




Adoptable pets . . .page 19

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**VOLUME 9 NUMBER 52** **JUNE 4-10, 2009**

### Cajon Classic Cruise trophy winners



See page 11 for  
 Cajon Classic  
 Cruise trophy  
 winners each  
 week.

### 'Wings Over Gillespie'

'Wings Over Gillespie'  
 air show returns to  
 the Gillespie Airport  
 Friday, Saturday and  
 Sunday, June 5, 6 and  
 7. Approximately 40  
 aircraft, both flying  
 and static displays, will  
 be present.



### What's new in theatres?



in the Class Act  
 Entertainment  
 Section

Read about  
 'UP'  
 and  
 'Hangover'  
 by Diana Saenger



# Flying piece of history takes Gazette to new heights



The East County Gazette was taken to new heights on Wednesday as the publisher, Debbie Norman, accompanied pilot Jim McGarvie on an Air Group One media flight for this weekend's air show 'Wings Over Gillespie.' See sidebar on this page for more information. Pictured above are historic planes SNJ and T-6 aircraft carrying media personnel over the San Diego coastline. Right corner, publisher Debbie Norman preparing for her flight. Photos by Debbie Norman and Briana Thomas

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## — LOCAL NEWS &amp; EVENTS —



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## El Cajon City Highlights

by Monica Zech  
City of El Cajon Public  
Information Office  
**Big weekend in El Cajon  
Western Days**

The Olaf Wieghorst Museum's 7<sup>th</sup> Annual Western Heritage Days is set for June 6 and 7, along the 100 block of Rea Avenue in El Cajon. Admission is free. There will be western reenactments, mountain men, blacksmiths, buffalo soldiers, a farmers' market, crafts & artwork, live music, food, a petting zoo, storyteller, and a pavilion for the kids. This is a great way to spend a day with the family. Hours are: 10 a.m. to 6 p.m. on Saturday, June 6, and 11 a.m. to 5 p.m. on Sunday, June 7. Visit the childhood home of Olaf Wieghorst. Over the years, the house has been carefully restored to its original condition, under the watchful eye of Roy Wieghorst

and his wife Barbara, who are its curators. Olaf's easel is there with the painting he was working on at the time of his death, and you can see where he wiped his brushes on the adjacent wall. Many of the furnishings are original to the house and check out the compact, efficient kitchen. You can also visit their Gallery and Gift Shop opened onsite in 2000; it houses an amazing collection of art by Wieghorst and other Western artists, as well as Wieghorst memorabilia. For more information call (619) 590-3431 or visit [www.wieghorstmuseum.org](http://www.wieghorstmuseum.org).

### Wings Over Gillespie Air Show starts Friday

For aviation buffs, the Wings Over Gillespie Air Show is back! Scheduled for June 5, 6 and 7, Air Group One, of the San Diego wing of the Commemorative Air Force, will again present Wings Over Gillespie Air Show at Gillespie Field Airport, located at 1960 Joe Crosson Drive in El Cajon.

The Commemorative Air Force has the largest airworthy collection of former military aircraft in the world with over 150 flyable combat aircraft, making it the world's seventh largest air force. Each day will feature re-enactments of WWII and Vietnam War aerial battles complete with pyrotechnic displays, bombing runs, and strafing attacks. Stunt pilot John Collver will once again demonstrate his famous aerobatic skills in his SNJ "War Dog." Visitors will be able to get up close to famous combat aircraft from World War II and see classic warbirds and other interesting aircraft take to the sky! (The actual flying part of the air show will occur on Saturday and Sunday). Approximately 40 aircraft, both flying and in static displays, will be on hand that you can see up close. Expect live entertainment throughout the day, with interviews with aces and veter-

ans from WWII to present day. Children will enjoy a large Kidz Zone, and free shaded seating for over 400 people. More than two-dozen food and merchandise vendors will be on hand. The air show runs Friday, June 5, through Sunday, June 7. Gates open from 8 a.m. to 5 p.m. and admission is \$10 for adults (18 and over), kids 10-17 and military in uniform are \$5; under 10 are free. For more information visit [www.wingsovergillespie.org](http://www.wingsovergillespie.org).

### Lighting Ceremony Set For New El Cajon Landmark

Join us next week, June 10, for the lighting of downtown El Cajon's new official archway scheduled for 8 p.m., at the closing of the weekly Classic Car Show. The location is on West Main Street, just west of Magnolia Avenue. The decorative arch, selected last year by a vote of the public, will be held aloft by two iron standards, one bearing the name of the mayor, current city council members, city manager, designer, and contractor. The second standard will carry the name and likeness of town founder, New Englander Amariah Lord Knox. Knox arrived in the newly opened-for-settlement El Cajon Valley in 1869 – the same year gold was discovered in what would become Julian. The El Cajon Historical Society and the El Cajon Community Development Corporation are hosting the lighting ceremony.

### Crime Prevention Seminar for apartment managers and owners Tuesday

It's not too late. Space is still available for the next El Cajon Police Department's Crime Free Multi-Housing (CFMH) training program on Tuesday, June 9, 8 a.m. to 5 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue. This is a state-of-the-art crime prevention program designed to reduce crime, drugs, and gangs

on apartment properties. Property owners, managers, leasing staff, maintenance personnel, and others in the management team are encouraged to attend this 8-hour training program. This free and very successful program is now in over 2000 cities throughout the United States and in seven different countries.

Newly certified participants that pass the annual renewal Crime Prevention, Crime Prevention Through Environmental Design (CPTED) inspection for the CFMH program, will now be recognized at El Cajon City Council meetings. Among the benefits of this program are reduced calls for service, a more stable tenant base, plus it creates a sense of community for tenants living in an apartment environment. For more information or to register please call Samantha Hook at (619) 579-4227.

### Alley Cat Summer Fest

Mark your calendars for July 17 and 18, 2009, 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 will benefit Sophie's Art Gallery and Public Art. For more information call (619) 422-5129.

### Concerts On The Green

Have you been to the Concerts On the Green yet? Our next concert is this Friday, June 5 with Corvettes playing Doo Wop and Motown music. Concerts will be held on Fridays through September 4. These music events are held in the

**See EL CAJON page 5**





## — LOCAL NEWS &amp; EVENTS —



# Lakeside Round Up of events



**District Manager Marty Leavitt, RCD President Elizabeth DeSourza, County Supervisor Dianne Jacob and Harold Hilliker -cut the ribbon for the grand opening ceremony at Resource Conservation District. Photo by Patt Bixby**

by **Patt Bixby**  
**Resource Conservation  
 District ribbon cutting**

**R**esource Conservation District of Greater San Diego County open house and ribbon cutting was held May 29 at the new facility, 11769 Waterhill Road in Lakeside. Marty Leavitt, District Manager and Elizabeth DeSourza, RCD President welcomed everyone to the new facility which is on the site of the old Riverview Water District offices. DeSourza advised the new place is a work in progress with draught resistant plants being planted, LED lights with dimmers installed and they are looking at solar power.

The Resource Conservation District of Greater San Diego County (RCD) announced on May 28 that it is receiving \$4,175,650 for 2009 to fund its Fire Safe Council Support Program, no cost chipping service and D3 (dead, dying and diseased oak tree removal program) all of which will help prepare communities for wildfire. The US Forest Service (USFS) provides funding for all three programs.

The Mission of the Fire Safe Council of San Diego County is to provide education, exchange information and foster fire prevention and fire safety. The council was established in

1997. The Fire Safe Council of San Diego County is a regional support center for community fire safe councils throughout the county, which has helped form 84 community Fire Safe Councils, 64 are currently active.

