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VOLUME 10 NUMBER 1 **JUNE 11-17, 2009**

El Cajon lights up with new landmark



NEW EL CAJON LANDMARK LIGHTS UP THE CITY — On Wednesday night dozens attended the official lighting of the new downtown El Cajon archway. The ceremony took place just after 8 p.m. following the downtown weekly Classic Car Show. The landmark is located on West Main Street, just west of Magnolia Avenue. Photos by Monica Zech

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Local News & Events

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SDG&E offers nearly \$40 million in energy-efficiency incentives

San Diego Gas & Electric (SDG&E) announced Tuesday that nearly \$40 million in rebates and incentives are available to local business customers this year for qualifying energy-efficiency projects.

SDG&E shared the good news with more than 1,200 business representatives gathered for its 4th Annual Energy Showcase in San Diego.

"The higher funding levels for these energy-efficiency programs will benefit the environment and also help businesses weather the current weak economy," said Mark Gaines, director of customer programs for SDG&E. "We're helping to pay for many energy-saving projects with low up-front costs and fast paybacks, which can improve profitability for participating customers in a relatively short time."

The event featured seminars by customers who have taken advantage of the company's energy rebates, incentives, free onsite energy-efficiency assessments and zero-interest financing programs.

Hamann Construction, a local San Diego construction company recently took advantage of SDG&E's energy-efficiency programs and the utility helped the company design a cold-storage facility to run on 60-percent less electricity than standard facilities—as well as earn almost \$230,000 in SDG&E incentives.

"The new facility can hold four times more product than the old facility, yet it takes half as much energy to operate," said Phoebe Hamann, green building specialist for Hamann Construction. "We're saving both energy and money."

SDG&E's zero-interest loan program helped the Radisson Suite Hotel in Rancho Bernardo become more energy-efficient.

"SDG&E financed our new energy-efficient air-conditioning units through a \$25,000 loan with no interest, and no out-of-pocket or up-front costs to us," said Vejay Seudath, chief engineer at the Radisson Suite Hotel in Rancho Bernardo. "We did not want to miss out on the financial and overall energy savings."

Also at the Energy Showcase, SDG&E recognized 10 San Diego County organizations for outstanding energy-efficiency efforts: the San Diego Convention Center, the U.S. Marine Corps' Camp Pendleton base, American Internet Services, Poway Unified School District, Charles Koll Jewelers, CP Kelco, Hamann Construction, Hokto Kinoko Co., AC Energy Systems and American Lighting Supply.

For more information, business owners and representatives can contact SDG&E at (800) 411-7343, or visit www.sdge.com.

SDG&E's energy-efficiency programs are subject to change without notice and will be offered on a first-come, first-served basis as long as funding is available. These programs are funded by California utility customers and administered by SDG&E under the auspices of the California Public Utilities Commission.



SDG&E recognized 10 San Diego County organizations for outstanding energy-efficiency efforts at their Energy Showcase.

Viejas Outlet Center "Tuesdays in the Park"

Viejas Outlet Center is proud to announce "Tuesdays in the Park" featuring the 2009 Movies in the Park Season with free, family-friendly movies, and Market in the Park, Alpine's first farmers market. All on Tuesday, all family-friendly and all free!

Beginning June 16, and every Tuesday through Aug. 11, the Viejas Outlet Center will feature free Movies in the Park. Arrive early to do some great shopping at the Outlet Center and grab some dinner before the show, then sit back and relax with family and friends and enjoy one of the popular movies during a warm summer evening under the stars. Movies will begin at sundown each week.

Also on Tuesdays, beginning June 23, Viejas is proud to bring the first farmers market to Alpine, Market in the Park. Every Tuesday through Aug. 25, the Market in the Park will feature fresh produce, plants and specialty items from local vendors from 3:30-7:30 p.m.

Movie schedule:

June 16 – Kung Fu Panda
June 23 – Indian Jones and the Kingdom of the Crystal Skull
June 30 – The Tale of Despereaux
July 7 – IGOR
July 14 – Madagascar 2 Escape Africa
July 21 – Hotel for Dogs
July 28 – Surf's Up
August 4 – The Ant Bully
August 11 – Harry Potter and the Sorcerer's Stone

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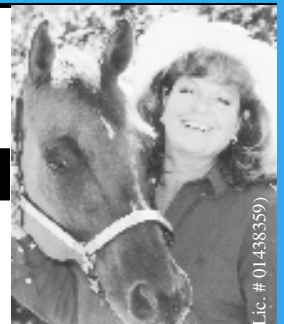
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El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Office

Honors for City employees

Congratulations to El Cajon Police Officer Dan Hansen and Firefighter Dave Truttman. Both were honored by the El Cajon Masonic Lodge as Officer and Firefighter of the Year at ceremonies held Thursday, June 4. Officer Hansen was recognized for his outstanding work with the Neighborhood Forums and the Neighborhood Watch program as part of the Special Operations Unit of the Police Department. Firefighter Truttman was honored for his 30 years of dedicated service to the community and to the Fire Department. Congratulations!

Fireworks in El Cajon!

Yes, there will be fireworks in El Cajon! The annual 4th of July Picnic and Fireworks will

again be held at Kennedy Park, located at 1675 East Madison Avenue. The picnic starts at 12 noon and the fireworks will begin at 9 p.m. Disabled parking will be available. Arrive early and keep in mind that parking is limited at the park itself. Please be careful and patient when leaving after the fireworks are over; and watch for pedestrians and heavy traffic in and around the area. Note: Friday, July 3, in observance of Independence Day (July 4), all City offices will be closed.

Lend A Hand in June – “Fun in Downtown El Cajon”

The El Cajon Community Development Corporation is holding their June Lend A Hand event on Saturday, June 27, from 9 to 11 a.m. on East Douglas Avenue, between Magnolia Avenue and Claydelle Avenue. Come and have some “Fun in Downtown El Cajon” for two hours on Saturday with El Cajon residents, business owners, and community-minded individuals as they come together to remove trash and graffiti. The event will also feature a Going Green Special E-waste Day! Bring your electronic waste from 8 a.m. - 3 p.m. and Electronic Recyclers International will be there to collect your e-waste, including cell phones, batteries, computers, televisions, and laptops. The CDC has also partnered with the San Diego Rescue Mission. They will be collecting any discarded usable items, including your working electronics, furniture, household articles, baby items, or clothes. Remember, your donations are tax deductible! Thank you for improving the quality of life in Downtown El Cajon. Call (619) 401-8858 for more information.

Save the Goose

Mother Goose Parade Association Director Don Dalesandro attended Tuesday's City Council Meeting, and shared that the 63rd Annual Mother Goose Parade may not happen



City Councilmember Jillian Hanson-Cox presents El Cajon Valley High School Senior Joaquin Pulido with a City Commendation for Joaquin's creation of a one-of-a-kind art piece of El Cajon's City Hall out of copper and brass. Pulido presented his art to the El Cajon City Council as his “thank you” for a city that has fostered many fond memories. He looks forward to developing more creations that have inspired him. Councilwoman Hanson-Cox said, “We honored Joaquin Pulido for his creation of City Hall that reflects his admiration for his hometown. We are fortunate to have a dedicated young man that is proud of his home and community.” Photo by Monica Zech

on November 22 if additional funding is not acquired. Mr. Dalesandro said the current state of the economy has not brought in the usual funding and is asking for the public's help by taking part in the June 19 Mother Goose Golf Tournament, or by sending in a donation of any amount to: Mother Goose Parade Association, P.O. Box 1155, El Cajon, California 92022. For information on sponsorship, or to register for the golf tournament, call (619) 444-8712.

Alley Cat Summer Fest in July

Mark your calendars for July 17 and 18 for the Annual Alley Cat Summer Fest Art Walk! This fun event will feature prominent artists, entertainment, sidewalk vendors, live music, a classic car show, a motorcycle run, and a job fair. Returning this year will be the juried art show, sponsored by Friends of East County Arts, Inc. Enjoy delicious food, beautiful artwork, and a special

presentation of jewelry and sculpture sponsored by the San Diego Museum of Art and San Diego Visual Arts Network. It's family fun with something for everyone. Proceeds benefit Sophie's Art Gallery and Public Art. For more information call (619) 422-5129.

Cajon Classic Cruise Night Downtown

The Cajon Classic Cruise in downtown El Cajon is considered the largest weekly classic car show in Southern California. Join us on Wednesday, June 17, for Chargerfest at the next Cajon Classic Cruise night. Shows continue Wednesday nights through September 30 on Downtown's Main Street from 5 to 8 p.m. The Cajon Classic Cruise features more than 500 classic, custom, and hot rod cars in a street festival setting. Each week features a different theme. For a full listing of the remaining spotlighted themes, including two special holiday shows, please visit www.downtownelcajon.com.

See EL CAJON page 16

— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby Business mixer

Lakeside Chamber of Commerce June Business Mixer hosted by the Lakeside Highway Lions will be held Thursday, June 18 from 6 to 7:30 p.m. at the ELKS Lodge, 11633 Woodside Ave. The mixer will be a great networking opportunity so bring your business cards. Admission is \$5 for an evening of food, drinks and fun.

Golf Tournament

Lakeside Chamber of Commerce 4th Annual Scholarship Golf Tournament will be held June 26, 2009 at Barona Creek Golf Club. Contact the Lakeside Chamber of Commerce to participate. Proceeds benefit the Lakeside Chamber of Commerce and scholarship funds to further the education of Lakeside area high school students. The Chamber number is 619-561-1031.

Eucalyptus Hills Landowners Association

Eucalyptus Hills Landowners Association has received calls and letters regarding some owner's use of their property. Eucalyptus Hills is zoned for single family dwellings and residential use. Some residents have been storing autos, equipment and heavy commercial equipment which is not compatible with residential living. Eucalyptus Hills is not zoned for outdoor storage or use of commercial equipment. Contact County Zoning Code Enforcement at (619) 441-4264. All calls are confidential.

Fire Safe Council

Since 1997, the Fire Safe Council of San Diego County's no-cost chipping service has provided vegetative protection to over 12,000 acres and has hosted numerous community chipping days.

Keynote speaker County

Chair Woman Dianne Jacob recognized the hard work of the RCDE and acknowledged the importance of the Fire Safe Council to the East County and its' Natural Resources.

Assemblyman Joel Anderson, 77th District Representative Collin McGlashen told the audience Assemblyman Anderson has been a Director on the Fire Safe Council board for six years and is active in supporting natural resources. Senator Dennis Hollingsworth, 36th District Representative Ellen Malin said Senator Hollingsworth is working alongside RCD with state and local funding.

