

Adoptable pets ... page 19

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**VOLUME 10 NUMBER 7** **JULY 23-29, 2009**

## Summer heat getting to hot? Find the Cool Zones



Thor would like to remind the Gazette readers that there are cool places to go this summer to beat the heat. Listed below are a few of the official "Cool Zones." Also, don't forget to check out the adoptable pets on page 19. Photo by Brent Norman

• Crest Library — 105 Juanita Lane, El Cajon, 92021 — Closed Sunday and Monday. Open Tuesday 12-8 p.m., Wednesday and Thursday 10 a.m. - 6 p.m., Friday 10-5 p.m., Saturday 10 a.m. - 3 p.m. - (619) 442-7083.

• East County Regional Center — 250 E. Main Street, El Cajon, 92020 — (619) 441-4567 – Monday through Friday 7 a.m. - 5 p.m.

• El Cajon Library — 201 East. Douglas, El Cajon, 92020 — Monday through Thursday 9:30 a.m. to 8 p.m., Friday and Saturday 9:30 a.m. - 5 p.m., Sunday 1-5 p.m. — (619) 588-3718

• Fletcher Hills Library — 576 Garfield Way, El Cajon, 92020 — Closed Sunday and Monday. Open Tuesday and Thursday 10 a.m. - 6 p.m., Wednesday 12 - 8 p.m., Friday and Saturday 10 a.m. - 5 p.m. —(619) 466-1132

See more COOL ZONES page 17

# Cox Heroes Scholarship winners announced



Fibronia Abdulmaseh, Hana Kohin and Mina Raffo flanked by Cox Kids Foundation board members and Cox Channel 4's John Weisbarth in the back. See story page 2. Photo by Diana Saenger

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# Local News & Events

## Cox Heroes-Scholarship winners awarded

by Diana Saenger

Eleven high school students chosen by the Cox Kids Foundation as recipients of a 2009 Cox Heroes Scholarship presented

by Mission Federal Credit Union were honored on the baseball field at Petco Park prior to the Padres game on Friday, July 17. Sam Attisha, Vice President of External Affairs at Cox Communications and Debra

Schwartz, President and CEO of Mission Federal Credit Union, awarded the scholarships which brings the Cox Heroes scholarships awarded to San Diego-area students this year to \$42,500.

The students were invited to a pre-celebration on a Petco Park patio where Cox Channel 4 Emmy-winning reporter John Weisbarth welcome the students and their families. "We're very proud of you," he



**Scholarship winners' names were displayed on the Petco Park marquee. Photo by Diana Saenger**

said. "You have tackled a lot of obstacles to get where you're at today."

The students were then led down the field where they were honored at the beginning of the ball game. Three East County students were among the winners earning a \$2,500 scholarship.

Fibronia Abdulmaseh understands the value of achieving a college education. Born in Iraq, she has seen her share of difficult circumstances. When she was 10, her mother headed to America by herself leaving her family in Iraq. Three years later, her family including four boys and two girls, fled to Jordan, and then to the United States. In the short time Fibronia has been in the United States, she has learned to speak and write English and stands firm in the pursuit of her dream of becoming a pharmacist. "It was my mother's bravery and sacrifice that guided me to excel," she said. "I'm very excited by this award and anxious to pursue my dream of becoming a pharmacist."

Fibronia will graduate from El Cajon Valley High School and intends to major in biochemistry at the University of California, San Diego.

Hana Kohin has seen her share of tragedy. At age nine she lost her father in Somalia's ongoing Civil War. After that tragic event, her mother relocated the family to the United States, but her brothers were left behind to live with their grandmother. When Hana relocated to San Diego, she was told that she could become and do anything she wanted to as long as she worked hard. "I watched my mother's friend's daughter suffer with heart defects and knew right then I wanted to be a vascular surgeon," Kohin said. "This award is special. It will help me and a lot of students see their dreams come true."

Kohin will graduate from  
**See COX SCHOLARSHIPS**  
page 17

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## El Cajon City Highlights

by Monica Zech

### Smoke testing coming to parts of El Cajon

Starting next week, smoke testing will begin on City sewers and manholes in the City of El Cajon. The City has contracted with ADS Environmental Services to perform physical inspection and smoke testing within the sanitary sewer system in and around our neighborhoods. The smoke is used to find defects or cracks in the sewer line, which reduces

sewage treatment costs by eliminating rain infiltration and protecting the environment. If there is a defect, smoke will exit the pipe through these breaks and make its way to the surface where it can be observed and documented by ADS field crews. On occasion, smoke could enter a home or business through defective plumbing or dry drain traps. If this happens, notify the crews that are working in the immediate area. The smoke is designed to last just a few minutes and will disappear once windows and doors are opened. The smoke used is not harmful or toxic, it does

not stain, and it will not harm your pets. For more information go to our City website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under Quick Links for Smoke Testing Information, or call ADS at (858) 571-0045.

### El Cajon Firefighters taking part in special fire awareness program


This Saturday, July 25, El Cajon Firefighters will be taking part in a special program called "Before The Threat 2009". It's a county-wide fire

education campaign for homeowners who live in high-risk wildland areas of the County. Fire personnel will be going door-to-door placing information packets on door handles that contain a DVD with life saving information on what to do before, during and after a wildfire. There is informative printed material as well as information you can download onto a computer. Firefighters will begin their routes about 9 a.m. and expect to wrap up by 12 noon. For a look at the area firefighters will be targeting visit [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under Quick Links for the Fire Hazard Zone Map.

### Major parking lot changes at City Hall

Starting the week of August 3, major parking changes will occur during construction of the new Public Safety Center adjacent to City Hall at 200 Civic Center Way. During construction, if you are planning a

See HIGHLIGHTS page 16

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## — LOCAL NEWS &amp; EVENTS —



# Lakeside Round Up of events

by **Patt Bixby**  
**Lakeside Community  
 Planning Group**

**U**pdate on the San Diego County Water Authorities, San Vincente Dam Raise Project.

The Dam raise will increase the height by 117' and will be done in two major construction projects. The foundation will be prepared and a tunnel will be constructed inside the dam. Barnard Construction is the contractor for the job. There will be blasting for the foundation of the new portion of the dam. Selective demolition will be done on the existing dam. The trucking route will be off Hwy 67 at Vigilante to Moreno. Barnard's work should be completed about July 2010.

The pumping station is almost complete. The tunnel project is still ongoing with 3,500' left with one half of the pipe installed. The project is funded through bonds for the water authority. The roller compacted job will be a 24 hour operation. The intersection at Moreno and Vigilante will be modified to make truck turns safer.

Proposed Publicly Initiated Action:  
 General Plan Update:

The LCPG will receive comments on the DEIR draft general plan regional elements, draft community/Subregional plan revisions and the draft implementation plan through August 19. A. Botler was concerned this doesn't include the community plan. R. Smith said the county has stated that once this is finished they will work on the community plan texts. Smith said he plans to attend the county Board of Supervisors meeting and advise the supervisors of the LCPG intent to have our plan text included and addressed.

## Leadership 101

Leadership 101 high school students from Foothills Church have been active in community outreach around East County. On July 17, 60 students spent several hours picking up bottles, cans and trash around Lindo Lake Park. The students filled 15 bags with trash. The leadership 101 volunteer program teaches character, discipline and service, said project manager from the youth department Jenny Shaw.

## CERT Graduation

On Saturday July 18, 16 Lakeside residents graduated from Community Emergency Response Team (CERT) train-



**CERT graduates. Photo by Patt Bixby**

ing class. The final class focused on CERT organizations and Terrorism ending with a mock disaster drill.

Classes are presented by the Lakeside Fire Department at least once a year or more as needed. Groups, mobile home parks and organizations are all encouraged to take advantage of this most important class.

Contact the Lakeside Fire Department at (619) 390-2350 for further information.

## Dates to remember:

**July 23:** Chamber Installation of new Officers, 6 p.m. at Lakeside Fire protection District Office

Lakeside Chamber of Commerce installation of 2009 Board of Directors and the presentation of the Harry J.

Spence Citizen of the Year award will take place July 23 at the Lakeside Fire protection District office at 12365 Parkside Ave. Please RSVP on or before July 17, 2009 at 561-1031.

The Lakeside Chamber of Commerce has received calls regarding a company calling businesses about a Lakeside map. The company is not a local company and is not producing this map in conjunction with the Lakeside Chamber.

**Aug. 8:** Santee, Lakeside Elks Chili Challenge. 10 a.m., Judging at 3 p.m., Awards at 4 p.m. Call (619) 390-4951 for further information.

Thursdays, 2 - 6 p.m. Lakeside Farmers Market at 9841 Vine Street. North end of Lindo Lake Park.



**Leadership 101 program. Students from Foothills Church rest after cleaning up Lindo Lake Park. Photo by Patt Bixby**

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## — LOCAL NEWS &amp; EVENTS —

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## Alpine happenings ...

### Historical Society Pot Luck Luncheon

The Alpine Historical Society invites the community to their Pot Luck Luncheon and to hear award winning local journalist Jack Innis. Bring whatever dish you like. The luncheon will be held at the Alpine Woman's Club, 2156 Alpine Blvd on Sunday, Aug. 16. Lunch starts at 1 p.m. and speaker begins at 2 p.m. This is a great time to meet new and interesting people and to hear all about Mr. Innis's book, San Diego Legends."