What is a community Fire Safe Council?

- A community volunteer group concerned about local wildfire issues who work to save lives and property from wildfire.

- Community Fire Safe councils work on various wild-fire projects including defensible space, chipping, community mapping, signage for fire crew access, public education and large scale fuel breaks.

- 80 Community Fire Safe councils spread throughout San Diego County

- Majority located in unincorporated areas.

- Eligible to receive federal funding for wildfire mitigation program.

Since 1997, the Fire Safe Council of San Diego County's no-cost shipping 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, 77<sup>th</sup> 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, 36<sup>th</sup> 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](http://www.firesafesdcounty.org).

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

## Lakeside Farmers Market a hit

The Lakeside Farmers Market is growing each week as new growers come to the Lakeside and Vine St. location.

Lakeside Chamber of Commerce Ambassador Mike Randazzo, who was instrumental in the Farmers Market coming to Lakeside, announced the market will soon be selling hot food. Watch the Gazette for the date.

## 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 4, 11, 18, 25:** Farmers Market Lakeside and Vine St.

**June 6:** 6<sup>th</sup> Annual Optimist Fishing Derby 7 a.m. to 1 p.m. at Lindo Lakes.

**June 10:** Design Review Board Meeting 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 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](http://www.lakesideca.com)

**El Cajon ...** [downtownelcajon.com](http://downtownelcajon.com) or call (619) 401-8858.

Continued from page 4

Prescott Promenade from 6 to 8 p.m. at 211 East Main Street. Bring a lawn chair for comfortable seating, or come early and enjoy dining at a nearby downtown restaurant that has outdoor seating and enjoy the music during your meal. To check out the full calendar of concerts planned you can visit the El Cajon Community Development Corporation's website at [www.elcajon.com](http://www.elcajon.com)

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

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## — LOCAL NEWS &amp; EVENTS —



The Alpine Little League presented a plaque to the Viejas Tribal Council on May 27, expressing the organization's appreciation for the Tribe's ongoing support of their efforts to promote youth sports in the Alpine area community. Pictured (l-r) Chuck Taylor and Dana Zeno from Alpine Little League, with Viejas Tribal Chairman Bobby L. Barrett.



# Alpine happenings ...

## Kiwanis present scholarship

The Granite Hills High School held their Annual Senior

Awards Night on May the 27. They honored Seniors who have achieved outstanding Scholastic Standing for their four years in High School.



(Left to right) Dick Brown, Kristine George and Kiwanis President Dan Foster. Photos by Dick Rabel

President Dan Foster of the Kiwanis Club of Alpine presented a \$2500 Scholarship to Kristine George. The Scholarship is funded by the Kiwanis Club of Alpine's Challenge Bike Ride which occurred in April of this year. This event, which was held in Alpine attracts riders from all over the world to participate. The Course of the Event is very challenging covering 60 and 72 miles in very hilly countryside.

The Scholarship was awarded during Kristine's freshman year and she has progressed through her four years at Granite Hills H.S. with flying colors, both as a good student as well as a good citizen. At the beginning of her senior year, she was awarded a laptop computer from the Alpine Club to help her through the required exams and to help her with the College Application process. Kristine, who is a resident of El Cajon, will be attending Grossmont College in the fall.

## Novelty Dog Show

Saturday, June 6, 9 a.m. 5<sup>th</sup> Annual Novelty Dog Show sponsored by Viejas Enterprises and presented by the Alpine Stagecoach Lions Club at Viejas Outlet Center. For more information see our flyer or visit <http://www.alpinelions.org>.

## Essay Contest

Saturday, June 6, 11 a.m. – 2 p.m. The Alpine Histori-

cal Society History Days and third grade essay contest. For more information, call Carol Morrison at (619) 445-2544. See <http://www.alpinechamber.com>.

## 'Hole in One Golf Tournament'

Wednesday, June 10. Lions, Tigers & Bears "Hole in One Golf Tournament at Cottonwood". For more information, call (619) 659-8078.

## Farmers Market

Friday, June 12, 8 a.m. – 3 p.m., Saturday, June 13, 2009, 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.

## Business Networking Breakfast

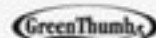
Tuesday, June 9, 7:15 – 8:30 a.m. Business Networking Breakfast "Hot Topics" at Fuller Hall, 2225 W. Victoria. The cost is \$15 per person. \$20 at the door. Guest speaker is Jeffrey Czajka of "Deliver Freedom". His topic: Discovering Your Memory Power. RSVP to [kelly@alpinechamber.sdcxmail.com](mailto:kelly@alpinechamber.sdcxmail.com).

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***We do our homework so you close on time!***



**KELLI KRUEL**  
10 YRS. EXP.



**LYNNE HOFFMAN**  
21 YRS. EXP.



**CHRISTINE WAITS**  
17 YRS. EXP.



**CHRIS WILEY**  
17 YRS. EXP.

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Having trouble with your current loan, visit [www.HOPENOW.com](http://www.HOPENOW.com) — HOPENOW efforts come at no cost to the borrower. Borrowers should be wary of sources that offer help, but require a fee.

# For Health's Sake

## Health bits, education and screenings

### Senior Programs

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

### How do I do this?

#### Caregiving at home

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

cessful 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

### 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.

### Senior Health Fair

Exhibit booth space is available to any health-related for-profit business or non-profit organization at Sum-

mer Healthcare Saturday, the largest annual free health fair in San Diego's East county region, which will be held from 10 a.m. to 2 p.m. on Saturday, June 13, at Grossmont Center in La Mesa.

More than 50 exhibit booths, featuring health screenings and the latest information on health-related techniques and products, are planned to be located near the movie

theaters. Cost for exhibit space starts at \$65. Event sponsors include the Grossmont Healthcare District, Sharp Grossmont Hospital, Grossmont Center and the San Diego East County Chamber of Commerce.

For more information and an exhibitor application, contact Andy Phemister at the East County Chamber at (619) 440-6161.

## A new program helps fight stress

**F**rom financial worries to family responsibilities, Americans are dealing with more stress than they have in decades. Now there is a new program that can help people better manage stress in tough times.

Called Live Your Life Well<sup>SM</sup>, the program features 10 tools, based on decades of research, that people can use to make a real difference in their lives. From relaxation exercises to journaling techniques to simple ways to get better sleep and

improve eating habits, the program offers easy-to-follow suggestions on applying the tools in daily life. Best of all, these activities don't demand huge changes or a lot of time.

In creating this innovative program, the nonprofit Mental Health America brought together information from a variety of experts on health and wellness to help people protect their mental health and lead happier, more productive lives. It's all available online and at no cost on [www.liveyourlifewell.org](http://www.liveyourlifewell.org).



### Health... Just Common Horse Sense

by Dr. Donald Adema

**F**or nine years one of the finest high school science teachers in our nation invites me in to a day of classes to present health from a blended perspective. That moment is always one of the finest of the year. Recall, doctor in Greek, the origin of the word, is equivalent to our English word teacher, not healer. Teaching 'em when their young gives me hope for America.

However, this year took a sad turn. The fine teacher approached me with a cup of tea and tears in her eyes as she went over each class' seating roster. The seating chart was a new addition to our strategies and before she spread them out, she quietly stated, "Too many are broken." And, she is sadly correct. Instead of a chart with notes on discipline concerns, there were medical diagnosis and psychiatric diagnosis that belonged to adults, not beginning teenagers. I could no longer just remind them of the importance of a proper diet to ensure the ability to have babies, after marriage. I could no longer easily apply eating strategies to better grades and achieving their dreams. Nope, it was another day in the office, in high gear and without their parents.