Much of the coordination required to prioritize and implement fuel reduction work across the county is accomplished through the Forest Area Safety Taskforce (FAST). FAST is an inter-agency collaborative tasked with coordinating wild-fire mitigation strategy across jurisdiction. According to Cal Fire Unit Chief and FAST Facilitator, Howard Windsor "San Diego County has become recognized nationwide for Fast's innovative consensus driven approach to vegetation management."

The RCD of Greater San Diego administers all fire safe programs in partnership with the FSC of San Diego County.

For further information go to www.firesafesdcounty.org.

For questions about your property contact your local fire department at (619) 390-2350.

San Diego County Sheriff's Department "Tween" Citizen Academy

If you are nine to 12 years old, apply now for this free program, which will take place June 24 from 8:30 a.m. to 12:30 p.m. at the Lakeside Community Center, 9841 Vine St., Lakeside. Topics will include: personal safety/myspace, gangs/graffiti, bullying/teen violence, drugs & alcohol and CSI.

For further information call Crime Prevention Specialist Angie Hamilton (619) 956-4020.

All applicants must have parent's signed permission to attend. The last day to apply is June 15, 2009.

Dates to Remember

June 17: Lakeside Planning Group 7 p.m., Community Center

June 17: The Greater East County Chamber of Commerce Alliance Networking

Trade Show 5:30 to 8 p.m. Cuyamaca College- for information contact the Lakeside Chamber at (619) 561-1031.

June 18: Business Mixer Chamber- Lakeside Highway Lions, 11633 Woodside from 6 to 7:30 p.m.

June 23: San Diego County Sheriff's Tween Citizen Academy.

June 26: Lakeside Chamber of Commerce Scholarship Golf Tournament. Sign up online at www.lakesideca.com

June 28: Lakeside Day at the Del Mar Fair. Call Lakeside Chamber for more information (619) 561-1031.

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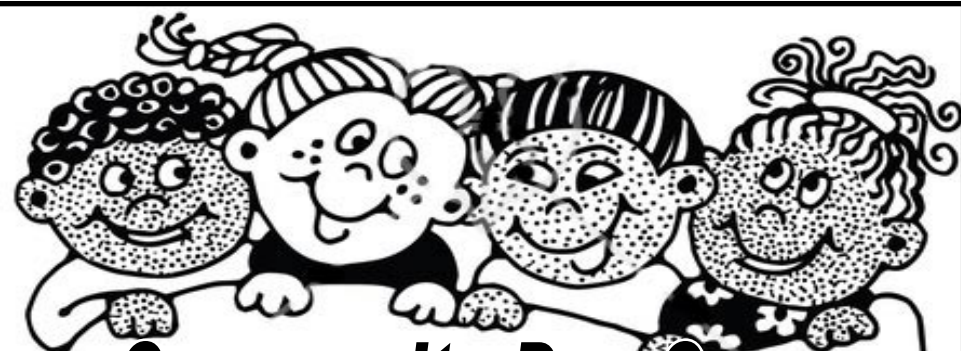
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— LOCAL NEWS & EVENTS —

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Alpine happenings ...

Farmers Market**F**riday, June 12, 8 a.m. – 3 p.m., Saturday, June 13, 8 a.m. – 3 p.m. and Sunday, June 14, 9 a.m. – 3 p.m. Golden Acorn Casino's Farmers Market/Spring Fair. Vendor tables are available. For more information and to receive an application, please call Diana Shea at (619) 938-6018. The Chamber office also has applications.**Networking Trade Show**

Wednesday, June 17, 5:30 – 8 p.m. GECCA (Greater East County Chamber of Com-

merce Alliance) Networking Trade Show at Cuyamaca College Student Center. Introduce your product or service to the East County. Premiere, half or full tables available. RSVP to Kelly@alpinechamber.sdcxmail.com.**Luau & Great Duck Race**Saturday, June 20, 5 – 8 p.m. 3rd Annual Luau & Great Duck Race at Campbell Creek Ranch. Support the Alpine Union School District. Sponsorship available.**Family Fun Night**

Thursday, June 25, 5:30

- 7:30 p.m. FAMILY FUN NIGHT AT Descanso, Alpine & Pacific Railway, 1266 Alpine Heights Road, Alpine, will be hosting a Complimentary "After 5 Business Networker" Mixer. Refreshments will be served. To RSVP call or email Kelly@alpinechamber.sdcxmail.com.**Chamber Day at the Fair**

Saturday, June 27, 10 a.m. – 5 p.m. San Diego County/Del Mar Fair. Join the Chamber to participate and celebrate the Alpine Mountain Empire Chamber of Commerce Day at the Fair. Complimentary vendor tables available. Call or

email Kelly@alpinechamber.sdcxmail.com.**After 5 Business Mixer at Barona**Thursday, July 16, 5:30 – 7:30 p.m. Barona Valley Ranch Resort & Casino, 1932 Wildcat Canyon Road, Lakeside, will be hosting a Complimentary "After 5:00 Business Networker" Mixer. Refreshments will be served. RSVP, call or email Kelly@alpinechamber.sdcxmail.com.For more information regarding the Alpine & Mtn. Empire Chamber of Commerce, see our website www.alpinechamber.com.**East County's
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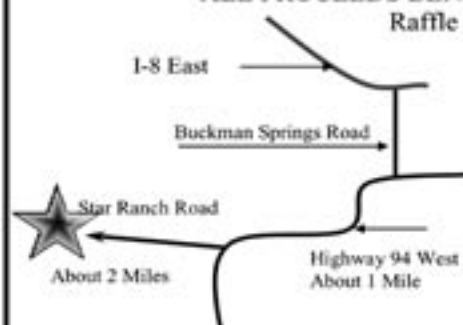
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Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214.

How do I do this? Caregiving at home

Learn & practice the basics of hands on care for a loved one at home from a Regis-

tered Nurse. Learn about safe transfers, personal care, proper body mechanics and more! Saturday, June 20, 9 a.m. to 1 p.m. at the Sharp Grossmont Hospital Brier Patch Campus, Classrooms 13 & 14, 9000 Wakarusa St., La Mesa. Cost \$10. Reservation required. Call 1-800-827-4277.

How to talk to your health care provider

Discover the tools to be successful when talking with your doctor or other health care provider at this free presentation. Learn strategies for choosing a provider, good communication

skills during office visits and the importance of pre-planning. Free Vials of Life, Advance Directives and more are available. Monday, June 22, 10-11:30 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277

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 Wakarusa, La Mesa on Tuesday, July 7, 9:30 - 10:30 a.m.

East County's Healthcare Leader

What are the leaders of Sharp HealthCare and Sharp Grossmont Hospital doing to ensure clinical excellence in this current economic environment? How will proposed budget cuts impact care? Learn about services, upgraded facilities and plans for Grossmont's future. Friday, July 24, 9 to 10 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa.

This free presentation includes a continental breakfast at 8:30 a.m. provided compliments of Grossmont Hospital Foundation. Reservation required. Call 1-800-827-4277.

Hearing Help Workshop Are digital hearing aids for everyone?

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

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

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, Safe Return and more. Call (619) 740-4214 for details.

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- Keep skunks and bankers at a distance.
- Life is simpler when you plow around the stump.
- A bumble bee is considerably faster than a John Deere tractor.
- Words that soak into your ears are whispered...not yelled.
- Meanness don't jes' happen overnight.
- Forgive your enemies. It messes up their heads.
- Do not corner something that you know is meaner than you.
- It don't take a very big person to carry a grudge.
- You cannot unsay a cruel word.
- Every path has a few puddles.
- When you wallow with pigs, expect to get dirty.
- The best sermons are lived, not preached.
- Most of the stuff people worry about ain't never gonna happen anyway.
- Don't judge folks by their relatives.
- Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.
- Don't interfere with somethin' that ain't bothering you none.
- Timing has a lot to do with the success of a rain dance.
- If you find yourself in a hole, the first thing to do is stop diggin'.
- Sometimes you get, and sometimes you get got.
- The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morning.
- Always drink upstream from the herd.
- Good judgment comes from experience... and a lot of that comes from bad judgment.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
- Live simply, love generously, care deeply, and speak kindly. Leave the rest to God.
- Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

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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Washington and Travolta rev up tension in 'The Taking of Pelham 123'

Review by Diana Saenger

If you do the crime, you do the time – but only if you get caught. That's Ryder's plan. He's the leader of a highly-armed gang of four in *The Taking of Pelham 123*. With what they believe is a fail-proof getaway plan, Ryder and his crime team take subway hostages for ransom and commandeer a subway train.

Walter Garber (Denzel Washington) is a civil servant working for the New York City Transit system. After coming under suspicion for a wrong doing in his job as the MTA administrator, he's annoyed and unsure why he's been assigned as a dispatcher handling the dozens of trains that move the cities inhabitants from one spot to another.

What Walter is sure about involves his knowledge concerning how the trains work and the tunnel systems they speed through – which comes in handy when one of the trains suddenly stops moving and he gets a call from Ryder (John Travolta), a criminal

mastermind who announces he wants 10 million dollars.

Ryder not only toys with Walter, asking him questions and bantering like they're old friends with the same problems, he also puts a timeline on his demand. He implies that one person will be shot for every unmet deadline, and that all this rests on Walter's shoulder.

An immediately squirming Walter demands a police negotiator be summoned. When Lt. Camonetti (John Turturro) arrives, he finds Walter handling the situation with Ryder quite well. However, Walter's agitated supervisor orders him to leave and go home.

Within seconds of taking over, Camonetti is told by Ryder that he will talk only to Walter. He threatens to shoot someone if Walter doesn't get back on the phone right away. Walter is stopped just as he's leaving the building, but not before Ryder shoots one of his own men in a fit of rage. Camonetti realizes Walter has managed to somewhat

handle Ryder's volcano-like fits and puts Walter back on the phone while advising him on the sideline.

The Taking of Pelham 123 was a novel first adapted into a movie in 1974, with Walter Matthau and Robert Shaw co-starring. Filmmakers of the new movie took a different approach to the story. Director Tony Scott and screenwriter Brian Koppelman sought to create an adrenaline-filled thriller, and to some extent their version keeps moviegoers on edge throughout the entire film.

Washington is perfect as the mild-mannered Walter, a family man who believes in justice, what's best for everyone and maybe redemption for himself. Travolta is the crucial mean, angry man who says what he means and doesn't hesitate one second when he pulls the trigger to prove his point. Death means nothing to a man who is even beating Wall Street at the same time he's blackmailing the city.