Jack Innis has made an extensive study of the wonderful and often-times quirky history

of San Diego. His book brings together for the first time the extraordinary accounts of famous and infamous people, places, and events in San Diego's past. He has the stories behind the news stories. Innis is a long-time surfer, fisherman, and boating enthusiast, he is the local media relations representative of the International Game Fish Association and formerly editor of the San Diego Log.

For further information call Carol Morrison (619) 445-2544.

### Farmer's Market

Farmer's Market in the Park at Viejas Outlet Center. Opening this summer on Tues-

days through Aug. 25, 3:30 - 7:30 p.m. Movies in the Park on Tuesdays from June 16 - Aug. 11, at 7:45 p.m. For more information, contact Diane@AVibrantWorld.com.

### CPR Class

Would you know how to respond if your child stopped breathing? Set up a neighborhood CPR class with Save-A-Heart "The CPR Pros". Call (619) 445-4569 or see <http://www.alpinechamber.com> for more information.

### UMC's Luau

Sunday, Aug. 2, 12 - 4 p.m. Chapel of the Hills, UMC's Annual Western Luau & Deep Pit BBQ Dinner, 25153 Viejas

Blvd., Descanso. Live Island Dancers & Singers. See <http://www.alpinechamber.com> for more information.

### Family BBQ

Saturday, Aug. 8, 10 a.m. - 2 p.m. Family Country BBQ at the Alpine Community Center Park, 1830 Alpine Blvd. Sponsorship Booths Available. Great food, Great Games. For more information, call the Alpine Community Center at (619) 445-7330 or see <http://www.alpinechamber.com>.

### Sunset Wine Tasting

Saturday, Aug. 22, 5:30 - 8 p.m. Lions Tigers & Bears presents "Sunset Wine Tasting '09". Call to RSVP at (619) 659-8078.

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Golden Acorn Casino is planning a fabulous 8<sup>th</sup> anniversary weekend celebration at the Casino on Friday, August 14, Saturday, August 15, and Sunday, August 16!

**Beginning Friday, August 14<sup>th</sup>,  
at noon and lasting until 7:00 pm, we will be holding another Fair –  
Farmer's Market on the north parking lot.**

The Fair will last three days, Friday, Saturday, and Sunday and the charge will be \$35.00 for all three days.

Kiddie Carnival rides will be offered at the same location.

Also on the 14<sup>th</sup>, we will have Comedy Night in the Casino, beginning at 8:00pm, featuring several new and exciting comedy acts.

**Saturday, the 15<sup>th</sup>, the Fair – Farmer's Market will continue,  
beginning at 9:00am and lasting until 7:00 pm  
with fireworks beginning at 9:00pm.**

We will also have bands playing in the Casino. Carnival rides continue.

Sunday, August 16<sup>th</sup> will feature another band in the Casino and the last day of the Fair-Farmer's Market and the carnival rides.

**If you wish to become a vendor at the Fair,  
please call Diana Shea at 619-938-6018 and request a packet.**

We will be delighted to have you share in the festivities as we celebrate our 8<sup>th</sup> year in the great Campo community.

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# For Health's Sake

## Health bits, education and screenings

### Senior Programs

**S**harp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214.

### Hearing Help Workshop Are digital hearing aids for everyone?

This free workshop, presented by an audiologist, will help those who are struggling with hearing loss to understand the advancements in digital hearing aid technology. Monday July 27, 11 a.m. - 12 noon at the Grossmont Healthcare District, Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

### da Vinci Robotic Surgical System seminar

Sharp Grossmont Hospital hosts a physician-led seminar featuring the da Vinci Robotic Surgical System, the latest minimally invasive surgical option available for treating prostate cancer and other prostate conditions.

This event takes place on Wednesday, July 29, from 5:30 to 7 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa Street, La Mesa 91942. Free to the public. Seating is limited and registration is required. Please register at 1-800-82 SHARP (1-800-827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

### Free blood pressure screening

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

mation, call (619) 740-4214.

Sharp Grossmont Hospital Brier Patch Campus, Senior Resource Center, 9000 Wakarusa, La Mesa on Tuesday, Aug. 4, 9:30 - 11 a.m.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Aug. 17, 9:30-11 a.m.

### Caregiver Conference Finding Balance in the Art of Caregiving

Are you caring for a family member, friend or neighbor? Attend this free conference offered by the San Diego Caregiver Coalition. Topics include emotional, physical, legal and spiritual aspects of caregiving, wise use of medications, communication tips, disaster planning & much more. Learn about community resources, support groups and other

assistance available to those who assist a family member or friend. Free lunch and free respite is provided. Thursday Aug. 20 from 9 a.m. - 2:30 p.m. Registration at 8:30 a.m. La Mesa Community Center, 4975 Memorial Dr., La Mesa. Registration required. Call 1-800-827-1008.

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

Do you know someone who lives alone and would like a daily call to check on them? Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, friendly visit from the Senior Volunteer Patrol and more. Call (619) 740-4214 for details.

## Helping people with head-aches

**E**ach year, 90 percent of all men and 95 percent of all women have at least one headache. And despite many people having frequent and sometimes severe headaches that affect their family, social and work life, most do not actively seek relief from their condition.

Experts offer four simple strategies to help get sufferers on the right course to relief:

- Realize that headaches matter and take your headaches seriously;
- Learn all you can-be a student of your own headaches;
- Pay more attention to your personal headache patterns-track your headaches and try to find clues to triggers and solutions; and
- Take control and get the help and care you deserve. Many resources are available.

What makes headache such a personal condition is the varying degree of headache experiences, which can range from mild tension headaches every so often to chronic, crippling migraines. Worse yet, these headaches can be triggered by a variety of physical and environmental factors-from hormones to weather, stress to diet. As a result, an individualized approach is key to getting relief from headaches.

To help people with headache take important steps toward getting relief, the National Headache Foundation (NHF)

has launched "Headache U: It's all about YOU," the first headache education program of its kind. Developed under the guidance of an advisory panel of both physicians who specialize in headache care and people with headache, Headache U contains a series of patient education resources and tools found at [www.headaches.org/headacheu/](http://www.headaches.org/headacheu/).

One example is "Chart Your Course to Relief: a personal headache care tool," which asks people with headache questions about their experiences and, based upon their answers, creates a profile and guides them toward resources that are relevant to their needs.

"People with headaches are all over the map when it comes to their process in seeking relief. But the critical first step is to really get to know their personal headache patterns, and this new tool helps them do that," says Roger Cady, M.D., vice president of the NHF board of directors, and director of the Headache Care Center in Springfield, Mo.

Over the past 40 years, NHF's experts have pulled together many easy-to-use tools and resources to help people better understand headaches and options for headache care. This information is available online at [www.headaches.org](http://www.headaches.org) or by calling (888) NHF-5552.



*Health... Just Common*  
**Horse Sense**  
by Dr. Donald Adema

**A**nother member of "the greatest generation" has just died. His family and friends pulled together and brought him home for final inspections of barns and horses and he died quietly amidst the daily flow of his home. The pictures around him revealed his farm roots, his service in World War II and the challenges he and his war bride met as they started a family and worked their way up to their little ranch. His bride was in attendance at his passing. Quietly courageous would be an accurate description of those two.

This gentleman had a health history that would have stopped many at a much younger age. Yet, he met each physical change with a determination that would not and did not allow an axis of evil to govern in the 40's. Always gracious in the office, he and his wife would discuss the latest diagnosis and review all the options before working on the care plan. And then, they would follow the plan without delay. Which, of course, led to a saddle, a clean barn and maybe a new horse. I hope to be as vibrant at 60 as he was at 80.

How did he do it? The following routine may not seem relevant to today's pace and supposed needs but it sure worked for him. Up with the sun and out to the barn to feed and quickly observe the spread for any immediate needs. Back to the house, maybe with a few pieces of fruit or some vegetables from the garden, and off to work after a kiss. Home from work, decompress outside and then sitting down to a meal with family. Yes, there was no computer time and lots of vit D. Realizing that computer time is a requirement for today's success, does it require your every waking moment?

As a beginning step to meeting the criteria of "the greatest generation", please consider a little more time outside in the sun. Maybe even doing a little yard work or setting up an outdoor gym. Also, please consider not lathering yourself with a sun screen full of environmental estrogens that is contributing to the rise of skin cancer in the 21st century. Just a beginning that will undoubtedly be too difficult for too many. 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

### The Tiny Cabin

**A** social worker from a big City in Massachusetts recently transferred to the Mountains of North Carolina and Georgia and was on the first tour of her new territory when she came upon the tiniest cabin she had ever seen in her life.

Intrigued, she went up and knocked on the door. 'Anybody home?' she asked.

'Yep,' came a kid's voice through the door.

'Is your father there?' asked the social worker.

'Pa? Nope, he left afore Ma came in,' said the kid.

'Well, is your mother there?' persisted the social worker.

'Ma? Nope, she left just afore I got here,' said the kid.

'But,' protested the social worker, 'are you never together as a family?'

'Sure, but not here,' said the kid through the door. 'This is the Outhouse!'