The student ability to concentrate and focus was at an all time low which led to a painfully slow pace for old speedy. It was difficult to begin when over half of each class did not know or remember what a chronic disease was. However, after a diagnosis was described and beginning diet interventions were given, lights started turning on. One young lady asked with such innocence why she never "got that stuff" when she "got her pill". Then she suddenly realized that she had just exposed herself but no one in the class responded rudely, they just smiled sadly. Needless to say, this pushin 60 year old dropped in his chair and immediately slept that night.

The foundation for those young people is still not in place and the girders are almost of adult height and demands. But, what do you expect when too many of their parents have told the earnest science teacher that that is how they eat and were taught. How about this strategy? Set up a required orientation each year for all freshmen parents and any others that are interested on our observations and a better approach. Your input would be invaluable. Stay tuned.

## Laughter is the Best Medicine

### Skinny dipping

**A**n elderly man in Louisiana had owned a large farm for several years.. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some apple, and peach trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women he didn't know, skinny-dipping in his pond. He cleared his throat to make the women aware of his presence, and they all quickly went to the deep end.

One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the pond naked.' Holding the bucket up he said, 'I'm here to feed the alligator.'

Who says old men can't think fast.

Submitted by S. Dows of El Cajon

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

# SUMMER HEALTHCARE SATURDAY

East County's Largest Health Fair  
Grossmont Center  
Saturday, June 13, 10AM to 2PM

**FREE HEALTH SCREENINGS**

- Diabetes Screenings - Stroke Screenings
- Alzheimer's Information - Herbal Supplements-
- Fitness Centers - Eye Surgery - Medical Supplies - Dentistry - Senior Care - Health Insurance - Social Services - Senior Housing - Home Safety - Chiropractic - Diabetes Information - Blood Donations - Hospice Care - Volunteer Opportunities - And much more

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— FOR HEALTH'S SAKE —

# Hypnotherapy — are you afraid?



by Judy Callihan Warfield

I run into a lot of people at chamber functions and mixers as well as Rotary functions, etc. The main comment that I receive from people is "will a hypnotherapist make me do or say something I don't want to do?" For a lot of people their only exposure to hypnosis is from watching a movie depicting someone using hypnosis to control another or by watching a stage hypnosis show which is geared toward entertainment. Clinical hypnotherapy is not for entertainment, nor is it a power struggle to control someone's mind or actions. My concern is that people are not using this valuable resource because of their misconception about the field.

Clinical hypnotherapy was approved as a method in 1958 by the American Medical Association and is used by the Mayo Clinic, UCLA Pain Center, and medical schools such as Harvard and Stanford. Hypnotherapy offers one of the highest success rates for smoking cessation of 75 percent (my rate is 95 percent). Dateline NBC ran a series of using hypnotherapy for weight management, which indicated it was more successful than several other methods. Kaiser and Blue Shield endorse guided imagery for pre/post surgery to facilitate more rapid healing, reduce stress and have found that patients require less pain medication. The Journal of Cardiovascular Surgery concurs. Erectile Dysfunction was improved by 80 percent according to British Journal of Urology. The American Gastroenterological Association accepted hypnotherapy as a successful treatment of Irritable Bowel Syndrome in 1996. National Cancer Institute currently lists hypnotherapy as a method to manage cancer pain and studies have indicated that people involved in hypnotherapy support groups have better quality of life and survive longer. Insomnia patients reported improved sleep by 100 percent and 91 percent either eliminated or reduced sleeping medications. PMS symptoms are reduced by 57 percent per Obstetrics & Gynecology 1990. Infertile women have a 42 percent conception rate per Journal of American Medical Women's Association 1999. The Lancet 2000 offers compelling evidence for hypnotherapy in regards to pain reduction and management.

Hypnotherapy is an un-

licensed field and I would strongly recommend that you make sure the hypnotherapist is a member of the appropriate professional organizations that help regulate our industry as well as training and certifications. Members of Blue Cross receive a 10 percent discount off my services because I am

on the Blue Cross Healthy Extensions Referral program. Before you balk at the price of treatment ask yourself how valuable your health is?; how much do you spend on cigarettes?; what would it be worth to you to improve a health situation?; how much are you currently spending on pain and sleeping

medications? Hypnotherapy is always used in conjunction with your prescribed medical protocol and any elimination of medication would only be done under your physician's watchful eye

Judy Callihan Warfield is President of Success Hyp-

notherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached by calling her office 619-303-8511 or email [judy@successhypnotherapy.com](mailto:judy@successhypnotherapy.com). Further info on web site [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or call for free telephone consultation.

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# MOTOR AND SPORTS

## Ford Super Duty 4x4 truck

by Dave Stall

**W**hy am I doing a road test on a big 4X4 gas guzzler? Well no matter what people might think, there are folks out there that need a big truck with four wheel drive capabilities — race car towing, horses, fifth wheel trailers, boats, etc. As far as gas guzzling goes, the F-250 does not require posting their fuel mileage but when the math is done, it isn't all that bad. The price of gas or diesel is where the problem is. Has anyone noticed gas is back up close to \$3 per gallon and I'm sure diesel is even higher.



Step and grab pole for easy access to the bed.

My truck came with the very powerful 6.4-liter V8 diesel backed by a 5-speed Torqshift Automatic transmission that shifted very smoothly and I liked having a temperature gauge for the transmission. Heat kills automatic transmissions! The truck had a stock lift that could pose a problem getting into the cab but thanks to well positioned grab handles it wasn't too bad getting behind the wheel (running boards are available, retractable or solid). Once behind the wheel the view is stunning, excellent gauge layout great center console, a well designed climate control system and a sound system to make the most avid music buff grin.

As for the 4X4 system, there is 'Shift-On-The-Fly,' which allows the driver to engage four wheel drive without stopping and engaging the transfer case. Back in the day the driver had to climb out of the truck and wade in ankle deep slug to engage the locking hubs. Not so with this beast. (Note: The diehard off roaders insist on manual locking hubs).



Ford 4x4 Super Duty truck. Photos by Dave Stall

My test truck was a four door Super Duty, tons of room for big guys in the back seat and if no one is there the seats flip and fold for added inside storage space. Go outside and there are options for a few bed layouts, but when ordering a bed make sure to get the tailgate step and pole feature. Funny for as long as we have been building trucks Ford was the first one to incorporate a step and grab pole for easy access to the bed and if that is not enough, remember those metal bed extenders? We all thought that were the ticket until we had to load gear in the bed and that darn thing was always in the way, in fact most drivers removed them. Ford was listening and made the bed

extender collapsible so it can be stored in the side of the bed when not in use, pretty cool if you ask me.

The Super Duty comes in many styles and today the dealership is working unbelievable deals to get these work horses out on the open road.

Pricing on my test vehicle without any deep discounts was a base of \$39,200 and all said and done \$51,130 plus tax and license.

If a big truck is needed, try the Ford F-250 4X4 Super Duty it is the best time to make a deal! Help support the local dealers and go buy a truck!

