




Adoptable pets . . .page 19

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VOLUME 10 NUMBER 8 **JULY 30 - AUGUST 5, 2009**

Taylor places in Nationals



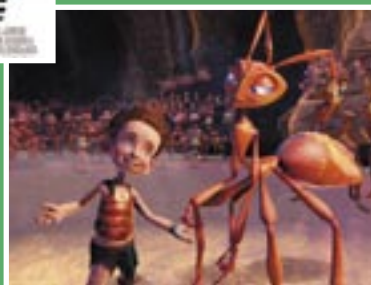
Bryce Taylor, winner of La Mesa Soap Box Derby placed third in National Derby. See story page 14.

What's new in theatres?



Read about
'G-Force'
and
'The Ant Bully'
(playing at Viejas
Movies in the Park'
by
Diana Saenger
and

Haley Price
in the
Class Act pages
11 & 12



Surprise guest speaks to City Council to 'Save the Goose'



"Capt. Jack" arrived at El Cajon City Council meeting Tuesday to invite the public to "Come on board to save the goose, not my goos - the Mother Goose Parade! We can't afford to lose this great family tradition. It's a parade for the children!" City Councilmember Jillian Hanson-Cox is pleasantly entertained. See details page 6. Photo by Monica Zech

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SHOP EAST COUNTY

Local News & Events

La Mesa insurance company's members Stand Up for kids

by Diana Saenger

CauseWorth Insurance Services, Inc., a new and unique insurance firm to open its doors, is taking the nonprofit world by storm. CauseWorth's

distinctive business model to go beyond providing security and protection is unheard of in the insurance world. Several weeks ago CauseWorth employees walked the walk when employee's and their friends visited the San Diego affiliate

of Stand Up For Kids. They brought needed items and food to some of San Diego's more than 1,000 homeless kids to let them know they have allies.

"This is something I decided our employees will do in our own community for a different nonprofit on a regular basis," CauseWorth CEO Jason Jenkins said. "We chose Stand Up For Kids for our first project because we wanted to create awareness for homeless kids in our community. There are so many, and we want to put action behind what CauseWorth is here for and that's to serve."

Stand Up For Kids targets homeless and at-risk youths age 21 and younger. Based on current estimates, there are more than one and a half million children, teenagers and young adults trying to survive on U.S. streets today.

Jenkins and members of Team Cause spent two days in the riverbeds and walking the downtown streets talking to homeless youth. "Walking into a different world that you go by everyday and then to walk down there and find homes made out of cardboard boxes and strollers, it's shocking," Jenkins said. "It's very difficult to lie down in your own bed to sleep knowing someone 14-years-old is going to spend their night in the river bed."

Jenkins can't believe there



Jason Jenkins and Stand Up For Kids Counselor Michael search for homeless kids in the San Diego riverbed to offer assistance. Photo credit: Isaac Bitar

are so many homeless kids in America. "It's really sad," he said. "Most of the stories we hear about are parents who no longer take care of or abuse their children. Maybe a parent is on drugs, or has a new mate who abuses the kids, so they flee for their lives to the streets."

Starting at 5:30 p. m. Stand Up For Kids allows the homeless kids in San Diego to sign in at their downtown Park Ave. facility. There the kids get fed a meal, can do laundry, get clothes or toiletries and food in backpacks for the next day's early meals. There

is no over night accommodations. Staff there also works with the kids on their legal problems and tries to find them jobs to help them get their lives back together. Part of Team Cause's visit including just spending time with the kids and talking to them one on one.

"Our visit was very eye-opening to be made aware of the need and lack of resources for these kids and everything that Stand Up For Kids is accomplishing to help them," said Jon Heinrichs, CauseWorth V.P. of Business Development.

CauseWorth Senior Account Manager Pedram Niazmand appreciated that the Team could show the kids support. "They've been driven away from home for various reasons," he said. "It was great to be able to offer them emotional support and try to help them solve some problems and maybe find a job." The Team's visit did result in a volunteer giving one of the kids a job.

CauseWorth's highly skilled, compassionate and dedicated management team is excited about the company's philosophy of giving back. In addition to writing policies that most likely will meet or beat clients' current annual premiums; CauseWorth will send 10-30 percent of the company's gross revenue from every insurer's policy to the insurer's favorite nonprofit charity.

"We're giving back a percentage of our income to nonprofit organizations because it's the right thing to do, and we can," Jenkins said. "We see this as part of our social responsibility and hope our efforts will help make a better world for everyone and give consumers a real choice."

Stand Up For Kids can use gifts and donations, and the organization seeks national and local sponsors, grants, endowments and gifts-in-kind. For more information call Stand Up For Kids at (619) 702-4543. For more information about CauseWorth Insurance call (619) 741-1894 or visit www.causeworth.com

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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events



Chamber President Steve Menefee was honored by County Supervisor Dianne Jacob as he past the torch to the new Chamber President Todd Williams. Photo by Patt Bixby



Swearing in of incoming president Todd Williams and outgoing president Steve Menefee. Photo by Patt Bixby

by Patt Bixby Chamber Installation of Officers

Lakeside's Chamber of Commerce held their annual Board of Directors installation and Annual meeting honoring their directors, President Steve Menefee and Harry J. Spence Citizen of the Year winner 2009 Don Bright at the Lakeside Fire Protection District office on July 23.

The evening began with the introduction of dignitaries representing Congressman Duncan Hunter 52 District "Mac" Mac Williams, representing Senator Dennis Hollingsworth 36th District Ellen Malin, representing Joel Anderson 77th District Rorick Luepton.

Chairwoman County Supervisor Dianne Jacob 2nd District officiated the swearing in of the 2009 Board of Directors President Todd Williams, 1st VP James Fread, 2nd VP Bobbi Buettgenbach, and Treasurer/Secretary Jean Stanzick. Chairwoman Jacob expressed her pleasure at how well the Chamber has developed into

a vital and intricate part of the community.

Other awards presented included Legislator of the Year 2009 Assemblyman Joel Anderson, Volunteer of the Year 2009 Donna Greene (25 years of service), Board member of the year 2009 Bobbi Buettgenbach, Chamber member of the year 2009 Donna Hill, Community leadership/ Organization of the year 2009 Lakeside Optimist and Lakeside School Board, Sponsor of the Year 2009 Barona Band of Mission Indians and Willaim and Sons Masonry, Ambassador of the Year 2009 Jerry Mosier, outgoing directors honored Frank Hilliker and Julie Bugbee.

The passing of the gavel from outgoing President Steve Menefee to incoming President Todd Williams brought applause from the standing room only audience. President Williams looks forward to a year of hard work mixed with a lot of fun. Williams believes you can work hard and have fun doing it.

Congratulations to all from the East County Gazette.

El Capitan High Marching Band to hold car wash

El Capitan High School marching band Vaqueros Band and Color Guard will hold a car wash at the Pony Express Car Wash at 9757 Winter Gardens Blvd., Lakeside on Sunday, Aug. 9, 2009 from 8 a.m. to 6 p.m. The donation for the car wash is \$9, all proceeds benefit the marching vaqueros.

Some interesting facts about the El Capitan Marching Vaqueros Band; the band was invited by the Queen of England's parade ambassador leadership program to perform in the New

Years Day World Parade on January 1, 2009. El Capitan has performed at the California Adventure theme park in Anaheim, CA.

The band has performed at several show competitions throughout San Diego and Los Angeles. Each year the El Capitan Marching Vaqueros Band performs in the Lakeside Western Days Parade. The Marching vaqueros are composed of instrumental band students and color guard, current enrollment for the 2009-2010 school year is approximately 80 students. A special thanks to Pony Express from the El Capitan High School Marching Vaqueros.

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Santee sues County of San Diego over Las Colinas jail expansion

The City of Santee has filed a lawsuit against the County of San Diego regarding the expansion of the Las Colinas Women's Detention Facility. The lawsuit filed recently in San Diego Superior Court claims that the County violated multiple aspects of the California Environmental Quality Act (CEQA) in the approval of the project and certification of the final environmental impact report (EIR) regarding the jail expansion. Ryan Companies US, Inc., a nationally recognized real estate development, design-build construction, and real estate management firm, will also be filing a lawsuit against the County over the Las Colinas expansion.

According to the Santee complaint, "The City brings this action because the City, its residents and staff, and the general public will suffer irreparable injury if the County's actions are not immediately set aside."

The County certified the final EIR on June 24, 2009 and plans to proceed with the expansion which calls for the replacement of the existing 15-acre Las Colinas jail with a 45-acre detention compound in the heart of Santee's booming town center.

"The County of San Diego violated many California environmental laws and now has an EIR that punishes Santee," states Santee Mayor Randy Voepel. "To move forward on this project without following the law is just plain wrong."

CEQA law requires specific analyses and procedures be followed when evaluating the environmental effects a proposed project will have on the land and the community in which the project would be located. This information is compiled into an EIR which is then circulated for public comment.