Have a funny joke to share with East County residents: e-mail to: [editor@ecgazette.com](mailto:editor@ecgazette.com) or mail to: Gazette, P.O. Box 697, El Cajon, CA 92020

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## — LOCAL NEWS —

# Who's who at Market in the Park



Kristi French and Mary Rideout with an array of balsamic vinegars, Photo credit: Diana Saenger

by Diana Saenger

The Farmer's Market at the Viejas Outlet Center, part of "Tuesdays in the Park," is continuing to draw big crowds who know a good bargain when they see one. There is something for everyone under those canopies – from Italian Ice, organic fruits and plants and flowers to fresh fish and bread products.

This week's spotlight is on Caribbean Delites and Bistro Blends. Caribbean Delites came about when Ken Tanner and his wife took a trip in the 1980s to Belize in Central America. There they discovered Marie Sharp, a woman who created wonderful recipes for her own original sauces, jams, jellies using wholesome locally farmed Habanero peppers, various fresh fruits,

vegetables, and spices. Today Marie Sharp's business employs 20 people in their factory that exports worldwide. Marie Sharp's original Habanero Pepper Sauce formula is world famous. "Every time we'd return from a trip there, our friends would ask for more of the products," Tanner said.

When he lost his job five months ago Tanner thought why not start a business selling the products at farmer's markets. Myra Thompson - Pull, a shopper at Market in the Park, was excited to find Tanner's booth.

"I know this product well," she said. "It's a favorite, and I'm so happy to find it in Alpine."

For more information on Caribbean Delites visit [www.caribbeandelites.com](http://www.caribbeandelites.com)

Ron and Mary Rideout are the distributors for Bistro Blends. The company was started by a waiter that wanted more out of life. He discovered his recipe while giving it to patrons as a zesty bread-dipper.



Ken Tanner with his Caribbean Delites sauces, jams and jellies. Photo credit: Diana Saenger

His customers wanted to buy it, but it was not available for sale. Almost 10 years later it was. Since those days back in San Francisco at Scala's Bistro, John Spenger has taken that one recipe and introduced it to the culinary world and it hasn't been the same since. That one special recipe of balsamic vinegar, garlic and olive oil has since turned into a line of 10 different amazing flavors that includes marinades, grilling sauces, extra virgin olive oils

and 18-year-old barrel aged balsamic vinegars.

The Rideouts have been selling the line of balsamic vinegars since January at tradeshow and street fairs. "It's a great product of high quality with simple ingredients," Mary Rideout said. "Almost every one who tastes it, buys it."

For more information on Bistro Blends call (619) 448-3233.

## Summer concerts gear up at Viejas

What's better than spending a warm summer evening at a top entertainment site such as Viejas and listening to world class musical groups? The acts coming to the DreamCatcher at Viejas showroom and the Concert in the Park area offer a wide venue of entertainment including music of varied types and laughs, and some tickets are on sale now.

The DreamCatcher at Viejas is inside the Viejas Casino at 5005 Willows RD: Alpine (8-East to Willows Road Exit in Alpine). The Park area is inside the Viejas Outlet Center. There is paid valet or free self-parking available.

DreamCatcher at Viejas & Concert in the Park concert schedule:

- August 8:** 8 p.m., I'm Still Standing
- August 15:** 7:30 p.m., Los Lonely Boys & Los Lobos
- August 21:** 8 p.m., Tony Orlando
- August 28:** 9 p.m., the Kims of Comedy
- October 3:** 8 p.m., Brooks & Dunn

Check out Viejas' full entertainment schedule at: <http://www.viejasentertainment.com/calendarList.php> and for tickets or information call (619) 659-1996 or (619) 220-TIXS.

Note: Ticket prices range from \$5 and up and some concerts are free





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— CLASS ACT ENTERTAINMENT —

# Characters are one sided and boring in 'I Love You Beth Cooper'

by Michael Black

**I** Love You, Beth Cooper is quite plainly a horrible film. It insults both teens and adults alike with horrible writing and acting. Hayden Panettiere is nothing more than a sad attempt at a box office draw for fans that like her as the cheerleader Claire Bennet in NBC's Heroes.

High school super-geek

Denis Cooverman (Paul Rust) decides his school valedictorian speech will be the last chance he has to tell the most popular girl at school – cheerleader Beth Cooper (Panettiere) – that he loves her. Not only that, but he foolishly continues to ramble on and insults several other people in his graduating class. He accuses his best friend Rich (Jack Carpenter) of being gay, singles out

the class bully, and accuses Beth's boyfriend, Kevin (Shawn Roberts), of being a first class jerk.

Now that he has painted a big red target on his back, his idea doesn't seem at pay off, especially when Beth decides to confront him about the speech. Denis' friend Rich invites Beth and her friends to his graduation party and from there, the night turns

into an adventure they will all remember, but audiences will long to forget.

The plot is nothing new when it comes to unlikely relationships between the class nerd and most popular person at school. Most people can't relate to this hypothetical relationship and most audiences usually only identify with and could care less about the other.



Paul Rust and Hayden Panettiere star in *I Love You, Beth Cooper*. Photo Credit: Joe Lederer / 20th Century Fox

Beth is an immensely bad driver, kisses a store cashier to get beer, and is not shy about dropping her clothes around two guys in the girl's school gym bathroom. There are many more immoral behaviors in this film that I wouldn't want any teenager to emulate, especially Beth's irresponsible and downright dangerous behavior.

*I Love You, Beth Cooper* is another bad teen movie that doesn't teach anything new or give the audience anyone to cheer for. Most of the charac-

ters are one sided and boring and the actors who play them are so bad the movie suffers for it.

***I Love You, Beth Cooper***  
**Studio:** 20th Century Fox Film Corporation  
**Gazette Grade:** F  
**MPAA:** "PG-13" for crude and sexual content, language, some teen drinking and drug references, and brief violence.  
**Who Should Go:** Die Hard Hayden Panettiere fans



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August 5 .....	National Night Out
August 12 .....	Funny Car Frenzy
August 19 .....	Charger Steve's Starz Carz
August 26 .....	Revisit the Horseless Carriage
September 2 .....	British Invasion
September 9 .....	Keep on Truckin'
September 16 .....	Woody-Surf's Up!
September 23 .....	Thunder on Main
September 30 .....	Closing Night
October 28 .....	Trunk or Treat
December 9 .....	Parade of Lights



RE Enterprises' Best of Show Winner: Cindy Senior and her 1970 Chevelle SS

El Cajon CDC's Winner: Dan and Barbara Lewis Family and their 1968 Chevy Camaro



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Toyota of El Cajon's Winner: Mike and Ally Benbrook and their 1952 MG TD



Discount Pest Control's Winner: Rod Flick and his Chevy El Camino

El Cajon CDC's Winner: Chris Sass and his 1969 Chevy Camaro



El Cajon CDC's Winner: Bob (and Suzie) Chambers and their 1926 Ford Touring Car



El Cajon CDC's Winner: Hunter Finch and his 1968 Chevy Camaro

El Cajon CDC's Motorcycle Winner: Bill Flynn and his 2001 Road King Harley Davidson



The East County Californian's Winner: Jack Helgren and his 1947 Kurtis Kraft Racecar

Protective Weather Structures' Winner: Lauren Hunter and her 1962 Austin Mini Cooper





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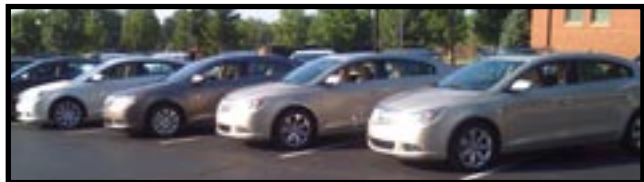
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# MOTORSPORTS

## 2010 Buick LaCrosse CXL AWD



2010 Buick LaCrosse. Photos by Dave Stall

by Dave Stall

**G**M is out of their bankruptcy and they have hit the ground running bringing the 2010 Buick LaCrosse to the door step. This is more proof that the U.S. automaker is not taking this set back lying down.

I flew back to Detroit with a handful of journalist to test drive the 2010 Buick LaCrosse on the back roads of Michigan. Buick had brought three power trains to test, a four cylinder (which they haven't decided if they will offer this engine to the public), a 3.0-liter V6 and a hefty 3.6-liter V6. They did have an AWD system in a 3.0-

liter as well as in the 3.6-liter package. I drove both vehicles and I felt the power was a little down on the 3.0 with the AWD. I spoke with Buick engineering and they agreed to the point they may not make it available on the 3.0 liter engine. I asked about the four cylinder and they said no they would not put AWD on a four cylinder LaCrosse. None of the engine packages came with a turbo-charger or even a supercharger so putting an AWD system on a four cylinder would be a mistake if you ask me.

All models came with six-speed electronically controlled automatic transmissions, which delivered superior shifting.

A lot of effort went into the powertrain and suspension fuel mileage has not been posted officially yet but they are looking at 17 in the city and 28 on the open road.