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in June

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**EL CAJON!**  
**Cajon Classic Cruise**  
May 28, 2009 Trophy winners



Liberty Tax's Winner, Jeff Mattazaro and his 1956 Chevy Pickup



<b>2009 Season Schedule:</b>	
June 10	Too Cool
June 17	ChargerFest
June 24	NASCAR Up Close
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, Rick Holly and his 1963 Chevy Nova S/S



El Cajon CDC's Winner, Bill Lewis and his 1935 Ford



El Cajon CDC's Winner, Dennis Russell and his 1951 Mercury



Toyota of El Cajon's Best of Show Winner: Ed McBride and his 1950 Hudson



The East County Californian's Motorcycle Winner, Barry Brown and his 2004 Motorcycle



Cafe 67's Winner, Jim & Cindy Boatright and their 1941 Willys Coupe



Antique Row's Winner, Woody Downing and his 1949 Ford Woody

### CHARGER FEST — WEDNESDAY, JUNE 17



El Cajon CDC's Winner, Niko Argeres and his 1965 Mustang



El Cajon CDC's Winner, Bud & Judy Swartwood and their 1929 Ford Town Sedan

# SUPER

# SATURDAYS

# SATURDAYS

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# Local News & Events

## Highlights of City Services — Building and Fire Safety Division

When it comes to highlighting City Services and public safety in the community, the Police and Fire Departments first come to mind. But the unsung heroes of public safety in our City are the staff of the Building and Fire Safety Division. Among the world's most fundamental laws and ordinances are those which provide standards for the safe construction and habitation of the buildings in which we live, work, and play. Building and fire codes help to ensure that new homes and businesses, additions or remodels are built

See CITY SERVICES page 13

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El Cajon, CA

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★ Mountain Men ★

★ Blacksmiths ★

★ Live Western Music ★

★ Children's Pavilion ★

★ Lots O' Good Grub ★

★ Buffalo Soldiers ★

★ Petting Zoo ★

★ Storytellers ★

★ Craftmakers ★

★ Children's Pavilion ★

★ Lots O' Good Grub ★

★ Buffalo Soldiers ★

★ Petting Zoo ★

★ Storytellers ★

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## — LOCAL NEWS AND EVENTS —

*City Services, how your city works for you ...***Continued from page 12**

safely for residents, employees and customers. They are the basis for construction of buildings that provide protection against the devastation of natural disasters. They provide the standards of access for the disabled, the minimum standards for energy efficiency, and incorporate "green building" standards for future generations.

In cooperation with the de-

sign and construction industry, the Building and Fire Safety Division works to ensure the public's health, safety, and general well-being by reviewing building construction plans, issuing building permits, and inspecting buildings during and after construction to ensure that they comply with the minimum necessary health and safety regulations. This includes annual fire inspections of businesses, care facilities, and apartment complexes.

It's this preventative work that contributes to the success of keeping the occupants of the structure safe during an emergency. This is an ongoing effort to ensure that residents and individuals patronizing businesses in the City of El Cajon are afforded the highest construction standards available.

"It's important to create an awareness of the importance of building and fire codes. There are things that are easy to take for granted, until you need them," said Building Official and Fire Marshal Dan Pavao. "We have a motto, 'When I do my job right nothing happens.'"

This means that no buildings collapse, fires are contained and people exit safely. It's not glamorous, but it's an essential part of the effort to keep our residents safe."

Annually we acknowledge this valuable service to our community through the observance of Building Safety Week during May. This observance emphasizes the important role the Building and Fire Safety Division plays in the development and maintenance of safe buildings in our community. The safety of the buildings we occupy daily is essential to the health, safety, and welfare of the residents of El Cajon. If

you have a question about building codes, need a building permit, or would like an inspection of your home re-

model, multi-housing unit, or business please call our Building and Fire Safety Division at (619) 441-1726.

**Homeownership Foreclosure Prevention Programs begins**

**A**ttention homeowners! Next week, a program called HFP begins in the City of El Cajon offering help to prevent the foreclosure of your home.

What is the Homeownership Foreclosure Prevention Program? The HFP Program provides a toolbox of alternatives for low and moderate-income homeowners of properties within the incorporated City of El Cajon who are in jeopardy of losing their homes. The goal of the HFP is to minimize foreclosures and preserve ownership, promote personal investment in our community, prevent continuing reductions in property values due to foreclosure activity, preserve and increase affordable housing opportunities, decrease the need for severely strained public and social services,

eliminate blighting conditions or conditions that will lead to blight throughout the City, and to stabilize and improve community neighborhoods.

In order to preserve homeownership in El Cajon, the City is now partnering with Community HousingWorks to provide essential foreclosure prevention services so that committed property owners can stay in their homes and remain a vital part of the El Cajon community.

For more information please contact Gabe Del Rio, Vice President of Lending & Home Ownership with Community HousingWorks, at (619) 282-6647. For information on the foreclosure prevention program department at Community HousingWorks call (619) 450-8705.

**SDG&E bill discount programs, help available**

**I**n what could be a sign of the local economy, San Diego Gas & Electric (SDG&E) reports that participation has increased in the utility's bill discount program. The program, California Alternate Rates for Energy, or CARE, provides a 20 percent monthly discount on energy bills for income-qualified residential customers. Over the last three months, SDG&E has seen a 20 percent increase in program enrollment.

"While we continue to pursue those who qualify through various outreach methods, there has been a sharp rise in participation because now, more than ever, our bill discount programs are relevant," says Hal Snyder, vice president of customer solutions for SDG&E.

"Our message hasn't changed; we are determined to enroll every qualified and willing customer," explains Snyder. "Those suddenly finding themselves in financial difficulty may not be aware of our programs and we want them to know we are here to help."

**Do you qualify?**

There are two ways to qualify: Customers may qualify based on their yearly income or participation in certain public assistance programs. Even customers who have recently lost their job may qualify since household income is calculated from the date of unemployment. For more information or to fill out an application, visit [www.sdge.com/care](http://www.sdge.com/care) or call 1-800-411-SDGE (7343).

**See CARE PROGRAM page 16**

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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. 2009-013288**  
FICTITIOUS BUSINESS NAME(S): Rolf's Raeder  
Located at: 1360 E. Madison ave. #105, 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: Rolf Siegen 1360 E. Madison ave. #105, 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  
5/14, 5/21, 5/28, 6/04, 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. 2009-013644**  
FICTITIOUS BUSINESS NAME(S): Diane Liquor  
Located at: 4696 Clairmont Mesa Blvd., san Diego, CA 92117  
This business is conducted by: A Corporation  
The business has not yet started.  
This business is hereby registered by the following: F&S Diane Liquor, Inc. 4696 Clairmont Mesa Blvd., san Diego, CA 92117  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 06, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 2009

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013283**  
FICTITIOUS BUSINESS NAME(S): V and C Concrete  
Located at: 3889 Rogers Road, Spring Valley, CA 91977  
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: Carlos Tirado 14750 Lyons Valley Road, Jamul, CA 91935; Victor Manuel Peralta 3889 Rogers Road, Spring Valley, CA 91977  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 04, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 2009

**PUBLIC NOTICE**  
**Notice of Vacancy**  
The Governing Board of the Alpine Union School District is receiving applications for a provisional appointment to the Governing Board. The appointment will be for a portion of the unexpired term of Scott L. Barr, which will end December 3, 2010. Persons interested in applying for the vacancy must submit an application and a resume to the Alpine Union School District office, 1323 Administration Way, Alpine, CA 91901. **Applications are available at the District Office and must be received by 4:00 p.m. on Friday, June 26, 2009.** Questions regarding the application process may be answered by calling the District Office at 445-3236.  
East County Gazette- GIE030790  
06/04/09

**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 Enterprises  
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 Heinzl 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. 2009-013248**  
FICTITIOUS BUSINESS NAME(S): Treasure vs Trash Ministries  
Located at: 440 Chambers St. #124, El Cajon, CA 92020  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Nakeshia Terrell 440 Chambers St. #124, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 04, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 2009

