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VOLUME 9 NUMBER 34

JANUARY 29 - FEBRUARY 4, 2009

‘Monstrous’ 3D Super Bowl Event

Over 125 million pairs of **FREE Intel 3D glasses** to be distributed at retail nationwide

DreamWorks Animation SKG, Inc. (NYSE: DWA) and PepsiCo’s SoBe Lifewater today announced that they have joined together with Intel Corporation and NBC to create a first-of-its kind, nationwide ‘Monstrous’ 3D event for Super Bowl XLIII. This first-ever all 3D Super Bowl commercial break event will mark the debut of DreamWorks Animation’s premier 3D movie trailer for its upcoming feature film, “Monsters vs. Aliens,” which comes to theaters in the U.S. on March 27.

In addition, the timeslot will feature a 60-second 3D SoBe Lifewater commercial marking the return of the ultra-hip SoBe lizards, who made noise during last year’s Super Bowl broadcast with one of the most talked about spots. DreamWorks Animation’s history-making 3D movie trailer was animated using Intel’s latest, high-performance processing technologies and will be broadcasted along with the SoBe television spot at the end of the second quarter of the game, which airs on NBC on Sunday, Feb. 1. Viewers will have the opportunity to re-use their glasses for a special 3D episode of NBC’s hit comedy “Chuck,” airing Monday, Feb. 2, (8 p.m.).

Intel has produced over 125 million pairs of 3D glasses, which are being distributed by PepsiCo through the SoBe Lifewater brand. The glasses will be disseminated via 25,000 SoBe Lifewater retail displays in grocery, drug and other retail venues beginning in January and will be **FREE** to consumers. Local distribution venues are: Ralphs, Frys, Vons, CVS and Target. For a complete list of participating merchants, visit www.sobeworld.com. Should a display’s supply of glasses run out, consumers can call 1-800-646-2904 in order to obtain a pair. The Gazette office will have a limited number of 3D glasses. Stop by to get a pair while supplies last. One pair per person please.

The 60-second SoBe Lifewater spot, directed by Super Bowl commercial veteran and brand architect Peter Arnell, will mark arguably the first ever Super Bowl ad cross over event - with the SoBe Lizards sharing the screen with characters from the upcoming DreamWorks Animation film that will be showcased in the pod’s preceding spot. The SoBe Lizards and stars from DreamWorks’ “Monsters vs. Aliens” will dance alongside current NFL stars in what promises to be among the most highly-anticipated commercials on Super Sunday. The spot features a modern interpretation of the famed ballet Swan Lake, and the rhythmic effects when the players and creatures are infused with the refreshing and re-invigorating impact of SoBe Lifewater.

About Monsters vs. Aliens : DreamWorks’ “Monsters vs. Aliens,” the Company’s first InTru 3D release, opens nationwide March 27, 2009, and will be distributed by Paramount Pictures. When California girl Susan Murphy is unwittingly clobbered by a meteor full of outer space gunk on her wedding day, she mysteriously grows to 49-feet-11-inches tall. The military jumps into action and Susan is captured and secreted away to a covert government compound. There, she is renamed Ginormica and placed in confinement with a ragtag group of monsters: the brilliant but insect-headed Dr. Cockroach, Ph.D.; the macho half-ape, half-fish The Missing Link; the gelatinous and indestructible B.O.B.; and the 350 foot grub called Insectosaurus.

A ‘Field of Dreams’ for East County kids



The faces of dozens of children told the story of the excitement of a new baseball park in Lakeside. Photo by Patt Bixby

by Patt Bixby

Dreams really can come true. This was apparent on the faces of dozens of children last Saturday when Lakeside celebrated the grand opening of the Lakeside Baseball Park. The park is a state-of-the-art facility located on 10 acres of land west of Riverford where the old sanitation department resided.

The project began 10 years ago when County Supervisor Dianne Jacob sought out a signature project — something Lakeside and the East County could be proud of.

The land for the park was purchased from the sanitation department by the Department

**See FIELD OF DREAMS
 page 2**



The new state-of-the-art ball field located in Lakeside. Photo by Tom Walko

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Bits and pieces around East County



Continued from page 1
of Parks and Recreation. The Lakeside Planning Group,

Design Review, Revitalization Committee, Lakeside Chamber of Commerce and Lakeside River Conservancy all supported the effort. The project became Supervisor Jacob's passion.

Funding came from a 4 million dollar grant, 2 million from County Supervisor Jacob's fund and 8 million from the County Board of Supervisors.

"Everyone's hard work has produced a facility like no other in the region," stated Supervisor Jacob. I would like to see professional ballplayers come to Lakeside to use the field. The Lakeside Baseball Park will be the place where sportsmanship, competition and life skills can be learned — every emotion comes out on a baseball field. Competition is good," Jacob continued.



County Supervisor Dianne Jacob throws the first ball at the new Lakeside Baseball Park.
Left: Lakeside Baseball Park Ground breaking ceremony held Oct. 15, 2007. Photos by Tom Walko



JANUARY 28 – MARCH 3

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Lakeside National Little League President Troy Kuenne told those in attendance that the County owns the Lakeside Baseball Park but Lakeside National Little League will take care of it.

The Lakeside National Little League began in 1951 at Lindo Lake Park. They later moved to the Lakeside Union School District property next to Lakeside Middle School. The league has had all star teams, but with the new field, there is a vision of Major League players coming out of the Lakeside Baseball Park.

Jacob said she had been waiting a long time. "There is nothing like it, this will help keep East County youth out of trouble. Build it and they will come," she concluded.

Try-out for the league began soon following the ribbon cutting and throwing out the first ball by Supervisor Dianne Jacob. There were 50 new sign-ups by the end of the ceremony.

Sycuan donates to McGrath YMCA

Sycuan has begun another year of giving with a bang! It donated one million dollars to the McGrath YMCA.