I drove two of the test vehicles, a 3.0-liter V6 with AWD, as I mentioned on acceleration it was a little sluggish, but once moving it was all good. It handled well on the twisties and stopped great in panic situations (not while I was driving). After a couple of hours behind the wheel one really appreciates the amount of detail work Buick did to the interior; seats were very comfortable and well adjustable one can even get the leather wrapped seat with the ability to heat up or cool down, nice touch especially with the weather we have been having lately. My tester had an in dash Navigation System that was in a perfect position and one feature usually not found on most navigation system is the ability to adjust the lighting especially

during night time driving. Also the Buick had a great sound system with XM thrown in for good listening.

Let's talk a little about the non AWD 3.6-liter LaCrosse I drove. I did something I normally don't have the opportunity to do and that is ride in the back seat. Wow talk about leg room, one would think they were in a stretched limo! The ride was very comfortable and one thing I noticed is the roof line went back far enough to shade the rear passengers and, in the event the sun gets the best of you, there is a power shade to add to your comfort. If you like a little sunshine Buick has done a great job on their sunroof. The 3.6-liter engine is the perfect engine package for the LaCrosse.

In closing, the new LaCrosse is a stunning looking car folks really need to look at if they're in the market for a five passenger sedan. Did I mention that



Buick LaCrosse. Photos by Dave Stall

finally they have bumped the base warranty from 3/36K to 4/50K, shows confidence in the product if you ask me. Pricing is going come in around \$27,085 to \$33,015 plus tax

and license and the option packages are well put together so buyers won't end up with something they don't want. Buick is a new company with a new goal, just watch!

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### Bumper-To-Bumper with Dave Stall

**D**ave: I was told that a Bill Of Sale must contain the words as is or the seller is not protected. Is that true? Charles.

**Charles:** That is correct. In fact, you need to make sure the 17 digit VIN number is on the bill of sale along with the mileage and license plate number, the date it is sold and for how much. You can make your own bill of sale packet or pick one up from DMV. Make a copy for the seller and buyer and make sure they sign both documents. The last thing the seller should do is notify DMV that they sold the car and are no longer the legal owner, otherwise if the buyer doesn't register the car in their name, any tickets or vehicle infractions will be on the original seller's shoulders.

**Dave:** When I let up on the gas pedal of my automatic 2001 Toyota Tacoma I hear a squeaky sound. It sounds like it is coming from under the passenger seat. Any ideas? Thanks Carrie.

**Carrie:** Since the squeak seems to be under the passenger seat the first thing I would do is look under the driver and passenger seat for anything that could cause the noise. If that doesn't correct the problem then I would take a technician for a road test so he can hear the squeak, then he could put the car on a lift and see if the exhaust is hitting something under the truck. Do everything you can to help duplicate the noise to your technician so the diagnosis will be short and sweet. Believe it or not squeaks, rattles and groans can come from the strangest places on a vehicle, could be your license plate frames, a catalytic converter heat shield and the list goes on. Let me know what the squeak turns out to be!

**Dave:** You're not on KCEO any more, where are you? Chad.

**Chad:** Thanks for the question, I have moved to a 50,000 watt station I'm sure you will remember, KCBQ AM 1170. I am on Saturday doing the *You Auto Know Show*, 3 to 5 p.m. then on Sunday I do a motorsports show from Noon to 2 p.m. also on KCBQ and for an interesting twist I host the *On Target Gun Show* on KCBQ from 6 to 8 p.m. with Ron Godwin, check it out! Call-in number for all shows is 1-888-344-1170.

Got a car question for Dave? Go to [davestall.com](http://davestall.com).



## — MotorandSports —

# Never too late to get oneself in shape



Getting fit at Skyline Church in La Mesa at Glaze Boot Camp.  
Photos by Maggie Davis

by Maggi Davis

Every bone, joint and muscle in my body seems to hurt this week. I've been busy moving furniture, with lots of heavy lifting. When I was younger, it made me feel stronger . . . now I get sore. I refuse to admit it might be due to my age; however, I will admit that I am terribly out of shape and overweight. Today, I decided it was time I checked out the fitness boot camp in East County.

Jake Glaze, owner of Glaze Fitness in El Cajon and the San Diego Adventure Boot Camp, was holding one of his boot camps, on the grounds of Skyline Church, in La Mesa. I

went to learn about the camp and to take some photos. I was surprised to see the camp is spread out over a large area. I stopped to say hello to one of the men attending the class. His name was Clint Walker, he told me he was a regular member of the boot camps and had gone down from 235 to 202. He said, "It used to kill me to run one-half of a mile. Now I regularly run at least two-miles and it feels good." Members started the workout promptly at 7 a.m. After some stretching and warm ups everyone moved on to a combination of exercises and jogging along the trails. It wasn't long before they were starting the obstacle course, where they crawled through large tubes, climbed

over a wall, jumped over bales of straw, and continued to jog up and down the trails. Jake led the group through a variety of exercises and kept them all moving at a quick pace.

I started to worry that I might be too out of shape to start a fitness camp and began asking questions. I met Delia Duncan, who told me she's getting back into shape after having a baby. She said, "The first week is hell week, but it's worth it to get into shape and loose the baby fat." Her friend Emily Goodrich also attends the class; she keeps busy with four kids. Emily mentioned, "It's important to go with a friend, to have support while we're getting fit, and we both

are able to leave our kids at Daddy Day Care."

Music was playing in the background during most of the workout and the view from the hillside is beautiful. As I moved along the property with the group, I was encouraged to see there were people of all ages and fitness levels. Jake was careful to help everyone with all their questions. Two new members, Lisa O'Rourke and Hilda David told me the day had been very challenging; however, they are coming back. Lisa said, "The workout is intense, and I'm glad there are things to do for all levels." Another young lady broke in to say, "It's just you against you." I asked her

what she meant and she told me, "At the boot camp, we can all go at whatever pace we choose."

I guess it is never too late to get into shape. I do admire people who work hard to keep fit and I do plan to live a long time. Think it's time to set aside some time for myself and start exercising. Just as the class had ended Winnie Hunter looked over to me and added; "Now I want to go home and take a nap." Sounded like a good idea to me.

If you'd like to learn more about Jake's "San Diego Adventure Boot Camp" call (619) 588-7300, or visit the website at GlazeFitness.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

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018156**  
FICTITIOUS BUSINESS NAME(S): All Creatures Great and Small  
Located at: 1046 Helix Village Dr., El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: January 1, 2009  
This business is hereby registered by the following: 1. Lynette A. Chevalier-Paris 1046 Helix Village Dr., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 18, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-017775**  
FICTITIOUS BUSINESS NAME(S): a.) K58 SurfArt b.) K58 Designs c.) K58  
Located at: 1003 Sumner Ct., El Cajon, CA 92021  
This business is conducted by: A General Partnership  
The first day of business was: June 16, 2009  
This business is hereby registered by the following: 1. James Mangano 1003 Sumner Ct., El Cajon, CA 92021; 2. Truc Nguyen 1003 Sumner Ct., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 16, 2009.  
East County Gazette- GIE030790  
7/09, 7/16, 7/23, 7/30, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018694**  
FICTITIOUS BUSINESS NAME(S): C & R Mortuary Transport Service  
Located at: 11005 Via Merida, La Mesa, CA 91941  
This business is conducted by: A Corporation  
The first day of business was: June 9, 2009  
This business is hereby registered by the following: 1. Kasid Enterprises, Inc. 11005 Via Merida, La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 24, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018783**  
FICTITIOUS BUSINESS NAME(S): Elle Roberts Catering & Events  
Located at: 9256 Regents Rd. Apt. L, La Jolla, CA 92037  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Elizabeth Roberts 9256 Regents Rd. Apt. L, La Jolla, CA 92037\* 2. Scott Roberts 9256 Regents Rd. Apt. L, La Jolla, CA 92037  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 25, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018455**  
FICTITIOUS BUSINESS NAME(S): E.C. Bee Cee Cleaning  
Located at: 2816 Lincoln Ave., San Diego, CA 92104  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Ralph Edward Banks 2816 Lincoln Ave., San Diego, CA 92104  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 23, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018762**  
FICTITIOUS BUSINESS NAME(S): a.) Wave Shoppe b.) Wave Shoppe Hawaiian Shirts  
Located at: 110 N. Kalmia St., Escondido, CA 92025  
This business is conducted by: An Individual  
The first day of business was: November 10, 2004  
This business is hereby registered by the following: 1. Peggy L. Stankovich 720 Erica Street, Escondido, CA 92027  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 25, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

CASE NUMBER 37-2008-00067732-CU-CL-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): MARCELLO CASTILLO. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): NOELLE NAKAGAKI You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, San Diego County, 250 E. Main St., cA 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Noelle Nakagaki 8048 Sarawak Dr., Lemon Grove, CA 91945.Date: (Fecha) October. 14, 2008 Clerk (Secretario, D.R., Deputy (Adjunto)  
East County Gazette GIE030790  
July 9, 16, 23, 30, 2009