"He's built up resentment toward the city, feeling betrayed and mistreated," Travolta said. "I decided he was calculated to some degree, but at the same time, he is a stimulus/response type of guy, meaning you can push his buttons. Say the wrong word, and he goes off."

Ryder has fun with the Mayor, a man ultimately brought in to speak with Ryder and assure him the money is on the way. James Gandolfini, going from mobster in *The Sopranos* to the esteemed Mayor of New York City, expertly edges in some of the sarcasm from his TV character. This mayor also has a back story, one Ryder knows about and uses to his advantage.

Turturro appears thoroughly convincing as the cool-under-pressure negotiator. He was prompted by the current commanding officer of the NYPD's Hostage Negotiation Team, Lt. Jack Cambria, upon whom the role was based. But it's Turturro's exceptional talent that helps him nail his character.

"If the job of acting is finding the emotion of a scene," Turturro said, "being a cop is about separating your feelings from your job. I've played a few cops, I've done some research, and I have tremendous respect for what they do. It's a hard job."

Luis Guzman and Michael Rispoli round out the main cast, but the other major star of this film is the subway itself. Because the system is frightening, complex and thrives in the mysterious underground of the city, making it feel real was of paramount importance. Filming actually took place in the subways of New York City, including scenes shot with the actors on the track as trains moved past them.

Production companies filming in the subway have to undergo an eight hour safety-training course. That meant the entire cast and crew of some 400 people were required to take the course and learn how to navigate tracks, identify hazards, and most importantly, avoid the electrical contact rail, better known as the third rail where one can lose a limb or a life just by touch. These individuals also had to learn about the danger of an oncoming train, for failing to look both ways is the number one cause of fatalities in the subway.



Denzel Washington and John Turturro star in *The Taking of Pelham 123*. Photo credit: Stephen Vaughan / Columbia Pictures

Instructions by trainer Bob Willis was implicit. "Center yourself between the columns, press your shoulder against one, place your hand flat against the opposite and don't move. If you stand with your hands in your pocket, the wind can pull you right in. And don't stick your neck out to see if the train is coming! The train rumbles down the track with

a deafening roar, whipping up dust and dirt (and who knows what else), tall as a building... And don't turn around to look at it!"

While the film's middle may be cliché and the ending somewhat predictable, the execution of *The Taking of Pelham 123* is made more enjoyable by its capable lead cast.

Will Ferrell brings his innate comedy to 'Land of the Lost'

Review by Tamberly Donato

Land of the Lost was a children's series that ran on the NBC television network from 1974 to 1976. The series showcased the adventures of the Marshall family (father Rick, his son Will, and younger daughter Holly) who become trapped in an alternate universe inhabited by dinosaurs, the Pakuni, a primate-type people and the aggressive, Sleestak, humanoid/lizard creatures. Hollywood has recreated the theme in the feature film, *Land of the Lost* starring Will Ferrell as Dr. Rick Marshall.

Believing that there is another dimension, Dr. Rick Marshall is set to go exploring. When he meets Cambridge-educated scientist Holly Cantrell (Anna Friel) and learns she also believes in his theories, he invites her along on the excursion. They travel to an area of land owned by survivalist Will Stanton (Danny McBride). He agrees to be their guide into a cave on the property that he believes has a portal to another world.

They are soon in another dimension where their trip uncovers a world of unique creatures such as Cha-ka (Jorma Taccone, *Extreme Movie*), a monkey-like creature; Grumpy, a T-rex dinosaur and Enik (John Boylan, *The Rocket Man*), a lizard-man and a bunch of Sleestaks. How they mix with these creatures is hilarious, but how to get back home becomes their next worry.

Their adventure puts them in the spotlight and is so unbelievable that Dr. Rick Marshall is actually invited to be on TV with Matt Lauer – where they get into a spat. It's really funny.

Ferrell (*Semi-Pro*), Friel (*Goal!*) and McBride (*Tropic Thunder*) bring a lot of humor to their roles. The ending wasn't what I expected and could have evolved better, but for the most part Director Brad Silberling (*Lemony Snicket's A Series of Unfortunate Events*) did a nice job of keeping the cast under control and keeping the fantasy moving along.

See 'LAND OF THE LOST' page 10

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'Land of the Lost' ...

Continued from page 9

Fans of the original TV show of *Land of the Lost* or the alternate series in 1991, or those who want to see how this franchise got started, can

enjoy the shows all over again as Universal has just released a limited-edition gift-set DVD of the complete series packaged in a very cool vintage lunch box. It's at retailers now.

The Taking of Pelham 123

Studio: Columbia Pictures

Gazette Grade: B+

MPAA: "R" for violence and pervasive language
Who Should Go: Denzel Washington & John Travolta fans



Land of the Lost

Studio: Universal Pictures

Gazette Grade: C

MPAA: "PG-13" for crude and sexual content and for language including a drug reference
Who Should Go: Will Ferrell fans



Will Ferrell, Anna Friel, Danny McBride and Jorma Taccone star in *Land of the Lost*. Photo credit: Universal Pictures



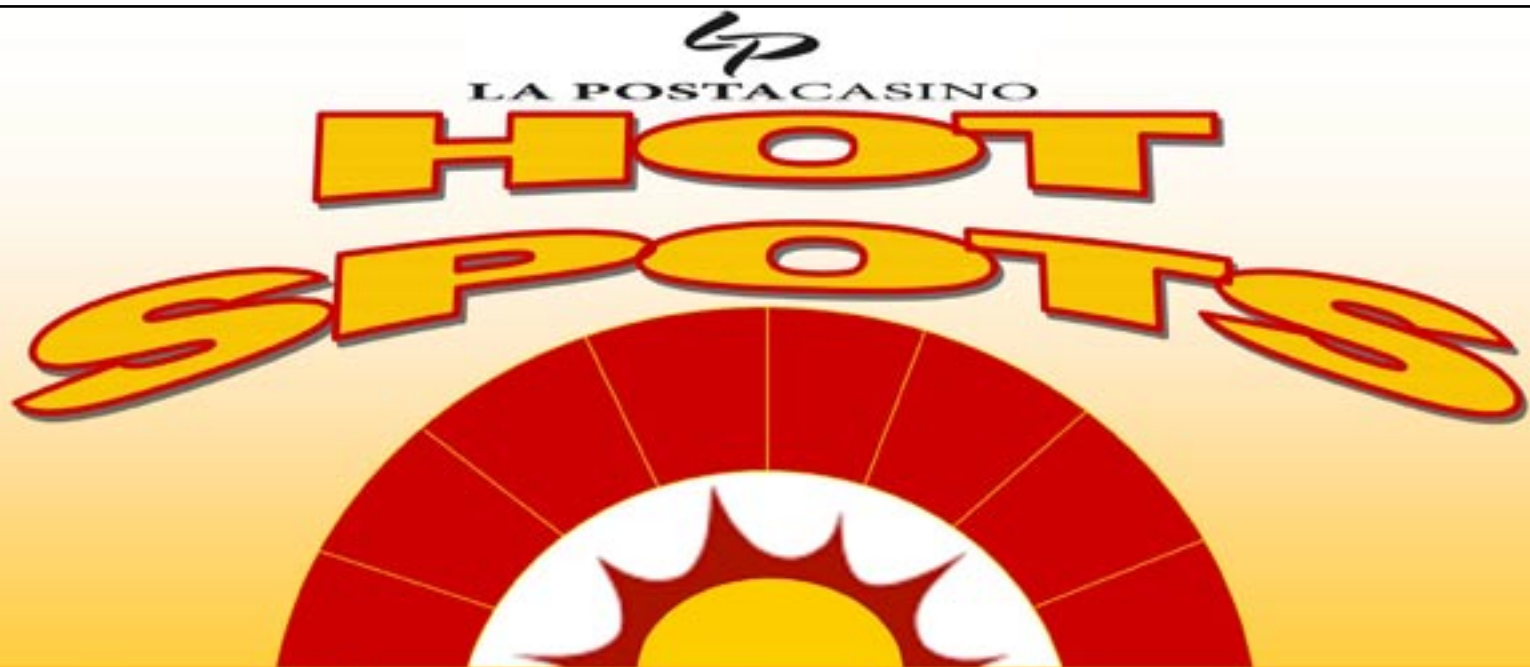
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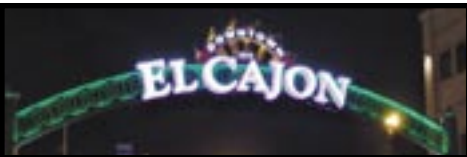
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July 1	Stars and Stripes
July 8	OFF Road Madness
July 15	Cajon Speed Week
July 22	Bike Night
July 29	T-Buckets Galore
August 5	National Night Out
August 12	Funny Car Frenzy
August 19	Charger Steve's Starz Carz
August 26	Revisit the Horseless Carriage
September 2	British Invasion
September 9	Keep on Truckin'
September 16	Woody-Surf's Up!
September 23	Thunder on Main
September 30	Closing Night
October 28	Trunk or Treat
December 9	Parade of Lights



(LEFT) El Cajon CDC's Winner: Jayme Knight and her 1963 Ford Fairlane



El Cajon CDC's Winner: Ernie Telles and his 1926 Ford T-Bucket



El Cajon CDC's Winner: Donivan Marthis and his 1955 Ford F100 Panel



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MOTORSPORTS

2009 Subaru Forester

by Dave Stall

While car manufacturers are working hard to stay alive a little company like Subaru is cleaning up when it comes to car awards. Check this out: The Insurance Institute for Highway Safety Award, Truck Trend Sport Utility of the Year Award, Motor Week's Driver Choice Award, and a lot more I haven't found yet.

I picked up my Forester from my old buddy Al Stein GM of Kearny Mesa Hyundai-Subaru. Stein and his Sunroad Team are putting this dealership on the map when it comes to sales and service.

My tester was white in color and cream on the inside and the first thing noticed in this newly redesigned Forester is

that it is 4.5 inches taller, 1.8 inches wider, and 3 inches longer than the 2008 Forester. Doesn't sound like much but once behind the wheel it really stands out.

No nonsense dash with easy controls and a compact Navigation screen in the center of the dash. Night driving was a little annoying with this bright light coming from the navigation screen. I'm sure I could turn the brightness down but I was driving and adjusting the vehicles personality while driving could get you a ride in an ambulance!

The 2009 Subaru Forester is really a complete SUV, seating is great, back seat rider get a lot more leg room and all the doors open wide enough for easy loading, strapping in the kids or just getting in and sitting down.