"This money will be well spent on what will become the best facility of its kind in San Diego if not the entire country. We are extremely pleased to be part of this effort," said Daniel J. Tucker, Chairman of the Sycuan Band of the Kumeyaay Nation.

The McGrath YMCA is being built in the Rancho San Diego area on a very special site with spiritual meaning to the Kumeyaay people. An ancient rock, which is a symbol of the Kumeyaay's strength and perseverance, already sits on the land.

A special ceremony was held on Tuesday, Jan. 23 at the site located at Jamacha and Campo Road, behind the Edwards Theater complex.

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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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Lakeside's Roundup of events

by **Patt Bixby**

Dates to remember

Jan. 29: Lakeside Famers Market, Vendor space available Contact the Lakeside Chamber at 561-1031.

Feb. 2: Lakeside Chamber Board Meeting Open to the public (Community Center).

Feb. 4: Lakeside Planning Group.

Feb. 5, 12, 19, 26; Lakeside Farmers Market.

Feb. 7; Lakeside EXPO.

Feb. 11; Design Review Board Meeting.

Feb. 18; Lakeside Planning Group (Community Center).

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.

Santee "Meet Your Neighbors"

The Santee Branch of the San Diego County Library, 9225 Carlton Hills Blvd., announces the continuation of the monthly speaker series. The Series, Meet Your Neighbors, is designed to provide Santee residents with the opportunity to meet community leaders, discuss Santee issues, goals and plans.

On Feb. 19 at 6:30 p.m., Allen Carlisle, Santee Park and Recreation Manager, will discuss Santee Lakes and proposed developments.

All programs begin at 6:30 p.m. and will be held in the Santee Library. All library programs are free and open to the public, although seating may be limited. For more information call (619) 448-1863.

Come See What's Happening In Lakeside!

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— LOCAL NEWS & EVENTS —



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Officer

Resident survey

The City of El Cajon Redevelopment & Housing Department would like to thank El Cajon residents for the overwhelming response to their Resident Survey request. Your input will help us to produce a Five-Year Consolidated Plan that establishes housing and community development priorities in our City.

This weekend is Saturday morning clean-up

This is your chance to be more involved in your community by joining us at any one of the Saturday Morning Clean-Ups during 2009. This coming Saturday, Jan. 31, is the first Saturday Morning Clean-Up for the year. Hours will be from 9 to 11 a.m., working in 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 are: Feb. 28, March 28, April 25, May 30, June 27, July 25, Aug. 29, Sept. 26, Oct. 24, Nov. 14, and Dec. 12. For more information or to register call the CDC at (619) 401-8858. Also visit the CDC website at www.downtownelcajon.com.

Miss El Cajon & Miss Teen El Cajon Pageant

Applications are still being accepted for the Miss El Cajon and Miss Teen El Cajon Scholarship pageants. It's a great opportunity to represent your community, meet new people, and receive college scholarships. The pageants are open to ladies ages 13 to 24 years old. An orientation is scheduled for this Saturday, January 31. The pageants are scheduled for March 28 at the East County Performing Arts Center. For more information call (619) 938-3477.

Hosting a Super Bowl party or going to one?

Super Bowl XLIII (43) will take place on Sunday, Feb. 1 at 3 p.m. If you are hosting a Super Bowl party please consider having more food than booze. Super Bowl Sunday is considered one of the most dangerous days on our roadways because of those who choose to drive under the influence of alcoholic beverages. Make sure your guests have ar-

ranged for a designated driver, take the keys from guests who plan on drinking alcohol, or ensure that you've arranged for a cab or shuttle service. Law enforcement agencies will be adding patrols looking for those who may be driving under the influence, speeding, ignoring the mandatory seat-belt laws, driving with a hand-held cell phones, or text messaging while driving. Let's work together in keeping our roadways safe. If you spot a reckless DUI driver call 9-1-1!

Don't miss the next Police Community Forum

The El Cajon Police Community Forum was held in November of 2008, where members of the community had a chance to voice their concerns on such topics as crime, gangs and traffic. If you missed your opportunity to be heard, there are smaller Sector Forums tentatively scheduled for following areas:

- Sector 7, Feb. 23 at 6 p.m. at Bostonia School, located at 1390 Broadway
- Sector 9, Feb. 24 at 6 p.m. at Lexington School, located at 533 South 1st Street
- Sector 10, Feb. 25 at 5 p.m. at Johnson Elementary, located at 500 West Madison Avenue
- Sector 6/8, Feb. 26 at 6 p.m. at Cuyamaca School, located at 851 South Johnson Avenue

If you are wondering what sector of El Cajon you live in see the sector map at www.elcajonpolice.org, or, you can also mark your calendar for May 4 to take part in the next El Cajon Police Department Community Forum from 6 to 7:30

p.m. at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue. Police Chief Pat Sprecco, who will be leading the community forum, is inviting all residents to come to and discuss the important issues that face our community. For more information please contact Lt. Jim Redman at (619) 579-3364.

FREE Disaster Preparedness Classes

Space is still available for our two free disaster preparedness CERT classes for 2009. 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, academies offers free disaster preparedness instruction for ages 16 and up. Here's the schedule for 2009:

- Academy - #1
Feb. 7- Disaster preparedness/CERT organization
Feb. 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/HazMat/ 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/ HazMat/ Terrorism

Aug. 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 8:30 a.m. to 12:30 p.m. 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.

Looking Ahead – Mark your Calendars

The St. Madeleine's "Sophie's Gallery" is celebrating their 10th Anniversary with a special art exhibit from Feb. 6 to March 6. The gallery is located at 109 Rea Avenue near Magnolia Avenue. The St. Madeleine Sophie's Center will also have their 11th Annual "Morning Glory Brunch" on Saturday, April 18, 2009, at the SMSC Organic Garden Center, located at 2119 E. Madison Avenue in El Cajon. Proceeds benefit adults with developmental disabilities. For ticket information or sponsorship opportunities please call (619) 442-5129, ext. 3117.