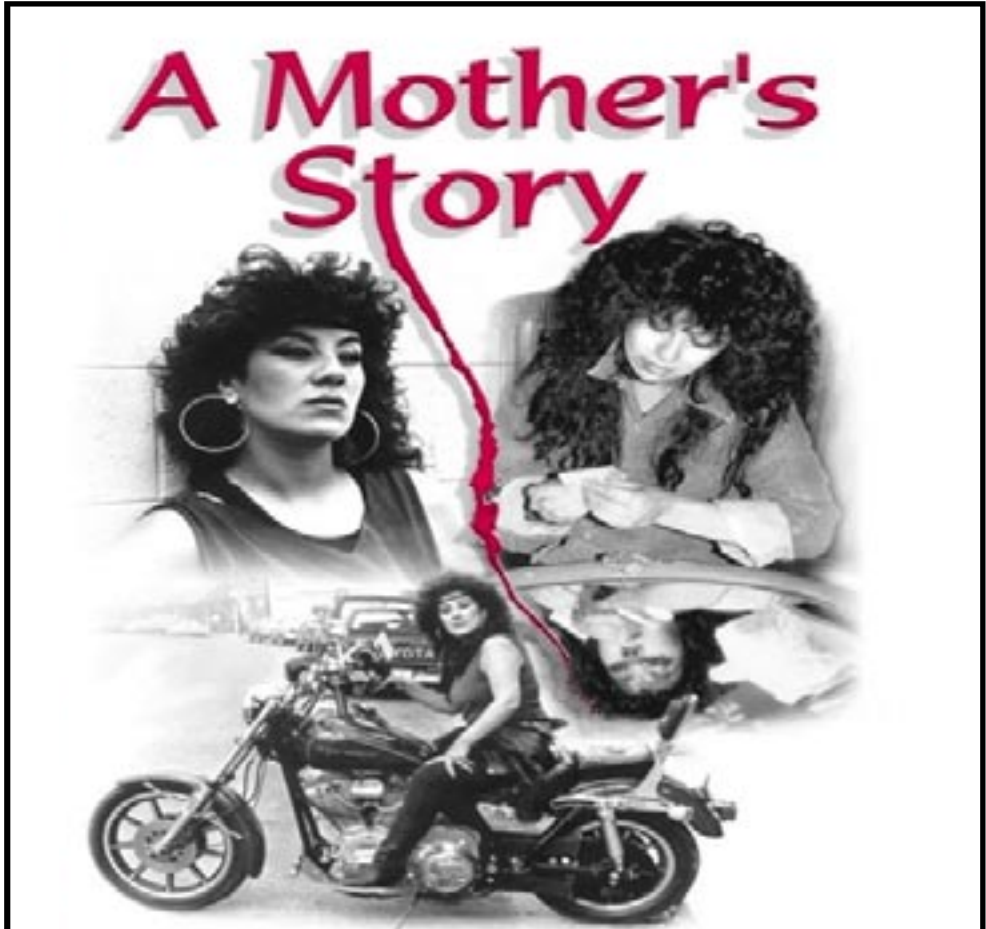
**FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013478**  
FICTITIOUS BUSINESS NAME(S): Flat Bill Mob  
Located at: 9377 Tiffany Park Place, El Cajon, CA 92021  
This business is conducted by: Husband and Wife  
The business has not yet started.  
This business is hereby registered by the following: Joley Rae Styles-Dones 9377 Tiffany Park Place, El Cajon, CA 92021; Juan Carlos Dones 9377 Tiffany Park Place, El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 05, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 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. 2009-013632**  
FICTITIOUS BUSINESS NAME(S): Valley Transmission  
Located at: 1158 N. 2nd St., El Cajon, CA 92021  
This business is conducted by: A Corporation  
The first day of business was: August 1, 1977  
This business is hereby registered by the following: Valtran, Inc. 1158 N. 2nd St., El Cajon, CA 92021  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 06, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 2009

**NOTICE OF PETITION TO ADMINISTER ESTATE OF ANN GAHAGAN. CASE NUMBER: 37-2009-00151504-PR-LA-CTL**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of ANN GAHAGAN. A PETITION FOR PROBATE has been filed by PATRICIA GAHAGAN in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that PATRICIA GAHAGAN be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: JUNE 18, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3RD FLOOR, SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner PATRICIA LORENZ, 13231 W. STARDUST BLVD., SUN CITY WEST, AZ 85375. (623) 546-9103  
EAST COUNTY GAZETTE  
-GIE030790  
May 21, 28, June 4, 2009

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CITY OF EL CAJON  
NOTICE INVITING SEALED BIDS

PUBLIC PROJECT:  
CDBG-R SIDEWALK REPAIR PROJECT  
ENGINEERING JOB NO. 3259  
BID NO. 002-10

BIDS MUST BE RECEIVED BEFORE:  
11:30 a.m. on June 15, 2009

BIDS TO BE OPENED AT:  
11:30 a.m. on June 15, 2009

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

Contractor and its subcontractors shall pay not less than the higher wage rate.

This is a Federally funded project with many Federally mandated requirements, such as for Non-discrimination, Equal Employment Opportunity, Non-Segregated Facilities. Please refer to the Bidder's Submittal Package and the full Specifications for complete details and instructions for meeting all the Federal requirements.

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

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

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

Bids shall be delivered to the Guest Relations Desk, 1st floor at the 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.

In all contracts subject to this part where federal funds are involved, no bid submitted shall be invalidated by the failure of the bidder to be licensed in accordance with the laws of this state.

However, at the time the contract is awarded, the contractor shall be properly licensed in accordance with the laws of this state. The first payment for work or material under any contract shall not be made unless and until the Registrar of Contractors verifies to the agency that the records of the Contractors' State License Board indicate that the contractor was properly licensed at the time the contract was awarded. Any bidder or contractor not so licensed shall be subject to all legal penalties imposed by law, including, but not limited to, any appropriate disciplinary action by the Contractors' State License Board. Failure of the bidder to obtain proper and adequate licensing for an award of a contract shall constitute a failure to execute the contract and shall result in the forfeiture of the security of the bidder.

Dated: May 28, 2009  
/s/ Dede Porter  
Purchasing Agent

East County Gazette- GIE030790  
5/28, 6/4/09



NOTICE OF PUBLIC HEARING  
REGARDING  
THE FIVE-YEAR IMPLEMENTATION PLAN  
FOR THE  
EL CAJON REDEVELOPMENT  
PROJECT AREA

Pursuant to Section 33490 of the California Community Redevelopment Law, Health and Safety Code Sections 33000 et seq. ("Law"), the El Cajon Redevelopment Agency ("Agency") will conduct a public hearing to consider adoption of a Five-Year Implementation Plan for the El Cajon Redevelopment Project Area ("Project Area"). The proposed Implementation Plan contains the Agency's goals and objectives for the Project Area, the proposed programs and expenditures for the next five-years (2009-2014), and an explanation of how these goals, objectives, programs, and expenditures will eliminate blight within the Project Area and implement the requirements of the Law.

NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING WILL BE HELD IN CONNECTION WITH THE PROPOSED IMPLEMENTATION PLAN:

WHAT: El Cajon Redevelopment Agency Public Hearing on the Five-Year Implementation Plan


WHERE: City of El Cajon  
City Council Chambers  
200 Civic Center Way  
El Cajon, CA 92020

WHEN: June 23, 2009  
3:00 P.M.

Residents or other interested parties may attend this public hearing to offer comments on the proposed Five-Year Implementation Plan. Prior to the public hearing, a draft of the proposed Implementation Plan will be available for public inspection at the Redevelopment and Housing Department located at 200 Civic Center Way, El Cajon, CA, 92020.

If you wish to obtain further information about the proposed Implementation Plan, please contact David Cooksy at (619) 441-1710.