2009 Subaru Forester. Photos by Dave Stall

Subaru is noted for its Symmetrical All Wheel Drive System and one can get it on all Subaru models this year. This system has helped in winning many road and rally races which is always a great recommendation for buying a car that can get the job done! The performance is what really surprises the driver if he/she has not driven a 2005 or newer Subaru, this grocery getter flat gets with it!

There are five model choices but they all come with two tried and true engines, the 2.5-liter 170 horsepower H4 (A flat four design that looks like an H) and the second engine available is the 2.5-liter 224 horsepower H4 and there are also two transmission choices, a 4-speed automatic and a 5-speed manual, even

though one can't get them in all models, check with the salesman for the combination that fits best. With the above combination fuel mileage is expected to be around 20 miles per gallon in town and 26 on the open road and pricing is do-able, starts out at \$19,995 and my tester cost \$31,763.

I really liked the 2009 Subaru Forester, quick nimble and very responsive, great sound system, plenty of room for folks, gear and junk.

If the Subaru excited this many car magazines writers, enough for them to give out all the awards the Forester garnered last year, this year one needs to stop by a Subaru dealer and see if it fits the active life style.



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Bumper-To-Bumper with Dave Stall

Dave: What would the problem be if you have water in the oil and the 2002 Chevy Malibu is overheating tremendously and won't accelerate over 50 mph? If you can get back to this it would be a lot of help. Thank you for your time. James.

James: It is all bad news, water in the oil means you have either blown a head gasket, which is located between the cylinder head and the engine block to keep water out of the oil or you have cracked the engine block. Either way water is going where it shouldn't. Water does not compress well in the cylinders and this is why you have no power. Engine oil does not work well as a coolant. Your only choices are to rebuild or replace the engine. You have put too much stress on the original engine to take a chance of trying to fix it. I have seen a head gasket blow, I replaced the head gasket and flushed all the oil & water out of the engine and it ran ok for a year or two but it is not my recommendation.

Dave: My son has a 1999 Ford Ranger that has been using synthetic oil from day one by the original owner. Is there any problems switching to regular oil, a \$20 oil change is more affordable for a college student than a \$60 one. Please let us know if we can change and start using regular oil. Thanks Dan.

Dan: There is no problem going back to regular motor oil, in fact the 1999 Ford Ranger didn't recommend synthetic motor oil from the Ford factory. You don't have to flush the engine either, just get the engine up to normal running temperature and then drain it as you would normally, change the oil filter and use the oil and filter recommended by the Ford factory and you should be good to go!



Postgame hosts Bob Scanlan and John Weisbarth. Photo credit: Cox Communications

Cox, Channel 4 San Diego bring Padres road games to the screen at Park at the Park



Cox Communications and Channel 4 San Diego, in partnership with the San Diego Padres, will televise 43 LIVE Padres road games on the video board at Petco Park for the public to

watch, free of charge. "Away at the Park," presented by Cox, begins Friday, June 12, 2009 at 7:05 p.m. when the Padres meet the Los Angeles Angels of Anaheim. Channel 4 San Diego's on-air team including Jane Mitchell, producer and host of One on One with Jane Mitchell, along with co-hosts of Postgame Bob Scanlan and John Weisbarth, will be on hand to kick off the event with the public.

The 43 games will be televised LIVE in their entirety, with full audio, on the 15-foot high by 24-foot wide video board located behind the Batter's Eye at Petco's Park at the Park. The games represent the remaining road games on Channel 4 San Diego's 2009 schedule.

"'Away at the Park' is another way Cox Communications and Channel 4 San Diego are bringing the home team to the San Diego community," said Craig Nichols, Vice President and General Manager for Cox-owned Channel 4 San Diego. "With the great ballpark venue and Channel 4 San Diego's award-winning Padres game telecasts, 'Away at the Park' will be like having the team there."

"Away at the Park," presented by Cox will include concessions for sale during Friday and Saturday games. Items available for purchase include soft drinks, hot dogs, sausages, beer, nachos and Dippin' Dots ice cream.

For a complete list of the road games that will or will not be televised on Channel 4 San Diego, visit www.4sd.com.

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— MotorandSports —

Coors Light Boxing Series 'Night of Prospects'



Former 3 time World Champion Terrible Terry Norris and Chris "The Nightmare" Arreola at Bobby D's "Night of Prospects Show." Photo by Benny Ricardo

by Chuck Karassia

Continuing over 30-years of committed dedication by bringing the best boxers to fight in San Diego, *Bobby DePhillippis* of *Bobby D Presents* in association with legendary matchmaker *Jorge Marron Productions* offered boxing fans last week a chance to see the best up and coming boxers in "Night of Prospects" the latest presentation of the **Coors Light Boxing Series** of fights at the Four Points Sheraton in Kearny Mesa.

Headlining the fight card last Thursday in the main event were two scrappy junior middleweights.

National City resident Antonio "Simple Man" Orozco (3-0, 2 KO's) a veteran of 95 amateur bouts (80-15) whose accomplishments include a national title and a silver medal in the Junior Olympics opposed Antonio Soria (2-4, 2 KO's) also a scrapper who belied his record. Both of Soria's victories have come by knockout. Of his losses, all went to the judge's decisions.

Orozco remained undefeated last week when referee Pat Russell stopped the battle in the third round when Soria soundly beaten could no longer continue.

Of the six bouts fought at the Four Points Sheraton Thursday evening, three ended up as Split Draw Decisions exemplifying parity of the opponents.

In the popularly entertaining women's flyweight bout, former amateur sensation Amaris "La Reina" Quintana (1-0-1) last fought at the April Coors Light Boxing Series sensation winning her professional debut. She challenged 2007 Northern California Gold Gloves champion and former Brazilian soccer player Melissa McMorrow (2-1-1).

"Mighty" Melissa McMorrow aggressively threw punches left and right bringing the fight to Quintana. Not to be outdone, "La Reina" countered those punches off the ropes with her own leather bound hands making the fight too close to call, thus a *split-decision draw* was decided.

In what was considered the best fight of the evening, junior welterweight Alan "El Puas" Sanchez beat the stuffing out of his opponent, enough to claim a unanimous decision by the judges.

Competing in only his second fight of his professional career Jesse (El Cabollo) Isais from San Diego landed a couple of low-blow shots on Sanchez who in turn unmercifully

fully pounded Isais into submission.

In his pro debut, cruiser-weight Lamont Williams scored a unanimous decision over Ryan Davis.

Two other fights ending in split-decision draws were the battles between Pablo "El Bronco" Armenta and Danny Pantoja and the bout between Angelo "El Pulpo" Maria versus Steven "Cassidy" Macomber.

These young evenly matched fighters made for an exciting hard fought punch packed

evening for all boxing fans in attendance fortunate to witness the "Night of Prospects."

In attendance of the sold-out crowd (over 900) was former three time world champion "Terrible" Terry Norris and former IBA and USBA Lightweight champion Efen Hinojosa. The number-one heavy-weight prospect in the world Chris "Nightmare" Arreola hoping to be the first Mexican Heavyweight boxing champion also attended the fights.

Tickets for the next upcoming "Coors Light Boxing Series" presented by *Bobby D* will be available for purchase at the

door. Presale tickets may be purchased at the Four Points by Sheraton gift shop (858-277-8888) or (619-420-8866).

The Four Points by Sheraton is located at 8110 Aero Drive, just west of Interstate 15 on Aero Drive.

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LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00066631-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
HEATHER NICHOLE GIBBS ON BEHALF
OF MINORS HUNTER COLE BLOOD
AND SKYLAR NICHOLE BLOOD FOR
CHANGE OF NAME PETITIONER: HEATHER
NICHOLE GIBBS ON BEHALF OF MINORS
HUNTER COLE BLOOD AND SKYLAR
NICHOLE BLOOD HAS FILED FOR AN
ORDER TO CHANGE NAME FROM:

HUNTER COLE BLOOD
TO:
HUNTER COLE GIBBS
AND
SKYLAR NICHOLE BLOOD
TO: SKYLAR NICHOLE GIBBS

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, FOURTH FLOOR,
on JULY 1, 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
MAY 14, 2009.

East County Gazette – GIE030790
5/21, 5/28, 6/04, 6/11, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014603

FICTITIOUS BUSINESS NAME(S): Quick
Trip Inc or QT
Located at: 596 N Mollison Ave. #102, El
Cajon, CA 92021
This business is conducted by: A
Corporation
The first day of business was: August 10,
2003
This business is hereby registered by the
following: Quick Trip 596 N Mollison Ave.
#102, El Cajon, CA 92021
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 15, 2009.
East County Gazette- GIE030790
5/21, 5/28, 6/04, 6/11, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014453

FICTITIOUS BUSINESS NAME(S): S & I
Venta y Renta de Mesas y Sillas
Located at: 1665 Lincoln Ave. #8, El Cajon,
CA 92020
This business is conducted by: An Individual
The first day of business was: May 14, 2009
This business is hereby registered by the
following: 1. Ignacio Juarez 1665 Lincoln
Ave. #8, El Cajon, CA 92020
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 14, 2009
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013770

FICTITIOUS BUSINESS NAME(S): Viva
Manufactured Homes
Located at: 1143 E. Main St., El Cajon, CA
92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Thomas Wayne Paden 10770
Jamacha Blvd. #20, Spring Valley, CA
91978
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 07, 2009.
East County Gazette- GIE030790
5/21, 5/28, 6/04, 6/11, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013411

FICTITIOUS BUSINESS NAME(S): Scripps
Miramar Realty
Located at: 10755 Scripps Poway Parkway,
Ste. F, San Diego, CA 92131
This business is conducted by: A
Corporation
The first day of business was: December
1, 2003
This business is hereby registered by the
following: 1. Ernest Vaca Realty, Inc.
10755 Scripps Poway Parkway, Ste. F, San
Diego, CA 92131
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 05, 2009
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014832

FICTITIOUS BUSINESS NAME(S):
Spectrum Thermal Imaging
Located at: 8341 La Mesa Blvd., La Mesa,
CA 91941
This business is conducted by: An Individual
The first day of business was: May 15, 2009
This business is hereby registered by
the following: 1. Theresa Williams 61 Via
Sovana, Santee, CA 92071
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 19, 2009
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013267

FICTITIOUS BUSINESS NAME(S): Prime
Edison
Located at: 831 Laffey Lane, El Cajon, CA
92021
This business is conducted by: A General
Partnership
The first day of business was: May 4, 2009
This business is hereby registered by the
following: 1. Frank J. Hickey 831 Laffey
Lane, El Cajon, CA 92021; 2. Dona Hall 831
Laffey Lane, El Cajon, CA 92021; 3. Jeff
Hall 831 Laffey Lane, El Cajon, CA 92021
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 04, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015527