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See form on page 15**

Car Show schedule is set

Opening night of the 9th Annual Cajon Classic Cruise car shows will be Wednesday, May 13, 2009, with closing night on September 30. Visit the El Cajon Community Development Corporation website for more information at www.downtownelcajon.com.

A Great Police Department Resource

The public is encouraged to go to www.elcajonpolice.org to file reports online, access Open Cases, and view photos of suspects in unsolved cases. With the valuable assistance from the public, we will be able to identify suspects who have victimized members of the community. Individuals

with information on any of the cases posted on the website can contact the detectives listed for each case. People can also remain anonymous by contacting Crime Stoppers' anonymous tip lines at (888) 580-TIPS or by sending an email or text to www.sdcrimestoppers.com. Crime Stoppers is offering up to a \$1,000 reward to anyone with information that leads to a felony arrest.

Note: Please keep me informed of your community events by placing me on your mailing or email list. If anyone has an event in the City of El Cajon that they 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.

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7:30 PM	7:30 PM	7:30 PM	11:00 AM 3:30 PM 7:30 PM	11:00 AM 3:30 PM

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Alpine happenings ...

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>.



Dorothy McCurdy (left), daughter of Floyd “Doc” Ramsey and Katherine Robles (right), widow of Frank Robles stand by the Memorial. Photo by Dick Rabell

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

Kiwanis honors two Kiwanians at Memorial

The Kiwanis Club of Alpine, members of the Alpine Woman’s Club and guests honored two Kiwanians, Frank Robles and Floyd “Doc” Ramsey last Saturday. The Event was held at The Gazebo and Memorial, which is just behind The Woman’s Club on Alpine Blvd.

Many Distinguished guests attended the event: Gretchen Calabrese, President of The Woman’s Club and benefactor of the Kiwanis/Woman’s Club Gazebo, Katherine and Laura Robles, Dorothy McCurdy

daughter of Floyd Ramsey. McCurdy flew to San Diego from her home in Arvada, Colorado for the event.

retired from The Alpine Community Church, offered the Benediction for those in attendance.

President-elect Pat Stalker made a presentation to Robles and McCurdy that stated the following: In Memory of Frank Robles and Floyd Ramsey for their long and dedicated service to the Community of Alpine and The Kiwanis Club of Alpine, Robles, April 1975 to June 2008, and Ramsey, February 1982 to August 2008.

In June 1998 The Kiwanis Club of Alpine built the Gazebo and the Memorial for the departed Kiwanians.

Events wanted

Have an event to share with the community of Alpine? e-mail: editor@ecgazette.com or mail to: P.O. Box 697, El Cajon, CA 92022 or fax (619) 444-5779.

The Reverend Jim Mowry,



Memorial behind Alpine Woman’s Club. Photo by ??????



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DINING & ENTERTAINMENT GUIDE

Mars Landrover on display



The full-sized prototype Mars Rover, as large as a small SUV. With its robotic arm extended forward, the rover is almost 15 feet long! Rover has six wheels, a tall mast (with the robot's "eyes") and numerous scientific instruments. The Mars Rover is on display at the Reuben Science Center. Photo courtesy of Reuben H. Fleet Science Center

The full-sized prototype of NASA's upcoming Mars Science Laboratory Rover (MSL) is now on display at the Reuben H. Fleet Science Center through February 4.

The size of a small SUV, the new Mars Rover is approximately 7 feet wide, over 9 feet long and almost 8 feet tall! Because the MSL Rover is so large and has so much scientific equipment, a small nuclear reactor is required to power it!

The MSL Rover prototype is on loan from NASA's Jet Propulsion Laboratory (JPL) in Pasadena.

The Reuben H. Fleet Science Center is located at 1875 El Prado, in Balboa Park; San Diego.

Quick facts about NASA's next Mars Rover, which will launch in the Fall of 2011.

- The rover will lift-off from Cape Canaveral, Florida Fall of 2011.

- The rover is protected inside a "nose cone" on top of a rocket called an Atlas V.

- The Atlas V is used because the rover is heavy, and this rocket is powerful enough to launch it on its trip to Mars.

- The rover weighs almost 1900 pounds.

- The rover, the spacecraft it rides in, and its landing system all together weigh 7500 pounds.

- The cruise from Earth

to Mars will take about 10 months.

- The rover will travel a few hundred million miles on its trip to Mars.

- The spacecraft has a "star tracker" that looks at patterns of stars in the sky to know where it is in space.

- Navigators and seafarers on Earth have used a similar approach to chart their course.

- The mission team can send a command to fire thrusters during the long voyage

- It will land summer of 2012

- The landing craft will steer itself as it quickly descends

through the thin martian atmosphere.

- In the final seconds before touchdown, the landing craft, often called a sky crane, will lower the rover on tethers.

- The rover will land on its wheels, the cords will be cut, and the craft will fly away and land where it can't crush the rover.

- The rover will look for places on Mars where small life forms called microbes might have lived long ago...or might even exist still today!

- Studying rocks is important, because they hold a lot of clues.

- The rover can drill into rocks, scoop up samples, and use tools carried on its arm and back to study them to see if Mars ever had water and organics to support life.

- The rover doesn't want to waste its time studying rocks that aren't important.

- It has a laser that will fire at rocks from up to 30 feet away and turn them into a cloud of hot vapor.

- The rover can then study the vapor to see what the rock is made of, and whether it wants to drive over to take a look at it up close or pass on by.

- Because it can tell a lot about rocks from far away, it can study rocks high on a cliff, or down in a crater, or in other places that might be too hard to reach - even for this rover!