According to Santee's complaint, the expansion is incompatible with a number of surrounding land uses, such as the adjacent developing office park and commercial centers within the Santee Town Center area, park and open space along the San Diego River, nearby residential neighborhoods, schools, a church and day-care center and a fire station. Consequently, the project would result in significant and far-reaching environmental impacts, including land use and planning, urban decay, public safety, aesthetic, traffic and circulation and noise impacts. The project is also inconsistent

See LAWSUIT page 16

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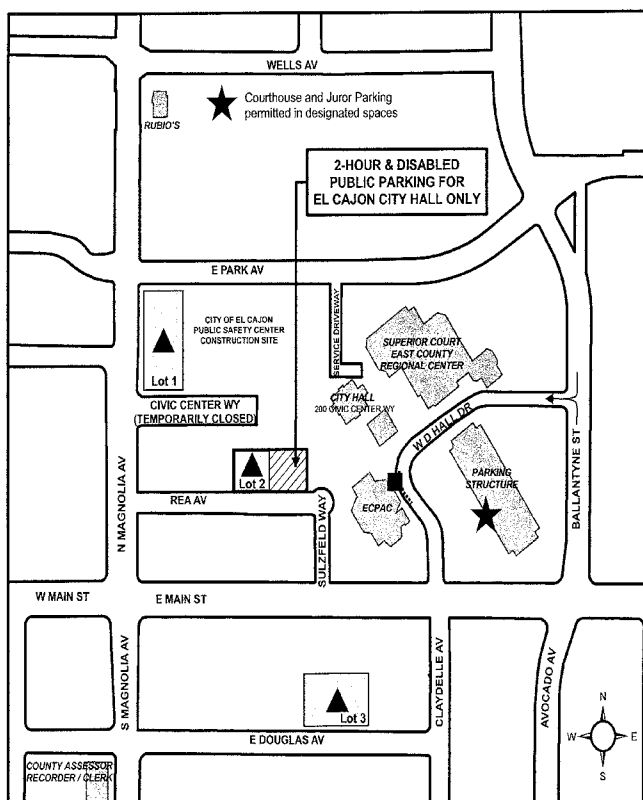
— LOCAL NEWS & EVENTS —



El Cajon City Highlights

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City of El Cajon Delivery / Loading Zone on the west side of W.D. Hall Drive
(Accessed from Ballantyne Street)

by Monica Zech
City of El Cajon Public
Information Officer

Major parking lot changes at City Hall

Effective Monday, Aug. 3, the existing City Hall parking lot along Civic Center Way will be closed for the construction of the Public Safety Center (PSC). A new parking lot was recently built along Rea Avenue for the public to use when visiting City Hall, Council Chambers or the East County Performing Arts Center.

If one plans to visit the East County Regional Center and Superior Court, parking is available at 250 East Main Street, with overflow parking available in the parking lot located south of Wells Avenue and east of Magnolia Avenue. A map of the parking changes is available on the City's website at www.ci.el-cajon.ca.us under "What's New".

Make note of these important changes. For regular construction updates and traffic impacts, call the Public Safety Center Project Hotline number at (619) 441-5524.

El Cajon Police to hold more Community Forums

The El Cajon Police Department will again be holding Community Neighborhood Forums toward the end of August. These meetings were very well received in the past.

With the overwhelming public interest, four have been scheduled starting Aug. 24 covering all sectors in the City. This is an opportunity for residents to ask Police and other City department representatives their questions, or to voice any concerns they may have about their neighborhood. Topics addressed at previous forums have been traffic, graffiti, and gangs, while several came just to say "thank you" for a job well done.

Police Community Forums are scheduled for the following sectors:

Sector 10 - Monday Aug. 24 - 6 p.m. - 7:30 p.m. at Channel 12/25, 172 East Main Street.

Sector 8/6 - (combined sector meeting), Tuesday, Aug. 25 - 6 p.m. - 7:30 p.m. at Renette Center, 935 Emerald Avenue.

Sector 7 - Wednesday Aug. 26 - 6 p.m. - 7:30 p.m. at Bostonia Elementary, 1390 Broadway.

Sector 9 - Thursday Aug. 27 - 6:00 p.m. - 7:30 p.m. at Meridian Elementary, 651 S Third Avenue.

El Cajon Police Chief Pat Sprecco said, "We've had great response from previous forums. The community forums have been very informative for us at the Police Department and we hope for the community as well." To find out what sector of El Cajon you live in, see the sector map at www.elcajon-neighbors.org website and go to "What is my sector." For more

information contact Lt. Jim Redman at (619) 579-3364.

El Cajon Police senior volunteers needed

The El Cajon Police Department is looking for seniors 50 and above who are interested in becoming a member of the Retired Senior Volunteer Patrol (RSVP). This wonderful program offers exciting opportunities for senior citizens of our community to serve with the Police Department in various areas as they strive to enhance community safety through crime prevention and education. This and other programs offered in the City, help to improve the quality of life in our community. Please contact Volunteer Coordinator Sue Carpenter for more details about the RSVP program at (619) 579-3354.

Smoke Testing now through August 28 in El Cajon

On July 29 smoke testing began on City sewers and manholes in the City of El Cajon. The City contracted with ADS Environmental Services to perform physical inspection and smoke testing within the sanitary sewer system in and around the 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 detailed information go to our City website at www.ci.el-cajon.ca.us and look under Quick Links for Smoke Testing Information, call ADS at (858) 571-0045, or call our Public Works department at (619) 441-1510.

Jamacha Road Pipeline Project update

The Jamacha Road Pipeline project is located within the City of El Cajon and the unincorporated community of Rancho San Diego in the County of San Diego. The project involves installing approximately 5.1-miles of 36-inch steel pipe to transport drinking water. The pipeline will connect Flow Control Facility No. 14 located at the intersection of Lexington and Third Street in El Cajon to the Otay Water District's Regulatory Reservoir Complex in Rancho San Diego. The pipeline's route travels south along Third Street and on to Dumar Avenue, Waterloo Avenue, Gustavo Street, Jamacha Road, Brabham Street, Via Rancho San Diego, Fury Lane, and along the southeasterly boundary of Cuyamaca Community College, where it will connect to the existing Regulatory Reservoir Complex. The Jamacha Pipeline will deliver up to 16 million gallons per day.

Due to the planned roadwork, expect traffic control and possible delays through the fall of 2010. Potholing work will take place along the route during the week of July 27. For more information about the impacted areas, community meetings, traffic updates, or detours, call (619) 670-2552 or visit their website for updates at www.jamachapipeline.com.

Library Open House

The El Cajon branch library is holding an Open House on Friday, July 31 at 2 p.m. The library is located at 201 East Douglas Avenue. Come and enjoy music, food and a chance to meet the library director. For more information call (619) 588-3718.

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, or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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— LOCAL NEWS & EVENTS —

Crime-Free Multi-Housing Program graduates recognized by City Council



Graduates from the El Cajon Police Department Crime Free Multi-Housing Program were recognized at Tuesday's El Cajon City Council. Above are representatives from properties that were recognized. Photo by Monica Zech

by Monica Zech

At Tuesday's City Council meeting, new and returning graduates of the El Cajon

Police Department Crime Free Multi-Housing Program (CFMH) were recognized by the City Council. The CFMH is a state-of-the-art, crime prevention program designed to reduce crime, drugs, and

gangs on apartment properties. The El Cajon Police Department adopted the program in 1997 and since then other law enforcement agencies have joined the program in San Diego County.

Rental properties receiving recognition at Tuesday's meeting were: Westwood, Calle Uno, Cajon Terrace, Westbrook, Peach Palm, Sierra Gardens, Shady Lane, Villa Patricia, Cobblestone, Ballantyne, Hunters Run, Torrey, El Capitan, Olivewood, Sunset Gardens, Colonial Gardens, Villa Grande and Evergreen Villas Apartments, as well as Safari Mobile Home Park. Members of this Crime Prevention partnership will continue to be recognized at future City of El Cajon Council meetings.

The Crime Free Multi-Housing Program is targeted for rental properties of all sizes, including single-family rental homes. It addresses such top-

ics as Understanding Crime Prevention, Crime Prevention Through Environmental Design (C.P.T.E.D.), Community Rules/Policies, Building Apartment Communities, Combating Illegal Activity (Drugs, Gangs, Graffiti, Etc.), Dealing with Non-Compliance, and the Federal Fair Housing Laws.

Property owners, managers, leasing staff, maintenance personnel, and others in the management team are encouraged to attend. It is also recommended that police officers attend the training to understand the civil nature of rental communities and to establish a rapport with managers of rental properties.

Some of the obvious benefits derived from the program are increased revenue, more responsible tenants, less crime, and higher occupancy rates. In many areas of the country, participants enjoy discount rates for property insurance, building improvement purchases from local businesses, and other discounts by displaying their certificate of completion from the program.

For a list of certified CFMH properties, visit www.elcajon-police.org. For further information, questions regarding the program, or to register for the next training class, please contact Samantha Hook at (619) 579-4227.

Help save the annual Mother Goose Parade in November



"Capt. Jack" and Mother Goose arrived at the El Cajon City Council meeting to request help with funds for the 63rd Annual Mother Goose Parade. Photo by Monica Zech

Help save the 63rd Annual Mother Goose Parade, planned for November 22, 2009. Parade directors are in desperate need of sponsors, otherwise the parade may not happen. With the current state of the economy, the usual funding has not been coming in as in the past.

To help raise funds for the parade, some area businesses will have specially marked mason jars at the counter to collect your extra change, or you may see Mother Goose herself at special events collecting donations.

The Mother Goose Parade

Association is also asking for the public's help by being a parade sponsor or by making a personal donation to the Mother Goose Parade Association, P.O. Box 1155, El Cajon, CA 92022.

For information on sponsorships, call (619) 444-8712.

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— LOCAL NEWS & EVENTS —

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Alpine happenings ...

Annual Western Luau in Descanso

Chapel of the Hills Community United Methodist Church (www.chapelofthehills.org) presents their Annual Western Luau Sunday, Aug. 2 from noon to 4 p.m. All are invited to the Hawaiian-style pit-barbequed pork dinner. Exciting entertainment and terrific door prizes round out the afternoon.

Musical entertainment is by the Pine Creek Posse and three different Pacific Island dance groups.