East County Gazette- GIE030790  
5/21, 5/28, 6/4/09



NOTICE IS HEREBY GIVEN THAT, the Treasurer of the City of El Cajon, County of San Diego, State of California, declares that the following monetary sums have been held by the City Treasurer and have remained unclaimed in the fund hereafter indicated for a period of over three (3) years and will become the property of the City of El Cajon on the 15th day of July, 2009, a date not less than forty-five (45) days nor more than sixty (60) days after first publication on this Notice.

CK DATE	CHECK NO	NAME	AMOUNT
03/23/01	179077	Jane Gleason	75.35
05/09/01	180092	Michael D. Gibson	221.00
06/28/01	181585	WP Property	57.21
07/19/01	181942	Kelly Nottingham	135.00
08/01/01	182294	State Compensation Ins	222.68
08/09/01	182579	United Independent	464.00
09/06/01	183241	Julie Watkins	52.86
09/14/01	183358	DOJ c/o Carol Miller	765.00
10/25/01	184585	Franchise Tax Board	220.00
11/26/01	185248	Lawyers Title Company	65.52
06/19/02	190360	Sharp Healthcare	480.00
07/25/02	191231	Adam Delinger	200.00
10/23/02	193746	Blue Cross of CA	225.02
10/23/02	193814	Helen Muncy	99.74
11/20/02	194408	United Way/Chad	315.50
12/11/02	194979	El Capitan H20 Polo	100.00
01/03/03	195545	SD Miramar College	55.00
01/09/03	195674	Floyd Anderson	51.80
01/15/03	195873	Broadway Animal Hospital	538.00
02/13/03	196756	Antonio Duarte	52.48
03/12/03	197508	CPRS, CA Park & Rec	54.00
04/02/03	198125	James Morton	108.98
04/25/03	198657	Nancy Vickery	100.00
05/07/03	198889	Del Mar Jet LLC	80.00
05/29/03	199480	Hoban Management Co	79.50
07/14/03	200457	C&H Auto Body	468.70
08/04/03	201969	Southland Title	853.77
01/02/04	204627	Valerie Valenzuela	251.50
02/25/04	205894	Gemini Equities, Inc	741.00
03/05/04	206140	Broadway Animal Hospital	147.00
03/30/04	206844	Valhalla High School/Brenda Dall	125.00
04/08/04	207162	SDGE c/o Don Wiggins	100.00
04/08/04	207162	SDG&E	100.00
04/21/04	207377	SDRMA	224.76
05/05/04	207705	Joseph Gleghorn	200.00
06/09/04	209020	Sunset Towing	60.00
06/30/04	209551	Tamara Jones	150.00
08/20/04	500549	Carl Bloemendaal	103.75
08/22/04	501244	Roberta Carlson	100.00
09/29/04	501331	Coca Cola Enterprises	61.00
09/29/04	501448	Shirley Marrett	59.42

East County Gazette- GIE030790  
5/28, 6/4/09

NOTICE OF JOINT PUBLIC HEARING

City Council of the City of El Cajon  
and the  
El Cajon Public Financing Authority

NOTICE IS HEREBY GIVEN, that a public hearing will be held before the City Council of the City of El Cajon and the Board of Directors of the El Cajon Public Financing Authority (the "Authority"), on Tuesday, June 9, 2009, at the hour of 3:00 P.M., or as soon thereafter as the matter may be heard, in the Council Chambers, City Hall, 200 Civic Center Way, El Cajon, California, to consider the issuance of revenue bonds (the "Bonds") by the Authority in an amount not to exceed \$28,000,000. The Bonds are being issued to finance a new Public Safety Center to be located on property adjacent to City Hall.

All proceedings before the City Council and the Authority are conducted in English. The City of El Cajon does not furnish interpreters and, if one is needed, it shall be the responsibility of the person needing one.

Anyone wishing to be heard on the above matter may appear before the City Council and the Authority at the time of the public hearing and/or may file a written opinion with the City Clerk, City Hall, El Cajon, California, prior to the public hearing.

If you challenge the proposed action in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council and the Authority at, or prior to, the public hearing.

Kathie Rutledge  
City Clerk, City of El Cajon  
Secretary, El Cajon Public Financing Authority

East County Gazette- GIE030790  
06/04/09

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

Copies of the general prevailing wage rate of per diem wages, as determined by the California Director of Industrial Relations and by the US Department of Labor Statistics, are available from the websites of the respective agencies.

The Contractor and its subcontractors shall pay minimum labor wage rates as follows:  
a) California General Prevailing Wage Rates

In accordance with the provisions of Section 1773 of the California Labor Code, the City Council of the City of El Cajon has ascertained the general prevailing rate of wages as determined by the Director of the Department of Industrial Relations applicable to the work to be done as listed in the California Department of Transportation publication entitled general Prevailing Wage Rates, dated March 1, 1994 which is on file in the office of the City Clerk.

Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. Current determinations are available online at [www.dir.ca.gov/DLSR/PWD/index.htm](http://www.dir.ca.gov/DLSR/PWD/index.htm).

Any contractor who is awarded the contract and intends to use a craft or classification not shown on the general prevailing wage determinations, may be required to pay the wage rate of that craft or classification most closely related to it as shown in the general determinations effective at the time of the call for bids.

or  
b) Federal Minimum Wages  
Federal minimum wage rates for this project as predetermined by the U.S. Secretary of Labor are set forth in the Special Provisions. Current determinations are available online at <http://www.gpo.gov/davisbacon/ca.html>.

If there is a difference between the Federal minimum wage rates predetermined by the U.S. Secretary of Labor and the prevailing wage rates determined by the City of El Cajon for similar classifications of labor, the

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FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-013697

FICTITIOUS BUSINESS NAME(S):  
Elegance Music  
Located at: 8535-29 Paradise Valley Rd.,  
Spring Valley, CA 91977  
This business is conducted by: Husband  
and Wife  
The business has not yet started.  
This business is hereby registered by the  
following: Douglas D. Brunelle 8535-29  
Paradise Valley Rd., Spring Valley, CA  
91977; Renee C. Brunelle 8535-29 Paradise  
Valley Rd., Spring Valley, CA 91977  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on May 06, 2009  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 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. 2009-014832

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. 2009-015764

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. 2009-012274

FICTITIOUS BUSINESS NAME(S): Build It  
Green Concepts  
Located at: 2206 Alpine Blvd., Ste. B,  
Alpine, CA 91901  
This business is conducted by: A  
Corporation  
The first day of business was: March 20,  
2009  
This business is hereby registered by the  
following: Build it Green Concepts 2206  
Alpine Blvd., Ste. B, Alpine, CA 91901  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on April 23, 2009.  
East County Gazette- GIE030790  
5/14, 5/21, 5/28, 6/04, 2009



— LEGAL NOTICES —

*To place your legal ad stop by our office —*  
**201 S. Sunshine Ave., El Cajon**  
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**(619) 444-5774**

**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. 2009-015349**  
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. 2009-013267**  
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. 2009-013757**  
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. 2009-015502**  
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. 2009-014678**  
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

**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. 2009-015445**  
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

CASE NUMBER RIC 500177 SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): ORANGE COAST TITLE CO. OF RIVERSIDE, form of business entity unknown; TRANSAMERICA FINANCIAL SERVICES, form of business entity unknown; and DOES 1 through 10, inclusive.. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): SAHIR HADDAD, an individual You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law librdy, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov.selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, Riverside County, 4050 Main St., Riverside, cA 92501. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): JOSEPH SAMO- LAW OFFICES OF JOSEPH SAMO 124 WEST MAIN ST., SUITE 230, EL CAJON, CA 92020 (619) 540-3688. Date: (Fecha) May 27, 2008 Clerk (Secretario, D.R., Deputy (Adjunto) East County Gazette GIE030790  
May 14, 21, 28, June 4, 2009

Care program ...