Crossword

Across	Down
1 Leg	1 Swish
5 South southeast	2 Queasy
8 Mr.'s wife	3 Cow speak
11 Healing plant	4 Tucked in
12 Wood cutting tools	5 Went into the water
13 Absent	6 People from Switzerland
14 Slog	7 Eastern Time
15 Part	8 Anchor
16 Less than two	9 Ancien German character
17 Submerges in liquid	10 Thick soup
19 Ferment	12 Chocolate topped treat
20 Scale	18 At the same time
23 Supersonic transport	19 Energy unit
25 Pertaining to the heart	20 Whiz
27 Skirt	21 Japanese dress
30 Epoch	22 Ocean Spray's drink starters
31 Brown	24 Inactiveness
33 United States of America	26 Central processing unit
35 Information	28 Shunt
37 To unfasten or withdraw by turning	29 Secondhand
39 Genetic code	32 What you do to paragraphs
41 Full skirted dress	34 Hand tool
42 Entrance	36 Popular president's initials
45 Birds that make a gaggle	38 Soupy
47 Talk	40 Torture
48 German city	42 Tints
49 Did well	43 Commitment
53 Terminal abbr.	44 Yes
54 Institution (abbr.)	46 Otherwise
55 Donkey	48 Tot
56 Bashful	50 Prompt
57 Tint	51 Annex
58 Scream	52 Eastern state

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*Karaoke starts at 9:00 PM.
*Basket of Hot Wings for \$3.50

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For Health's Sake

Is worrying taking over?



by Judy Callihan Warfield

Do you find that you are unable to stop your mind from worry? Constantly worry-

ing is a mental and physical drain on your mind and body. Continued worry for most has become a habit and behavior. Hypnotherapy is a fast, rapid, and drug free method to gain control back and amend that negative habit and behavior.

A wise man once told me that worry is a lack of faith. I don't want to touch on a person's views of religion but faith can have an even broader meaning than your personal faith. Faith by definition in the dictionary is "complete trust or confidence" "loyalty" and the term faithful by definition in the dictionary is "accurate, reliable."

When you worry most of your thoughts are not accurate

or reliable. Ninety-nine percent of the things that we worry about are the "what ifs" and "maybes" that seem to lurk in our minds.

Now we all are dealing with real issues in today's economy and security, however, once the habit of worry begins to be established it tends to overtake our sense of accurate and reliable. A term I like to use with my client's is "fact based thoughts." Deal with real issues not the ones that MAY happen next week or next month.

Worry can lead to excessive stress, health issues, and a sense of inability to take action and move forward. Hypnotherapy deals in the realm where habits, behaviors,

patterns, and negative beliefs live and for most people it is a proven method to live in the realm of today and fact based thoughts.

- Take control of your thoughts
- Reduce Stress
- Feel a sense of empowerment and move forward

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 info on web site of www.successhypnotherapy.com or call for free telephone consultation.



Health... Just Common

Horse Sense

by Dr. Donald Adema

Confusion. That seems to be the word of the month in our nation from the political arena to the physical support arena. I will try to restrain myself from national comments and stick to the physical. (Mrs. A and Trish are watching.) The following are just a few of the examples of confusion in the physical support realm.

"My obstetrician said the estriol is bad. How come you say it is actually cancer protective?" That usually starts an appointment with a bang. I counter with the fact that Wyeth markets that very estriol it frightened the FDA with in Europe at very large profits. We then look at the protection a natural hormone gives to the receptor as opposed to a synthetic. We then express concern over the inflammatory response that a synthetic produces on a daily basis and the subsequent cancer potential. "But, are you ready for a daily protocol or do we need to clean up the receptors a bit?"

"The ER doc said I was a negligent parent for not starting the hepatitis B protocol in the nursery." The very confused and angry parents brought their two month old infant to a North County hospital in respiratory distress and received that comforting response right off the bat. My staff and I brought all back to earth and reminded them that the child immune system is not fully developed until the age of two. They took it from there and are again comfortable with the delayed immunization path they researched and requested.

"I would like to to start niacin instead of a statin. I did my reading and am ready to give my liver a break." The statin was stopped but the niacin in large doses must wait. The inflamed liver with elevating statins needed a cleanse and less of a diet challenge before it was ready to receive a safer approach to balancing lipids.

Get it now? Traditional approaches and or a more natural or blended approach requires the body to be at its best. In our practice, that means a clean up act in diet and a cleanse that matches your level of inflammation or toxicity. Hopefully, confusion is lessened when your body is able to receive the support. Maybe we need to do that in FDA? 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.

Laughter is the Best Medicine

Ole' Blue

A young cowboy from Wyoming goes off to college. Half way through the semester, he has foolishly squandered all his money. He calls home. "Dad," he says, "You won't believe what modern education is developing! They actually have a program here in Laramie that will teach our dog, Ol' Blue how to talk!"

"That's amazing," his Dad says. "How do I get Ol' Blue in that program?"

"Just send him down here with \$1,000" the young cowboy says. "I'll get him in the course."

So, his father sends the dog and \$1,000.

About two-thirds of the way through the semester, the money again runs out. The boy calls home.

"So how's Ol' Blue doing son?" his father asks.

"Awesome, Dad, he's talking up a storm," he says, "but you just won't believe this - they've had such good results they have started to teach the animals how to read!"

"Read!?" says his father, "No kidding! How do we get Blue in that program?"

"Just send \$2,500, I'll get him in the class." The money promptly arrives. But our hero has a problem. At the end of the year, his father will find out the dog can neither talk, nor read. So he shoots the dog.

When he arrives home at the end of the year, his father is all excited. "Where's Ol' Blue? I just can't wait to see him read something and talk!"

"Dad," the boy says, "I have

some grim news. Yesterday morning, just before we left to drive home, Ol' Blue was in the living room, kicked back in the recliner, reading the Wall Street Journal, like he usually does. Then he turned to me and asked, "So, is your daddy still messing around with that little redhead who lives in town?"

