the colors and aromas of food. Some studies show that involving kids in meal preparation makes them more likely to try new foods.

"We don't believe in hiding the vegetables," says Tina Fanelli Moraccini, of children's culinary school Piccolo Chef. "But you do have to be creative. Children should be involved in the cooking process that way they feel it with their hands, see it with their eyes, smell it with their nose, cook it and eat it."

The recipes developed by the children's culinary schools have been outlined exclusively at [www.gotmilk.com](http://www.gotmilk.com) and are evidence that vegetables like zucchini, cauliflower, and butternut squash can be cool again. Even more nutritious is the ingredient that binds these dishes together – good old-fashioned milk.

The fact is the majority of children aren't getting the calcium necessary for growth and to stay healthy. National Institutes of Health reports more than 90 percent of girls and 75 percent of boys ages 9 to 13 have inadequate calcium intake.

All of GOT MILK?'s picky eaters' recipes include low-fat milk to boost children's calcium intake and to allow them to enjoy milk in different ways. Among the tasty eats are Mini Veggie Quiches which are the perfect size for little hands, but are loaded with mushrooms, yellow squash and other vegetables to meet their growing needs. For pasta night, parents can prepare a flavorsome Cauliflower Alfredo Sauce guilt-free knowing this creamy sauce is a delicious healthy alternative which uses pureed cauliflower and low fat milk instead of cream.

"Children need good healthy nutritious foods," says Karen

Whitehead, Captain's Cook Culinary Director. "These recipes are a great example of how kids can eat good quality food and at the same time enjoy a meal that tastes great. You can say they are kid-tested and GOT MILK? approved!"

For these and other recipes, and tips on how to combat the picky eater challenge, visit [www.gotmilk.com](http://www.gotmilk.com).

The California Milk Processor Board was established in 1993 to make milk more competitive and increase milk consumption in California. Awareness of GOT MILK? is over 90 percent nationally and it is considered one of the most

important and successful campaigns in history. GOT MILK? is a federally registered trademark that has been licensed by the national dairy boards since 1995. The CMPB's Spanish-language campaign began in 1994 using the tagline "Familia, Amor y Leche" (Family, Love and Milk). The TOMA LECHE (Drink Milk) campaign replaced it in 2006, following a growing trend in Hispanic food advertising that uses wit and humor to reach audiences. GOT MILK? gifts and recipes can be viewed at [www.gotmilk.com](http://www.gotmilk.com) and [www.tomaleche.com](http://www.tomaleche.com). The CMPB is funded by all California milk processors and administered by the California Department of Food and Agriculture.

### Picky Eaters Recipes

#### Grandma's Yummy Meatballs

Serves: 4



Having trouble getting protein into your child's diet? Then these sweet and savory melt-in-your-mouth meatballs are just the ticket. Grandma's secret to this kid-friendly dish is the sweetness from the apple and the tenderness the meatballs get from the milk and bread. This dish is a real kid pleaser!

##### Ingredients:

1 lb lean ground beef	¾ tbsp of flour
3 ½ oz white bread (without crust)	1 egg
1 cup 1% milk	2 tsp olive oil
3 tbsp parmesan cheese	Salt to taste
1 apple (cut in small pieces)	

Let the bread soak in milk for a few minutes. In a bowl, mix bread soaked in milk, ground beef, egg, apple, parmesan cheese and salt. Make little balls out of the mix and pass the ball lightly in the flour. Warm a couple of teaspoons of olive oil in a medium-sized skillet over medium heat and let the meat balls cook until slightly brown, turning them constantly. Then, add the leftover milk from the bread soak and cook the meatballs over low heat for a few more minutes until ready.

Serve with favorite pasta.

#### Mini Veggie Quiches

Serves: 6

Besides their size, what make these quiches so special are the sweet caramelized flavors that kids love in their food. Entice children's taste buds by inviting them to help make this colorful dish.

##### Ingredients:

2 pre-made 9" pie crusts, made without hydrogenated fats  
½ medium onion, peeled  
1 clove garlic, peeled  
2 oz button mushrooms, about 4, brushed clean and stems removed  
½ of a small zucchini, cleaned and end removed  
½ of a small yellow squash, cleaned and end removed  
½ red bell pepper, seeded  
1 tbsp olive oil  
1 tbsp unsalted butter  
3 eggs  
1 ¼ cup 1% milk  
1 cup shredded low-fat Swiss cheese  
Low-fat cooking oil spray  
Salt and pepper to taste



Preheat oven to 375°F and lightly spray a 12-cup muffin tin with cooking oil spray. Roll out pie crust onto a clean flat surface. Using a 3" circular cookie cutter, cut out 12 circles of pie crust. Gently fit the circles down into each of the muffin cups and place in the refrigerator to chill while preparing remaining ingredients.