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067547-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: KEITH L. TWIGG ON BEHALF OF MINOR SIDNEY BLUE BARAJAS FOR CHANGE OF NAME PETITIONER: KEITH L. TWIGG ON BEHALF OF MINOR SIDNEY BLUE BARAJAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
SIDNEY BLUE BARAJAS  
TO: SIDNEY BLUE TWIGG  
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, on August 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 JUNE 29, 2009.  
East County Gazette – GIE030790  
7/09, 7/16, 7/23, 7/30, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018575**  
FICTITIOUS BUSINESS NAME(S): Trust and Care Home for Seniors  
Located at: 1050 Lemon Ave., El Cajon, CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Andrea Mata 1050 Lemon Ave., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 24, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020748**  
FICTITIOUS BUSINESS NAME(S): a.) Diego's Adult Residential Care Facility b.) Diego's Entertainment  
Located at: 13130 Beechtree St., Lakeside, CA 92040  
This business is conducted by: An Individual  
The first day of business was: June 1, 2006  
This business is hereby registered by the following: 1. Shana L. Haugum 13130 Beechtree St., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018611**  
FICTITIOUS BUSINESS NAME(S): Queens Capital Group  
Located at: 1375 E. Main St., El Cajon, CA 92021  
This business is conducted by: A Limited Liability  
The business has not yet started.  
This business is hereby registered by the following: 1. Queens Capital Funding, LLC 4475 Conrad Drive, La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 24, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

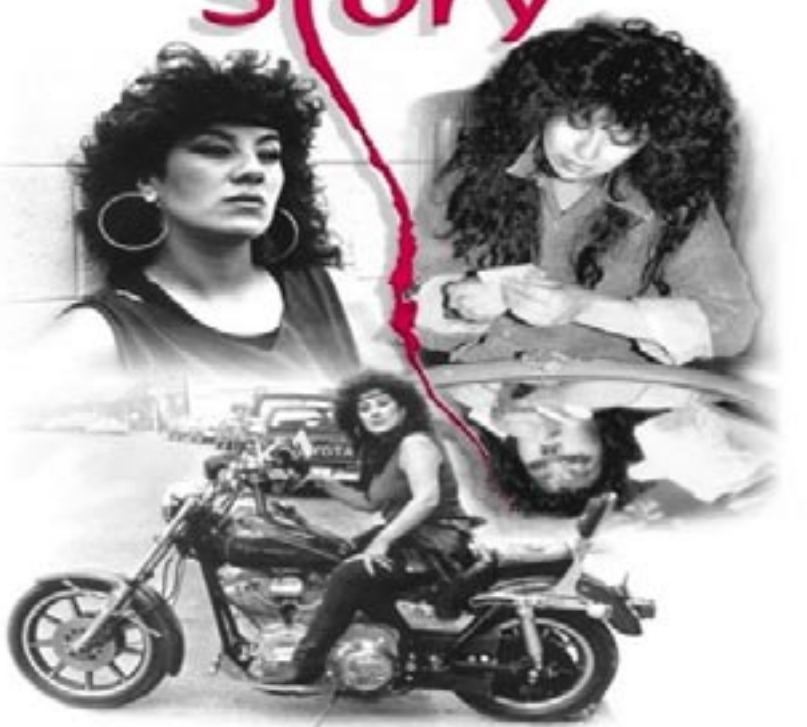
**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020728**  
FICTITIOUS BUSINESS NAME(S): Touch N Go Skin Care  
Located at: 2936 Via Del Caballo Blanco, Bonita, CA 91902  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Kristen N Meyers 2936 Via Del Caballo Blanco, Bonita, CA 91902  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-018622**  
FICTITIOUS BUSINESS NAME(S): WHG Transportation LLC  
Located at: 9628 Riverview Ave., Lakeside, CA 92040  
This business is conducted by: A Limited Liability Company  
The first day of business was: December 1, 2004  
This business is hereby registered by the following: 1. WHG LLC 9628 Riverview Ave., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 24, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-017076**  
FICTITIOUS BUSINESS NAME(S): Villa Alegre  
Located at: 1938 Hidden Springs Dr., El Cajon, CA 92019  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Frederick M. Locsin 1938 Hidden Springs Dr., El Cajon, CA 92019; 2. Donnah Rey Locsin 1938 Hidden Springs Dr., El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 09, 2009.  
East County Gazette- GIE030790  
7/2, 7/9, 7/16, 7/23, 2009

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANN GAHAGAN. CASE NUMBER: 37-2009-00151504-PR-LA-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of ANN GAHAGAN. A PETITION FOR PROBATE has been filed by PATRICIA GAHAGAN in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that PETER OSETEK be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 20, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3<sup>RD</sup> FLOOR, SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner PATRICIA LORENZ, 13231 W. STARDUST BLVD., SUN CITY WEST, AZ 85375. (623) 546-9103  
EAST COUNTY GAZETTE –GIE030790  
JULY 16, 23, 30, 2009

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**NOTICE OF PUBLIC HEARINGS  
CITY OF EL CAJON  
NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT: STREET  
RESURFACING '09 RUBBERIZED  
SLURRY VARIOUS STREETS  
ENGINEERING JOB NO. 3292  
BID NO. 007-10**

**BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on August 11, 2009**

**BIDS TO BE OPENED AT:  
2:00 p.m. on August 11, 2009**

**PLACE OF RECEIPT OF BIDS:  
City Hall  
1<sup>st</sup> Floor, Guest Relations Desk  
200 Civic Center Way  
El Cajon, CA 92020**

*NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.*

Reference is made to the specifications and detailed drawings 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 ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$15.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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](http://www.dir.ca.gov/DLSR/PWD/index.htm). Any successful bidder who intends to use a craft of classifications 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 price, 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, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor of subcontractors.

Bids shall be delivered to the Purchasing Agent at the 1<sup>st</sup> floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. 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 Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

*/s/ Dede Porter  
Purchasing Agent  
July 16, 2009*

East County Gazette- GIE030790  
07/16, 7/23/09



**CITY OF EL CAJON  
NOTICE INVITING SEALED BIDS**

**PUBLIC PROJECT:  
INSTALLATION OF PUBLIC STREET  
LIGHTS ON BROADWAY AND E. MAIN  
STREET FROM BOSTONIA STREET TO  
E. MAIN STREET AND BROADWAY TO  
THIRD STREET  
ENGINEERING JOB NO. 3132  
BID NO. 008-10**

**BIDS MUST BE RECEIVED BEFORE:  
2:00 p.m. on August 13, 2009**

**BIDS TO BE OPENED AT:  
2:00 p.m. on August 13, 2009**

**PLACE OF RECEIPT OF BIDS:  
City Hall  
1<sup>st</sup> Floor, Guest Relations Desk  
200 Civic Center Way  
El Cajon, CA 92020**

*NOTICE IS HEREBY GIVEN that the City of El Cajon, California will receive sealed bids before the time and date set forth above, for the above project. All bids shall be made on the forms furnished by the City and shall be opened and publicly read aloud at the above stated time and place of bid receipt identified above.*

Reference is made to the specifications and detailed drawings 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 ordered from the City website [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or obtained at the office of the Purchasing Agent for a fee of \$9.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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](http://www.dir.ca.gov/DLSR/PWD/index.htm). Any successful bidder who intends to use a craft of classifications 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 price, 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, upon award of a bid, provide the City with an executed non-collusion

affidavit, and with such an affidavit executed by any subcontractor of subcontractors.

Bids shall be delivered to the Purchasing Agent at the 1<sup>st</sup> floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. 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 Division 3, Chapter 9, Section 7000 et. seq., of the Business and Professions Code.

*/s/ Dede Porter  
Purchasing Agent*

Dated: July 16, 2009

East County Gazette- GIE030790  
07/16, 07/23/09

**NOTICE OF TRUSTEES SALE: TS No. 09-03-525 Title Order No. 3206-201328 APN No. 483-370-44-01, 483-340-44-02, 483-340-44-03, 483-340-44-04, 483-340-44-05, 483-340-44-07, 483-340-08, 483-340-44-09, 483-340-44-11, 483-340-44-12, 483-340-44-14, 483-340-44-15, 483-340-44-16, 483-340-44-19, 483-340-44-21, 483-340-44-23, 483-340-44-24. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/05/08. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 08/05/09 at 10:00 A.M., Lender's Foreclosure Services as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 09/29/08 as Document No. 2008-0513175 Book XX, Page XX of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: JACOB GRAVES LLC, A CALIFORNIA LIMITED LIABILITY COMPANY PREFERRED BANK, as Trustor WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, business in this state). At: EAST COUNTY REGIONAL CENTER, BY STATUE, 250 E. MAIN STREET, BY STATUE, 250 E. MAIN STREET, EL CAJON, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: The Land referred to herein below in situated in the County of San Diego, State of California, and is described as follows: A condominium comprised of: Parcel 1: An undivided Seventeenth-Twenty Fifth (17/25th) interest as tenant-in-common in and to the real property described as follows: Lot 1 of TSM No. 582, in the City of El Cajon, County of San Diego, State of California, according**

to map thereof No. 15528, filed in the office of the County Recorder of San Diego County on March 13, 2007. Excepting therefrom the following: (A) All living units as shown upon the El Palacio Condominium plan recorded April 2, 2007 as file No. 2007-219149 in the Official Records, San Diego County, California (Condominium Plan"). (B) The exclusive right to possession of all those areas designated as exclusive use common area balcony, patio, parking space and shown upon the condominium plan referred to herein. Parcel 2: Living Units 1, 2, 3, 4, 5, 7, 8, 9, 11, 12, 14, 15, 16, 19, 21, 23 AND 24 as shown on the condominium plan referred to herein. Parcel 3: The exclusive right to the use, possession and occupancy of those portions of the real property referred to in Parcel 1 above, designated as exclusive use common area, garage G\_ and appurtenant to parcels 1 and 2 above described. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 549 GRAVES AVENUE, EL CAJON, CA UNIT #01, #02, #03, #04, #05, #07, #08, #09, #11, #12, #14, #15, #16, #19, #21, #23, #24. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrance, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust, to-wit: \$414,726.94 Estimated. Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation.