The father exclaimed, "I hope you shot that darn dog before he talks to your Mother!"

"I sure did, Dad!"

"That's my boy!"

The kid went on to law school, and now serves in Washington D.C. as a Congressman...

Have a funny joke or "anti-dote." 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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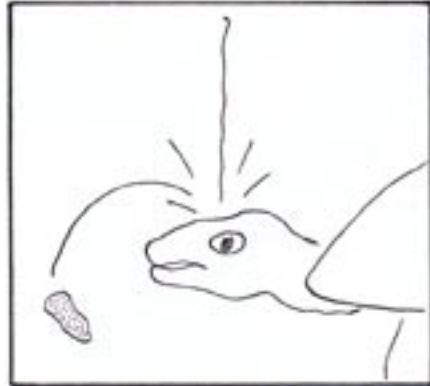
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MOTOR AND SPORTS

Cars at a Glance ... 2008 Smart Passion



2008 Smart Passion. Photos by Dave Stall

Bumper-To-Bumper with Dave Stall

Dave: I own a 2007 Toyota Prius and I heard you on the radio talking about a gentleman in North County that has a company that converts Prius cars into a plug in which will get you up to 100 miles per gallon. Do you have his information? Will this void my warranty and will I need a special plug for this application? I commute around 100 miles per day and this would be an added bonus for me and one last question, do you know how much it cost to convert my car? Carol.

Carol: The company is called Plug-In Conversions and the President is Kim Adelman, his phone number is 858-486-9972 and he is located in Poway. My suggestion is call him and see what the costs would be but I think it is around \$8,000 but for someone that commutes as much as you do it may be cost effective. No it will not void your factory warranty in fact Toyota is looking at coming out with their own plug in Prius. As far as I know you won't need a special plug and his list of cars to convert is getting larger everyday. He also has a website, www.pluginconversions.com.

Dave: I have been thinking about getting a new diesel car when they come to California but my fears are who can work on them? The last thing I want is to have my car stuck in the shop with no one working on it. Another question, are these diesels cars coming to California been tested elsewhere or are they prototypes. If you were going to buy a diesel which company would you buy yours from? Carl.

Carl: No they are proven diesel vehicles and as far as tech support training is taking place as we speak. Now if your looking for an independent shop then that is a different story they may be a little slower getting up to speed and anyway your car will be under factory warranty and you should stick with the dealer until your warranty runs out and even then I would recommended staying with them in case a bulletin comes out you won't be aware of at an independent shop. To answer you last question, the leaders in diesel technology in cars is Volkswagen and Audi but with my budget I would probably opt for a Volkswagen.

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

by Dave Stall

Smart, here is a car that is turning the world upside down. But, before I go any farther the Smart is called "Smart" not the Smart Car, you don't call a Ford a Ford Car do you? I know it is a catchy name but it is Smart period.

There are three models: the Passion Coupe (which I tested), the base Pure Coupe, and the Passion Cabriolet — all powered by the same 3-cylinder, 1-liter naturally aspirated 12-valve, 70 horsepower transverse engine mounted in the rear of the car. There is only one transmission available at this time — a 5-speed automated manual. I need to stop here and tell anyone that drives a Smart they're going to notice an annoying shift lag. It is normal. Use the standard paddle shifters on the steering wheel and the situation gets better but does not go away. The fuel mileage is great — 33 city and 41 on the freeway. The down side — you need to run Premium to achieve those numbers.

The second thing that sticks out in one's mind is safety. The Smart has addressed that by enclosing driver and passenger in a safety cage that can take some serious hits. The seating is raised in the event of a side impact and there is stability control, anti-lock brakes with electronic brake force distribution, crash absorbing zones front and rear, full size driver and passenger air bags, head/thorax side air bags, kneepads, plus a lot of other safety devises built into the car.

How did it drive? The first impression (other than the shifting) was "This is pretty cool." It got to freeway speeds quickly, handled the mountain roads in Alpine, stopped with authority and had a fair amount of room for my weekly trip to Vons.

Is it the answer to the fuel problem we're stuck with? No, but it will help with the pain of buying fossil fuels and could be what we will see in the future on our open roads. San Diego Mercedes Benz is the sole dealership and Penske dealers are the only authorized sellers of

the Smart. There are plenty on the lot and they have a couple designated as testers. I suggest you drive it as long as you can to see if it fits your lifestyle.

It will set you back with a base price of \$13,590, my tester was \$15,260, but I had a few creature comforts that bumped the price up. Things like a Comfort Package, Tridion Silver Paint, and a destination charge of \$650, but everything else is standard — A/C, great

sound system with AM/FM/CD, tire pressure monitor and the color of your Smart can be changed by switching out the panels. It is a fun car to look at and even more fun to drive. Check it out!

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001879
FICTITIOUS BUSINESS NAME(S): Eco Pool Services
Located at: 7959 Western Trails Dr., El Cajon, CA 92021
This business is conducted by: A Corporation
The first day of business was: January 21, 2009
This business is hereby registered by the following: CWC Cash Enterprises, Inc., 7959 Western Trails Dr., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 21, 2009
East County Gazette- GIE030790 1/29, 2/5, 2/12, 2/19 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. 2008-039384
FICTITIOUS BUSINESS NAME(S): The Haircut Zone #2 SD
Located at: 9732 Campo Rd., Spring Valley, CA 91977
This business is conducted by: Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: Bobes, LLC
6135 S. Rainbow Blvd., Ste. 100, Las Vegas, NV 89118
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008
East County Gazette- GIE030790 1/29, 2/5, 2/12, 2/19 2009