Continued from page 13  
**SDG&E Bill Discount Programs:**

California Alternate Rates for Energy (CARE) provides a 20 percent monthly discount. Eligibility is based on number of people living in the house and total yearly income, or participation by any person in your household in one of these public assistance programs: Medi-Cal; Food Stamps; TANF; Women,

Infants & Children (WIC); Healthy Families Categories A&B, or LIHEAP.

Family Electric Rate Assistance (FERA) provides a discounted electric rate once usage reaches certain levels. This program is only open to households of three or more, and is also based on total yearly income or participation in one of the public assistance programs mentioned above.

Household Members	CARE	FERA
1-2	\$30,500	Not Eligible
3	\$35,800	\$35,801 - \$44,800
4	\$43,200	\$43,201 - \$54,000
5	\$50,600	\$50,601 - \$63,200
6	\$58,000	\$58,001 - \$72,400
Each Additional Member	\$7,400	\$7,400 - \$9,200

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www.crestplanning.org**  
  
**PLANNING GROUP MEETING  
PRELIMINARY AGENDA/PUBLIC NOTICE**  
  
**DATE: 7 pm., June 8, 2009**  
  
**PLACE: Dehesa Volunteer Fire Station, 5425 Dehesa Road, El Cajon**  
  
**1. Call to order/Pledge of Allegiance/Roll call/Approval of** May 11, 2009 meeting minutes/  
Expense Reimbursement requests.  
  
**2. Announcements.**  
  
**3. Open forum followed by Group Forum:** An opportunity for members of the public/  
Planning Group to speak on items within the jurisdiction of the Planning Group but not on the  
agenda. Time limit 3 minutes; no discussion, no vote.  
  
**4. Committee Reports:**  
  
**5. (a) 2020 General Plan Steering Committee and Interest Group update**  
(Manning)(Vandover).  
  
**6. Private project proposal:**  
  
(a) None  
  
**7. Public Project Proposal:**  
  
(a) Planning Area Community Plan. (2020 General Plan Update).  
  
**8. Unfinished Business**  
  
(a) None  
  
**9. New Business:**  
  
(a) Discussion of Sycuan new Fee to Trust application for inclusion of Sycuan Resort  
(Singing Hills), Sloan Canyon, Smith Ranch and Starr Ranch, approximately 2000  
acres.  
  
**10, Adjournment**  
  
**Planning Group Members:**  
Crest: 1. Janet Dillard 2. Pat Ulm 3. Ralph Slagill 4. Judy Bowen  
Dehesa: 5. Lorraine Walls 6. Vacant 7. Wally Riggs 8. Bill Bretz  
Harbison Canyon 9. Mary Manning 10. Jack Vandover 11. Jason Harris 12. Jeff Myrick  
Granite Hills 13. Phil Hertel 14. Charles Smith 15. Mark Gabler  
  
**Final agenda will be posted at the Dehesa Volunteer Fire Station 72 hours prior to meeting.**  
  
Chairman  
Wally Riggs  
(619) 442-4612  
wrplanning@aol.com

**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







# Our Best Friends

## Summer dangers for pets ... ask a trainer

by Nan Arthur, CPDT

### Dear Trainer:

As summer approaches pets spend more time outside with their families. Take time now to pet-proof your yard and look for hazards around the area to prevent interrupting your summer with an emergency. The following are the most common dangers for pets:

- Pools and pool covers—if you have a pool, be sure your dog knows where the stairs are so if he/she falls in they are able to get out. Pool covers can be dangerous for dogs as they often try to walk on them and then becoming trapped under the cover and unable to find their way out.

- Stings from bees or wasps

can be minor or send your dog or cat into shock. Young puppies tend to get stung more often, so keep an eye on your pups as they play outside. Talk to your vet about what you should do before your dog or cat gets stung so you have a plan.

- Poisons such as rat or slug baits are always a concern this time of year. These are deadly and there is little time after ingestion to counter the effects. Be sure to keep all products like these out of the reach of your pets.

- Snakes—In Southern California, rattlesnakes are the big concern. There is a vaccine available, so check with your vet on that. Snake netting around the bottom of fences also helps to keep snakes

out of the yard. Avoid the hype and the rattlesnake aversion classes, as these offer no guarantee that your dog won't be bitten, and are based on shock collar methods that are painful and often frightening to the dog. It's better to stick to clear paths when hiking, and supervising your dog in areas where you suspect there may be snakes. A product called Snake Away is available to help rid the yard of snakes: <http://www.yardlover.com/products>. is one vendor that sells this product.

- Children—more children are bitten by dogs, (usually a family or known dog) during the summer months. This is attributed to more activity with children playing and visiting other homes during the summer months.

- Doors left open—this goes along with children being home and sometimes forgetting to close doors. The big hazard is getting hit by a car, so keep an eye on the doors, or better yet, teach your dog to wait at all doors until released.

- Chemicals on lawns and plants—Go organic if at all possible, and be sure to read all labels and follow directions, and instruct any yard care staff to inform you if they intend to use chemical on your lawn or garden.

- Poisonous plants and coco mulch—On the ASPCA's website is a list of plants that are dangerous to both dogs and cats, so be sure to visit there first if you are adding new plants to the yard. Also, avoid coco mulch as it has the same toxic effects as chocolate.

- Barbeques—some dogs will try to steal food from barbeques and can suffer burns from putting their paws on hot surfaces, or swallowing very hot food in an attempt to eat it quickly.

- Hot cars—this is just a reminder that it is illegal to leave a pet in a car on a hot day, not to mention life threatening. Even with the windows cracked, on a hot day, dogs or cats can quickly overheat and die since cars act like ovens and have been known to reach

temperatures upwards of 150 degrees in a very short time—even if it's not that hot outside. Animals left in that kind of heat will quickly perish.

- Hot pavement—since we wear shoes, we don't often think about how hot the sidewalk or pavement can be. Dogs have been known to burn and blister their feet from walking on hot surfaces such as asphalt.

- Foxtails and burs—Not only are these annoying to try and get out of your dog's fur, foxtails, once imbedded in your pet's skin, can migrate and cause serious infections. Sneezing, and scratching at ears are common signs of foxtails in the ears and nose areas. Just because your dog stops sneezing, doesn't mean that he got the foxtail out. Foxtails are often found between the toes, so do inspect your dog's feet regularly, and especially if licking occurs.

- Fireworks—Excess numbers of dogs end up in shelters after the 4<sup>th</sup> of July because they bolt during the fireworks displays. If your dog is sensitive to these kinds of sounds, talk to your vet about medical treatment, or look into using natural treatments such as melatonin or other herb remedies. Don't leave your dog alone during fireworks if he/she has noise sensitivity.

- Sunburn-- the areas most prone to sunburn on dogs and cats are the nose, face and ear tips which can be covered with sunscreen made just for pets. These are available at most pet stores. Avoid getting these products in your pet's eyes. If you have a hairless pet or one with a thin coat, you will need to watch their exposure time, and be sure to always provide shade for your pets when they are left outside.

- Heat Stroke—The signs of heat stroke include (but are not limited to): body temperatures of 104-110F degrees, excessive panting, dark or bright red tongue and gums, staggering, stupor, seizures, bloody diarrhea or vomiting, coma, and finally death. If you suspect heat stroke, get your dog to an emergency vet right away. Dogs with short-noses such as bulldogs or pugs and heavy-coated dogs are more subject to heat strokes, but any dog or cat can suffer from this life-threatening problem.