In a food processor, pulse or chop onion, garlic, mushrooms, zucchini, yellow squash and red bell pepper until coarsely minced but not a fine mush. In a medium skillet, warm oil and butter over medium heat. Add coarsely minced vegetables and sauté until just beginning to caramelize or brown for about 10 minutes. Season with salt and pepper. Remove from heat and set aside.

In a medium mixing bowl, whisk together the eggs and milk to combine. Set aside. Remove muffin tin from refrigerator and scoop one tablespoon of vegetable mixture onto each of the crusts. Top the vegetable mixture with shredded cheese, dividing it equally among the quiches. Pour egg mixture over the vegetables and cheese until it comes up to the edge of the pie crust. Bake in oven until just set: center of the quiche no longer jiggles and crust is beginning to turn brown for 20 to 30 minutes. Remove from oven and allow to set for a couple minutes before removing from pan.

Serve warm or at room temperature.

by Piccolo Chef - 12120 Wagner St., Culver City, CA 90230



### Health... Just Common Horse Sense

by Dr. Donald Adema

Tuesday was a historic day for our nation. Many have been seen in our office over the past few days with a wide array of opinions and emotional responses. "What do you think doc?" And off we went.

Proudly, I would start with the comment that my staff and I are color blind and consider it an positive moment that we now have a president of color. Also, we are all faith-based and are very pleased that Pastor Warren officiated. We prayed fervently for good security and safety for all in attendance. What do we hope for?

After a lunch with the troops, the following is a synopsis of our hopes and expectations. We all hope that Pastor Warren and others of his caliber can guide our new president to a firm connection with God. All desperately hope that the pro-life stance will not be challenged and will continue to be a protector of the unborn during the new leadership. My staff are pretty savvy in the economic arena and expect the economy to be strengthened by stimulating business in lowering taxes and not giving tax dollars away to industries and businesses that will not make the necessary corrections to compete. We certainly have had to tighten up in the managed care arena. To not be able to defend ourselves on a personal basis allowed Hitler to have his way. Our prayer is that our strength and security will be fostered as is it is in Switzerland. All the rest of the challenges are and have been guided by a Congress. Maybe we should pray for those elected officials as much or more.

Please join us in prayer and hope that our nation will be strengthened as a leader in the free world and in the battles against terrorism. Stay tuned.

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

### Heath Bits

#### Get Behind the Controls of Sharp Grossmont Hospital's Surgical Robot

Sharp Grossmont Hospital introduces the newest addition to its surgical team – da Vinci® Robotic Surgical System – at Westfield Parkway Shopping Centre. Surgeons and staff from Sharp Grossmont will be available to share information and answer questions about robotic surgery options for minimally invasive prostate, gynecological and cardiac procedures. Attendees can get behind the controls to test their "surgery" skills and take home free giveaways.

This event takes place on Saturday, Feb. 7, 11 a.m. to 3 p.m., at Westfield Parkway Shopping Centre (Sears Court), 415 Parkway Plaza, El Cajon, CA 92020. Free to the public. For more information, visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

#### Nutritious Foods Kids Don't Get Enough Of

(Source [www.worldshealthiestfoods.org](http://www.worldshealthiestfoods.org))

1. Broccoli is an excellent source of the vitamins K, C, and A, as well as folate and fiber. It also promotes strong bones.

2. Cauliflower contains antioxidants and is known for its cleansing ability. One cup of boiled cauliflower is an excellent source of vitamin C, folate and dietary fiber.

3. Spinach is known as a good brain food which may help in boosting memory. It has bone-building nutrients including calcium and magnesium. Popeye made himself strong by eating spinach, which is an excellent source of vitamin C and A and Iron for energy.

4. Carrots, known for their crunchy texture and sweet taste and as the favorite food of Bugs Bunny, promote good vision. A single carrot will supply all your vitamin A needs for an entire day.

5. GOT MILK? This wonder tonic is rich in vitamins and minerals and is a leading source of calcium for optimum bone health. The American Academy of Pediatrics recommend that children get at least three to four servings of low-fat or nonfat milk and/or dairy products daily.

### Laughter is the Best Medicine


#### Seniors are valuable

Seniors are valuable!! They are more valuable than any of the younger generations: They have silver in their hair, gold in their teeth, stones in their kidneys and lead in their feet.