Dated: July 2, 2009

**LENDER'S FORECLOSURE SERVICES  
AS Trustee**

2158 Durfee Avenue, El Monte, CA 91733 (626) 579-5350

Sylvia L. Ramos, Senior T.S.O.  
East County Gazette- GIE030790  
7/16, 7/23, 7/30, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-019730**

FICTITIOUS BUSINESS NAME(S): White Picket Fences  
Located at: 1193 Benjamin Pl., El Cajon, CA 92020  
This business is conducted by: An Individual  
The first day of business was: July 7, 2004  
This business is hereby registered by the following: 1. Evelyn Benjamin 1193 Benjamin Pl., El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 07, 2009.

East County Gazette- GIE030790  
7/16, 7/23, 7/30, 8/06, 2009

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**

**CASE NO.37-2009-00093083-CU-PT-CTL**  
IN THE MATTER OF THE APPLICATION OF: FRANCIS GERALD FISCHBACH FOR CHANGE OF NAME PETITIONER: FRANCIS GERALD FISCHBACH HAS FILED FOR AN ORDER TO CHANGE NAME FROM: FRANCIS GERALD FISCHBACH TO: FRANCIS GERALD ADANZA

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 August 13, 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 JUNE 26, 2009.

East County Gazette – GIE030790  
7/09, 7/16, 7/23, 7/30, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-019685**

FICTITIOUS BUSINESS NAME(S): Alexander Automotive LLC dba Meineke Car Care Center  
Located at : 830 N. 2<sup>nd</sup> St., El Cajon, CA 92021  
This business is conducted by: A Limited Liability Company  
The business has not yet started.  
This business is hereby registered by the following: 1. Alexander Automotive LLC 830 N. 2<sup>nd</sup> St., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 07, 2009.

East County Gazette- GIE030790  
7/16, 7/23, 7/30, 8/06, 2009



**NOTICE RESCINDING ITEMS FOR  
PUBLIC HEARING**

The following items have been RESCINDED for the El Cajon City Planning Commission public hearing at 7:00 p.m., Monday, July 27, 2009 and the City Council's public hearing at 7:00 p.m., Tuesday, July 28, 2009 in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA:

**Specific Plan No. 643 and Conditional Use Permit No. 2107**, as submitted by Affirmed Housing Group, requesting to construct a four-story, mixed-use development, including 35- rent restricted senior residences and 1,920 square feet of commercial space and related parking and common areas. Included in this application is a request to exceed current building height limits, a request for a residential density bonus pursuant to State Law, and a request to reduce the parking requirement. The subject property is located on the southeast corner of Chambers Street and Linda Way and is governed by Specific Plan 182.

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

DATE: July 22, 2009

City of El Cajon  
Planning Division  
Fax: (619) 441-1743  
Ph: (619) 441-1741

East County Gazette- GIE030790  
07/23/09

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**

**CASE NO.37-2009-00067706-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: SCHRYL DUADICO CASTANEDA FOR CHANGE OF NAME PETITIONER: SCHRYL DUADICO CASTANEDA HAS FILED FOR AN ORDER TO CHANGE NAME FROM: SCHRYL DUADICO CASTANEDA TO:

SCHRYL CASTANEDA ALONZO  
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 August 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 JULY 07, 2009.

East County Gazette – GIE030790  
7/16, 7/23, 7/30, 8/06, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-019852**

FICTITIOUS BUSINESS NAME(S): CMC Motorsports  
Located at: 2807 Wildwind Dr., El Cajon, CA 92019  
This business is conducted by: An Individual  
The first day of business was: January 1, 2002  
This business is hereby registered by the following: 1. Cliff Clifford 2807 Wildwind Dr., El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 08, 2009.

East County Gazette- GIE030790  
7/16, 7/23, 7/30, 8/06, 2009

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME**

**CASE NO.37-2009-00067519-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: ISSAC MENDEZ individual, GABRIELA MENDEZ individual, and ON BEHALF OF MINORS IAN ALEJANDRO MENDEZ, AARON DANIEL MENDEZ and MONICA ISABEL RIVERA FOR CHANGE OF NAME PETITIONER: ISSAC MENDEZ individual, GABRIELA MENDEZ individual, and ON BEHALF OF MINORS IAN ALEJANDRO MENDEZ, AARON DANIEL MENDEZ and MONICA ISABEL RIVERA HAS FILED FOR AN ORDER TO CHANGE NAME FROM: ISSAC MENDEZ TO: ISSAC MENHER AND: GABRIELA MENDEZ TO: GABRIELLA MENHER AND: IAN ALEJANDRO MENDEZ TO: IAN ALEXANDER MENHER AND: AARON DANIEL MENDEZ TO: AARON DANIEL MENHER AND: MONICA ISABEL RIVERA TO: MONIKA ISABELLE MENHER

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, on August 12, 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 JUNE 26, 2009.

East County Gazette – GIE030790  
7/02, 7/09, 7/16, 7/23, 2009



— LEGAL NOTICES —

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2009-00067690-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION OF: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS FOR CHANGE OF NAME PETITIONER: DERICK T. LONDON ON BEHALF OF MINOR DRE'SHAUN TERRELL THOMAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
DRE'SHAUN TERRELL THOMAS TO:  
DRE'SHAUN TERRELL LONDON  
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 August 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 JULY 06, 2009.  
East County Gazette – GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**NOTICE OF DIVORCE ACTION IN THE CIRCUIT COURT OF MOBILE COUNTY ALABAMA DOMESTIC RELATIONS DIVISION CASE NO. DR 2009 500729.OO B**  
PLAINTIFF: DEJUAN J. NETTLES VS. DEFENDANT: KATRINA S. FLIPPIN KATRINA S. FLIPPIN (Defendant), whose whereabouts is unknown, must answer the plaintiff's Petition for Divorce and other relief by SEPTEMBER 14, 2009 or, thereafter, a Judgment by default may be rendered against him/her in the above styled case. The defendant's written answer must be filed with the Court and a copy mailed to the plaintiff's attorney of record at the address provided below.  
Done this 1<sup>st</sup> day of JULY, 2009  
Jo Jo Schwarzauser, Circuit Clerk  
Attorney for Plaintiff: Malcolm B. Conway  
800 Downtowner Blvd. Ste 110, Mobile, AL 36609 (251) 272-1257  
East County Gazette – GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020468**  
FICTITIOUS BUSINESS NAME(S): Phoenix Promotional Products  
Located at: 12233 Higgins Terrace, Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: 1. Andrea C. Hunter 12233 Higgins Terrace, Lakeside, CA 92040  
2. Christopher M. Smith 12233 Higgins Terrace, Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**NOTICE OF PETITION TO ADMINISTER ESTATE OF BRUCE FRED VANCE. CASE NUMBER: 37-2009-00151794-PR-PL-CTL**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of BRUCE FRED VANCE. A PETITION FOR PROBATE has been filed by JO ANN SUPPES in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JO ANN SUPPES be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 11, 2009 AT 9:00 A.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Beverly Keller-Haines, The Law Office of Beverly Keller-Haines 7800 University Avenue, Suite A-2, La Mesa, CA 91941 (619) 462-8123  
EAST COUNTY GAZETTE –GIE030790  
JULY 23, 30, Aug. 6, 13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020332**  
FICTITIOUS BUSINESS NAME(S): A and A Real Estate Services  
Located at: 9820 Maine Ave., Lakeside, CA 92040  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: 1. Angela Andrews 9312 Los Coches Rd., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020805**  
FICTITIOUS BUSINESS NAME(S): Studio H32  
Located at: 8283 La Mesa Blvd., 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. David Fox 145 Skyview Lane, Oceanside, CA 92056 2. Tiffany Fox 145 Skyview Lane, Oceanside, CA 92056  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 17, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020446**  
FICTITIOUS BUSINESS NAME(S): T Wealth Pros  
Located at: 9804 Bonnie Vista Dr., 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. Ana Turnage 9804 Bonnie Vista Dr., La Mesa, CA 91941 2. Timothy Turnage 9804 Bonnie Vista Dr., La Mesa, CA 91941  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020388**  
FICTITIOUS BUSINESS NAME(S): a.) Summit Real Estate Services b.) Summit Real Estate  
Located at: 2219 Cecelia Terrace, San Diego, CA 92110  
This business is conducted by: A Corporation  
The first day of business was: January 27, 2007  
This business is hereby registered by the following: 1. Goforth Capital Group, Inc 2219 Cecelia Terrace, San Diego, CA 92110  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 14, 2009.  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-020734**  
FICTITIOUS BUSINESS NAME(S): Sealine Cab  
Located at: 9809 Settle Rd., Santee, CA 92071  
This business is conducted by: General Partnership  
The first day of business was: April 20, 1992  
This business is hereby registered by the following: 1. Aram Hamesalh 9809 Settle Rd., Santee, CA 92071 2. Rokhosh Hamesalh 9809 Settle Rd., Santee, CA 92071  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on July 16, 2009  
East County Gazette- GIE030790  
7/23, 7/30, 8/06, 8/13, 2009

— OBITUARIES —



**Wiley H. Dansby, Jr.**  
**Feb. 10, 1927 - July 17, 2009**

Wiley Dansby, Jr. was born in Jackson, Mississippi on a dairy farm to parents Ada and Wiley Dansby, Sr. At age 17 he joined the Navy where he spent the next 20 years serving the United States. He went on to serve in the Reserves for an additional 11 years.