FICTITIOUS BUSINESS NAME(S): a.) Life
And Fashion b.) Life And Fashion Magazine
c.) Life And Fashion San Diego d.) San
Diego Life And Fashion e.) 619 San Diego
f.) San Diego 619
Located at: 5800 Kelton Ave., La Mesa,
CA 91942
This business is conducted by: An Individual
The first day of business was: May 26, 2009
This business is hereby registered by the
following: 1. William S. Wolbach 5800
Kelton Ave., La Mesa, CA 91942
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 26, 2009.
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013185

FICTITIOUS BUSINESS NAME(S): Elite
Auto Detailing
Located at: 1164 Decker St., #B, El Cajon,
CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Marcos Miguel Lopez 1164
Decker St. #B, El Cajon, CA 92019
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 01, 2009
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014784

FICTITIOUS BUSINESS NAME(S): A-Park
Avenue Transportation Enterprizes
Located at: 7266 Mohawk St., San Diego,
CA 92115
This business is conducted by: An Individual
The first day of business was: May 1, 2009
This business is hereby registered by the
following: 1. Booker Washington 7266
Mohawk St., San Diego, C 92115
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 18, 2009
East County Gazette- GIE030790
5/28, 6/04, 6/11, 6/18, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014128

FICTITIOUS BUSINESS NAME(S): Impact
Sign Solutions
Located at: 1038 Vista Sierra Drive, El
Cajon, CA 92019
This business is conducted by: An
Individual
The business has not yet started.
This business is hereby registered by the
following: Bruce Heinzel 1038 Vista Sierra
Drive, El Cajon, CA 92019
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 12, 2009
East County Gazette- GIE030790
5/21, 5/28, 6/04, 6/11 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013935

FICTITIOUS BUSINESS NAME(S): NRG
Building & Consulting
Located at: 2223 Honey Springs Rd., Jamul,
CA 91935
This business is conducted by: A
Corporation
The business has not yet started.
This business is hereby registered by the
following: 1. NRG Building & Consulting
2223 Honey Springs Rd., Jamul, CA 91935
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 08, 2009.
East County Gazette- GIE030790
5/21, 5/28, 6/04, 6/11, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015636

FICTITIOUS BUSINESS NAME(S): US
Express Co.
Located at: 16955 Manresa Ct., San Diego,
CA 92128
This business is conducted by: A General
Partnership
The business has not yet started.
This business is hereby registered by the
following: 1. Ali Eskandar 16955 Manresa
Ct., San Diego, CA 92128 2. Mohammad
Karim Eskandar 13617 El Mar Ave., Poway,
CA 92064
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 27, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015502

FICTITIOUS BUSINESS NAME(S): Native
Spirit Soul Colors
Located at: 111 Wintercreek Pl., Santee,
CA 92071
This business is conducted by: Husband
and Wife
The first day of business was: January 1,
2009
This business is hereby registered by the
following: 1. Louis V. LaChusa II 111
Wintercreek Pl., Santee, CA 92071; 2. Debra
LaChusa 111 Wintercreek Pl., Santee, CA
92071
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 26, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015445

FICTITIOUS BUSINESS NAME(S): a.)
CASA Marieta's b.) CASA Marieta's Alpine
Located at: 2806 Alpine Blvd., Alpine, CA
91901
This business is conducted by: A
Corporation
The business has not yet started.
This business is hereby registered by the
following: 1. MAFA Restaurant Inc. 1283 E.
Main St. Suite 110, El Cajon, CA 92021
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 26, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015349

FICTITIOUS BUSINESS NAME(S): Daniels
Distributing
Located at: 8030 Deerfield St., San Diego,
CA 92120
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Daniel Garcia 8030 Deerfield
St., San Diego, CA 92120
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 22, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013757

FICTITIOUS BUSINESS NAME(S): Max
IP Services
Located at: 4561 Dickey Dr., La Mesa, CA
91941
This business is conducted by: An Individual
The first day of business was: May 1, 2009
This business is hereby registered by the
following: 1. Max J Kreifeldt 4561 Dickey
Dr., La Mesa, CA 91941
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 07, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015155

FICTITIOUS BUSINESS NAME(S):
Wholesale Guns Inc.
Located at: 10769 Woodside Ave., #206,
Santee, CA 92071
This business is conducted by: A
Corporation
The first day of business was: May 5, 2007
This business is hereby registered by the
following: Wholesale Guns Inc. 10769
Woodside Ave., #206, Santee, CA 92071
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 21, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

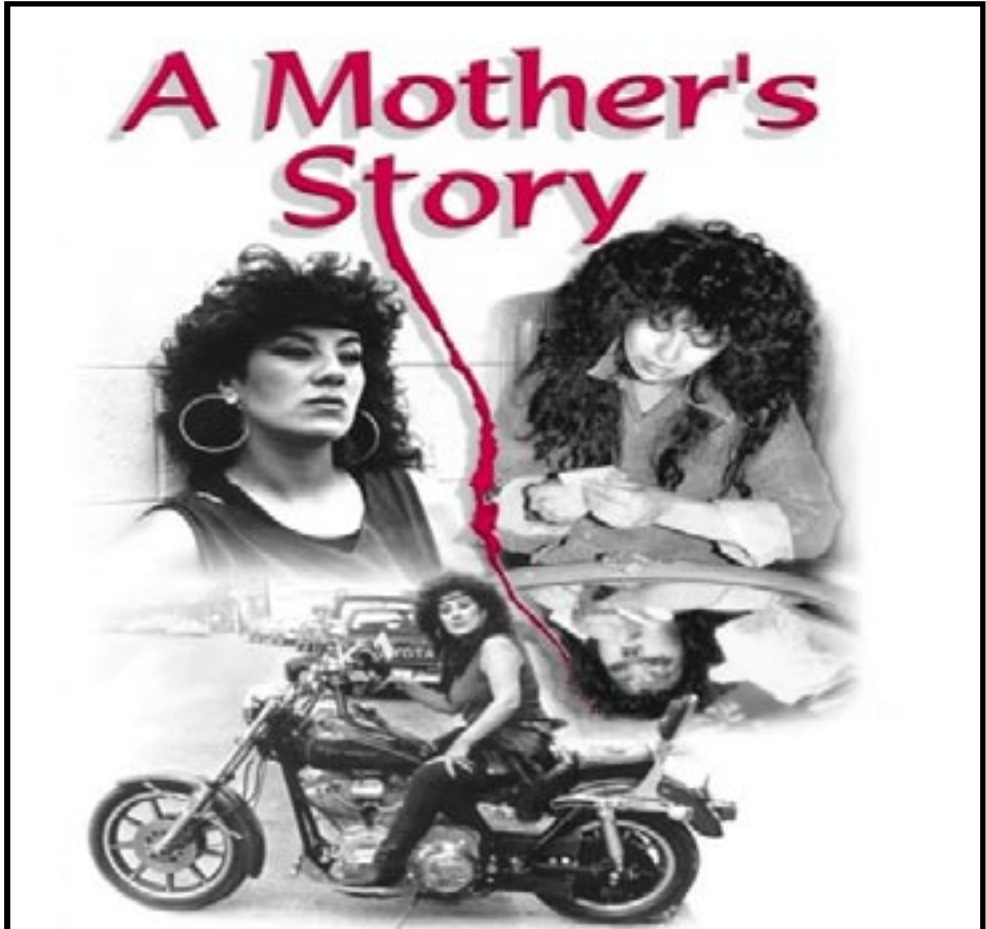
FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014678

FICTITIOUS BUSINESS NAME(S): Perfect
Switch
Located at: 2686 Carriagedale Row, La
Jolla, CA 92037
This business is conducted by: A
Corporation
The first day of business was: May 13, 2009
This business is hereby registered by the
following: 1. Stolper International, Inc. 2686
Carriagedale Row, La Jolla, CA 92037
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 18, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015477

FICTITIOUS BUSINESS NAME(S): Many
Men
Located at: 12905 Mapleview #57, 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. Michael Couture 12905
Mapleview #57, Lakeside, CA 92040
This statement was filed with Gregory J.
Smith Recorder/County Clerk of San Diego
County on May 26, 2009.
East County Gazette- GIE030790
6/04, 6/11, 6/18, 6/25, 2009

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FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013772
 FICTITIOUS BUSINESS NAME(S): Peak 8 Partners
 Located at: 3401 Adams Ave., A-98, San Diego, CA 92116
 This business is conducted by: An Individual
 The first day of business was: May 4, 2009
 This business is hereby registered by the following: 1. Katherine France 7607, Rowena St., San Diego, CA 92119
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 07, 2009.
 East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015764
 FICTITIOUS BUSINESS NAME(S): AD HOC BYTE
 Located at: 1124 Las Flores Dr., Carlsbad, CA 92008
 This business is conducted by: An Individual
 The first day of business was: May 1, 2009
 This business is hereby registered by the following: 1. Alaa Muqaitash 1124 Las Flores Dr., Carlsbad, CA 92008
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009.
 East County Gazette- GIE030790 6/04, 6/11, 6/18, 6/25, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015838
 FICTITIOUS BUSINESS NAME(S): a.) 1&1 Design b.) 1&1 Studio
 Located at: 8565 Summerdale Rd. #224, San Diego, CA 92126
 This business is conducted by: An Individual
 The business has not yet started.
 This business is hereby registered by the following: 1. Yinghui Feng 8565 Summerdale Rd. #224, San Diego, CA 92126
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016612
 FICTITIOUS BUSINESS NAME(S): One On One Realty
 Located at: 917 Kempton St., Spring valley, CA 91977
 This business is conducted by: An Individual
 The business has not yet started.
 This business is hereby registered by the following: 1. Arlene P. Tangalin 917 Kempton St., Spring valley, CA 91977
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015342
 FICTITIOUS BUSINESS NAME(S): Spa House
 Located at: 2730 Isham Springs Ct., Spring valley, CA 91977
 This business is conducted by: An Individual
 The first day of business was: May 22, 2009
 This business is hereby registered by the following: 1. Angela Hunt 2730 Isham Springs Ct., Spring valley, CA 91977
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 22, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016293
 FICTITIOUS BUSINESS NAME(S): Anchor Funding Inc Escrow, Anchor Funding Inc Escrow Division
 Located at: 3750 Convoy St. #320, San Diego, CA 92111
 This business is conducted by: A Corporation
 The first day of business was: May 22, 2009
 This business is hereby registered by the following: 1. Anchor Funding Inc 3750 Convoy St. #320, San Diego, CA 92111
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016398
 FICTITIOUS BUSINESS NAME(S): Jonopal, Inc.
 Located at: 830 Broadway Unit 26, El Cajon, CA 92021
 This business is conducted by: A Corporation
 The business has not yet started.
 This business is hereby registered by the following: 1. Jonopal, Inc. 830 Broadway Unit 26, El Cajon, CA 92021
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016276
 FICTITIOUS BUSINESS NAME(S): a.) CDA Natural Stone and Tile b.) CDA Interiors
 Located at: 14235 Jennings Vista Trail, Lakeside, CA 92040
 This business is conducted by: An Individual
 The first day of business was: June 1, 2009
 This business is hereby registered by the following: Jesse Stockmoe 14235 Jennings Vista Trail, Lakeside, CA 92040
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016624
 FICTITIOUS BUSINESS NAME(S): a.) American Loan Modification Group b.) American Loan Mod Group
 Located at: 1660 Hotel Circle North, Ste. 700, San Diego, CA 92108
 This business is conducted by: A Corporation
 The business has not yet started.
 This business is hereby registered by the following: 1. Axis Finance, Inc. 7040 Avenida Encinas #104-271, Carlsbad, CA 92011
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-015792
 FICTITIOUS BUSINESS NAME(S): a.) AMHP b.) AMHP NAMI San Diego Rep Payee for Social Security Beneficiaries
 Located at: 4480 30th St., San Diego, CA 92116
 This business is conducted by: A Corporation
 The first day of business was: January 1, 1993
 This business is hereby registered by the following: National Alliance on Mental Illness- San Diego (NAMI San Diego) 4480 30th St., San Diego, CA 92116
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 28, 2009
 East County Gazette- GIE030790