- Antifreeze—can be a problem year round, but may be more prevalent during the hot months as cars overheat and it overflows from the radiator. This is a lime-green liquid and has a sweet taste to it and dogs or cats have been known to drink from puddles on the ground. Antifreeze is highly toxic and immediate action is needed to save the life of the animal that drank it.

These are the most common summer hazards for your pets, so keep your pets happy and healthy by planning ahead and avoiding these problems.

Be sure to have the ASPCA's Animal Poison Control Center phone number handy just in case your pet gets into something that may qualify as poison: 888-426-4435. They are open 24 hours a day and 365 days a year; however, there is a \$45 per case fee, payable by credit card. This fee includes as many follow-up calls as necessary in critical cases, and, on request, they will contact your veterinarian. Also, plan in advance where you will take your dog or cat if you face an emergency.

Happy Summer!

Nan Arthur,  
CDBC, CPDT, KPACTP  
[www.wholedogtraining.com](http://www.wholedogtraining.com)



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### Purina Incredible Dog Challenge

The Purina Incredible Dog Challenge returns to California after a four year absence heading to San Diego to host the Western regional of this one-of-a-kind canine competition! Canine athletes from the West Coast will have the opportunity to make their mark in a variety of "Olympic style" events to ultimately earn the right to compete against top dogs from around the country at the National Championships to be held this fall in St. Louis. Recognized as the world's premiere canine sporting event, the Purina Incredible Dog Challenge will be part of the featured entertainment on Saturday, June 13 at the San Diego County Fair.

The Purina Incredible Dog Challenge showcases the world's most athletic dogs and their trainers competing in events including agility, flying

disc, Jack Russell hurdle races, head-to-head 60-weave pole and the crowd favorite - dog diving. The challenge will stage an open qualifier on Friday, June 12 in the afternoon, (registration begins at 1 p.m.) where local dogs are invited to compete for a spot in Saturday's regional competition in dog diving and flying disc, which are two of the main events in the competition.

While most of the stars are trained dogs, qualifying competition is open to all dogs whose owners believe they can dive the distance into a 19,000-gallon pool of water or catch a flying disc with great accuracy and speed.

Further information on the Purina Incredible Dog Challenge is available at [www.purina.com](http://www.purina.com) or by calling 1-800-229-4758 ext 250 for more details.



## — OUR BEST FRIENDS —

# Viejas Outlet Center hosts a 'Day for the Dogs'

For the first time, Viejas Outlet Center is excited to welcome all dogs to the center for a "doggone" day of fun. On Saturday, June 6 Viejas will host the 5<sup>th</sup> Annual Novelty Fun Dog Show and the Service Dog Celebration.

Starting at 8 a.m., owners and dogs of all shapes and sizes can register for the Novelty Fun Dog Show that begins at 9 a.m. There are 15 classes to enter from Best Trick to Waggiest Tail, and one lucky dog will be awarded "Top Dog" and be given a cash prize. Entry fee is \$6 per class or \$20 to enter four classes. All proceeds go to sponsor service dogs for people with disabilities. Prizes will be awarded to first through third place in each class.

In addition to the dog show, the annual Service Dog Celebration will also take place at the Viejas Outlet Center Park from 9 a.m. – 2 p.m. All ser-

vice dogs are invited to participate in demonstrations, tours and training opportunities. Everyone is also encouraged to observe the event and become informed about service dog access and organizations, a vital component of our society.

Since this is a day for the dogs, Viejas Outlet Center is welcoming all dogs to the center on June 6 to enjoy the festivities, regardless of participation. Dogs and their owners can play in the park, have fun around the fountains and sniff out some stores for some "doggone" crazy good deals (dog entry into stores is up to each store's discretion). Everyone is encouraged to have fun, but dogs need to be on a leash, and aggressive dogs will be required to leave. The Outlet Center stores will be open from 10 a.m. – 8 p.m.

Located at 5005 Willows Road in Alpine, Viejas Out-

let Center features 255,000 square feet of shopping space and is home to some of America's favorite brand names like Coach, Polo Ralph Lauren, GAP, Guess and Nike. Set on 37 acres in the east San Diego County foothills, the Viejas Outlet Center provides shoppers with a unique peaceful ambiance that draws upon the natural beauty of the surrounding environment, with meandering paths of lush landscaping and plant life, natural water features and massive rock formations. Viejas Outlet Center also features great eateries and the spectacular interactive water fountain, which allows water play for kids ... and adults, and the spectacular "Power of Nightfire" performed nightly May through September.

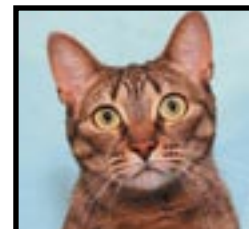
For more information on Viejas Outlet Center, visit [www.shopviejas.com](http://www.shopviejas.com) or call (619) 659-2070.

## ADOPT-A-PET



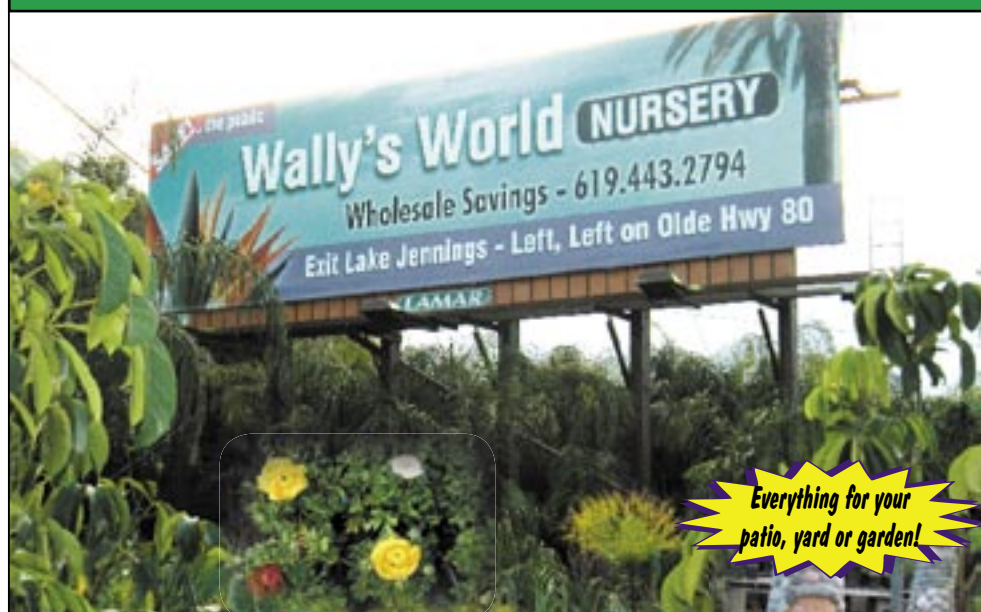
Susie is a 10-year old Shepherd mix with LOTS of love to give you. She is lovable, affectionate, and ideal for an easy-going family who wants a dog to hang out with. She is mellow and friendly, good on leash, and knows "sit." Susie is available for adoption through FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://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](http://www.focas-sandiego.org).



Dandy is an adorable, loving dog who warms up quickly to those he meets. Just 1-year old, and weighing only 9 pounds, this little white Terrier Mix makes an excellent lap dog. Dandy will do best in a quiet, adult-only home, where he can be your one and only pet. He is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program. His \$69 adoption fee includes microchip, license, vaccinations, and neutering. To arrange a meeting, call (858) 205-9974.

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