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-001044
FICTITIOUS BUSINESS NAME(S): Sprint Capital Advance
Located at: 566 Telegraph Canyon Rd. #H, Chula Vista, CA 91910
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Jessica E. Blanchard 566 Telegraph Canyon Rd. #H, Chula Vista, CA 91910
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 12, 2009
East County Gazette- GIE030790 1/29, 2/5, 2/12, 2/19 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 92013
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 1/22, 1/29, 2/05, 2/12, 2009

CITY OF EL CAJON NOTICE OF INVITING SEALED BIDS

NOTICE IS HEREBY GIVEN that on **February 24, 2009, at the hour of 2:00 P.M.**, at the City Hall, first floor, 200 East Main Street, El Cajon, California 92020, the City of El Cajon will open bids for the following public project:

FLETCHER PARKWAY RELIEF SEWER ENGINEERING JOB NO. 3258 BID NO.025-09

Reference is made to the specifications for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded free from the city website at <http://www.ci.el-cajon.ca.us> or obtained at the office of the Purchasing Agent for a fee of \$12.00 (plus \$4.80 for shipping if requested).

PRE-BID CONFERENCE

On February 17, 2009, a pre-bid conference will be held in the City Hall, 5th floor, 200 East Main Street, El Cajon, California, at 10:00 A.M.

Interested contractors are invited to attend.

Contractor and Subcontractors shall pay California general prevailing wage rates. The general prevailing wage rate of per diem wages, as determined by the Director of Industrial Relations, are available from the DIR website at www.dir.ca.gov/DLSR/PWD/index.htm. Any successful bidder who intends to use a craft or classification not shown on the general prevailing wage determinations, may be required to pay the wage rate of the craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

All bids submitted shall be accompanied by a check made payable to the City of El Cajon, and certified by a responsible bank, in an amount which shall not be less than 10% of the amount of the bid, or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

A Performance Bond and Labor and Material Bond, each in an amount equal to 100% of the contract, shall be executed by the successful bidder within ten days after the Notice of Award of Contract has been mailed. Securities or bank or savings and loan certificates of deposit may be substituted for any moneys withheld to ensure performance of the contract, pursuant to Section 22300 of the California Public Contract Code.

The Contractor shall provide the City with an executed non collusion affidavit with the bid.

Bids shall be submitted online or delivered to the Purchasing Agent at the 1st floor front counter of City Hall, 200 East Main Street, El Cajon, California 92020. If online bidding is used, bidder's security and other required documentation must be received within 24 hours of the opening of the bids. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

The City Council reserves the right to reject any and all bids if it considers it necessary to do so for the public good, and it may reject the bid of any bidder who has been delinquent or unfaithful in any former contract with the City.

NOTE: No bid will be accepted from a contractor who has not been licensed in accordance with the provisions of Chapter 9, Division 3, Section 7000 et.seq., of the Business and Professions Code.

Dated: January 27th, 2009

/s/ Colin Dawson
Purchasing Agent

East County Gazette- GIE030790 01/29, 02/05/09

NOTICE OF PUBLIC HEARINGS

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, February 9, 2009**, and the City Council will hold a public hearing at **7:00 p.m., Tuesday, March 10, 2009** in Council Chambers, 200 E. Main Street, El Cajon, CA, for the following items:

Zone Reclassification No. 2292, Planned Unit Development No. 331 and Tentative Subdivision Map No. 643, as submitted by California Investment Bankers, requesting to rezone property from the Residential One Family, 6,000 square foot (R-1-6) zone to the Multiple-Family (R-3) zone and to develop a four-unit planned unit development and create five lots to be used for residential purposes. The subject property is located on the southwest corner of West Renette and South Sunshine Avenues, and is currently vacant.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you require assistance or auxiliary aids in order to participate at the Planning Commission or City Council meetings, please contact the Planning Division at (619) 441-1741 or City Clerk at (619) 441-1763 as far in advance of the meetings as possible.

In case of a court challenge, you may be limited to those issues raised at the public hearing, or in written correspondence to the Commission or City Council described in this notice.

Melissa AYRES, A.I.C.P.
Director of Community Development

DATE: January 27, 2009

City of El Cajon
Planning Division
Fax: (619) 441-1743
Ph: (619) 441-1741
East County Gazette- GIE030790 01/29/09

NOTICE OF PUBLIC HEARING

Expenditure Plan for State Citizens' Option for Public Safety (CA-COPS) Funding

NOTICE IS HEREBY GIVEN that on Tuesday, February 10, 2009, the City of El Cajon will hold a public hearing at 3:00 p.m., in the City Council Chambers located at 200 East Main Street, El Cajon, CA to consider:

A REQUEST FROM THE CHIEF OF POLICE RECOMMENDING THAT THE CITY COUNCIL APPROVE AN AMENDMENT TO THE EXPENDITURE PLAN FOR STATE CITIZENS' OPTION FOR PUBLIC SAFETY (CA-COPS) FUNDING TO INCLUDE OFFICER SAFETY ITEMS FOR FISCAL YEAR 2008-2009.

The public is invited to attend and participate in this public hearing. Please call the City Clerk's Office (441-1763) if you have any questions regarding this notice of hearing. If you challenge the matter in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice or in written correspondence delivered to the City Clerk at, or prior to, the public hearing.

The City of El Cajon encourages the participation of disabled individuals in the services, activities, and programs provided by the City. Individuals with disabilities who require reasonable accommodation in order to participate in the City Council meetings should contact the City Clerk's Office at 441-1763.