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014512
 FICTITIOUS BUSINESS NAME(S): Babi's Bakery
 Located at: 910 E. Washington Ave., El Cajon, CA 92020
 This business is conducted by: A General Partnership
 The business has not yet started.
 This business is hereby registered by the following: 1. Shawn Doud 610 S. Mollison Ave. #D, El Cajon, CA 92020; 2. Giorgi Naoom 3073 Golf Crest Ridge Rd., El Cajon, CA 92019
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 14, 2009.
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014751
 FICTITIOUS BUSINESS NAME(S): GET 2 IT PROPERTY SOLUTIONS
 Located at: 874 Galapago St., Spring Valley, CA 91977
 This business is conducted by: An Individual
 The first day of business was: May 18, 2009
 This business is hereby registered by the following: 1. Doris Avery 874 Galapago St., Spring Valley, CA 91977
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 18, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016645
 FICTITIOUS BUSINESS NAME(S): Crossfit Pride
 Located at: 1991 Friendship Dr., Ste. E, El Cajon, CA 92020
 This business is conducted by: An Individual
 The first day of business was: June 1, 2009
 This business is hereby registered by the following: Caren Ross 1991 Friendship Dr., Ste. E, El Cajon, CA 92020
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 04, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-016304
 FICTITIOUS BUSINESS NAME(S): a.) East County Performance Workshop b.) Swap King Performance
 Located at: 2883 Buena Vista Ave., Lemon Grove, CA 91945
 This business is conducted by: An Individual
 The first day of business was: June 1, 2007
 This business is hereby registered by the following: 1. Shire Cain 2883 Buena Vista Ave., Lemon Grove, CA 91945
 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on June 02, 2009
 East County Gazette- GIE030790 6/11, 6/18, 6/25, 7/02 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00066920-CU-PT-EC
 IN THE MATTER OF THE APPLICATION OF: ZINA TOMA RAMIREZ ON BEHALF OF RICARDO VICENTE RAMIREZ FOR CHANGE OF NAME PETITIONER: ZINA TOMA RAMIREZ ON BEHALF OF RICARDO VICENTE RAMIREZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM: RICARDO VICENTE RAMIREZ TO: GIOVANNI VICENTE RAMIREZ
 THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department E-15, on JULY 29, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON MAY 29, 2009.
 East County Gazette – GIE030790 6/11, 6/18, 6/25, 7/02, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00067033-CU-PT-EC
 IN THE MATTER OF THE APPLICATION OF: TRAVIS PRESTON JAY FOR CHANGE OF NAME PETITIONER: TRAVIS PRESTON JAY HAS FILED FOR AN ORDER TO CHANGE NAME FROM: TRAVIS PRESTON JAY TO: TRAVIS PRESTON HUGHES
 THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department E-14, on JULY 15, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON JUNE 04, 2009.
 East County Gazette – GIE030790 6/11, 6/18, 6/25, 7/02, 2009

Dear Dr. Luauna Stines



Dear Dr. Luauna,
Every year at this time, I experience great sadness because of Father's Day. I have never had a relationship with my father; he and my mother were never married. I have always wanted to have contact with him, what did I do wrong? Why doesn't he want me? Signed, Rejected in San Diego.

Dear Rejected,

You did nothing wrong, the man you desire to call father is very selfish. He brought a child into the world by having sex outside of marriage and did not accept the responsibility of fatherhood. He was only thinking about himself.

I understand exactly how you feel, because my father did the same the thing. When I was older I tried to start a relationship with him; he wanted nothing to do with me. Feelings of rejection came; the difference, I was now a Christian and I was adopted by my Heavenly Father. In the Bible, His word says, "I will never leave you nor forsake you." When I discovered how much God loved me; and how He sent Jesus to die on the cross for me; He calls me His daughter; and He has great plans for me, I am loved and accepted by Him. The Lord is the best Father you could ever have!

If you have not yet accepted God's free gift of salvation; please do! Find a good church in your city. I can help you find a good church, it is very important for your growth in the Lord to forgive your earthly father, it is his loss. You are special! With the Lord's help, you will experience a freedom and liberty in your spirit and soul. In Jesus, you experience the greatest love of all by the Greatest Father of all, Jesus Christ. ***Read these verses Romans 8:15, Hebrews 13:5, John 3:16, Jeremiah 31:3, Jeremiah 29:11.***

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.

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LEGAL NOTICES



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:
RESURFACING MAJOR STREETS
(FLETCHER PKWY, CUYAMACA ST.,
CHASE AVE.)
ENGINEERING JOB NO. 3171
BID NO. 005-10**

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on July 14, 2009

BIDS TO BE OPENED AT:
2:00 p.m. on July 14, 2009

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

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

Reference is made to the specifications and detailed drawings for said work, on file in the office of the City Engineer, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be ordered from the City website www.ci.el-cajon.ca.us or obtained at the office of the Purchasing Agent for a fee of \$15.00 (plus \$4.95 postage if mailing is requested). This amount is not refundable.

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

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

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

The Contractor shall, upon award of a bid, provide the City with an executed non-collusion affidavit, and with such an affidavit executed by any subcontractor of subcontractors.

Bids shall be delivered to the Purchasing Agent at the 1st floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, all bids will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

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

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

Dated: June 11, 2009

/s/ Dede Porter
Purchasing Agent

East County Gazette- GIE030790
06/11, 6/18/09



CITY OF EL CAJON

NOTICE INVITING SEALED BIDS

**PUBLIC PROJECT:
OPEN SPACE WEED ABATEMENT
BID NO. 006-10**

BIDS MUST BE RECEIVED BEFORE:
2:00 p.m. on June 30, 2009

BIDS TO BE OPENED AT:
2:00 p.m. on June 30, 2009

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

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

Reference is made to the specifications for said work, on file in the office of the Purchasing Agent, in accordance with which said work shall be done. A copy of said specifications and the bid forms may be downloaded from the City's website at www.ci.el-cajon.ca.us or may be obtained at the office of the Purchasing Agent.

The plans and specifications show general information only. It shall be the bidder's responsibility to examine the project site(s) in order to determine the exact existing conditions, and the character and extent of the work to be performed. The bidder's omission, or failure to visit the project site(s) and acquaint itself with existing conditions shall in no way relieve the successful bidder from obligations with respect to the Contract. Submission of a bid shall be prima facie evidence of the bidder's compliance with this requirement.

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

All bids submitted shall be accompanied by a check in the amount of one thousand dollars (\$1,000.00) made payable to the City of El Cajon. The security may be in the form of cash, a certified or cashiers check (NO OTHER FORM OF CHECK IS ACCEPTABLE), or by a surety bond for said amount and so payable, executed by a surety company authorized to do business in the State of California, and satisfactory to said City.

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

Bids shall be delivered to the Purchasing Agent at the 1st Floor, Guest Relations Desk of City Hall, 200 Civic Center Way, El Cajon, California 92020. At the time fixed for receiving bids, they will be publicly opened, examined and declared. The results of the bidding and the calculations of the bids will be reported to the City Council at a meeting subsequent to the date above set for the opening of bids.

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

/s/ Dede Porter
Purchasing Agent
June 11, 2009

East County Gazette- GIE030790
06/11, 6/18/09



NOTICE OF PUBLIC HEARINGS

The El Cajon City Planning Commission will hold a continued public hearing at **7:00 p.m., Monday, June 22, 2009** and the City Council will hold a public hearing at **7:00 p.m., Tuesday, July 14, 2009** in Council Chambers, 200 Civic Center Way (formerly 200 E. Main Street), El Cajon, CA, for the following item:

Amendment of Specific Plan No. 106, as submitted by Eddie Hamana, requesting to convert a portion of an existing retail/office space into five apartments and to utilize an existing caretaker's unit as an apartment at an existing fueling station. The subject property is located between Interstate 8 and East Madison Avenue on the west side of North Mollison Avenue, and is addressed 596 North Mollison Avenue. (*This item was continued from the Planning Commission meeting of June 8, 2009.*)

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 delivered to the Commission or Council at, or prior to, the public hearings.

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

DATE: June 8, 2009

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

East County Gazette- GIE030790
06/11/09



ORDINANCE NO. 4929

AN ORDINANCE OF THE CITY OF EL CAJON ADDING CHAPTER 1.18

TO TITLE 1 OF THE EL CAJON MUNICIPAL CODE, REGARDING MUNICIPAL

ELECTIONS, TO AUTHORIZE THE USE OF MAIL BALLOT ELECTIONS

WHEREAS, the California Elections Code provides that any election or assessment ballot proceeding required or authorized by Article XIII C or XIII D of the California Constitution may be conducted wholly by mail; and

WHEREAS, in accordance with Section 4000 of the California Elections Code, City Council approval is required to authorize the use of mail ballots for such an election; and

WHEREAS, the City Council finds that mail ballot elections held elsewhere in the state have been shown to achieve higher voter turn out and also to be less expensive than the more traditional means of voting, and that authorizing the use of mail ballot elections for proceedings pursuant to Article XIII C or XIII D of the California Constitution is, therefore in the public interest.