Plus, they are loaded with natural gas!!!

Submitted by Laird Griffiths of Lakeside.

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](mailto:editor@ecgazette.com).



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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

**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

**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

**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, 2/09, 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, 2/09, 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, 2/09, 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, 4<sup>TH</sup> 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.37-2009-00063559-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: JENNIFER LEIGH DENT SHAVER FOR CHANGE OF NAME PETITIONER: JENNIFER LEIGH DENT SHAVER HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
JENNIFER LEIGH DENT SHAVER  
TO:  
JENNIFER LEIGH DENT  
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 E-15, 4<sup>TH</sup> 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.  
Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JANUARY 9, 2009.  
East County Gazette – GIE030790  
1/22, 1/29, 2/05, 2/12 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00081035-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF: CAREY GLEN WILLIAMS FOR CHANGE OF NAME PETITIONER: CAREY GLEN WILLIAMS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
CAREY GLEN WILLIAMS  
TO:  
MELISSA ANN DAVIS  
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 MARCH 3, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted.  
Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.  
THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JANUARY 9, 2009.  
East County Gazette – GIE030790  
1/22, 1/29, 2/05, 2/12 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001475**  
FICTITIOUS BUSINESS NAME(S): Blue Deuce Cycles  
Located at: 10739 Woodside Ave., Santee, CA 92071  
This business is conducted by: Co-Partners  
The business has not yet started.  
This business is hereby registered by the following: 1. Kerry L. Henke 10134 Holborn St., Santee, CA 92071 2. Stan Villanueva 1362 E. Lexington Ave., El Cajon, CA 9201 3. Elizabeth A. Henke 10134 Holborn St., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 15, 2009.  
East County Gazette- GIE030790

**Recovery groups Recovery groups for men and women seeking freedom from addiction and codependency. Fridays at 7 p.m. Celebrate Recovery, First Lutheran, 867 S. Lincoln Ave., El Cajon. (619) 444-7444. www.recovery4u.ccj**

**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**  
FICTITIOUS 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. 2008-039329**  
FICTITIOUS BUSINESS NAME(S): Midnight Cafe  
Located at: 1255 E. Main St., Unit A, 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: Ban Abbod 11915 Avenida Marcella, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008.  
East County Gazette- GIE030790  
1/22, 1/29, 2/05, 2/12, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000727**  
FICTITIOUS BUSINESS NAME(S): Skytoy  
Located at: 585 Anderson Road, Alpine, CA 91901  
This business is conducted by: Limited Liability Company  
The first day of business was: January 7, 2009  
This business is hereby registered by the following: Roxy Management Group, LLC 101 Convention Center Drive, Suite 700, Las Vegas, NV 89109  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 08, 2009  
East County Gazette- GIE030790  
1/22, 1/29, 2/05, 2/12, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001490**  
FICTITIOUS BUSINESS NAME(S): SUN-SET MOBILE MUSIC  
Located at: 8240 Parkway Dr. #208A, La Mesa, CA 91924  
This business is conducted by: An Individual  
The first day of business was: March 14, 2008  
This business is hereby registered by the following: Dominic Meyer 8506 East County Dr., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 15, 2009  
East County Gazette- GIE030790  
1/22, 1/29, 2/05, 2/12, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-000330**  
FICTITIOUS BUSINESS NAME(S): Fall In Love With Your Life  
Located at: 8810 Cherry Hills Rd., Santee, CA 92071  
This business is conducted by: Limited Liability Company  
The first day of business was: March 5, 2003  
This business is hereby registered by the following: Women's Experience, LLC, 8810 Cherry Hills Rd., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 06, 2009  
East County Gazette- GIE030790  
1/22, 1/29, 2/05, 2/12, 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, 2/09, 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**  
FICTITIOUS 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

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**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  
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# Our Best Friends

## Dog is crazy when doorbell rings ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPA CTP

**Dear Trainer,**  
**E**very time someone comes to our door, our dog flips out. He barks and spins and sometimes even grabs on to my pants if I try to hold him back. My dog is a two year old lab mix that we rescued about a year ago. He was a stray so we don't know much about him, but he has done this since the first day we had him. The weird thing is that he is fine once people come into the house, but it sure scares people that don't know him. I tell him, "No," but he still does it. I really would like him to greet people nicely, and I sure don't want him to take swipes at my pants.