KATHIE J. RUTLEDGE, CMC, CITY CLERK OF THE CITY OF EL CAJON
619-441-1763 / 619-441-1542 (TDD – Hearing Impaired)

Publish Date: January 29, 2009
East County Gazette- GIE030790 01/29/09

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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

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, 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. 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.37-2009-00080938-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, 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

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.37-2009-00081035-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. 2009-000632

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. 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. 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

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. 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

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. 2009-000766

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. 2009-000330

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. 2008-039384

FICTITIOUS BUSINESS NAME(S): The Haircut Zone #2 SD
Located at: 9732 Campo Rd., Spring Valley, CA 91977
This business is conducted by: Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: Bobes, LLC 6135 S. Rainbow Blvd., Ste. 100, Las Vegas, NV 89118
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on December 30, 2008

East County Gazette- GIE030790
1/29, 2/5, 2/12, 2/19 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

In accordance with Government Code 40804, the City of El Cajon is publishing a summary of its Cities Financial Transactions Report for the fiscal year ended June 30, 2008. Please contact the City of El Cajon Finance Department at 619-441-1721, Monday through Friday, 8AM-5PM with any questions regarding this report.

City of El Cajon

Cities Financial Transactions Report — Consolidated Statement of Revenues, Expenditures and Changes in Fund Balance/Working Capital

Consolidated Statement			
Fiscal Year	2008		
	Total Expenditures	Functional Revenues	Net Expenditures/ (Excess) Revenues
Expenditures Net of Functional Revenues			
General Government	\$7,327,661	\$44,871	\$7,282,790
Public Safety	\$48,500,167	\$15,768,846	\$32,711,321
Transportation	\$8,265,308	\$3,630,683	\$4,634,625
Community Development	\$8,079,752	\$3,804,986	\$4,274,766
Health	\$14,314,932	\$13,943,083	\$371,849
Culture and Leisure	\$5,084,113	\$1,200,505	\$3,883,608
Public Utilities	\$0	\$0	\$0
Other	\$0	\$0	\$0
Total	\$91,571,933	\$38,412,974	\$53,158,959
General Revenues			
Taxes			\$43,840,251
Licenses and Permits			\$60,878
Fines and Forfeitures			\$369,200
Revenue from Use of Money and Property			\$2,878,277
Intergovernmental State			\$620,540
Intergovernmental County			\$25,666
Other Taxes In-Lieu			\$0
Other			\$3,590,960
Total			\$51,385,772
Excess/(Deficiency) of General Revenue Over Net Expenditures			(\$1,773,187)
Excess/(Deficiency) of Internal Service Charges Over Expenses			
			\$1,788,396
Beginning Fund Balance/ Working Capital			\$86,334,880
Adjustments (Specify, maximum of 10 entries allowed)			\$905,717
Specify:	Amount:		
Prior period adj-loans receivable		80,623	
Transfer in from Redevelopment Agency		206,073	
Purchases of fixed assets (sewer fund)		-192,182	
Deletions of fixed assets (sewer fund)		899,203	
Sale/transfer of fixed assets (sewer fund)		3,300	
Donations of fixed assets (sewer fund)		-91,300	
Total:		\$905,717	
Ending Fund Balance/ Working Capital			\$87,255,806
Appropriation Limit as of Fiscal Year End			106,271,922
Total Annual Appropriation Subject to the Limit as of Fiscal Year End			33,250,826
East County Gazette- GIE030790 1/29/09			

Classified Ads

DEALS

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NEW! ONE TIME PRICE!
NOW ADVERTISE YOUR
AUTOMOBILE
FOR A ONE TIME FEE OF \$20

AND IT WILL RUN AS LONG AS IT
TAKES TO SELL IT!
(3 lines plus photo, extra lines \$2 ea.
Private parties only, no dealerships)



1968 Chevy Impala, 2 Dr. Custom H.T. Orig., rare classic. 85K miles, stored 25 yrs. Nos. matching blue printed. 327/400 T.H. Auto, a/c, p/s, p/b. Rally whls. 100% comp. CA car. You paint, minor upholstery. \$5500 Must sell! Call Now!! 619-647-4443



The Perfect Ranch Mini Truck 1990 Daihatsu, 4x4, dumps, low mi., starting at \$5495 obo 619-444-4464. This will blow away Gators, Rhinos, and the like. 42 hp., 660cc, climb like a cat! See at: www.littlefirertruck.com

Must sell--brand new 2006 Honda VTX 1300, 2100 miles, beautiful. Asking \$8500 or reasonable offer. Call Mark 619-726-8668 day or 449-5541 night.



1992 Terry Resort 19 ft. Sleeps 4 to 6. Self contained. New tires \$5000 OBO 619-442-9760



New Year, Own your own Business Almost new Auto Detailer Asking \$3700 Call for details after 6:30 619-334-1280 619-820-0437



1973 Thing- New engine (1776). New tires/Rims. New disk brakes. Asking \$6500 Call Ray at 619-818-0893

Car Tow Dolly, like new (heavy duty w/light bar), electric brakes. Half off, \$600. 619-262-6049

"HEY HARRY!" by Thomas Ebert



"No offence Dad, but I going to try my luck with Mom to teach me to ride my bike!"



1970 Chevy Impala Custom HT 350 Engine, AC Green/ Blk top, minor body work, great buy. \$5600 OBO. 619-766-4527

'39 Ford Delux sedan Lots of Custom work Good street rod project, Lots of extras 15k invested, asking 12k obo 619-561-2253



2005 Chrysler 300 Limited V-6 Leather, cd, heated seats, on board computer, very clean, runs and looks great, need cash only \$17,950 Hurry! Linda 619-252-1174

Deals on Wheels!
ONLY \$20
till it sells!
CALL
(619) 444-5774



20 ft. car hauler, new tires, new deck. \$2600 firm. 619-402-5718



86 GMC Quad cab 1 ton dually. 454-T400 Headers- cam. Runs xlnr. \$2000 619-440-4596



2003 Beaver-Monterey (diesel pusher) — \$129,900.00. 3 slides, loads of amenities, well taken care of must see to appreciate. O. Peters (619) 985-0456.