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF EL CAJON DOES ORDAIN AS FOLLOWS:

SECTION 1. Chapter 1.18 is hereby added to the El Cajon Municipal Code to read as follows:

Chapter 1.18 MUNICIPAL ELECTIONS**1.18.010 Mail Ballot Elections.**

A. The City Council is authorized to conduct

elections wholly by mail ballot as described in subsection (b) of this section. The City Council shall determine whether an election will be conducted by mail at the time the election is called. Actions of the City Council pursuant to this section shall be set forth in a resolution approved at a regular or special meeting of the City Council.

B. The following items may be the subject of a mail ballot election:

1. Any election to approve a special tax as required or authorized by Article XIII C of the California Constitution.

2. Any election to approve a property-related fee or charge as required or authorized by Article XIII D of the California Constitution.

3. Any assessment ballot proceeding required or authorized by Article XIII D of the California Constitution; provided, however, that such a proceeding shall be denominated an assessment ballot proceeding rather than an election.

C. Elections authorized by this section shall be held on an established mailed ballot election date pursuant to California Elections Code Section 1500.

D. Elections authorized by this section shall be conducted in accordance with special provisions as may be adopted by resolution of the City Council with respect to assessment ballot proceedings and elections for property-related fees and charges, and, with respect to elections on taxes, in accordance with the provisions for mail ballot elections set forth in California Elections Code Sections 4100 *et seq.*, as now exist or may hereafter be amended.

SECTION 2. This ordinance is adopted pursuant to the authority granted by California Elections Code Section 4000.

SECTION 3. The City Council of the City of El Cajon hereby declares that should any section, paragraph, sentence, phrase, term or word of this ordinance, hereby adopted, be declared for any reason to be invalid, it is the intent of the City Council that it would have adopted all other portions of this ordinance irrespective of any such portion declared invalid.

SECTION 4. This ordinance shall take effect immediately upon passage by the City Council, and in accordance with Government Code Section 36937(a).

PASSED AND ADOPTED by the City Council of the City of El Cajon, California at a Regular Joint City Council/Redevelopment Agency Meeting held this 9th day of June, 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. 4929 of the Ordinances of the City of El Cajon, California, as adopted by the City Council at the Regular Joint Meeting of the City Council/Redevelopment Agency on the 9th day of June, 2009.

Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790
06/11/09

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NOTICE OF PUBLIC HEARING

The El Cajon City Council and Redevelopment Agency will hold a joint public hearing at **3:00 p.m. on June 23, 2009**, in the Council Chambers at 200 Civic Center Way, El Cajon, to consider the following:

Fiscal Year 2009-10 City and El Cajon Redevelopment Agency proposed budget and City of El Cajon Annual Appropriations Limit for Fiscal Year 2009-2010.

Any person may appear and be heard on these matters. For further information about the public hearing process, please call the City Clerk's Office at 441-1764. For information about the budgets, please contact the Finance Department at 441-1721.

KATHIE RUTLEDGE, CMC
CITY CLERK
619-441-1763 / 619-441-1542 (TDD
– Hearing Impaired)

East County Gazette- GIE030790
06/11/09



Following is a summary of an Ordinance introduced at the Joint Meeting of the City Council/Redevelopment Agency of the City of El Cajon on June 9, 2009. Full text is available in the City Clerk's Office, 200 Civic Center Way, El Cajon, California.

ORDINANCE NO. _____

AN ORDINANCE REPEALING CHAPTERS 13.16, 13.20, 13.24, AND 13.28 OF THE EL CAJON MUNICIPAL CODE AND ADDING NEW CHAPTERS 13.16, 13.20, 13.24, 13.28, 13.37, AND 13.38 TO THE EL CAJON MUNICIPAL CODE RELATED TO SEWERS AND SEWAGE DISPOSAL

This ordinance amends chapters of the El Cajon Municipal Code regarding the operation, maintenance, and use of the City's sanitary sewer system. The chapters being amended provide regulations for connection to the sanitary sewer system, and regulates the use of the system by the public. This ordinance is to update those regulations contained in the El Cajon Municipal Code as required by the State Water Resources Control Board, San Diego Region, Order #2206-0003-DQW.

This ordinance would implement regulatory authority to accomplish the following: (1) control infiltration and connections from inflow sources, including satellite systems; (2) require that sewers and connections be properly designed and constructed; (3) ensure proper installation, testing, and inspection of new and rehabilitated sewers (such as new or rehabilitated collector sewers and new or rehabilitated service laterals); (4) limit fats, oils and greases and other debris that may cause blockages in the sewage collection system; and (5) implement the general and specific prohibitions of the national pretreatment program under 40 CFR 403.4.

This ordinance would also (1) further regulate food-serving establishments to minimize the release of fats, oils and grease into the sanitary sewer and storm water runoff, (2) further restrict substances that are discharged into the sewer systems and building sewers, (3) require video inspection and repair of private sewer systems and building sewers, and (4) make it a crime for the citizens of El Cajon to fail to report a sewer spill.

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El Cajon ...

Continued from page 4

On July 1, the Cajon Classic Cruise Night features a Stars & Stripes theme in honor of the 4th of July.

Next Concerts on the Green

Smokestaxx will be entertaining the crowd this Friday, June 12, with variety music at the next Concerts On The Green. These concerts are held every Friday from 6 to 8 p.m. now through September 4, at the Prescott Promenade at 211 East Main Street. Bring a lawn chair and sit in the park, or come early and enjoy the music while dining at a nearby downtown restaurant.

See the full calendar of concerts planned by visiting the El Cajon Community Development Corporation's website at www.downtownelcajon.com or call (619) 401-8858.

Senior Follies begins on June 19

The 3rd annual Senior Follies returns June 19 through June 28 as CCT Musical Theater pulls out all the stops! Senior Follies is a musical revue that will transport audiences back to the best music and dance of the twentieth century. From Ragtime to Big Band, from Swing to Barbershop, this show has it all! Enjoy elaborate sets, beautiful costumes, dazzling lighting, and unbelievable talent. The event will be held at the East County Performing Arts Center, a premier facility with state of the art technology, located at 210 East Main Street.

Call (619) 588-0206 or (800) 696-1929 for ticket information or visit their website at www.cctmusicaltheater.com.

Antique Show in El Cajon

The next Antique & Collectible Show is Wednesday, July 8, 2 to 7 p.m., at the Ronald Reagan Community Center located at 195 E. Douglas Avenue. Close to 50 vendors take part in this monthly event. Please call (619) 441-9050 for more information.

**Please 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.*

Our Best Friends

Alarm clock cat ... ask a trainer

by Nan Arthur, CPDT

Dear Trainer:

Help! I can't get any sleep at night. My cat thinks that lights out means play time. She jumps all over the bed and attacks my feet. What can I do to convince my adolescent kitten to sleep when I do?

Signed,
Sleepless

Dear Sleepless,

The bad news is that cats are dusk and dawn hunters with a very strong instinct to be awake during those times—much to the demise of our sleep-deprived bodies! The good news is that we can help them adjust to our sleep schedule with some simple adjustments to their routines and diet.

Before I go into all the suggestions, I would like to stress that punishing your cat is not the answer, as some might suggest. Your cat is only doing what her genetic time clock tells her. Punishing her would be like punishing a person for being hungry, so look at the following ideas and suggestions for ways to help your kitty sleep through the night.

How to Discourage Nocturnal Activity:

- Get your cat on a high-end food, without all the carbohydrates and junk filler grains. When considering this, bear in mind that cats are true carnivores and the product should include a high percentage of meat. The best foods for cats will contain no grains at all. Which ever food you choose,

it should not include corn, wheat or soy products. Also, be willing to feed wet food at least once a day (some experts believe only wet food should be fed to cats to protect kidney and bladder health) to ensure your cat's hunger is satisfied and her early morning adventures are not really her tummy's alarm going off. Switching to a super premium food will hold your cat over longer.

- Consider instituting feeding times rather than free feeding. With your kitty hungry in the morning or evening, you can use that appetite for a training session, (which uses your cat's brain for a more mentally satisfied cat). Then for the evening feeding, you can wait until later for that meal so she is sleepy after her dinner. Mental

activity such as training can be just as effective for ensuring a tired kitty as physical activity. In addition, by having your cat eat a larger, but later meal, her internal time clock will tell her to rest up and digest all that food.

- Exercise during the evening! Your cat sleeps all day while you are gone because her genetics tell her to rest up for the next awake cycle. Cats spend about 65% of a 24-hour period sleeping and resting, so you just need to get some of those hours in when you sleep. Genetics, plus the enthusiasm of having you home means she is ready to interact and play at all hours of the night. Providing active exercise before you go to bed can tire out your cat so she sleeps through the night, and the nice thing is that it doesn't take that much time. A 10-15 minute play session between 6-7 PM, then the late feeding afterwards should make your cat very sleepy.

- Interactive toys can pro-

vide your cat with play and stalking releases during the night, as well as keep your cat from bothering you. Use things like treat balls that hold dry food and challenge your cat by requiring her to push and bat the ball around to get the kibble to fall out. Kitty Kongs are wonderful food carrier toys as well. They can hold a combination of wet and dry food. There are also many fun and challenging toys for cats that will challenge her mentally and physically. Many of my favorites are at: www.welcometopawcountry.com, or www.cattoys.com

- Train your cat to walk on a leash and harness— many cats enjoy walks outside, and the physical activity combined with the mental stimulation of seeing/smelling new things will tire your cat out. Remember to watch out for dogs or loose cats when out on your walk, and be sure your cat's vaccinations are up to date if you are going to venture out were other cats roam. It is understood; don't

allow your cat to interact with unknown cats.

- A second cat can be a nighttime companion for your existing cat to play with rather than bothering you. Be aware—intros take time, and not all cats will get along. Should you go this route, work with an experienced adoption counselor at one of the local rescues or animal agencies. They will be able to help you select the appropriate cat to suit your household.