Door prize drawings begin at 3 p.m., with the grand prize of

a Hawaiian vacation awarded at 3:30. Entry is included with each adult dinner ticket. The winner MUST be present to claim this prize.

Dinner ticket prices are \$10 for Adults, \$8 for Seniors, \$5 per child under 12 years, and a special Family rate of \$25 for two adults and any kids under 12. Tickets available at the door, or in advance from any church member. Call the church office at (619) 445-3617 or Judy Inskeep at (619) 445-3823. The church is located at 25153 Viejas Blvd.

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.

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.

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Fabulous Anniversary Weekend Celebration
 Golden Acorn Casino is planning a fabulous 8th anniversary weekend celebration at the Casino on Friday, August 14, Saturday, August 15, and Sunday, August 16!

Beginning Friday, August 14th, 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 14th, we will have Comedy Night in the Casino, beginning at 8:00pm, featuring several new and exciting comedy acts.

Saturday, the 15th, 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 16th 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 8th year in the great Campo community.

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For Health's Sake

Heat stress poses serious problems for workers

The frequency of accidents in hot environments is much greater than in more moderate conditions according to the American Industrial Hygiene Association (www.aiha.org). Industrial hygienists are the occupational health and safety experts who ensure the safety of workers under heat-related conditions. Working in a hot environment lowers mental alertness and physical performance and increased body temperature can promote irritability, anger and other emotional states which can cause workers to overlook safety or divert their attention from hazardous tasks.

AIHA believes education is key to reducing heat-related injuries. But learning the causes and solutions isn't enough, it is also important to educate the workers themselves. A good heat-stress training program should include:

- Knowledge of heat stress hazards
- Awareness of first-aid procedures for heat stroke

- Employee responsibilities in avoiding heat stress
- Dangers of using drugs, including therapeutic ones, and alcohol in hot work environments
- Use of protective clothing and equipment
- Recognition of danger signs and symptoms
- Continuing education and advantage to workers of participating in a heat-stress training program

Factors affecting a worker's sensitivity to heat include age, weight, degree of physical fitness, degree of acclimatization to the heat, metabolism, use of alcohol or drugs, preexisting medical conditions, type of clothing worn and prior heat injury. Environmental factors also come into play and include radiant heat, air movement, conduction and relative humidity.

To determine the work-rest regimens that are safe for most people, the Occupational Safety and Health Agency recommends employers should:

- Reduce physical work demands such as excessive lifting or digging
- Provide recovery areas such as air-conditioned enclosures
- Use early morning or night shifts
- Use intermittent rest periods with water breaks
- Use relief workers
- Use worker pacing
- Assign extra workers and limit worker occupancy, or the number of workers present, especially in confined or enclosed spaces

- Place ample amounts of liquid close to the work area and ensure workers get one cup of cool liquid every 20 minutes

Some high-tech solutions

to heat stress are available to employers such as thermally air-conditioned clothing with a self contained air conditioner, ice vests, wet clothing, water-cooled garments and circulating air.

Employers can learn more about protecting their workers from heat stress by visiting www.aiha.org. A consultants listing of industrial hygienists that include specialists in heat-stress prevention is also available on the site.

Founded in 1939, the American Industrial Hygiene Association (AIHA) www.aiha.org is the premier association of occupational and environmental health and safety professionals. AIHA's 10,460 members play a crucial role on the front line of worker health and safety every day. Members represent a cross-section of industry, private business, labor, government and academia.

Health bits, education and screenings

Senior Programs

Sharp 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.

Free blood pressure screening

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

Sharp Grossmont Hospital Brier Patch Campus, Senior Resource Center, 9000 Warkarusa, 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.

Grossmont College's CVT program receives grant

The Grossmont College Foundation, a fund-raising organization that benefits Grossmont College students and educational programs, has announced that it has received a \$30,000 grant from Abbott Vascular, one of the world's leading vascular care businesses. The grant will benefit Grossmont students who are enrolled in the college's cardio-vascular technology (CVT) program. According to Ernest Ewin, Grossmont College Foundation executive director, the Abbott grant will assist the entire CVT program to stay current with the latest research and instructional information, including new equipment and supplies used by CVT students.

Grossmont College's CVT program, which was founded in 1972, and boasts about 1,750 graduates, is one of three CVT programs offered at community colleges in California, and the only CVT program in the state to offer three different specialty areas in a cardiovascular technologist's scope of work (invasive, non-invasive and vascular). It was the first CVT program at a community college to be accredited in the nation. Cardiovascular technologists are allied health professionals who are specifically trained to perform a variety of tests that provide information to the physician in the diagnosis and treatment of various cardiovascular diseases. Grossmont CVT grads are currently working in more than 90 percent of the available cardiovascular-related jobs in San Diego. Nationwide, the majority of Grossmont CVT grads have careers in clinical positions, while others work as department managers, teachers, medical researchers, authors and applications specialists.

Abbott Vascular, a division of Abbott Laboratories (NYSE: ABT), is uniquely focused on transforming the treatment of vascular disease and improving patient care by combining the latest medical device innovations with world-class pharmaceuticals, investing in research and development and advancing medicine through training and education. Headquartered in Northern California, Abbott Vascular offers a comprehensive portfolio of vessel closure, endovascular and coronary products, which are recognized internationally for their safety, effectiveness and ease of use in treating patients with vascular disease.

The Grossmont College Foundation is a 501(c)(3) non-profit organization that directly supports Grossmont College students, faculty and staff through scholarships, educational equipment and supplies, facilities and education programs.

Laughter is the Best Medicine

High urinals

A group of 3rd, 4th and 5th graders, accompanied by two female teachers, went on a field trip to the local racetrack, (Churchill Downs) to learn about thoroughbred horses and the supporting industry (Bourbon), but mostly to see the horses.

When it was time to take the children to the bathroom, it was decided that the girls would go with one teacher and the boys would go with the other. The teacher assigned to the boys was waiting outside the men's room when one of the boys came out and told her that none of them could reach the urinal.

Having no choice, she went inside, helped the boys with their pants, and began hoisting them up one by one, making sure they were pointing in the right direction.

As she lifted one, she couldn't help but notice that he was very mature.

Trying not to show that she was staring the teacher said, 'You must be in the 5th grade.'

'No, ma'am', he replied. 'I'm riding Silver Arrow in the seventh race, but I appreciate your help.'

Submitted by S. Dows of El Cajon.

Have a funny joke to share with East County residents: e-mail to: 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



Frank Virgilio with Lone Oak Ranch organic produce. Photo credit: Diana Saenger

by Diana Saenger

The cooler desert flow breeze and great vendors in The Farmer's Market at the Viejas Outlet Center, part of "Tuesdays in

the Park," is bringing delighted consumers to Viejas each Tuesday. There are great bargains, a terrific selection of products and a village type atmosphere where vendors and shoppers enjoy a unique camaraderie.

This week's Farmer's Market vendor spotlight is on World Famous Fish and Lone Oak Ranch. Mark Stratton and Bianca Koch have been selling fresh fish for years. "We participate in farmer's markets and also sell from Fisherman's Landing," Stratton said.

World Famous Fish sells sushi grade-A tuna, yellow tale, halibut, sea bass, mahi mahi, and other fish selections by the 5-lb bag. "Everything we have is fresh," Koch said. "We pick up our fish every morning or the night before we go out to sell. Our \$5 bag is a real bargain."

Manager Frank Virgilio handles the produce at his booth like a jeweler handles precious gems. That's because he knows the value of his peaches, nectarines, plums, apricots or stone fruit. Lone Oak Ranch grows their produce in the Fresno valley region. "Not all produce is certified," Virgilio said. "Our produce is 100 percent certified organic"



Mark Stratton and Bianca Koch with World Famous Fish. Photo credit: Diana Saenger

Lone Oak Ranch's Dale Simmons is a fourth generation farmer who works with his sons to keep the family traditions alive. Whether growing summer fruit or winter citrus, their mission remains the same; to provide their customers with the finest produce California has to offer, to educate people about the diverse products

California has to offer, and help their customers to eat seasonally by enjoying the ripest and freshest food at the peak of the season. They never sell anything that comes from another country, and buy only from other small family farms.

For more information visit <http://farmerandthedale.com/>



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— CLASS ACT ENTERTAINMENT —

'G-Force' is fun and offers something new

by Haley Price

Families looking for a lot of laughs will want to see *G-Force* which blasted into theaters last week. The comedy is action packed with gadgets, gizmos and guinea pigs who are specially trained as part of G-Force, an undercover group trying to stop an evil mastermind who wants to control the world.

Ben (Zach Galifianakis) has trained his special G-Force

members well. They can speak and understand English. Commander Darwin (voiced by Sam Rockwell, *Frost Nixon*), the chief of G-Force, is down to earth, independent and keeps the two other agents in line. Not so easy since Juarez (voiced by Penelope Cruise, *Vicky Cristina Barcelona*) is sassy and fierce and keeps her team members confused about which one she really likes. Blaster (voiced by Tracy Morgan) loves to dance, which fit in well with the music in the

film. Some I recognized like the song "Boom Boom Pow" performed by the Black-eyed Peas.

The assignment for G-Force is to break into the home of Saber (Bill Nighy, *Valkyrie*). He owns a line of appliances that can talk to each other around the world. G-Force wants to stop his plan. Speckles (voiced by Nicholas Cage, *National Treasure*), a star-nosed mole, is a genius on the computer, especially with passwords. He

wants to download a dangerous file called Clusterstorm. Mooch (voiced by Dee Bradley Baker) is the last member of the special agent team. He is literally a fly on the wall. When the team leaves, Speckles can't get out because of a dog until the team jumps to action.