Signed,  
Doorbell Disaster

**Dear Disaster,**  
First, thank you for rescuing your dog! Second, since you don't really know about this dog's background, it's hard to say why he behaves the way he does at the door. The important thing at this point is to teach your dog what to do when people come to visit. What we do know about any behavior, is if the animal is allow to continue practicing the behavior, and nothing else is taught in place of the unwanted behavior, there is no reason for the dog to give up doing what he feels is the correct answer in the moment.

Unfortunately, without actually seeing the behavior, it's really hard to say what is going on with your dog and his door greetings. I will do my best to give you some ideas, but it is important that you contact a trainer that uses only positive techniques, and who will come to your home where the problem is happening to sort this out.

**First, prevent the behavior**  
As I already mentioned, one of the most important aspects of behavior modification is the

prevention of the unwanted behavior. If your dog continues to "practice" the behavior at the door, and, in addition, gets attention and feedback from you when it happens, (via telling him, "No," and taking his collar) the likelihood of this continuing grows with each incident. So, at least for now, put your dog away until people are brought into the house so he doesn't get so riled up.

**Watch your language**  
Dogs don't understand English, and in fact it is a second language to them—not to mention a language with many complexities when you consider that you are asking another species to understand what you want with your words. Many people believe that if they just tell their dog, "No," when the behavior happens, it will stop the dog from doing said behavior. Sorry to say that many dogs are actually reinforced by the human voice, even if you believe you are "disciplining" your dog. In other words, you may actually be "telling" your dog to keep doing what he is doing by the very act of giving it attention with your words and actions. On the other hand, your dog might put two and two together and discover that you get angry with him when the people come over, so it must be their fault—not the best way to encourage a better relationship between your dog and your guests.

**What and why**  
When I look at a behavior problem, I consider "why" the dog is doing what he is doing, but since we can't actually ask the dog, I strongly consider "what" the dog is getting from repeating the behavior. Dogs replicate behaviors that result in rewards or some sort of survival advantage. Anytime a dog continues to display unwanted behaviors, there is most certainly a payoff of some sort. The most common benefits for continuing behaviors are attention/affection from humans, having a need met such as in protecting one's

food, warding off danger, stress release such as in barking or chewing, or it's just plan fun, as in digging. A good behavior or practitioner should be able to define what your dog derives from the behavior, and once you have that piece of information, you will be able to work toward fulfilling that need in a different way.

**Teach an incompatible behavior**  
Your dog won't be able to bark at people if you teach him something that is incompatible with the current behavior. One of my favorites is to teach dogs that when the doorbell rings, go somewhere else, like outside, in a bedroom or in a crate until things have calmed down.

You could also teach your dog to pick up a ball in his mouth when the doorbell rings if he enjoys playing ball. It would be difficult to bark with a ball in his mouth, and you could have your guests toss it for him when they walk in so your dog begins to associate the doorbell with people coming to play ball with him.

It's essential that you teach the dog how to do these things without guests present so the new behavior(s) is strong and greatly reinforced before adding the visitors into the picture. Again, a good trainer can help you with this.

**Be a good leader**  
Trust goes both ways. For your dog to trust you, you should be consistent as a benevolent leader for him and take care not to make decisions that will have negative results, such as being upset or angry when he barks at guests. Calmness begets calmness, and leadership should be about guiding and teaching, not control, anger or dominance.  
As a good leader, convincing your dog that he should trust in your decision-making, (such as training new behaviors), will

help strengthen your relationship with your dog so he can relay on your choices, plus build the relationship your dog has with anyone that comes to the door.

As you work with your dog, you should also try to desensitize him concerning the biting he does when you take his

collar. This is also something that you train when things are calm, slowly adding more distractions and excitement so he understands that having you take his collar is a fun and rewarding "game," even when the doorbell rings.

To find a good behavior consultant or trainer in your

area, please visit: [www.sandiegodogtrainers.com](http://www.sandiegodogtrainers.com)

Good luck,  
Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)  
If you have a question about dog or cat behavior, please email: [dogmomca@wholedogtraining.com](mailto:dogmomca@wholedogtraining.com)

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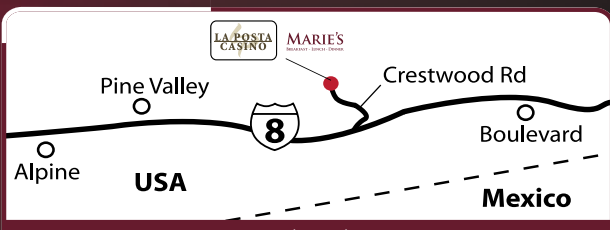
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