After serving in the U.S. Navy, Wiley Dansby became a service technician at Sears, which turned into a management position. He retired from Sears with 20 years under his belt.

He then turned to his passion of raising and training horses, Tennessee Walking Horses. During this time, Mr. Dansby met

many new friends, most of whom have turned into lifelong friends and he touched many, many hearts with his kindness and generosity. His God-given talent with animals was seen by all and he soon had phone calls from across the Nation with questions on training horses.

In 1960 he made East County his home, where he and his wife raised their family and have lived the past 49 years.

Wiley H. Dansby, Jr. is survived by his wife of 59-1/2 years Constance. Three children; Donna, Rodney and Debbie. Seven grandchildren; Summer, Josh, Briana, Brice, Brittany, Brent and Connie. Nine great grandchildren; Grace, Lucas, Joon, Nolan, Kaylee, Sage, Carly, Alexis, Zoey and his horse Sara.

Wiley Dansby will be missed by all who knew him. God speed rounding up ponies in heaven.

Services will be held Monday, July 27 at 11 a.m. at Sunrise Community Church, 8805 N. Magnolia Ave., Santee, CA 92107.



**Arlene Fowler**  
**Nov. 26, 1933 - July 2, 2009**

Arlene Fowler was a loving mother, Grandmother, Great Grandmother and friend to all! Born November 26, 1933 in Ypsilanti, N. Dakota. Passed away at 75 years old July 2, 2009.

Survivors are one sister Inez Eggert, four daughters; Cheryl, Phyllia, Dorothy and Patty, eight grandchildren and 10 great grandchildren.

Services will be at St. John's Lutheran Church, 1430 Melody Lane, El Cajon on July 24 at 11 a.m.

Highlights ...

**Continued from page 4**  
trip to City Hall, parking will be located off Rea Avenue, and a portion of the sidewalk along the south side of Park Avenue from North Magnolia to City Hall will also be closed. If you plan to visit the County Court House or the East County Performing Arts Center, parking is available on 250 East Main Street, with overflow parking available in the parking lot located on the north side of Park Avenue. Please make note of these important changes.

**Toyota of El Cajon going green**

As you may have seen from the large sign off Interstate 8 in El Cajon, Toyota of El Cajon will be moving to a new location in October of this year. They're moving to 965 Arnele Avenue, the former Home Depot site. Going Green is very important to dealership owners Greg and Gary Kaminsky. They are currently in the process of remodeling the 124,000-square-foot building with an amazing goal to become the first building in El Cajon, and the first automobile dealership in Southern California, to achieve Leadership in Energy and Environmental Design (LEED) certification from the U.S. Green Building

Council. As part of this process, the dealership is recycling 80 percent of construction debris, equating to 756,340 pounds of waste kept out of landfills, and installing high-efficiency plumbing fixtures, with a predicted savings of 107,000 gallons of water per year. But there's more, they also plan to have a special car wash system that uses just six gallons of water per washing, compared with the industry average of 20 gallons. This water would then be reclaimed and used for landscape irrigation.

**Have fun at Summer Camps**

The El Cajon Recreation Department is offering great summer camps this season and there's still time to sign up. Fun In The Sun Camp is ongoing through August 14<sup>th</sup> at Hillside Center located at 840 Buena Terrace. Call (619) 441-1674 for more information. There's a Gymnastics Camp at Kennedy Center, 1675 E. Madison Avenue from July 27 - 31 from 9 a.m. to 3 p.m. The fee is \$100 for non-residents and \$85 for residents. This camp is designed for gymnastic enthusiasts, ages 7-15. Sign up for Dance Camp at Renette Center, 935 S. Emerald Avenue from August 3 - 7, 9 a.m. to 3 p.m. The fee is

\$100 for non-residents and \$85 for residents. The theme is A Dancers Paradise! Aloha! This camp is designed for beginning through advanced dancers ages 7-15. For the creative-minded individual, there will be an Art Camp at Renette Center, 935 S. Emerald Avenue, August 10 - 14, from 9 a.m. to 12 p.m., the fee is \$85 for non-residents and \$75 for residents. The theme is Out Of This World! This camp is designed for ages 5 through 12. You'll have fun making toys, games, gadgets, and much more. For sports enthusiasts ages 7 through 14, sign up for the Basketball Camp at Renette Center, 935 S. Emerald Avenue, August 10 - 14 from 9 a.m. to 3 p.m. The fee is \$85. For additional camp information, visit us online at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) or call 441-1516.

Keep me informed of your community events by placing me on your mailing or e-mail list. If you have an event in the City of El Cajon that you would like to share, please contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at [mzech@ci.el-cajon.ca.us](mailto:mzech@ci.el-cajon.ca.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

# PUBLIC MEETING

## Helix Water District will have a short presentation and discussion about proposed new water rates.

The district provides drinking water to La Mesa, El Cajon, Lemon Grove, and parts of Spring Valley and Lakeside. All members of these communities are welcome to attend.

Date  
Wednesday, July 29, 2009  
Time  
5:30 to 7 p.m.  
Place  
La Mesa Community Center  
4975 Memorial Drive, La Mesa, CA



## Cox scholarships ...

### Continued from page 2

Mt. Miguel High School and will study pre-medicine at the University of California, San Diego.

Mina Raffo will graduate from Granite Hills High School and aspires to become a dentist. When Mina was seven-years-old, she moved from Iraq to Jordan, where she was threatened and teased because of her religious beliefs. That experience taught her valuable lessons about perseverance and the importance of continuing one's education. "I heard about the scholarships from my teacher and was very happy to hear I was selected," Raffo said. "It's hard to go to college without financial help and this will help me to become a dentist. I'm so thankful that my family and I can live in a country away from war."

Mina plans to follow her dreams and major in biology at the University of California, San Diego.

Other award recipients include:

Ibrahim Mohamed, recipient of a \$10,000 scholarship, plans to use the funds to attend San Diego State University to major in human biology. She is proud to be the first woman in her tribe, the Somali Dir, to attend college.

Julie Le, the recipient of a \$10,000 scholarship, who after graduating from Herbert Hoover High School, would like to become a doctor to help people live happier and healthier lives. She will study biology at the University of California, San Diego.

Garrett Trainor (\$2,500) who will graduate from Poway High School and hopes to pursue his dream of joining the FBI. He plans to major in business and attend the University of San Diego.

Moriah Scannell (\$2,500) has a career goal to become an occupational therapist due to her own childhood struggles with vocabulary and handwriting. She would like to help other children gain confidence and learn the skills they need to overcome their disabilities. She will graduate from Escondido Charter High School and plans to major in kinesiology at California State University, San Marcos.

Linda La (\$2,500) – wants to become a pharmacist. She will graduate from Kearny High School, School of International Business and want to major in biochemistry at the University of California, San Diego.

Abraham Nguyen (\$2,500) – believes in helping others and the power of education. His dream is to become a physician. He completed a three-month internship at UCSD Medical Center earlier this year, will graduate from The Preuss School, UCSD and major in physiology and neuroscience at the University of California, San Diego.

Timer Paida (\$2,500) – who will graduate from Crawford Educational Complex, School of CHAMPS, and plans to major in nursing at Point Loma Nazarene University.

Najma Shikh-ali (\$2,500) – who will graduate from Kearny High School, School of International Business and will major in business at University of California, San Diego.

Cox Heroes Scholarships recognize the hard work and commitment of high school seniors and adults re-entering school who have had to overcome personal challenges while pursuing educational advancement at a San Diego-area vocational school or university. The philanthropic arm of Cox Communications, the Cox Kids Foundation is funded by nearly 1,000 employees whose payroll contributions are matched 100 percent by the company. Since 1999, Cox employees have raised more than \$3 million to help local children and families in need.

## Cool zones ...

### Continued from page 1

• Heritage of the America's Museum — 12110 Cuyamaca College Drive West, El Cajon, 92019 — (619) 670-5194. Closed Sunday and Monday. Open Tuesday through Friday 10 a.m. - 4 p.m., Saturday 12 - 4 p.m.

• Rancho San Diego Library — 11555 Via Rancho San Diego, El Cajon, 92009 — (619) 660-5370 Monday through Wednesday 10am-6pm, Tuesday through Thursday 10 a.m. - 8 p.m., Friday and Saturday 10 a.m. - 5 p.m., Sunday 1-5 p.m.