When they get back to their base, an old abandoned warehouse, FBI agents show up to shut the operation down. Ben tells them they're doing good things, but when they try to



Darwin, Juarez, Blaster and Mole in *G-Force*. Photo credit: Walt Disney Motion Pictures Studio

show them the Clusterstorm file, nothing is there. So the team is taken away to a pet shop, where they meet two new friends. Hurley (voiced by Jon Favreau, *I Love You Man*), a lazy guinea pig who never gets picked by customers, and the rabidly territorial hamster Bucky (voiced by Steve Buscemi, *The Messenger*) are very funny. Hurley thinks he's Darwin's brother.

Juarez and Blaster get sold to a family. Juarez's little girl owner dresses her up like a princess and paints her toenails. Juarez hates this but it makes the audience members laugh. Blaster gets stuck in a remote controlled car. That is my favorite part. There are some crazy scenes as this team has adventure chasing and being chased in motorized guinea pig

balls and fighting with a one of Saber's killer microwaves.

The movie has amazing special effects in 3D including fireworks, and the 3D makes you feel like you can touch everything. I like some of the gadgets such as the animal translator, so you can understand the animals, and the special glasses that are like mini computers, and many more.

I also like that producer Jerry Bruckheimer (*Pirates of the Caribbean: at World's End*) helped create a fun movie with a new idea. There are many movies about secret agents like James Bond, and also ones with talking animals. *G-Force* combines both. It's not too scary, though some parts are intense, and it's a great family movie to teach kids they are special.

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G-Force

Studio: Walt Disney Motion Pictures Studio

Gazette Grade: B +

MPAA: "PG" for some mild action and rude humor

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— CLASS ACT ENTERTAINMENT —

'The Ant Bully' is the next Movie in the Park at Viejas

by Diana Saenger

A record crowd came out last week to 'Tuesdays in the Park' free Movies in the Park at the Viejas Outlet Center. That's because it's the place to be on Tuesdays. A nice lawn to enjoy a cool evening breeze, a free movie and if you arrive between 3 and 7 p.m. you can enjoy the free "Market in the Park," a farmers' market of many vendors who line the concert area.

The Ant Bully is about Lucas Nickle, a ten-year-old boy who has just moved to a new neighborhood. With no friends he is the target for the local bully and his gang. When Lucas gets beat up he

takes out his anger on an ant-hill in his front yard; kicking and stomping it and finally flooding it with a hose. This terrifies the ants so a wizard ant known as Zoc, devises a magic potion that will shrink Lucas down to their size and force him to live like an ant within the colony. There Lucas discovers an astonishing new world and learns first-hand the value of friendship and teamwork. Kids watching the film learn some good lessons as Lucas gains friends, acceptance and the courage to stand up for himself

Warner Bros. Pictures *The Ant Bully* is rated PG for some mild rude humor and action, runs 88 minutes and begins at sundown.



Photo credit: Warner Bros. Pictures

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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Movies in the Park schedule:**August 4** – *The Ant Bully***August 11** – *Harry Potter and the Sorcerer's Stone***August 18** – *August Rush***August 8 (Sat)**, *Alfred Hitchcock's B&W 1939 thriller The 39 Steps*

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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



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Taylor places fourth in Nationals

Winner of the Drew Ford/Kiwanis Club of La Mesa Soap Box Derby held in May, Bryce Taylor, 11, of Santee, won a trip to the National All-American Soap Box Derby Championships in Akron, Ohio, where, on Saturday, July 25, from a field of 135 stock car division racers, he placed fourth overall.

Bryce's mother, Kim Taylor, said: "This is a tremendous accomplishment as the majority of the youngsters that make it to the World Championships are seasoned racers. Besides this being Bryce's first trip to the World Finals, it was only his third racing event ever!"

Bryce won four heats on his way through the single-elimination tourney. Each heat had three racers. He placed second in his final heat. But his race times boosted him into fourth place overall. He missed competing in the races for 1st, 2nd, 3rd, Kim Taylor said, "by hundredths of a second."

"Our family would like to extend great thanks to those that made this trip possible for Bryce," she said, noting that Bryce said his car had more sponsors' decals on it than any of the other cars. "We were very fortunate to have as many sponsors as we did."

Dennis Wilkes, a member of La Mesa Kiwanis and director of the La Mesa Derby, stated Bryce's fourth-place win "was the highest finish we have seen from winners of our local race. This was fantastic!"

Wilkes has hopes for a "Taylor Dynasty." Bryce's younger brother, Bryant Taylor, 9, placed second to Bryce in the La Mesa Derby. "Bryce and Bryant seem to have the winning touch when it comes to Soap Box Derby racing," he said.

The La Mesa Kiwanis Club conducts two rally races each year in which the young race car drivers from throughout Southern California and Arizona can gain valuable experience, and the one annual local East County race where the club and our sponsors send each division winner and one parent to the nationals at Derby Downs in Akron, according to Wilkes.

"Over these past seven years, the La Mesa Soap Box Derby has become established as one of the better run and most successful Soap Box programs in the nation," he added. "Our club sees it as an important community service benefiting the children and families of our area."

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See TAYLOR page 16

MOTORSPORTS

2010 Kia Soul ... surprisingly large



2010 Kia Soul Plus. Photos by Dave Stall

by Dave Stall

I'm sure everyone has seen the commercial for the Kia Soul, a group of hamsters jamming down the road chilling to the tunes in their Kia Soul. Well I don't know if that commercial had anything to do with the flood of people running down to their nearest Kia dealership and buying a Soul. I met a lady a few weeks back who drove in took one look and bought the car, I asked her how it drove, she said, I don't know I just think it is cute.

Well I guess that is one way to buy a new car. With that I had to check out this hamster mover for myself. The first thing I noticed when I arrived at Kia of El Cajon is that the Soul is bigger than I had thought; I mean this car is really a good size family mover. The exterior is reminiscent of a few other models on the road but the Soul seems to have a look all its own, maybe the way the windows slant or the big headlights or the big white wheels that was on my tester, yes that is correct, big 18-inch white painted alloy wheels and to add to the package an 8-inch dual stripe that runs the length of the Soul over the passenger side of the car. I haven't seen racing stripes like that since the 60's but I must admit it looks pretty cool.

Under the hood you will find a perky little 2.0-liter transverse mounted four cylinder that produces 142 horsepower and 137 pound foot of torque, now there is a smaller engine available a 1.6-liter four cylinder that produces 122 horsepower and 115 foot pounds of torque. Why would they put a smaller engine in the Soul? A gain of two miles per gallon in the city and one mile per gallon on the open road with the larger engine mileage is 24 city and 30 on the freeway. I haven't

FM/CD/MP3/Sirius audio with 6-speakers is standard, my Soul got an upgrade in the sound system and there was a speaker in the passenger door that pulses to the beat and the color it emits is red. At first it startled me a little, I thought I had a fire in the car then I noticed it could be turned off or adjusted to the music playing with a button on the dash.

The dash is really well done and with the upgraded sound system with a big speaker in the top of the dash and the rest of the instrumentation flows down to the bottom of the dash. Steering wheel is big and fat and full of controls to help you navigate. There is very comfortable seating up front and in the rear and the rear seats flip almost flat 60/40 split for that run to the big box store. The rear hatch opens high enough for me to load and unload without hitting my head. A person of shorter stature may have to jump up

a little to grab the rear door. Speaking of doors, the rear the doors are really wide and that helps getting in and out, nice touch.

Safety is abound, anti-lock brakes, electronic brake force distribution, electronic stability control, traction control, dual front airbags, front seat mounted airbags, full length side curtain airbags, front active headrests and headrests for the passengers in the rear and they adjust all of them.

There is a lot more to talk about when it comes to the Kia Soul but space is limited so let me close with my impression, I was surprised this Soul got the mileage it did, but I felt it could have used a 6-speed manual transmission, a little more power and better mileage, maybe next year!



Inside the 2010 Kia Soul. Photos by Dave Stall

I recommend you check out the 2010 Soul and stop by Kia of El Cajon I ran into an old friend Garry Wooten, he sells Kia and one couldn't get a better customer oriented salesman. Did I mention you get 5-year 60,000 mile bumper

to bumper warranty and 10 year 100,000 miles powertrain warranty? Price? Base price on my tester was \$14,950 and \$18,045 with all the goodies added on, check out stock number 707129 to see the car I drove.

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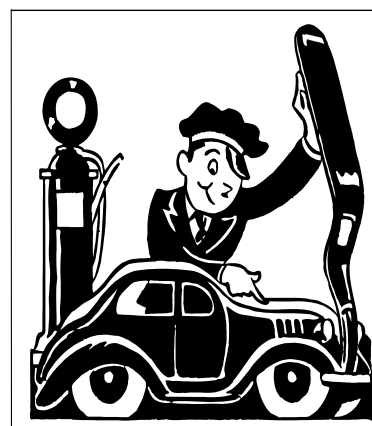
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— MOTORandSPORTS —

Grossmont College rated No. 1 preseason



Jim Colbert, Running Back coach, works with team.

The Griffins, Grossmont College's Football team, has been rated by Sporting News magazine as the No. 1 team in the nation in its preseason ranking.

The Griffins finished 5-5 last season, but have a large number of returning freshmen.

The season kicks off on Sept. 5 with a 6 p.m. game at San Diego Mesa College.

Keep an eye on the Gazette as the season begins for coverage.



Garrett Robinson, Linebacker Coach, training team.

Lawsuit in Santee ...

Continued from page 5
with the Santee Town Center Specific Plan, and conflicts with the Land Use, Safety and Circulation Elements of the City's General Plan.

Additionally, the complaint cites that the County Board of Supervisors failed to properly exercise their duties as the decision-making body resulting in the improper approval of the jail expansion.