- Get your cat on an alarm clock! This is a little more labor, but it does work to give your cat a signal that it is time to get up. If your cat gets up at 4 a.m., you will set your clock to 4:15 a.m., and no matter what your cat does, you will not respond until the alarm goes off. When the alarm goes off, you will get up and pet your cat, feed her and then go back to bed. The next night you will set your alarm for 4:30 a.m. and only get up when the alarm

See **ALARM CAT** page 19



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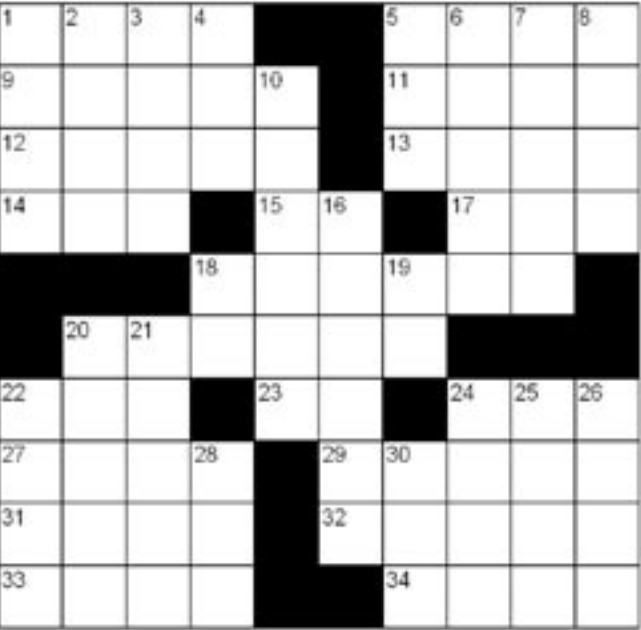


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Puzzles and Fun

Crossword Puzzle



- Across
- Down
- 1 Niche

5 Goad

9 Fancy materials

11 El _

12 Svelte

13 Elderly

14 Not old

15 _evated railway

17 Be

18 Faints

20 Snare

22 Tricky

23 Dover locale

24 Compass point

27 Pepsi

29 Gone With the Wind's Mr. Butler

31 Onto

32 Wood

33 Nick

34 At hand
- 1 Association (abbr.)

2 Heap

3 Killed

4 Stretch to make do

5 Hotel

6 Heathen

7 Drug doers

8 Traveled by horse

10 Biased

16 Failures

18 Clothing size

19 Ohio (abbr.)

20 Marry secretly

21 Synthetic fiber

22 Dart

24 Very large truck

25 Red deer

26 Engrave

28 Colony insect

30 Attila the _

Alarm cat ...

Continued from page 18

goes off. Continue this course until you are at the time you would like your cat to awake. She should be waiting to hear your alarm, rather than listening to her's.

• If you want to try to keep the door closed, you might try placing a corrugated cardboard scratching station just outside the door. Load it up some catnip and when your cat comes "a scratching" to wake you, she will get to have some fun with that instead of the carpet under the door. You may have to attach the station to the outside of the door so you can close the door with the station in place, but this is more fun than carpet for most cats.

• Sleeping with earplugs is still another way to ignore the behavior!

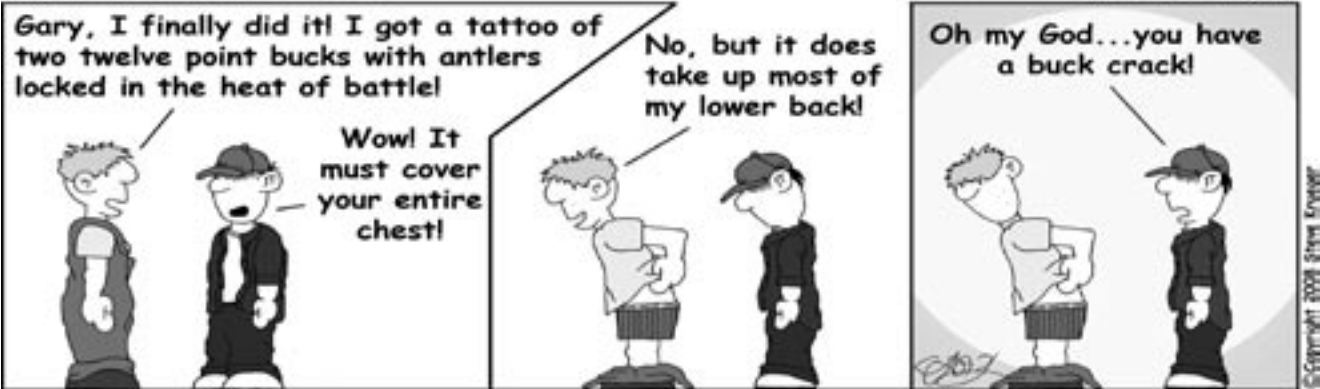


NOITNOS
CROSSWORD

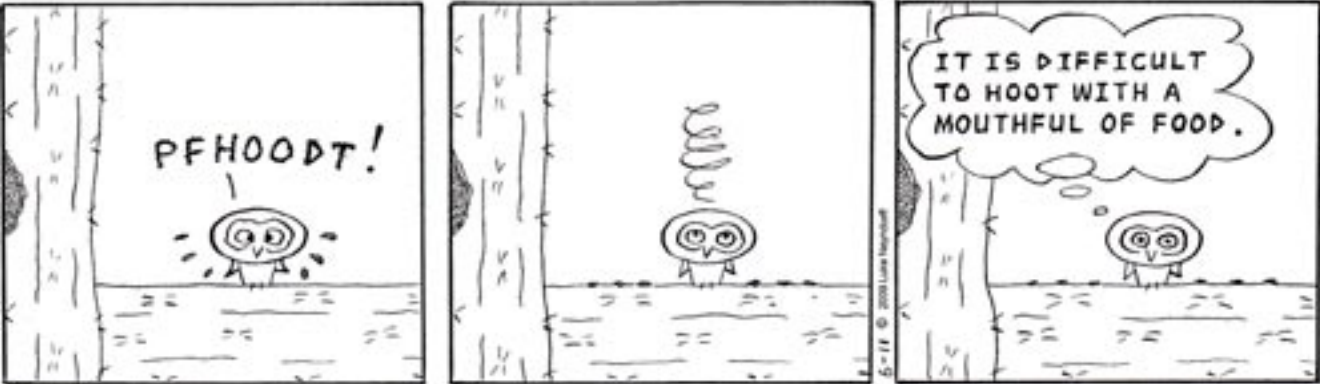
OUTZKIRTS By: David & Doreen Dotson



Moose Lake



OWEN OWL BY LUKE NEYNORFF



ADOPT-A-PET



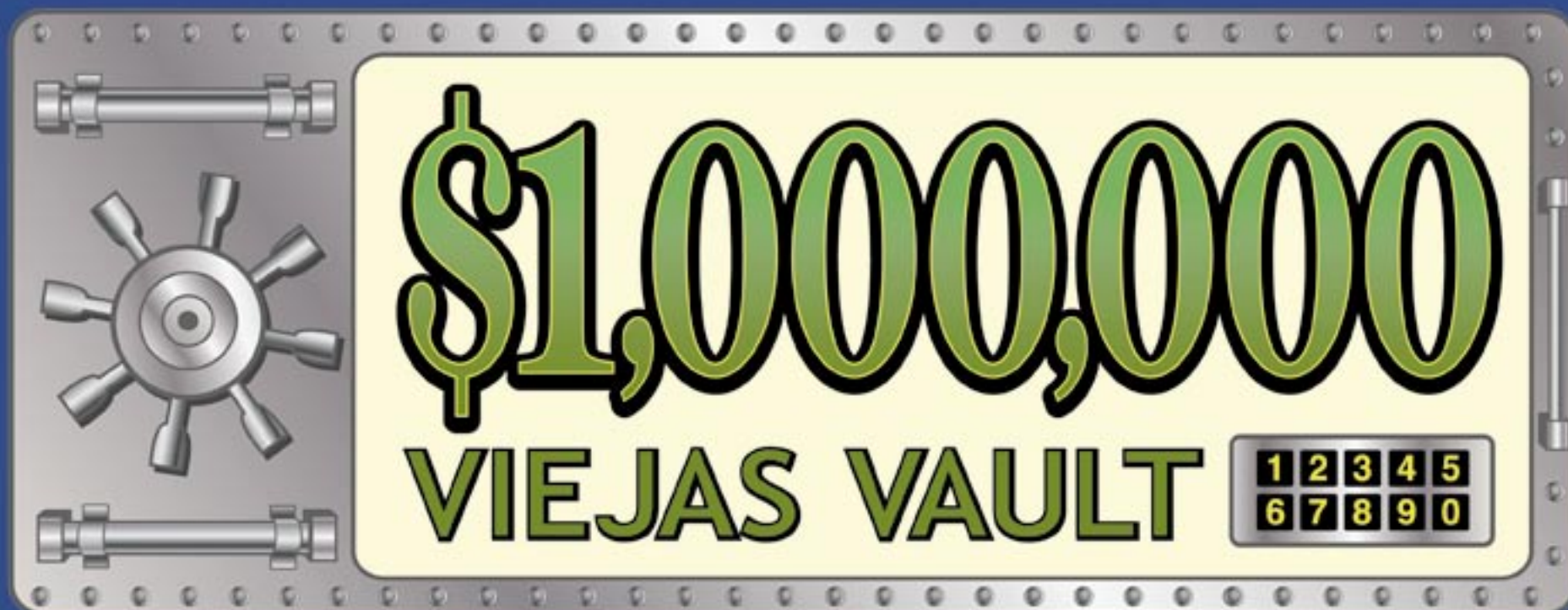
Floyd is a great looking 3-year old Doberman mix. This boy weighs a very manageable 41 pounds and has a warm, easy-going personality. He knows "sit" and he's very gentle. He loves to play and to give kisses. Floyd's ideal home will be a calm household with a family that will help him build confidence while he receives training and socialization. To learn more about Floyd, contact FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) at (858) 205-9974.



Susie is a 10-year old Shepherd mix with LOTS of love to give you. She is lovable, affectionate, and ideal for an easy-going family who wants a dog to hang out with. She is mellow and friendly, good on leash, and knows "sit." Susie is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). You're guaranteed a loving, tail-waggin' greeting from this girl. To learn more, please call (858) 205-9974.



Hattie, a 3 1/2 yr old Bengal/Abbyssinian blend is quite the character. She is 9 pounds of "play machine." You'll get hours of enjoyment watching her play with toys, chasing moths, and enjoying her cat tree. The world is her playground! She's not much of a lap cat, but she does love people. You can meet this happy, healthy girl at the FOCAS cattery in the Pt. Loma PetSmart. Her \$100 adoption fee includes spay, microchip, and vaccinations. Call 619-685-3536 for information or visit www.focas-sandiego.org.



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