REDUCED to \$25,000 Fifth Wheel RV, 2003 Keystone Montana. 32' + with slide outs. Less than 2000 miles pulled. Excellent condition. 2A/Cs, TV/DVD/Stereo surround, queen bed, microwave oven, garden tub/shower, ceiling fan, day/night shades, ducted heat, awning, outside shower. Enclosed underbelly, non-smoker owner, extra propane tanks. Can deliver. Contact 619-561-1855 or Leasure3@yahoo.com.



1996 Ford Thunderbird V8 46,800 miles. One owner, like new \$5000.00 619-440-4790



Golf Cart and Charger. Windshield, head and tail lights. Looks like new. Blue w/gold trim. \$2,490. 619-414-8020.

CLASSIFIED ADS

BEST BUY IN TOWN!

Place your Classified Ad with the Gazette for only \$5.00 for three lines.
(Approximately 35 characters per line) -- \$2.00 per line after the first three.

LOST AND FOUND ADS ARE FREE!

PRIVATE PARTY ADS ONLY

Fill out this form and send it with your check/money order to:
The Gazette, 201 S. Sunshine Ave., El Cajon, CA 92020
(Remember photos are only \$5 extra!)

Call for Business Rates



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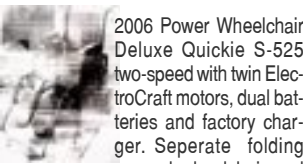
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Our Best Friends

Littermate foster dogs, should they go together ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Trainer,
I'm a dog foster for a local rescue and I currently have two dogs that are littermates. They are about a year old and both males. They are medium-sized dogs that seem to be "codependent" and not very social with people when they are together. One of the dogs is much more confident than the other, and actually pushes his brother around a lot, and will bite the shyer one (not hard) if they get too excited with things like the doorbell or when playing. The rescue has said they must go to a new home together since they are bonded, but it really doesn't seem that way to me. Do you think it's better if they stay together? It sure makes it more difficult to find a home that wants two bigger dogs.
Signed,
Questions, Times Two

Dear Questions,
When looking at any dog behavior issue, it's important to remove the emotions of how we as humans look or consider things as humans. What is important is to look at the behavior in terms of mental and physical health.

Unfortunately, as you are seeing, the word "bonded" doesn't automatically mean mentally healthy, and sadly as many of these dogs mature, they find themselves pigeon-holed into a living their lives revolving around each other's quirks and personalities, rather than leading a full life with humans, who rightly should expect to have a bond with their dog(s).

Insisting that littermates be adopted together often leaves many dogs in a stressful position, and one that is difficult to overcome, even in the best of homes with the best of intentions. An example of that is when the more confident dog

you described, bites, (this is known as redirection) the shy one when they are aroused or playing together. Another thing we often see is the panicked state of mind when one dog can't get to the other, which could prove risky to potential adopters that might try to stop one dog from following the other; something that is possible in a pet home.

To help your cause, it helps to understand a few things about dog behavior, while also considering that dogs have evolved to leave their littermates around 6 months by nature (the age when they have all their teeth and are close to sexually maturity). Unlike other wild canines, our domestic dogs are not considered pack animals since they have been fully domesticated to humans and behave very differently from packing canines. In reality, domestic dogs are considered to have a very loose social structure (that's why humans, other dogs, cats, birds, etc. can live with them). They have also been designated as scavengers during the domestication process, and all of that (and much more) points to the fact that dogs might be able to hang around and live with each other, (even really enjoy each other) but it is not necessary for them to have another dog in their lives. During many different field studies on feral dogs, they were seldom seen with another dog other than to congregate where there were good food resources.

Further, true pack canines such as wolves, need the co-operation of other members of their pack to hunt game, and greatly rely on the support of each other to survive. Offspring of packing canines stay with their littermates in the pack for about 2 years.

With that in mind, there is not much need for domestic dogs that are littermates to stick together when their day

is spent raiding garbage cans, killing small game, or having food delivered in a bowl each day by humans.

Another problem I often see is that siblings, who are raised together, often don't get a chance to develop their own personalities. This seems to be even more apparent if pet parents decided on two dogs, "to keep each other company." Experts, me included, believe dogs need human guidance, not another dog to teach them the skills they will need to live with humans. And, as in the case with many dogs that find their way into shelters or rescues, if dogs don't receive this guidance with a goal for the dogs to be independent of each other, they often become overly attached to one-another and have a hard time functioning without the other. This can make it difficult to split them up for routine things like vet visits or even having one in a different area of the house without the other.

As you have noted, this greatly narrows the adopter pool. Most people don't come to shelters or rescues to adopt two dogs at once, (especially when they don't show well in the first place when they are together). Sending two dogs home to a new family is also not recommended by most rescues or shelters, even when the dogs didn't come in together. It's important for adopters to bond with their new dog, build a relationship and counter any training or behavior deficits, as needed, before adding another dog.

I think a better goal for siblings this young is to find a way to separate them for greater periods where they can't see, hear or smell the other, and then go to work on helping both of them become more confident without the other. Helping dogs learn good coping skills should be one of the main focuses for any dog to help them

stay in a new adoptive home, and has extra benefits for a pair like your foster dogs.

Finally, dogs that are left to entertain one another much of the time, don't really need to be connected to humans all that much, and this often leads to

things such as resource guarding, aggression and redirection between the dogs and many other anxious and sometimes dangerous behaviors.

I hope you will be able to convince your group to place these dogs separately for the

welfare of the dogs and for happiness of their new adoptive families.

Good luck,
Nan Arthur,
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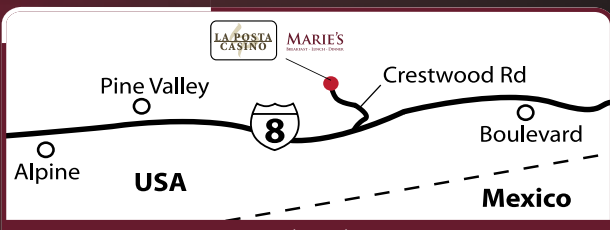
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