The complaint details a 1996 agreement between Santee and the County in which both parties agreed "to work closely together to foster development of the County's land in Santee, in a manner that will be financially beneficial to the County and will enhance development opportunities in the City for the benefit of all citizens of the City and County."

"The Las Colinas expansion undermines and ignores our agreement with the County," states Voepel. "This project is a boondoggle by the Board of Supervisors that will waste County taxpayers' money and severely hinders Santee's future development."

The 20-page complaint details specific examples of how

CEQA laws were violated, including that the final EIR:

- Piecemealed the expansion so that the overall environmental impacts cannot be determined and falsely characterizes the project as a 'replacement' to the existing Las Colinas facility when, in fact, the expansion would be three times larger;

- Did not adequately assess and evaluate the project impacts as related to land use and planning, urban decay, aesthetics, public safety, traffic and circulation and noise;

- Failed to adequately consider a reasonable range of alternative locations and inaccurately, inconsistently, and narrowly applied the project objectives so that Santee appears to be the only viable proposal for the County's female inmate needs;

- Failed to adequately respond to comments; and did not provide legally adequate findings.

The complaint further alleges that the County's certification of the EIR constitutes an abuse of discretion in that the findings are not supported

by substantial evidence in the record and fail to comply with CEQA. Also, the findings are "overbroad, conclusory, internally inconsistent, and lack the support of substantial evidence, and therefore fail to bridge the analytical gap between the raw evidence and the conclusions."

Las Colinas Detention Facility was originally built in Santee in the 1960s as a juvenile detention facility. In 1977, the facility was converted to an all-women's jail and currently houses 675 inmates on an average daily basis.

The City of Santee was incorporated in December 1980. With a population of over 55,000 and located in eastern San Diego County, Santee is the eleventh largest of San Diego County's 18 cities. For additional information and updates, please visit www.ci.santee.ca.us

Taylor ...

Continued from page 14
Sponsors include Drew Auto Center, Grossmont Escrow, Bill & Norma Verbeck, La Mesa Village Plaza, GIO Restaurant, and Duffet Construction.

Other sponsors are Bob Battefield & Associates, Cosmos Coffee Café, East County Realty, EDCO, Grossmont Center, Infinity Real Estate Group, JK Painting & Sandblasting, Knight Financial Services, La Mesa Trolley Stop Deli, Loan Link, Minuteman Press, Old Highway 80, Pacific Car Company, Sanfilippo's Pizza, Greg Schmock Tax & Bookkeeping Service, Walt Shaffer, Sign DeSign, US Concrete Precast Group, and Vanderblumen Publications.

Youth invited to basketball camp

The Grossmont College Athletics Dept. and Grossmont College mens basketball coach Doug Weber is inviting all boys and girls entering the 3rd through 8th grades to Grossmont College's first annual youth basketball camp, from 8 a.m. to noon, Monday through Friday, Aug. 10-14.

The camp will feature instruction on fundamental skills, group and individual contests and three-on-three tournaments.

Cost is \$75 per camper, which includes t-shirt, contest prizes and giveaways.

For more information, visit www.grossmont.edu/athletics, or phone (619) 644-7878.

Grossmont College is located at 8800 Grossmont College Dr., El Cajon.

Since arriving at Grossmont College from Salt Lake Community College in 1998, Weber has won a Pacific Coast Conference championship and Coach of the Year honors. He has been coaching at the college level for 23 years. During the past 10 years, more than 35 of his athletes have transferred to four-year universities.



Mike Jordan, Griffin Head Coach on field fine tuning his team members.



Dan Clauss, Linebacker Coach, prepares the Griffins.

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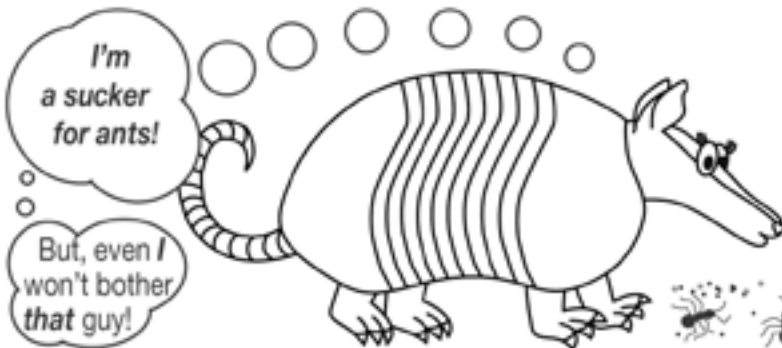
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Ants, Ants, Ants

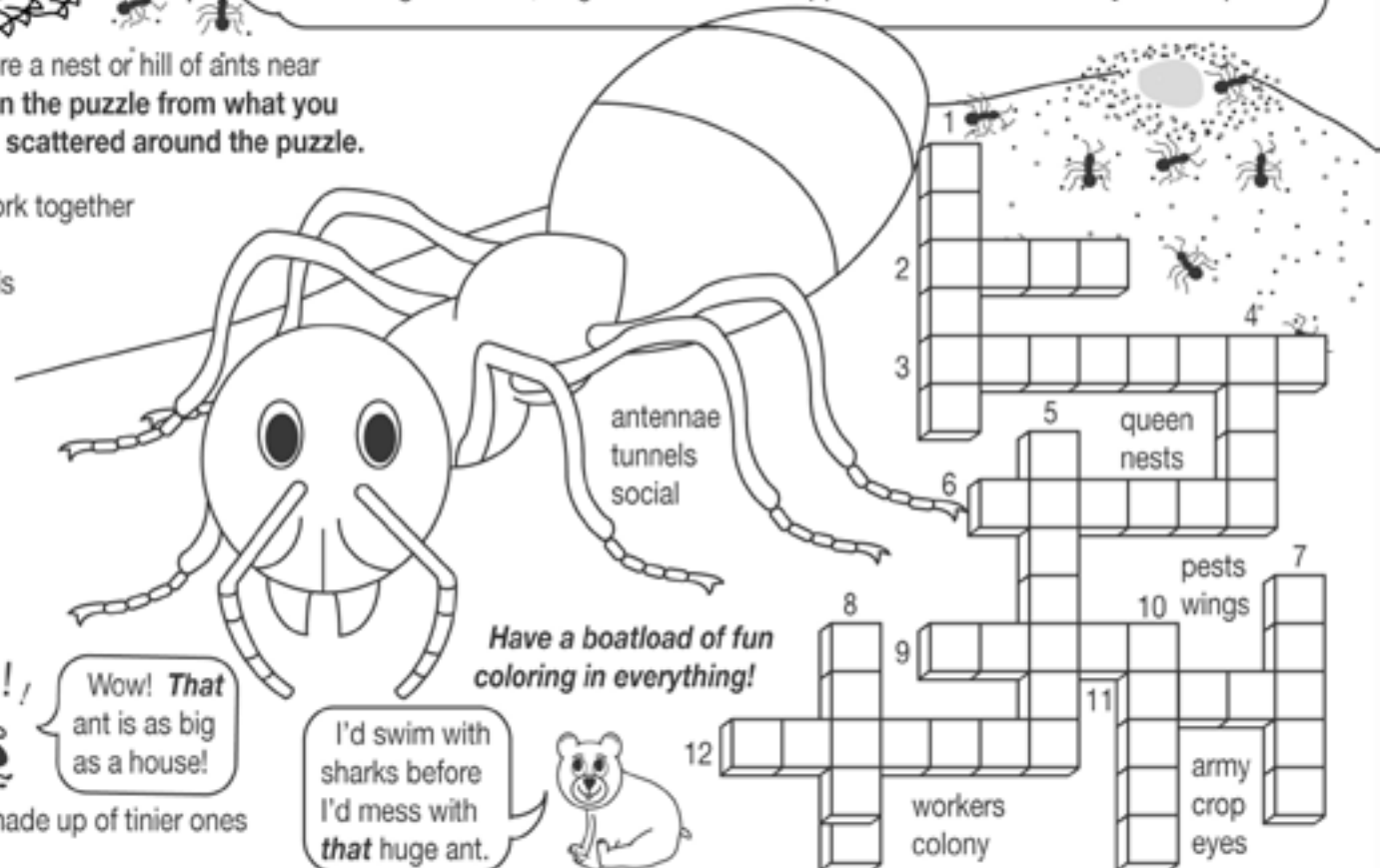


Ants are world-famous insects. There are over 8,000 kinds of ants. They seem to be everywhere except in very cold areas of the world. They have been found in the ground, in rotting wood, under sidewalks, in buildings and even on ships at sea!

Ants can be helpful to us because they control pests. However, sometimes ants sting or bite us, or get into our food supplies. Then we think **they** are the pests!

How much do you know about ants? Is there a nest or hill of ants near your home? Read these clues and try to fill in the puzzle from what you already know. Then, if stuck, use the words scattered around the puzzle.