• Salvation Army Senior Dining & Social Center — 1011 E. Main Street, El Cajon, 92021 — (619) 440-2457 Ext 113, Monday through Friday 8 a.m. - 4 p.m.

• Westfield Parkway Plaza Mall — 415 Parkway Plaza, El Cajon, 92020 — (619) 579-9932. Open during regular mall hours.

Our BIG BOOK GIVEAWAY has started!

# Newspaper Fun!

www.readingclubfun.com Animals LLC © 2009 V8-N28

Find entry forms on our website too.

## Sun and Fun at the Seashore!

Throw the ball please, Cousin Echo!

Hey, who are you talking to?

Can you find and circle 20 different words on this page that begin with the letter 'S'?

Steamy, sunny summer days are a great time to visit the seashore. I like to swim, leap and dive in the surf! What do you like to do? I'll be looking for you!

- picking up gnarled pieces of \_\_\_\_\_ to use in a garden display
- digging up \_\_\_\_\_ in the mud when the tide goes out
- watching \_\_\_\_\_ play, swim, walk their pets
- bodysurfing in the roaring, salty \_\_\_\_\_
- drinking lots of \_\_\_\_\_ and picnicking on a blanket
- searching for and collecting \_\_\_\_\_: shells, starfish, smooth stones
- reading, resting and basking under the \_\_\_\_\_
- shoveling, piling and dripping wet \_\_\_\_\_ to build a castle
- fishing for \_\_\_\_\_ from the pier
- strolling along the \_\_\_\_\_, feeling the sand, water, wind, sun
- throwing bread crumbs to the \_\_\_\_\_ near the rocks
- climbing the rocks of the \_\_\_\_\_ to watch ships and fishermen

jetty waves sand

shore treasures driftwood

seagulls people clams dinner water

sun

What do you like to do at the beach? Fill in the crossword puzzle with these "fun sun" activities at the seashore.

Pinch, where do the sky, ocean and sand meet?

Well, duh!

At the seashore, of course!

### Cool Break!

It's time for a cool break from the hot sun. Can you find your way through the maze to the ice cream cart?

Whew! I really need a cold treat after laying on the rocks in the sun!

Yeah, yeah...try dodging kids' big feet all day long!

Start

Ice Cream

You can put forms for up to 3 children per week in one envelope. Hey, we all like to save money and time!

### Enter the Reading Club Fun Book Giveaway

This summer we're giving away dozens of books and lots of stickers to encourage kids to read. Send in this signed form to enter the giveaway. No purchase needed. One entry per person per week. (Void where prohibited by law.) No P.O. boxes. Incomplete forms will be disqualified.

**Cut out & mail this form to:**

Reading Club Fun  
P.O. Box 646  
Canton, CT 06019

(no stickers will be sent to children under 5 years old)

Child's name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Boy ☐ Girl ☐

Street/Apt. \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Which weekly newspaper do you read? \_\_\_\_\_

Grownup's Last Name \_\_\_\_\_ First \_\_\_\_\_

Grownup's signature (over 18) \_\_\_\_\_

Email \_\_\_\_\_

*To be eligible, all entries must be postmarked by Aug. 20, 2009.*

## 'Surf's Up' the next Movie in the Park at Viejas



Photo credit: Sony Pictures

by Diana Saenger

Things will cool down while watching a bunch of surfing Penguins in the World Surfing Championship in the movie *Surf's Up*. That's the next film on Tuesday, July 28 at 'Tuesdays in the Park'

free Movies in the Park at the Viejas Outlet Center. Families should bring blankets and arrive early if they want to take in the free "Market in the Park," a farmers' market of many vendors who line the concert area from 3 - 7 p. m.

In *Surf's Up* Cody Maverick (voiced by Shia LaBeouf, *Transformers*) is a Rockhopper who has been a surfer for some time, but few of his friends or family believe he's exceptional. When he gets a chance to enter the Penguin World Surfing Championship, Cody travels faraway where he meets challenges and finds new friends. Chicken Joe (voiced by Jon Heder) is one of his funniest friends, and they both get made fun of from Reggie Belafonte (voiced by

James Woods), Tank Evan's manager. Tank (voiced by Diedrich Bader) is the lead surfer who unfortunately has more talent than admirable attitude. He ridicules Cody so much Cody heads out to prove what a good surfer he is, only to wipe out, hit his head under water and become unconscious.

He's rescued by a charming young life guard, Lani Aliikali (voiced by Zooey Deschanel, *Bridge to Terabithia*), and soon Cody forgets about his idea to abandon the contest. He's even more determined to prove he's a good surfer when he meets up with Big Z, an old surfer (voiced by Jeff Bridges) who teaches Cody what surfing is really about.

Kids and parents will enjoy the incredible look of this film. The computer generated graphics are amazing, the color vibrant, and the jokes non-stop but offset by real-life valuable moments. And just when you think you've had your fill of adorable fuzzy little penguins, you'll fall in love with them all over again.

The Sony Pictures film is rated PG for brief mild language and some rude humor, runs 85 minutes and begins at sundown.

### Movies in the Park schedule:

July 28 – *Surf's Up*  
 August 4 – *The Ant Bully*  
 August 11 – *Harry Potter and the Sorcerer's Stone*  
 August 18 – *August Rush*







# Our Best Friends

## Protect your pets against the perils of fleas and ticks

**W**hen flea and tick season is upon us, pet owners need to be proactive regarding the health implications and discomfort these pests can cause their animals.

### Important Flea and Tick Facts

- Fleas thrive in temperatures between 65 and 80 degrees Fahrenheit and in conditions of high humidity.

- The best place to look for fleas on your cat or dog is over the back by the tail base and on the abdomen between the hind legs where there is less fur. They are also commonly found on the ears and in the ear canals, at the base of the ears and on the feet and in between the toes.

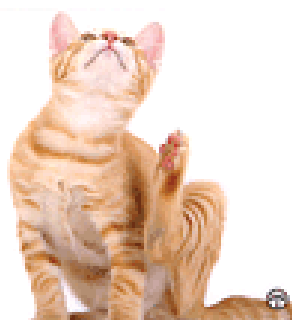
- Oftentimes, a flea is hard to spot but evidence of flea

infestation known as "flea dirt" or the stool of the flea, is telltale. Use a flea comb to find flea dirt on your pet, looking for tiny dark flecks in the hair caught in the teeth of the comb or brush bristles.

- Ticks can carry and transmit diseases such as Lyme disease and Rocky Mountain spotted fever. They are often found outside in areas of low brush and shrubs.

- Ticks can be removed from your dog or cat by grasping the head of the tick where it attaches to the skin with tweezers and gently but firmly pulling back. Use extreme caution.

- There are many brands of topical flea and tick preventatives currently available, including Frontline®, Revolution® and the Advantage® family of products. Your veterinarian can recommend the one that's best for your pet.

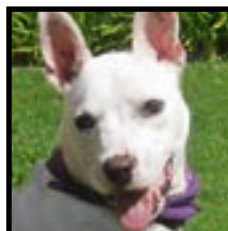


- The best way to check for ticks is to brush your pet daily.

Learn More

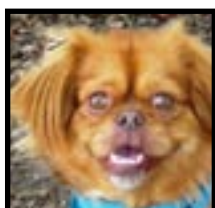
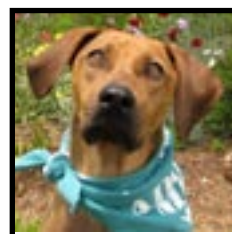
For more information from North Shore Animal League America--the world's largest no-kill animal rescue and adoption organization--on keeping your pet healthy and how you can support the mission to rescue, nurture and adopt approximately 20,000 animals each year, visit [www.AnimalLeague.org](http://www.AnimalLeague.org).

## ADOPT-A-PET



Champ is a 1-year old Cattle Dog/Staffy mix who weighs just 32 pounds. He's happy, friendly, loves to play with dogs, and has an endearing personality. He's smart too! He already knows how to sit, stay, come, and can do a high-5 or a high-10 on command! You'll never be short on smiles when you are around Champ. Call us to find out how he earned his name! He'll do best in a home with children 12+. Champ is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program. His \$150 adoption fee includes microchip, license, vaccinations, and neuter. Information: (858) 205-9974.

Vizsla is a 2-year-old Hound mix female. This gorgeous girl is the embodiment of sweetness. Molly would like nothing more than to spend her day hanging out with you, snuggling on the couch, or going for an adventure with your family. She has just spent her last few weeks caring for her litter of puppies, and now that they've all been adopted, it's time for her to get some extra love and affection from her new family. We think Molly would do best in a home with older children (12+) or adults. Molly loves to play with toys, other large dogs (no small dogs, please!) and also loves just to be near you. Can you give this incredibly friendly girl a home? For more information, please call Kathy at (858) 205-9974.



Peaches is as sweet as her name implies! She's a spunky, 1-yr old Pekingese mix, weighing just 11 pounds. Peaches loves outings and enjoys the company of other dogs. She's looking for an adopter to take her on adventures, invest time in her obedience training, and give her a lap to cuddle in. You'll be rewarded with unconditional love and little doggy kisses. Peaches is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program. To arrange a meeting, call 858-205-9974. Her \$150 adoption fee includes microchip, license, vaccinations, and spay.



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