- ants are called this because they live and work together and help each other
- an ant will share food stored in this part of his body with other ants
- these sense flavors, sounds, odors; also used to "talk" to other ants
- these ants "march," keeping on the move, carrying everything
- ants that build and defend the nest, care for the young, gather food and do all the other work
- a group of ants
- ants help us by getting rid of these
- young queens and males have these to fly
- largest ant, lays all the eggs
- often built in the earth or in wood
- most ants have 2 compound _____, each made up of tinier ones
- used to travel from room to room in nest

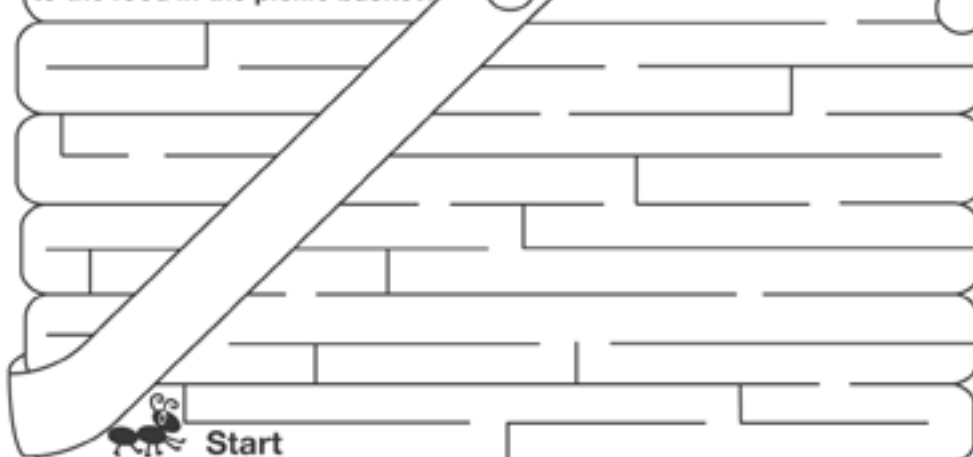


Have a boatload of fun coloring in everything!

There are more **clichés** on this page than you can shake a stick at.

Marching to a Picnic!

Can you help the ant find his way to the food in the picnic basket?



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
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Canton, CT 06019

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 _____

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

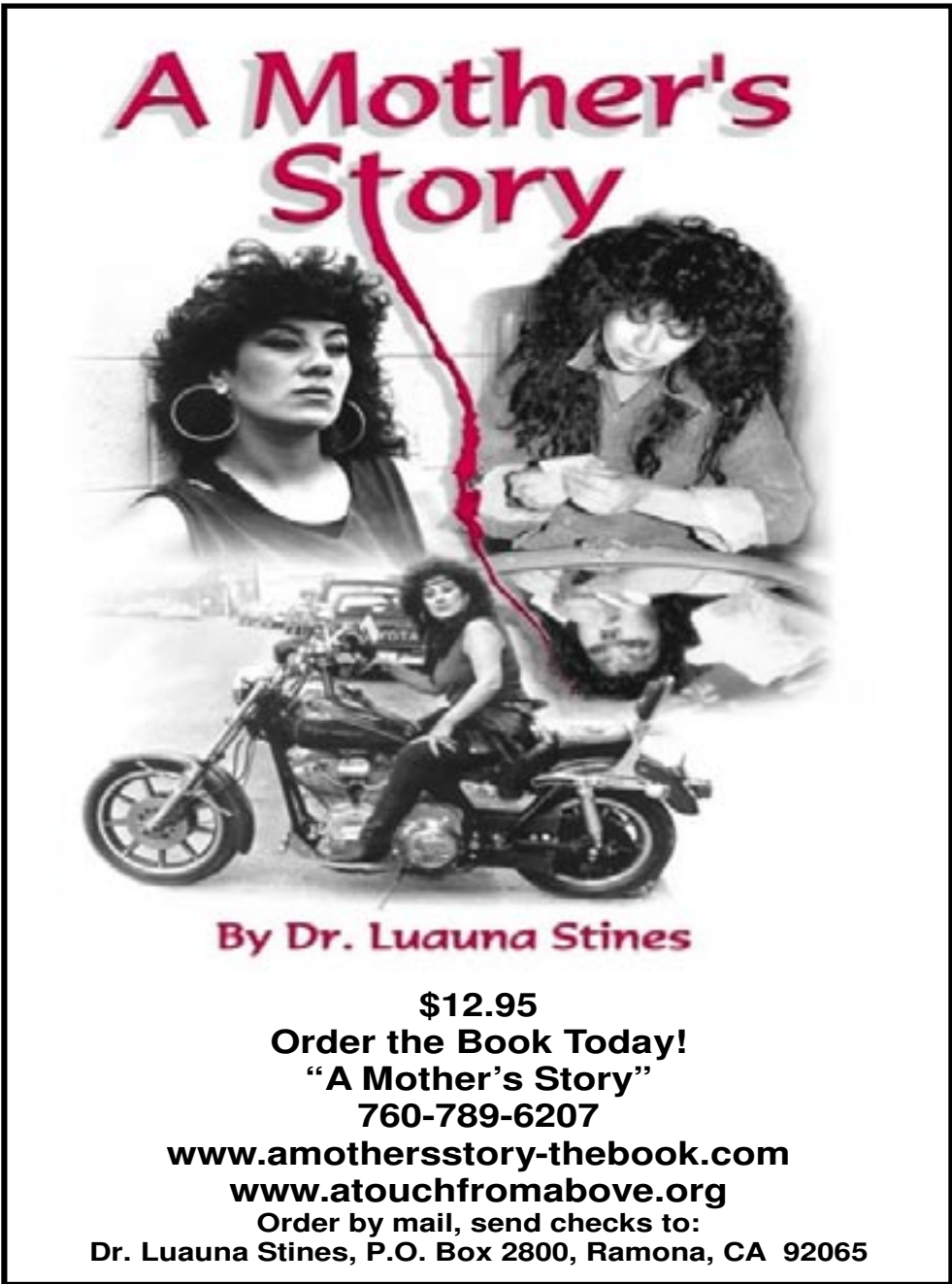
To be eligible, all entries must be postmarked by Aug. 20, 2009.

★ More details at readingclubfun.com



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. GLE030790

East County Gazette- GIE030790
7/23, 7/30, 8/06, 8/13, 2009



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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

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
7/16, 7/23, 7/30, 8/06, 2009

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: JACOBA 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, 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

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. 2009-020446

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

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. 2009-020388

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

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

To place your legal ad, call (619) 444-5774

Ask Dr. Luana Stines



Dear Dr. Luauna, As a foster mother, I raised four foster children; their mother was strung out on Crystal Meth. When I received the children, they were very young, 1-year-old, 2 1/2, five and seven years old. My heart hurt as I saw what all these children went through, the horrible condition they were in. As a Christian and in love with the Lord, I poured my life into these children. Now they are grown, they seem to be so mean to

me. They don't come around during the holidays, and they ignore my phone calls, part of me is angry. Please Help! Signed Broken Inside in San Diego, CA.

Dear Broken,

First of all, I want to thank you for laying your life aside for all those years to pour into these once needy children. Your heart feels betrayed, these children don't understand the condition they were once in, and if it had not been for your kindness coming in and rescuing them, no telling where they would have ended up. Our Heavenly Father has watched as you gave to the least likely, His eyes are not dull of seeing. Your reward is far beyond your understanding, when we take on the task to foster children. I can speak from experience, I did not take in foster children, I took many women into my home who were broken, abused and addicted to drugs, with time and lots of work they came out of the darkness.

One day, it hit me like a ton of bricks, as I watched a few of the women come together, they were disgruntled and spoke evil of me, after all those years I had invested in them. I must admit it broke my heart, I too had mixed emotions, part of me was angry and part of me was sad. Then the Holy Spirit spoke gracefully to my heart, Jesus came to set the captives free, you and I are His instruments. Granted, at times we may receive a reward on earth, but let's face it, most of the time no one even notices our labor. Except for the Master, who keeps perfect books, Jesus knows every deed, good or bad! He sees every tear we have cried.

My dear friend, do not look for your reward on earth; God has prepared something really special for you on the other side. Forgive them, and continue to pray for your foster children now grown, pray God bless them and in doing so, God will show them how selfish they really are. It is not your fault; they just forgot where they came from. Smile your reward is GREAT, and you are a very SPECIAL LADY! Read these verses: Luke 4:18, Luke 6:35.

Submit questions to: questions@drluauna.com

Watch Dr. Luauna Stines Television Program in San Diego County, Cox Cable, Every Tuesday at 9 pm, Channel 18 & 23. (760) 780-6207 www.drluauna.com

www.atouchfromabove.org www.amothersstory-thebook.com

Dr. Luauna is an Evangelist. Following is a list of her ministry activities:

- **Television:** A weekly public access program airing from San Diego across to the east in Atlanta, GA.

- **Radio:** A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)

- **Mission America:** Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.

- **Mission Africa:** We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.

- **Christian University & Seminary:** In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.

- **Prayer Mountain & Local Church Services:** A place for Christians to get away and pray. Healing and Worship Services along with regular scheduled prayer meetings.

— LEGAL NOTICES —



ORDINANCE NO. 4932

AN ORDINANCE REZONING A 0.46 ACRE PROPERTY AT 1075 EAST WASHINGTON AVENUE FROM R-1-6 ZONE TO PLANNED RESIDENTIAL DEVELOPMENT, MEDIUM DENSITY AND PRE-ZONING A 1.93 ACRE PARCEL TO THE SOUTH, PLANNED RESIDENTIAL DEVELOPMENT, LOW DENSITY (ROCKY HILL POINTE)

WHEREAS, the City Council held a public hearing on July 14, 2009, to consider Zoning Reclassification No. 2293, in which it was requested to rezone a 0.46 acre parcel located on the south side of East Washington Avenue, and addressed as 1075 East Washington Avenue from R-1-6 zone to Planned Residential Development, Medium Density and to pre-zone the 1.93 acre parcel to the south, Planned Residential Development (PRD), Low Density, for the purpose of constructing a new 27-unit planned residential common interest development upon annexation of the southerly property to the City of El Cajon. At the same meeting, the City Council considered companion items Planned Residential Development 65R and Tentative Subdivision Map 645R; and

WHEREAS, the City Council approved the rezoning / pre-zoning request.

The City Council of the City of El Cajon does ordain as follows:

SECTION 1. Based upon the record as a whole, the City Council hereby makes the following findings:

A. The Council adopted a Negative Declaration for this project at its July 14, 2009, meeting and it has reviewed and considered the information contained therein.

B. The land uses authorized by the proposed PRD-Medium and PRD-Low zones are compatible with the applicable objectives, policies, general land uses, and programs specified in the General Plan.

C. The proposed rezoning / pre-zoning of the subject properties is consistent with the City General Plan land use designations of the subject properties.

D. The proposed rezoning / pre-zoning of the subject properties does not reduce the number of sites identified in the Housing Element to a level less than capable to accommodate the City's share of the regional housing need pursuant to California Government Code Section 65584.

E. It is in the public necessity and convenience and general welfare to rezone a portion of the project site from the Residential One Family, 6,000 sq. ft. (R-1-6) zone to the Planned Residential Development, Medium Density (PRD-Medium) zone and to pre-zone that portion of the project site within the unincorporated area to Planned Residential Development, Low Density (PRD-Low) zone.

SECTION 2. The City Council hereby REZONES Assessor's Parcel Number 493-111-09 to Planned Residential Development, Medium Density.

SECTION 3. The City Council hereby PREZONES Assessor's Parcel Number 493-111-14 Planned Residential Development, Low Density.

SECTION 4. This ordinance shall become effective thirty (30) days following its passage and adoption.

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at an Adjourned Regular Joint City Council/Redevelopment Agency Meeting held this 28th day of July 2009, by the following vote to wit:

AYES: Lewis, Hanson-Cox, Kendrick, McClellan, Wells
NOES: None
ABSENT: None
DISQUALIFY: None

MARK LEWIS
Mayor of the City of El Cajon.

ATTEST:
KATHIE RUTLEDGE, CMC
City Clerk

I hereby certify that the above and foregoing is a full and true copy of Ordinance No. 4932 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Adjourned Regular Joint Meeting of the City Council/Redevelopment Agency on the 28th day of July 2009.

/s/ Kathie Rutledge, CMC, City Clerk
East County Gazette- GIE030790
07/30/09

NOTICE OF PETITION TO ADMINISTER ESTATE OF SHIRLEY ANN JACKSON. CASE NUMBER: 37-2009-00151764-PR-LS-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of SHIRLEY ANN JACKSON, SHIRLEY ANN FURRH, SHIRLEY ANN WALTON. A PETITION FOR PROBATE has been filed by TAMMY DAUGHERTY in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that TAMMY DAUGHERTY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 20, 2009 AT 9:00 A.M. IN DEPT. PC-1, 5TH FLOOR, LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101. 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 AUTUMN D. SPRINGFIELD 12074 CALLE DE LEON #49, EL CAJON, CA 92019 (619) 977-9379.

EAST COUNTY GAZETTE -GIE030790
July 30, Aug. 6, 13, 2009

To
place
your
legal ad,
call
(619) 444-5774



NOTICE OF PUBLIC HEARINGS

The El Cajon City Planning Commission will hold a public hearing at **7:00 p.m., Monday, August 10, 2009** and the City Council will hold a public hearing at **7:00 p.m., Tuesday, September 8, 2009** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following item:

Zone Reclassification No. 2300, as submitted by James M. Snyder, requesting to rezone property from the Residential One Family, 6,000 sq. ft. (R-1-6) zone to the Multiple-Family (R-3) zone. The subject property is located on the north side of Oakdale Avenue between North Second and Grape Streets, and is addressed 1376 Oakdale Avenue.

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

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

Due to construction of the City of El Cajon's Public Safety Center, parking for Council Chambers is available on Lot #2, which is on the northwest corner of Rea Avenue and Sulzfeld Way.

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

DATE: July 20, 2009

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

East County Gazette- GIE030790
07/30/09

NOTICE OF PETITION TO ADMINISTER ESTATE OF BOBBY DEAN BOUCHELL. CASE NUMBER: 37-2009-00151706-PR-PW-CTL To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of BOBBY DEAN BOUCHELL. A PETITION FOR PROBATE has been filed by JYNX ANN BOUCHELL in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that JYNX ANN BOUCHELL be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, to be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: AUGUST 25, 2009 AT 9:00 A.M. IN DEPT. PC-2, LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101. 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 THOMAS F. MILES 71956 152 WEST PARK AVENUE, SUITE 145, EL CAJON, CA 92020 (619) 588-5000
EAST COUNTY GAZETTE -GIE030790
July 30, Aug. 6, 13, 2009

NOTICE OF TRUSTEES SALE: TS No. 09-04-533 Title Order No. 3206213606 APN No. 489-140-86-00. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/12/06. 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 08/20/09 at 10:00 A.M., Lender's Foreclosure Services as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 07/07/06 as Document No. 2006-0481023 Book XX, Page XX of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: JACOB A NORTH FIRST 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, 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: Parcel 1: The Northerly 72.00 feet of the Southerly One-Half of the Northerly 264.00 Feet of Lot 1 in block 9 of resurvey of plate of tract No. 1, being in the southwest portion of the "S" tract of Rancho El Cajon, in the city of El Cajon, County of San Diego, State of California, according to map thereof No. 355, filed in the office of the county recorder of San Diego County, July 24, 1886. Also that portion of the Easterly 12.00 feet of 1st Street, now vacated and closed to public use, which adjoins said property on the West. Excepting therefrom the Easterly 150 feet thereof, the Westerly line of said easterly 150 feet being parallel with the Easterly line of Said Lot 1. Parcel 2: The Southerly 60 feet of all those portions of Lot 1 in block 9 of the resurvey and plat of tract No. 1, being in the Southwest portion of the "S" Tract of Rancho El Cajon, in the city of El Cajon, County of San Diego, State of California, according to map thereof No. 355, filed in the office of the county recorder of San Diego County, July 24, 1886, described in the city of El Cajon resolution 445-74, recorded September 10, 1974, as instrument N.O. 74243881, of official records of the county of San Diego, described as follows: That portion described in quitclaim deed to the city of El Cajon, recorded November 15, 1957 in book 6834, Page 413, of official records, set out as follows: commencing at the Northeasterly corner of Lot 1 in said block 9; Thence southerly along the Easterly line of said Lot 1, A distance of 264 feet; Thence Westerly along A line parallel with and 264 feet Southerly from the Northerly line of said lot 1, A distance of 150 feet to the point of beginning; Thence North 02 49' 45" West, A distance of 132.15 feet to A line which is parallel with and 132 feet Southerly from said Northerly line of said lot 1; Thence westerly along said Parallel Line, A Distance of 20 feet; Thence South 02 49' 45" East, A Distance of 132.15 feet to said line parallel with and distant 264 feet southerly therefrom said Northerly line of said Lot 1: Thence Easterly along said parallel, line to the true point of beginning. Also that portion described in Quitclaim deed to the City of El Cajon, recorded November 15, 1957, in book 6834, page 408, of Official

records, set out as follows: Beginning at the Southwest corner of the Easterly 150 feet of the Southerly 132 feet of the Northerly 264 feet of said Lot 1; Thence Northerly along A line parallel with and 150 feet Westerly from the easterly line of said Lot 1, A distance of 132 feet to the Northwest corner of said Easterly 150 feet to the Southerly 132 feet of the Northerly 254 feet of said Lot 1; Thence westerly along a line parallel with and 132 Southerly from he northerly line of said Lot 1, A distance of 6.70 feet to the Northeasterly corner of that portion of said Lot 1 described in deed to the City of El Cajon, recorded June 21, 1957, in Book 6631, Page 524 of Official Records; Thence South 02 49' 45" East, along the Easterly line of said Land, A distance of 132.15 feet to the point of beginning. The above two parcels are now known as Lot 1 of North First Townhomes, in the City of El Cajon, county of San Diego, State of California, according to map thereof No. 15636 filed in the office of the County Recorder of San Diego County on October 29, 2007. 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: 469 N. 1st Street, El Cajon, CA 92021. 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: \$1,347,536.82 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 24, 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
7/30, 8/06, 8/13, 2009

Devine Bovine

O'Dunn Fine Art presents new works by Lionel Talaro Aug. 18-30 at the La Mesa art gallery located at 8342 Las Mesa Boulevard, in the Village of La Mesa.

His work, Diving Bovine, The Cow - Then and Now is the subject of his new works. Reception and meet the artist will be Saturday, Aug.22 from 6 to 8 p.m.

For more information, contact O'Dunn Fine Art at (619) 337-8342.

The HeART of Mt. Helix

East County's most recognizable landmark, the cross memorial and amphitheater atop Mt. Helix, will be the site of this year's The HeART of Mt. Helix Festival. The event will be held on Saturday, Aug. 15 from 5:30 to 10 p.m. and will feature local performing and visual artists. The evening will also include both a silent and live auction with local news anchor, Bill Griffith, of Channel 10News acting as this year's MC and Auctioneer. Proceeds from the event will be donated to the Mt. Helix Park Foundation for the preservation, maintenance and enhancement of the cross memorial, amphitheater and park at the summit of Mt. Helix.

This year's featured artist providing the dance music will be one of San Diego's best-known local bands, the Mar Dels, famous for their great music that spans from the 50s to the 90s as well as their top notch performances.

Community partners such as the Riviera Supper Club, Savanna Grill, Sammy's Wood-fired Pizza, Anthony's Fish Grotto, Gio Bistro & Wine Bar, BMH Italian Deli, M&M Patisserie and Hooley's Irish Pub will be showing off the culinary talents of their chefs by providing signature appetizers during the evening. Ballast Point Brewing Company will be the featured brewery and house wine will be available.

A highlight of the evening will be the recognition of the Park's "Hometown Heroes," local residents or organizations that have contributed to the success of the park. This year's recipients of that recognition will be Grossmont Mt. Helix Improvement Association, referred to as GMIA, and a memorial tribute to Miles Stephich who was known locally as the "Mayor of Mt. Helix." A unique aspect of the event is "Bubbles and Bling," a drawing sponsored by Enhancery Jewelers and Thornton Winery that offers each participant the chance to win a 1 carat diamond ring or a man's wristwatch.

Tickets are \$50.00 per person for general admission and \$100.00 for reserved table seating. Reserved tables of 10 are also available for \$1,000.00. All tickets are presale and can be purchased online at www.mthelixpark.org or by calling 619-588-4901. Parking and free shuttle service will be available from the corner of Vivera and Mt. Helix Drive.

Our Best Friends

Carpet is ruined ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Trainer,

I have a small dog that I rescued. She is very loving and very smart and is now 5 years old. For a couple of years she has been urinating on the carpet in the living room, but only at night. I have spanked her (rolled up newspaper), yelled, whatever, but she still does it.

Last summer I put in a doggy door and my dog will go through it but she still goes on the living room carpet as well. If I just look at her and say "doggy door" she goes right out there and I give her a treat when she comes back in.

While I was gone this summer, a friend took her home, and my dog NEVER went on the carpet there. She used the

doggy door there, so that's when I decided to put one in at my house.

I am replacing the carpet and would like to enjoy it without this problem.

Any advice would be greatly appreciated. I love this dog.

Signed,

Frustrated with the whole mess

Dear Frustrated,

I have a couple of concerns with your problem. First, you say that your dog is going in the middle of the night—that might indicate a medical problem. You should investigate this to insure she doesn't have bladder stones, or an infection. This may be likely, as most dogs of your dog's age should not be getting up in the middle of the night to eliminate.

Secondly, please don't spank or hit your dog for doing what is a normal, natural behavior. Imagine how you would feel if someone smacked you with a newspaper every time you used the toilet! The fact that you are punishing her after the fact, will only confuse and stress your dog as she will never associate the accident with your anger if it is more than just a few seconds after the fact, and really, you should not use any punishment when teaching dogs how to live with humans.

As far as the smell and stains, you will want to do is to use an enzyme product on the area—something like Odor Mute www.odormute.com/ to fully get the smell out before putting in the new carpet. (You might need to have a professional come and clean the area) The smell is what

keeps attracting your dog to the area—that and the fact that it's convenient.

With so many years of "practice" going in that spot, it has become a very strong habit for your dog. When dogs repeat behaviors, there is a "pay-off" for them in that behavior, and in the case of eliminating in the house, it is usually convenience or a substrate preference.

Being a smart dog, as you say, (and there is no medical reason) she has most likely decided that it's easier to go on the carpet than to go outside; especially when it's cold, hot or raining. Dogs that eliminate in the house (even when they successfully go outside sometimes) are not really housetrained, so it will be your job to help her learn the rules so you can enjoy your new carpet and she can do the right thing.

The Secrets of Successful Housetraining

Understanding that dogs have no moral or physical attachments to your new carpet is the first step to helping your dog learn the ins and outs of housetraining—literally and figuratively! Housetraining is easy if you can simply relax and understand that dogs are just dogs, and they really don't care where they eliminate until you teach them differently. The challenge you face is that you will need to communicate to your dog that "going" where you prefer will be worth her effort.

In other words, in a dog's mind, the carpet is just as good as the grass, and is faster than going outside through the doggie door.

Good housetraining behaviors not only include the physical mechanics of training, (coupled with a good reinforcement history), it also requires a realistic view of dogs so that your focus is not on accidents, but on successes.

The Power of Positive Reinforcement

If ever there were a running thread of advice for successful housetraining, it is prevention and positive reinforcement training. Each time your dog has an "accident" in an inappropriate area, she is actually being reinforced for going there since the relief of emptying the bladder or bowels is a rewarding feeling in itself.

Reinforcement history is the number of times a behavior has been reinforced verses the number of times it has not. This sounds pretty simple, however, it can work both ways. For instance, since your dog has been having lots of accidents in the house and few successes in the area where you would like her to go, her reinforcement history is weighted toward the side of going in the house.

Dogs repeat behaviors that result in reward and relieving the bladder or bowels is a big reward, which means that she is more likely to go in the house repeatedly if that has been "working," as her relief station. Fortunately, it is easy to see it go the other direction as well. In other words, if your dog has had only a few accidents and lots of successes in the potty area (coupled with praise and a really good treat) you are weighting the

scale on the side of successful housetraining.

By now, you should understand that your dog has no particular investment in your home or flooring, and that means it is your responsibility to prevent accidents and reinforce the successes. This is how you establish a positive reinforcement history for your dog.

The Ins and Outs of Successful Housetraining

Housetraining should start with a plan to prevent accidents and a commitment that you will always go outside with your dog when she is directed to use the doggie door during the early stages of training. This will ensure that she actually "went" and you can reward with an exceptional treat like chicken, or something like that to make it worth her going outside, in real time, not after she comes back in the house. Rewarding when she comes back in is rewarding her coming in, not going potty. By being right there when she is finished, you are rewarding that behavior and your dog gets the information that if she goes outside, great things will happen.

Typically, plan to take your dog outside to the potty area at least every 1-2 hours in the beginning stages of re-housetraining, and always be willing to adjust this if she is having accidents within this time schedule.

If your dog does have an accident, say to yourself, "Bad dog parent," since it is your job to prevent this, and then, just clean up the mess and vow to be more diligent!

At night, when the accidents are more likely to happen, you should confine her to your bedroom or teach her how to love a crate and use that in your room at night. This will prevent her from getting up at night to use the carpet, since dogs are mostly hardwired not to soil their own space, she will learn to hold it longer, and thus build more bladder muscle.

This should get you started on good potty habits for your dog. Good luck!

Nan Arthur,
CDBC, CPDT, KPACTP
www.wholedogtraining.com

BEAT THE HEAT! STOP BY AND FIND OUT WHICH PLANTS ARE DROUGHT RESISTANT.



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— BEST FRIENDS —

Third Annual Big Dogs Rock adoption event ... because size matters

The San Diego Animal Support Foundation will host the Third Annual Big Dogs Rock adoption event Saturday, Aug. 15, 11 a.m. to 3 p.m. at Fiesta Island...across from Fenced Off-Leash Beach near the OTL area.

When it comes to dogs... size matters. If you love big dogs, join us on Fiesta Island for a very special adoption event featuring BIG DOGS ONLY (50-pounds or more), and puppies that will eventually be big dogs! This is an annual event, bringing together 18+ legitimate, local non-profit rescue agencies and shelters, featuring more than 150 large dogs all in one place!

Three years ago, this collaborative adoption event was developed to attract people who prefer larger breeds, bringing them to one place where they can find their perfect dog among hundreds of big dogs. Today, the Big Dogs Rock

adoption event has become one of the largest, most popular annual adoption events in San Diego.

Because the economy continues to negatively affect adoptions, this year's event will also focus on encouraging big dog lovers to come out and learn how to become a temporary foster home. Foster families are needed to prevent dogs from being killed in shelters, until permanent homes can be found. Potential fosters will get a chance to meet and interview representatives from 18 local agencies to find the one with whom they wish to volunteer.

To help transition the dogs to their new homes, all dogs will go home with an eco-friendly doggie bag filled with goodies, including quality health food, shampoo, toys, scarves, coupons, and gift certificates for free services like pet-sitting, dog walking and grooming!

Additionally, the Recycle 4

Pets program will be collecting old cell phones, PDAs, laptops, ink toner cartridges, iPods and DVDs. Save the dogs...save the planet! Call (619) 847-8755 or visit www.SDSshelters.com for more info & a list of sponsors!

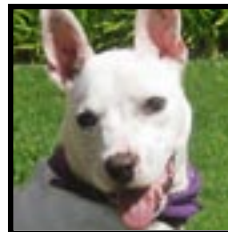
Participating Groups:

Chula Vista Animal Shelter, Animal Rescuers Without Borders, North County Humane Society, German Shorthaired Pointer Rescue, Escondido Humane Society, Australian Shepherd Rescue, The Barking Lot, Labradors & Friends Rescue, The Dog Squad, Friends of HSTJ, Second Chance Dog Rescue, It's The Pits Rescue, West Coast Mastiffs, A Passion For Paws, Akita Rescue, So. California German Shepherd Rescue, Four Paws Coonhound Rescue, Dogz In Need, Rhodesian Ridgeback Rescue.

Don't let a dog go back to a shelter...help find homes! Come see for why Big Dogs Rock!

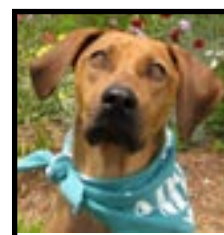
ADOPT-A-PET

Milo is a tall, dark and handsome love. This 1-year-old Lab mix weighs 61 pounds. He is very good looking, sweet, and playful! On top of that, he is quite smart! He already knows "sit" and "shake." He would enjoy and excel at obedience classes to further his education. Need a new best friend? Call FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) for more information or to arrange a meeting: (858) 205-9974.



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) 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.



YOUR PET'S HOME AWAY FROM HOME

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Here at Plush Puppies we provide a fun and pleasurable experience for your dog or cat. Your pet will be given personal attention to make sure that their stay here is a "plush" experience. All dogs will be interviewed prior to their acceptance into daycare or boarding. Each dog admitted to Plush Puppies must not have any aggressive tendencies, and must play fairly with their fellow canines.

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